

WEEK 2 COACHING CALL

19TH AUGUST , 2024

START**

So today is absolutely jam-packed, and it's so nice to see a few new faces as well. Welcome, welcome! We are officially on week two, and with all that said, we're going to do a quick breakout room exercise. You've only got about five minutes. I'm about to put you guys in breakout rooms, and what I want to know and what I want you guys to share with each other is how this week has gone for you. I want to know one thing that you feel has helped you stay on track, succeed, and push through, and one thing that you've been challenged with. Are we clear? I'll also put it in the chat as well. Have we got that? Give me an emoji if you got that. Thank you.

One thing that you found hard this week and one thing that you found has really helped you stay on track in order to overcome it. So, you're going in breakout rooms now. Done. Okay, Camy has not joined. Did you know I'm going to put you in room three with Kazia? Oh, that's okay, okay, okay, okay. I thought he was recording, but they are—they're quite tasty, they're very much like cooking kidney beans or black beans, and they're not easier to cook them from fresh, I guess. Yeah, okay.

Welcome back into the room, everyone! Welcome back into the room. Alright, I've got to put myself on mute again, then yes, yes, thank you, thank you, thank you. Okay, it's nice talking to you, Daniel. Likewise. I'm sure it was excellent talking to Daniel. I'm really glad you guys are having insightful conversations. Absolutely love to hear that. So, one more time, everyone, and this time round, having listened to each other and I love that everyone's communicating, hopefully, you've gained some inspiration. Hopefully, you're realizing that it's not just you; you're not alone. We're all going through it, we're all facing different challenges. It's week one, it's week one, I expect it to be like this, and if you're going absolutely nothing, you're absolutely smashing it. Keep that energy till the end; we need you to pour the energy into the WhatsApp. I want to see everything.

I'm just going to mute a couple of people, yeah. I want to see the whole lot. So this time around, when I throw you guys in breakout rooms, what I would love for you to do is say, what is one thing, one thing that you're going to add in order to just better yourself, ensure that you have an even better week, and tell your partner why. Ultimately, that partner now, you become their accountability buddy. You're going to ask them at the end of the week, did they succeed, and did they add it. Is there any question on this? Team, give me an emoji, give me something to let me know that you've 100% understood the assignment.

Okay, I'm seeing a couple of emojis. I'll take it. I'll take it. In that case, give me one moment, and breakout rooms are going to begin. Oh, hang on, this could be a little bit more fine. We're going to switch it up a little bit more. Good, again, you've got the same amount of time, just 6 minutes. Let's go. Welcome back, welcome back, welcome back. Write in the chat how you found that. What was your partner's one thing that they're going to hold themselves accountable to in terms of improving and getting to that next level and really making the most out of the 30-day detox challenge? I want to see it, write it in the chat. I forgot, I didn't get his name, me, it's okay, it's okay, just write, just write in the chat whatever it was that they said. I read it out, it's good. We've got more walking, reaching 7,000 steps. Oh, come on, let's go, let's go, 7,000.

Okay, I love this, I love this. It's a journey; it looks different for everyone. Okay, we've got it. It was very good. We spoke about incorporating more plants into the diet. Remember, 30 is a magical number. The world's largest gut study says those who have 30 and above have a significantly improved overall well-being. Studies show it; the world's largest, let's go, let's get there. Remember, the only thing our gut eats is fiber. Fiber predominantly comes from plants, just like we have food preferences, so does our gut bacteria groups. They all do a different job, so that means they all eat different things. You've got to eat your fruits, your vegetables, legumes, herbs, spices, all that jazz. So yes, definitely, I love, I love, I love the fact that you flagged that up. Having more fruit to slow down sugar cravings, yes, having more fiber as well, that's going to slow down those sugar cravings as well, so I'm loving it. Herbal teas as well, that will also have a bit of cinnamon in there, yes, I'm loving it. Writing in the journal, oh, Auntie Jean, you're dropping some gems right now because I'm one of the things I'll be flagging up, so yes, writing in the journal because a huge part of this challenge, as you guys know, it's about, it's holistic, it's all about reflective, a lot of the things that we know deep down, but it's about bringing it to the forefront of our mind and really seeing,

where do we sit within that holistic will and really just digging deeper into self and seeing, right, okay, so what are the triggers that are happening and why is this happening, okay, cool, maybe that's impacting my stress levels, or maybe my diet is being thrown off due to it, or my exercising, like all of this, when you write it down and you really reflect, you take that moment to process in this busy world, it goes a long way, so yes, yes, yes, we've got learning more knowledge, learning more to enhance knowledge, yes, gut health, oh gosh, the gut is our second brain, we got to know about gut health, detoxing as well, flushing out the toxins, oh, I love this, I love this, I love this, to give up coffee, oh, we're going to talk about that today, this magical c-word, coffee, to reach two liters of water every day, let's go, you wrote in capitals, I love that. One of my favorite things, if you're struggling to drink water, literally get yourself a 2-liter water bottle, you can see because you know by the end of that day you need to have finished it, light work, light work. Noticing that you weren't puffy in the face, okay, let's go, we're flushing out those toxins, we're flushing out if you've got like loads of fat cells, and they're really big like we're really, we're really like helping just to flush out everything. Oh, I don't understand that one, okay, cool, reading out the second one below it, okay, we've got 23 days to go to a nice coffee bro, okay, okay, we've got a couple of coffee lovers, love it, love it, love it.

So, in the spirit of all of it, seems you guys have definitely woken up, you've all woken up, so let's get into it, let's, let's, let's dive in. The 30-day detox challenge has started, as we all know. Let me give a quick recap, so one of the things that I noticed in our lovely WhatsApp group is we seem to have, there seems to be a little bit of confusion, so I'm going to help clarify for us. The rules are no junk food, no processed food, no sod, no refined sugars, drink at least 2 liters of water, please strive for the three liters, exercise every single day. This looks different for everyone, but make sure if you are someone who is active, I want to see that you're not just doing the 10,000 steps, I want to hear about your fitness routine every day. You have got this, push yourself, it's only 30 days, really go to the maximum, you literally, you get out what you put in, so let's go all in. Rule seven, 100% plant-based, now this seems to be where a lot of you guys seem to be going a little bit like what is this, oh please pass me the dictionary, team, plant-based does not mean fish, plant-based does not mean meat, plant-based means your plant groups, fruit, vegetables, seeds, legumes, herbs, spices, whole grains, that is what 100% said plant-based means. I know it's a challenge, I know, I know, I know, I'm not going to deny it, it can be a big challenge for some, especially if you're a heavy meat eater, is an example, but the purpose of this is if you give it your all in this 30-day challenge, guess what, when you finish the challenge, yes, you may incorporate

all the fish and the meat, it's all about a balanced diet, big fan of this, but you're going to start thinking about your plant groups a lot more, we don't eat enough plants, nine and 10 of us do not, there are over 300,000 different edible plants out there, yet we do not get enough diversity, we stick to the same, I think we say we stick to the same

12, something like that, it's crazy, this is why we have this, this is why we have this rule, is to help you to really push yourself in this because if you go 100%, even if you go 70%, when you leave, that is still a lot, it's way more than you were doing before. So, do we all think we understand what rule seven means? Please, put, give me an emoji if you understand what I mean when I say rule seven, when it's written down, you got a praise emoji, thank you, thank you, who else, let's go, we got, we got a fist, we got a fist going, okay, that's two, there's way more people in this chat, give me something, I'll even take that, shley, there we go, there we go, we got thumbs up, I'll take it, I'll take it, thank you, team, thank you.

Warriors, so one of the questions that I've been asked is, what is the bare minimum you need, what is the bare minimum you need to do in order to be successful on this challenge, so I've written it down, just follow the rules and the 30-day detox actions every single day, they're light-hearted, you guys know it doesn't take too long, I'll show you, I'll show you the action guide in a moment, eat healthfully, drink the liver detox tea, that liver detox tea, you need to have it, ideally in the evening, I would probably say around 7, 8:00, that kind of time because ultimately you don't eat anything else afterwards because you're priming your organs, you're getting it in, remember that your liver is most active between oh, it's most active between 1:00 a.m. to 3:00 a.m., like your whole body is just going down into that rest mode, ideally, it's, it's just relaxing, if your body, if you eat, your body then goes into digest mode, it's focused on digesting your food rather than the rest and repair mode, the rest and repair mode is what you want it to be in because you're going to know the next day if it, if you've done it because your bowel movements should be sitting on that toilet in the morning because ultimately your body would have spent all that time sorting out the organs, getting it right, and I know for many of you guys, you guys are noticing your bowel movements have improved, that's something that I've heard across the board, so yes, if you're seeing that, congrats, congrats, congrats, let's keep it up, next one, we've got attend all live webinars, I want you to attend all the webinars, this is what holds you accountable, plus we had a lot of gems in there, as you'll see in a moment, and of course, of course, of course, have your one-to-one stay on track calls, your one-to-one well-being calls, so team, I've got a

confession, my phone was feeling a little bit, a little bit lonely, my phone was feeling a little bit lonely, I'm sure though Friday when we have our next one-to-one slots, all of you guys are going to ensure that you have it booked, somehow I'm sure we, we're going to turn this around, is this right, team, are we all going to ensure that we have it booked, give me a yes, give me some sort of emoji, work with me here, thank you, thank you, thank you, thank you, there we go, there we go, what you put in is what you get out.

So, in the spirit of this, one of the things that has been flagged is, how do I use a guide, so this guide, we're going to go over it one more time, too, so you've got the 30-day detox daily instructions guide, this is what it looks like, every single day you do a different light-hearted action, the whole 30 days is in this guide, everything is there, so if I stop sharing for a split second because I really want you guys to connect the two together, boom, this is what it looks like, it looks like this, so you can see already, we're on week two, you can see every single action that you're going to do between now and the end of the week, it's all here, all that I do in the chat is I put a condensed creative, and that's your reminder, but you should already know what is coming up on what day we're on, if there's anything that you need in order to participate, there's a cheat sheet, it's all there, we made life super simple for you, so it's super easy to follow, hopefully you guys are on board with this.

Next up, the meal plan, if you're struggling with inspiration and you're not sure what to do, you're like, actually, this is a little bit challenging, this is my first time ever going plant-based, I hear you, I hear you, I'm with you, I'm with you, it's okay, that is why we created this meal plan, now you don't need to stick to it to the T, there's breakfast, lunch, and dinner, and two snacks, but this is just for inspiration, we've got a lot of tasty meals in there, but it's for inspiration, how, what ingredients do you have, which ones do appeal to you, challenge yourself, see what's in there, really take your time and have a look, it's literally there for you, again, I post creatives in the WhatsApp, but it's all in the meal plan, they get like click off and just clicking into this meal plan, it doesn't want to open, it's okay because it's already downloaded, clicking into this meal plan, as you can see, everything is hyperlinked, if you want to go to week two, which is where we are, just click the week two tab, you've got everything here, the whole, the whole, if you want to look at a glance, it's all here for you, therefore, you can get inspirations, if you want to check out the grocery link, grocery list, it's all here, again, it's all here for you, we tried to make it as simple as possible so that it's easy to follow, hopefully, you guys, you guys are with me.

Another thing that was mentioned was the salad bowl, on the same topic of the foods, you have a salad bowl, so if you're someone who says, actually, you know what, AI, I prefer more creativity, actually, I want to work with the ingredients in my cupboard, I'm on a budget, or just, just give me freestyle, give me a structure, because you know what, 30 sounds overwhelming, how on Earth am I going to get 30, that sounds too much, guess what, we have simplified it all, let's just scroll down, I could click the tabs if I want to, but we're not going to do that, AI, I want you guys to get, get familiar, really start opening up these guides, so boom, as you can see here, pick your base, your base could be anything, it could be the couscous, it could be the rocket, I don't mind what your base is, but you, you literally, it's your choice, you pick, you decide what you have in your cupboard, toppings, if you're not sure how to use a kimchi, kimchi can be one of your toppings, you got other things, you got sweet potato, you got sweet corn, after that, you're going to add your premium ingredients, here are different premium ingredients, you got some beans, maybe you like beans in your bowl, your powerful, absolute powerful plant salad bowl, and then boom, you've got your dressing, decide what dressings you like, me personally, I like sweet chili, other people may be like some Thai peanut, it's all up to you, then you just mix it together, and boom, that is your salad bowl, I've even added some notes for you all, editable, look, you can write in it if you want, decide what your base is, you can make literally a whole heap of different plant-based bowls and write in it, this is all editable, I've gone out my way to make sure us of the team, we've gone out our way to make sure that this is within your capabilities, as easy and as convenient as possible, I'm really, I'm really hoping this, this helps, is the salad bowl, are we all clear on the salad bowl, let me just double-check we're all 100% with it, okay, we've got some thumbs up, that means we're going to start using it, utilizing it even more, boom.

Then finally, our fourth powerful guide, and this is as powerful as you make it, so we have our journal, and this journal is, it's golden, it's gold dust, it really is, writing it down really goes a long, long, long way, we even added two bonus weeks so that you can really just make the most out of it, but again, this was a pre-week activity where you let you do visualization, you, those who attended the pre-week, you'll remember this, the visualization activity, you just write it down, setting your intentions, one of the top things those who've had a one-on-one with me will know is I ask you, what are your three intentions, what have you set for yourself because this is going to hold you all the way through to the end, when times get hard,

I want you to remember your intention, put it on your window, put it on your mirror, put it in your laptop screen, put it everywhere, anywhere where that you go regularly, and if you're struggling for things to pick, we've even got suggestions here, but most importantly, as you go through each of the different weeks, you can write down how you're feeling and also there's different activities relating to the week, we've always got different things, mental health checks, you've got the weekly plant checker to help ensure that you're getting your thirty, you got the self-care quiz, all depending on what your goals are, there probably something in it because we've gone out our way to ensure that there's additional activities that meet your needs, one of the top things that we encourage here is new habits, healthier habits, in order to get you to that next phase, that next chapter, so I would love for everyone to fill in at least two activities at some point this week, does that sound achievable, can we all just put a yes on the chat, you do have it on emails, but guess what, we're going to send it again, we're going to send it again, therefore you all 110% with it, yes, yes, yes, no worries, it's all good, thank you, thank you, thank you.

Boom, so without further ado, we are going to crack on, I just felt that we needed to take some time because some of us, we, we needed to catch up, some of us just needed to catch up and get on board, and it's not too late for you, it's definitely not, we can kickstart week two fresh, start fresh chapter, we have got this, I believe in you all, we're all on this journey together, let's go. So, family detox warriors, welcome officially to week two. What we're going to be covering is gut health, we're going to look at it even more, we're going to look at the signs of a good and bad gut health, we start looking our digestion, the impact of gut health that it has on our body, and just ways to improve our energy. So, for those who were there last week, we had a heavy session, it was absolutely heavy, so this week, oh, I'll try, I'll try and keep, I'll try and keep the barges as high. So quick question, team, does anyone here ever feel run down and tired, or maybe, do, do you ever feel exhausted or stuck in the slum despite giving it your all, can anyone else, can anyone here relate to that, yes, okay, we got, we got yes, cuz if that's the case, you just may need to give your gut some extra attention, literally, gut health could, it's the key to our success, so why is that, well, first, let's all understand what gut health is.

So, gut health refers to the balance of microorganisms that live on and in our body. The main type of organism is bacteria; they're the star players that live mainly in our colon, and yes, they do live rent-free, but in return, if you look after them, they could be the best tenants that

we have ever had, and as mentioned last week, these bacteria, they have a whole heap of amazing superpowers, that is them, and all of this greatness, all, all of that greatness is because they are, they're literally the control commanders of human health, hence if we look after them, they're going to look after us, and that is pretty much why we focus so heavily on this challenge on supporting our gut, so if you're taking that detox tea, you're eating the kimchi, you're filling the 30-day detox actions, the meal plan, the rules, you are on your way to increasing and achieving some of those benefits, and when we look at them, the benefits here are strong immune system, heart health, brain health, improved mood, healthy sleep, effective digestion, and potential prevention of some of the cancers and autoimmune diseases, and if you're wondering what some symptoms of good and bad gut health looks like, okay, bad gut health, you've got the tummy troubles, you've got mysterious weight fluctuations, sometimes it may be the sleep deprivation, constant fatigue, like a lot of these things are all, all connected, and of course, if you're struggling with any of these things, just so you know, like, you're part of a much larger club, in the UK alone, like nearly 40% of the population suffer from at least one of these symptoms at any given time, this is often looking at in the bigger picture, picture, this is often a western challenge as well because we, we live by the Western diet and the Western lifestyle, and it's literally because our gut can be a bit sensitive, they're easily thrown off by those lifestyle choices such as fitness, diet, stress, medication, and when I say fitness, I mean lack of fitness, diet, poor diet, stress, high stress, medication, all of those things, yes, it, it can affect us, hence we need to think regularly to ourselves, are the lifestyle choices that we're making, is it supporting or is it hurting us, but for now, I just want you to keep in mind that a disrupted gut isn't about tummy troubles, the symptoms that we've discussed can be part of a much bigger problem, and often that's down to chronic imbalance in our gut bacteria, that can, that can contribute to different challenges such as the diabetes, obesity, malnutrition, skin disorders like the eczema, the cancer, the heart disease, multi soris, all of those type of things, so this is why we have to pay attention to them, and boom, it's worth just writing on here that if you have a healthy gut, this is what it looks like, it looks like less cravings for processed foods, it looks like mental clarity, undisturbed sleep, consistent balance in energy, healthy skin, all of these things can be strongly linked to the state of our gut, both unhealthy and healthy, all of these symptoms, sorry, can be strongly linked to either having an unhealthy or healthy gut, more and more papers are coming out every day, at this point, it is, it's mainstream news, it's, it's definitely mainstream, so now that we're all up to page with this, and I have you all in a reflective mood, let's talk about the digestive system.

So with that, what if I told you that there's a mini-factory inside of us, definitely, I would say it's true, our digestive system is literally incredible, and as I mentioned earlier, it takes the nutrients from the food, it breaks it down into parts, and it transforms it into different parts of the body so that we can have life, this process is, is called digestion, and it's super, super important that we understand our digestive system and how our body works so that we can feel fully alive and alert, just vibrant. So, detox warriors, I have a very important question to ask you, do you want to better understand how the body works so that you can find it easier to make informed food and lifestyle decisions that will allow you to feel more alive, alert, and vibrant, okay, we got, we got yes, yes, you're with it, okay, awesome, awesome, awesome, thank you for your permission, because with that, I'm going to break down the digestive system just a little bit more. Our digestive system is sometimes known as our gastrointestinal tract, AKA our GI tract, and I'm going to explain the difference between the two now, both of them, in really, really, really simple terms, they start your mouth, ends at your anus, now, I know, I know, I know, it sounds like a lot of parts, but to form the GI tract, we have essential organs, we have the mouth, esophagus, stomach, small intestine, large intestine, rectum, anus, but for our digestive system to work properly, we also need our homies, known as the accessory organs, our digestive system is formed of both the essential and the accessory organs combined, without these components, we would not be able to digest our food for energy and get rid and just rid our body of waste, like literally, I would say, having a properly functioning digestive system is the difference between feeling like a dancing child, beaming of life, or a half-dead zombie, yeah, I'm a very visual person, so these are very visual examples, now just think to yourself, where on the scale of these two images would you like to be, now based on your answer, keep thinking about the lifestyle decisions you're committing to whilst we go over the anatomy of our digestive system.

So let's kick it off, let's start with the mouth, digestion actually starts from our mouth, fun fact, roll out the red carpet because literally, your mouth is a VIP lounge for bacteria, that's right, it's the second most popular hangout for your bacteria in your body, topped only by your gut, with over 700 different bacterial species in attendance, your mouth is throwing the microbiome party of the century, interesting, right, now, team, just think about your favorite food for a second, everyone, think about your favorite food for a second, I want you really to visualize it, I don't even mind what it is for the purpose of this exercise, I don't mind what it is, just think about what your favorite food is, okay, I'm visualizing mine, oh, I'm smelling mine, mhm, yeah, okay, is your mouth drooling yet, well, if so, did you know that there is a strong connection between our mouth

and our gut that is causing this reaction, and that's because one, your favorite foods are also their favorite foods, they get excited, but two, beyond that, there is a connection between your mouth, gut, and brain, also known as the mouth-gut axis, and this plays a role in the regulation of your hunger, digestion, and fullness, that's why they say, like, sniffing our meals, it's really good, start sniffing your food, everyone, sniffing your meals and thinking about it, it releases a hormone that signals our body for incoming food, in addition to that, chewing our food properly helps to create saliva and breaks it down so that we can have great digestion, and great digestion means more energy, so let's chew on that, come on, let's go, and actually, just, just while we're talking about chewing, did you guys know that there's an actually an ideal number of times that we should be chewing our food, how many times do you think that is, write in the chat, how many times do you think we should be chewing our food, okay, we've got 120, okay, Janelle's gone more humble with 30, J, Ja's gone with 50, okay, we've got, we're getting, we're getting wide answers here, okay, okay, okay, 32, 32 times, apparently, chewing more means improved absorption rates and fewer digestive problems, this is why it's really, really good, now before we move on, here's another fun fact, did you know that skipping your daily brush and floss could contribute to dementia and just other mental health challenges, harmful bacteria in your mouth can travel to your brain and wreak hazard, so keep your pearly whites healthy for a healthy mind, too, very, very important, and that's why we added it as one of our daily actions for those who did their conscious brushing, congrats, congrats, this is the reason why, give yourself a pat on the back, our mouth is so, so, so important.

Next up, we have the esophagus, so right, team, food has just gone in our mouth, now it goes down our esophagus, a muscular tube responsible for the smooth movement of food from our mouth to our stomach, as food travels down, it mixes up with saliva, and it just further breaks it down, boom, now it's landed in the stomach, our stomach is like a large smoothie blender within the mini-factory that I mentioned, I love a good smoothie, I love smoothie blenders, so of course, we had to throw it in there, so now, thinking of this smoothie blender, if you put fruits, seeds, vegetables in a high-quality blender, the blender will mix them good for you, right, hopefully, you're all nodding with me, we're all in agreement with each other, well, this is just what the walls of your stomach do, it mixes up the food with digestive juices, it keeps it churning and churning and churning and churning until it's nicely broken down into smaller particles, now, imagine this, our high-quality blender, it's broken down, it's turned faulty, has it, has it, how it, it's not working properly, I'm upset, how well do

you think our fruit, seeds, and vegetables are going to be blended, not well at all, right, well, that's just the trouble, it's the trouble we create for our stomachs when we have an unhealthy diet and lifestyle, if our stomach is not working properly, stomach problems can literally be one of the most uncomfortable and disruptive issues to deal with as it can cause challenges such as nutrients deficiencies which can lead us to feel fatigued, weak, or all throughout the day as well as affect our cognitive functions and our mood, on top of that, more serious challenges can happen, and we're talking about potential ulcers, and this is where our food cuts the lining of our stomach, slice, slice, slice, and this can cause, and it can include I should say, burning stomach pain, nausea, bloating, indigestion, so hopefully now, you're starting to understand why one of the reasons why we say it's so important we eat healthfully is because we need to look after our body, we need to look after our stomach health, very important, eating a balanced diet that is high in fruit, vegetables, like the recipes, you know, I don't know, the recipes we mentioned in the meal plan, the ingredients we threw in the salad guide, yeah, that is why we recommended them and suggested it, and also, drinking lots of water, it really can do wonders, if you're eating a higher amount of fiber, you need to be consuming more water, very, very important, to ensure it all flows through nicely.

So, boom, moving on, moving on, now we're into the world of our small intestine, fun fact, your small intestines are actually taller than you, it is a skinny giant, it's only 1 inch in diameter, but it's about 10 feet long, impressive, right, and get this, if we were to dissect it, it would have the surface area of almost the size of a tennis court, to me, that's amazing, this organ is designed like this so it can absorb the most nutrients from our food, it's also lined with villi, which are, it's just hair-like projections that further enhance the ability to break down our food into smaller components so that we can absorb even easier, even better, which is absolutely incredible, and hopefully now, you're starting to see just how hard our bodies are truly working for us, it's literally set up to do greatness, we just need to provide it with the right lifestyle and diet, so that it can succeed, and those are the consistent habits that we're all working towards developing and maintaining, and ideally, pushing ourselves to do that one step better every single day.

So, last but not least, now we have our large intestine, rectum, anus, our remaining food particles, and any waste then moves into our large intestine, also known as our colon, and hopefully, oh, let me just check, who here remembers our good friend the colon, those who were there last week, do you remember our good friend the colon, put a yes in the chat, you

do, thank you, thank you, thank you, yes, so the colon is like the giant garbage truck in the mini-factory that quickly and officially collects all the waste from your body that your body produces, and now it's going to hold on to any undigested food species and waste until we feed it enough fiber, which supports our body to go through with it, now the large intestine, it absorbs remaining water, electrolytes, the rectum stores feces until defecation, and the anus, now that just controls the expasion of the waste, collectively, it's going to be functioning like a scheduled garbage round, that's what we want, and just this, you know, I love asking these questions, all up in personal, fun fact, how much do you think poop weighs, write in the chat, how much do you think poop weighs, we got one kg, do we think it's heavier or lighter than what Kazia put in the chat, any guesses, how much do we think poop weighs, okay, we've got 0.2, who do we think is closer, we've got 1 kg, 0.2, any other guesses, not sure, maybe lighter, ers, okay, okay, okay, I'll take it, I'll take it, well, the weight of poop varies from person to person, however, adults generally excrete about 0.25 pounds of poop every day, and for those who do not know what 0.25 lb is, well, that's the weight of a human adult eye, random, right, well, in the spirit of that, I hope you're all still awake and feeling a bit like this eye, see what I did there.

So, right, quickly looking at this, let's look at our accessory organs, now, just to complete the digestive system, we can't forget our homies, AKA the accessory organs, their names are the salivary glands, liver, gallbladder, and pancreas, and they're absolutely fantastic teammates, they carefully produce essential enzymes and bile that help break down the food into nutrients and use every meal as an opportunity for our food to thrive and stay energized, now with that, we've officially reached the end, we get at this point how the digestive system works now, right, put a one in the chat if you've learned something new, you fully understood, we reached the end of our digestive system, put one, and it's one, there we go, there we go, thank you, let's go, awesome, awesome, good, good, good, because when we have a healthy gut and digestive system, it strongly correlates to the gift of energy, and in the spirit of energy, and oh, I even have to show you guys the image, healthy gut plus healthy digestive system, gift of energy, helps us move around, think clearly, breathe properly, move with, with life, it gives all of that gifts, gifts, gifts, and in the spirit of energy, energy, energy, energy, and it feels good, all of that, I just want to quickly, quickly touch upon this because ultimately, as we all know already, energy is, is, is essential part of our life, it is necessary for a healthy, active lifestyle, it's going to help you with your daily routine, and it's one of the things that a few, a few of you guys have mentioned to me,

so that's why I wanted to really, really, we wanted to really get into this because ultimately, if you really pay attention to your digestive health, it's going to help you stay focused with your tasks, it's going to help you achieve your goals, some of the ones that we mentioned earlier on today, uh, just remember, your, your potentials, they're limitless, so yes, energy helps us move around, think clearly, breathe properly, and without energy, we just would not be able to do anything at all, so I'm going to keep, I'm going to keep, go pushing forward, pushing through, because ultimately, what I now want to discuss is the six different main ways gut health impacts energy, and this is through our metabolism, hormones, gut microbiome, chronic inflammation, our entire nervous system, and digestion, I know there's a lot, but we'll get through it with speed, I promise, and with simplicity, so number one, we've got our metabolism, now, I want you to see metabolism, it, it's like a car, it's like the car engine for our body, I think that's such a lovely analogy, it breaks down food into energy, and just like a car needs a right fuel, our body needs healthy foods for an efficient metabolism, eating unhealthy foods can disrupt our gut bacteria and slow down metabolism, a healthy gut means a more energetic body, so you want to take care of your gut for optimal energy levels, next up, you have hormones, when our body is healthy, because you know, we're eating the whole food of plants, we, we produce hormones that give us hunger cues and supports a healthy weight management, whereas when we neglect ourselves and have an unhealthy body, our hormones get out of sync, and we start craving more junk food, and I want to get into this because a few of you guys are telling me you're suffering from cravings, just a quick one, has anyone here ever felt peckish, write yes or no in the chat, CU, we're about to talk about the battle of the belly, cravings versus true hunger, that's it, you can put it in, most you as well, I love it, I love it, so right, we have two hunger hormones, they're called leptin and ghrelin, and you can think of them as yin and yang of the hunger world, leptin is like the sensible friend who tells you, hey, hey, hey, we're full, let's stop eating, meanwhile, ghrelin is a party animal, urging you to grab that another slice of pizza, even if you're full, long after you're full, so the next time you reach for a snack, I want you to pause for a second and ask yourself, is this my body truly needing fuel, or is this the ghrelin just trying to start a food party again, now, the reason why I say this is because if your gut microbiome is out of balance, then these alerts from our hormones, it may be thrown out a whack, and this can really lead you to uncontrollable cravings for high sugar, high fat, high sodium foods that will then allow you to overeat even if your body doesn't need it, so did you know, we've got a, did you know, did you guys know that munching on bitter and polyphenol foods really helps to retrain your taste buds, who knew this, did you know that munching on bitters and polyphenol foods helps to retrain your taste buds, right, yes or no, okay, we've got a, we've got a no, okay, so yes, they really do, and when we're talking about polyphenol foods, just a couple of examples, we've got berries, you've got seeds, you've got green tea, I'm scared to

say it, but dark chocolate really does come in as well, CIA, you know exactly, you're right on track, you're, you're right on track with it, yes, the berries, the berries, the berries, the kale, the green tea, the dark chocolate, those are the immediate ones that comes to mind.

So next up, we have our gut microbiome, so we're talking, we've been talking a lot about this, now, I want you guys to really actively choose your gut microbiome and let them be your allies every single day because as you know, they play such a crucial, important role in our digestion, there's loads of different types, parasites, bacteria, fungi, viruses, like, all of them, they're all different types of microbes, and each of them have their own unique characteristic that helps keep the digestive system functioning effectively, parasites, however, they have long been the subject of intrigue and fear, many people assume that parasites live in the environment, but they can also live inside of us, too, now, when we look at this dictionary, it says a parasite is an organism living in, on, or with another organism in order to obtain nutrients, grow, and multiply in a state that directly or indirectly harms the host, team, all that's saying in very simple words is, parasites are the worst, they are the invaders within the gut, they literally just steal off all nutrients, which can ultimately leave us drained and exhausted, just think, parasites, I'm going to be drained, exhausted, we don't want this, no, no, no, and they come in our body through a whole heap of different methods, now, this can include eating fish, like seafood, in particular, so it could be contaminated food or water, poor hygiene practices, other ones, just looking at here, we've got, sometimes, contact with animals, sometimes insects, you know, have them, and they're able to live in various places, such our intestines or mouth, so the common symptoms associated with them include digestive problems such as bloating, gas, cramping, fatigue, now, if left untreated, parasites can lead to more serious conditions such as anemia, malnutrition, and even organ damage in the most severe cases, and that's why having a parasite cleanse every once in a while is an excellent idea, it's, it's an incredible idea, and these include herbs and plant ingredients such as garlic, pumpkin seeds, cloves, oregano oil, all of these things are really powerful, and I, I definitely say, two of the really powerful ingredients would be wormwood and black walnut, they're really good cuz they're known as, they're known for their antiparasitic and antifungal properties, and I would definitely say, there's a lot of traditional, uh, powerful combinations that include wormwood, black walnut, and cloves, so if you're someone suffering from like parasites at the moment, I would definitely look around those three, in particular, but other ways of cleansing parasites would be including the elimination of refined sugars, having a break from seafoods, processed foods, just adding more fresh, non-GMO, organic fruits and vegetables into your meals, that's why we promote, just again, cleaning

your fruits and vegetables correctly on this program, but yeah, they're, they're really good, it's really good for you, so with that, and it's also another program that we run as well, true, true, so with that, we've got next up, number four, for chronic inflammation, so this is such a key topic as well because chronic inflammation, so we've kind of mentioned this a little bit, as we know already, our gut microbes, they can be our allies, but they can also serve as a double-edged sword, which puts our health at stake, because it turns out that these tiny health, they can also be our downfall when they become unbalanced, the more imbalanced our microbes are due to a bad diet, bad lifestyle, the more bad bacteria multiply and can create inflammation, and now, the more inflammation that builds up because it's eating away at the just bad foods that we have in the side our stomach, literally, that is their food, is the more it's going to affect our digestion and metabolism, and this then reduces the nutrients absorption by damaging the cell lining within our stomach and intestines, leading to IBS, leading to fatigue, lethargic, tiredness, all of those things, so we don't want it, remember, chronic inflammation spreads throughout our body, so we want it, we want to catch it, we want to reduce it as much as possible, as quick as possible, so, regularly having detoxes is really good for you, anti, eating anti-inflammatory foods, get as well, really good for you.

So, number five, we have the enteric nervous system, we're nearly there, enteric nervous system, now, imagine this as the superhighway of nerves, your enteric nervous system is running from your mouth to your bottom, it's almost like your gut's personal DJ, spinning the tunes for your digestive dance, now, for those who don't know, your enteric nervous system is your second brain, it's always chatting to your brain, it's just always making sure your digestion is a hit and your energy levels are sky high, but bad food choices can be like a bad song request and that can throw your enteric nervous system DJ off his game, we end up with digestive no-shows, nutrient no-shows, and just bad vibes of diarrhea, constipation, so that is why we always need to make sure our second brain is spinning the right records with healthier food and life choices for energy, that is crucial, it's the energy that keeps us dancing all night long, so I want you guys to remember this and hopefully right now, I want you all to, you can remember, actually no, you know what, scrap that, I want you all to just picture this,

I'm, I'm a very visual person again, just think of a song that has you dancing all night, left, right, left, right, oh, yep, I'm visualizing that song, yeah, that is literally what it does, and, and literally, what we want for our digestive system as well, that's why looking after our enteric

nervous system is so important, and six, last but not least, and hopefully at this point, we are all in agreement that our digestive process, it plays a major role in how much energy we have throughout the day, when our digestive system breaks down food properly, we have more energy production, and when it doesn't, we feel sluggish and fatigue, at this point, I'm sure, I'm sure you're all with me, so with that said, we had to include this, I had to include this, I had to, it's been a, it's been a topic that's been going around in the WhatsApp group a lot, so in the spirit of this, I've included this, this next couple of slides for anyone who's feeling energy drained, who here loves coffee, easy, easy question, now, I've got a question for you, is caffeine your best friend or is it your enemy, who thinks caffeine is their best friend, or do you think it's your enemy, so we've got one enemy in here, both, enemy, but I love it, oh, okay, okay, okay, okay, well, the truth is, it really depends, caffeine can be both a friend and an enemy, because while it may provide an energy boost when you need it the most, too much of anything is never good, that's the truth, and in the case of coffee, a lot of us experience jittery nerves, headaches, if we just drink too much of it, so you may find it useful to know that looking after your digestive system, it's an amazing, coffee-free alternative, and it naturally gives us the abundance or energy that we need, okay, we've got here, also, only taken after 10, so we have a range of opinions, so what I would like to take you through is five ways to increase your energy levels through good digestive health, naturally, so we've got here, number one, eat your daily dosage of 30 grams of fiber, so remember, fiber is, like, it's like the marathon runner for our bodies, releasing energy slowly and steadily so we feel fueled all day long, fiber-rich foods include whole grains, fruits, veggies, these are also really, really great for fueling good healthful gut bacteria, on top of that, our good bacteria will help in aiding digestion and vitamin production, leading to just increased energy levels, which we absolutely love, so, number two, we have balancing your macronutrients, now, this includes healthy proteins, fats in your diet, and it's awesome, I think, I actually, I think I had a few calls earlier where I mentioned this, balance your macronutrients is super important, the proteins and the fats, because that's going to provide you sustained energy release throughout the day, I think I was even mentioning to someone, coconut, if I remember correctly, I think we mentioned coconut yogurt, so yeah, this is going to help you maintain your blood sugar levels and just prevent those mid-afternoon energy slumps, so, number three, you've got to stay hydrated, drinking plenty of water supports nutrient absorption and toxin elimination, keeping hydrated, so good, it's amazing, it can really just prevent those energy dips which are caused by dehydration, to make sure you drink those 2 liters of water, to everyone, 2 liters is the minimum, I repeat, 2 liters on this particular challenge is the minimum, number four, you've got get moving, regular activity supports our digestion, reduces inflammation, and helps regulate our energy levels, it also stimulates the movement of food through the digestive system, and as a bonus, it helps get

rid of those unwanted toxins, hence why it's another thing, it's another thing that we talk about a lot, I love movement, movement even increases the diversity of our gut microbiome, 10,000 steps, come on, let's go, and number five, you've got mindful eating, take your time to chew your food thoroughly, and hopefully you remember the right amount of times, 32, and now, this just aids in digestion and it just really helps your body extract maximum energy from the food that you consume, so here are five nutrients now that you can eat more of if you're suffering from low energy, and in terms of our diet, just throwing out there, if you're lacking energy, guess what, the number one thing you should be eating is, asking this to the group, team, in terms of our diet, if you're lacking energy, guess what the number one thing you should be eating is, okay, we've got spinach, what, what else do we think, beans, is a question mark, melon, one more guess, think a bit wider, no, not everything, not everything, you're lacking energy, don't eat everything, okay, so keeping us back on track, I nearly said, you're all right, not everything, though, so if you're lacking energy, the number one thing you should be eating is, ah, plants, plants, so yes, we're talking about the fruits, vegetables, seeds, herbs, legumes, nuts, seeds, whole grains, all of that stuff, apparently, we've got jokes today in the chat, I love it, so they not only contain the infamous fiber but they also contain vitamins and minerals that are so important to increased energy, so these are five other, the things that people who lack energy typically are low in, so number one, we've got iron, iron deficiency, this can lead to anemia, it often presents itself as fatigue and low energy, so yes, I agree, beans and spinach, excellent sources, excellent sources, they're important nutrients, moringa, moringa is an amazing nutrient as well for that, so number two, we've got magnesium, crucial for converting food into energy, it is really crucial for converting food into energy, I agree, um, a deficiency in this mineral, just for those who don't know, it can result in low energy, so if you can get more magnesium into your diet, the nuts, the seed, the whole grain, green leafy vegetables, really good for you, number three, you've got B vitamins, B vitamins play a crucial role in energy metabolism in the body, whole grains, legumes, seed, nuts, leafy vegetables, excellent sources of these essential vitamins, number four, omega-3, oh my gosh, I cannot stress this enough, our omega-3, omega-6s are so out of balance, and when you eat omega-6s, which is in like a lot of foods that we eat in our everyday world, these are pro-inflammatory, omega-3s are anti-inflammatory, so you want to be eating, sorry, you want to be eating flaxseeds, chia seeds, walnuts, these all things are all rich in omega-3, they've been found, omega-3 has been found to reduce inflammation, fight depression, fatigue, that's why it's really crucial, and number five, protein, protein provides the body with slow, sustained energy, which is also essential for tissue repair and building, so good sources of protein include beans, soy products, nuts, I'm not big on soy products, to be honest, we wrote it down, but I'm scratching that out, so good sources of protein includes beans, nuts, yeah, a big fan of those ones, and also, just answer that, yes, fish is known for

its omega-3, but if you want to take it one step further, I would go for like sea moss, your seaweeds, because you have to ask yourself, where does the fish get those omega-3s from, the fish eat the seaweed, so that's where it gets it from, so I would say, if you want an even more of an abundance, that's where you should be looking, but that is a great question, as well.

So ultimately, now, hopefully, you're seeing why the recommended amount that we're supposed to eat is 30 different plants in a week, and guess what, that's why it's in the 30-day meal plan, that's why it's in the salad bowl guide, that's why we give you the kimchi as well, all of these things got vitamins and minerals.

So we have you covered, so that's it, team, in terms of this presentation, that's it for today, I hope you guys have learned a lot more and just really start to understand your gut health and how our gut is like a mini-factory about digestion and how we can get maximum energy and vitality.

After listening to this presentation, what are two actions that you are going to add in order to further your success in the 30-day detox challenge this week?

Write in the chat, what are two actions that you're going to do in order to further push yourself?

Team, write in the chat, maybe you guys are still writing.

Okay, so we've got some seaweed, 2 liters of water, chia seeds, oh, let me scroll back up, nuts, more flax seeds, pumpkin, do you know, I love how specific you guys are being, that's it, you're really pushing yourself, you're really pushing yourself, awesome, more fruits and vegetables, 2 l of water daily, exercise, that's it, that's it, that's it, I'm loving this, I'm loving this, I'm loving this, yes, team, yes, team, yes, team.

And with all of that said, guess what time it is?

Those who were here last week, you're going to know, bringing it up on my screen, let's see who's been paying attention, ultimately, team, what I want you all to be doing is pushing yourself more and more every single week. So thank you so much to you guys, I'm holding you all accountable, we're saving these messages, just so you know, so if all of this said, just like last week, it is quiz time.

So number one, just so you guys know, I'm going to read out a question, let to say A, B, C, D, and I want you to write the letter in the chat, you have 10 seconds typically in order to fill it in. Kazia is on fire.

So which of these refer to the balance of microorganisms that live on and in our body?

- is it A, our immune system,
- B, gut health,
- C, our microbiota,
- or D, our skin health.

Yes, thank you, it is our gut, it's our gut, oh, we, I, one, we're near, we're nearly there, nearly that, got health, got health, got health, remember, there are trillion, 100 trillion different microorganisms that live on and in our skin, in our body, and these contribute to our overall health.

So, number two, in the UK, at any one time, how many of us experience symptoms of bad gut health?

- is it A, 10%,
- B, 20%,
- C, 30%,
- or D, 40%

Boom, everyone's in agreement today, indeed, indeed, 40%, it is.

So, three, how many different bacterial species are present in your mouth?

- is it A, 200,
- B, 400,
- C, 600
- D, 700

Be quick with it, 4 seconds left, three, two, one, pausing for a second, team, you're not allowed to join in, just so we're clear.

Okay, we had some different answers there, D, indeed, it is, it is, 700, oh, we had someone say 200, oh, no, oh, no, do we need to run it back again? Just playing, just playing.

Remember, our mouth is the second home, the second, it's the second most popular place, we rolled out that red carpet, we gave our mouth the VIIP, that is where it lives, a lot. When

we have bad bacteria in our mouth, there's been a lot of studies that have linked it to dementia and mental health because of how much is in there. That's why looking after our mouths and doing the conscious brushing activities on the 30-day activity guide, so crucial, it's a game changer.

- So boom, number four, which of the following are the accessory organs?
- is it A, the heart, liver, kidney, and pancreas,
- B, the salivary glands, liver, gallbladder, and pancreas,
- C, our brain, lung, kidney, and gallbladder,
- or D, liver, kidney, spleen, and gallbladder

A, too quick, you got, we got some A's, We Got Some D's, D, and we've just got an emoji to support you all.

Okay, you're sticking with your answer, right, uh.

Team, what's going on here? What's going on? I was going to hold off this quiz and do it next week and be just to make sure it's sunk in.

Remember, our accessory organs are homies, they are the salivary glands, liver, gallbladder, and pancreas. Remember, we spoke about those, they combine with our central, our central organs in order to ensure that our body functions correctly.

Okay, so, next question, I want to see everyone get this one right, we've got this, so, we've got, if our stomach is unable to work properly due to a poor lifestyle and diet choices, which of these problems could we face?

- is it A, nutrient deficiency
- B, fatigue and weakness
- C, ulcers
- or D, all of the above

Three seconds.

Indeed, all of the above, thank you, we're on the same page.

Number six, what are the hair-like projections on our small intestine called? These have the ability to further enhance our ability to break down our foods into smaller components and further enhance our absorption levels.

- is it A, cilia,

- B, dendrites,
- C, axons,
- or D, villi,

What are we saying, I realised I wasn't looking at the chat, so we've got some, got D, D, D, oh, we got an A, we got D, A, D. What to do with a question mark? Not sure? Even questioning it?

Yes, indeed, it is the villi, remember, they are hair-like projections, and that further enhances our ability to break down our food into smaller components so that it's even easier and better for absorption.

Remember, I said, it's absolutely incredible for our body, and it just helps you understand how hard it's really working for us, it's literally set up to do greatness, as long as we provide it with the right lifestyle and diet fuel, which is what we're all doing, building those habits.

So, number seven, we've got, good digestive health can be your caffeine-free way to boost your energy, which of these encourage good digestive health?

- is it A, eating your daily dosage of 30 grams of fibre
- B, balancing your macronutrients, and getting moving
- C, staying hydrated, and mindful eating
- D, all of the above

That's it, we've got D, thank you, even see a couple of your faces, commenting, that's it, thank you, thank you, that's it, team.

So, we've got here, what happens when our hormones get out of sync?

is it A, craving more junk food, B, we need less sleep, C, our hair color changes, or D, our fingernails grow faster, that question was just too easy, wasn't it, hopefully, we've got a harder one in there, indeed, it is, craving more junk food, remember what I said, ghrelin, we, we want to keep everything under control, very, very, very important, so, we going to be thinking about what type of foods we're feeding our body, so with that, o, one, second, ah, here we go, my screen's unfrozen, let's go, so yeah, with that, when we talk about hormones, really important, because our hormones are the ones that give us, it gives us that, that hunger cues, so just ask yourself again, which one is it, is it leptin or ghrelin, is it our sensible friend or our animal party friend, which one, that's going to let you know whether, how in sync your hormones are together, uncontrollable hormones, that's the high

fat, the high sugar cravings, and if you want to fix this, a really good thing is to eat polyphenol food. That's going to help you retrain your gut.

So, when we fail to eat enough plants, what are the five most common nutrients energy drained people tend to be low in,

- is it A, iron, magnesium, B vitamins, omega-3 fatty acids, protein,
- is it B, vitamin C, zinc, vitamin E, calcium, potassium,
- is it C, vitamin D, iodine, vitamin K, sodium, copper,
- or is it D, vitamin A, phosphorus, selenium, B9,

Oh, you're on fire, okay, team, A's over here, team, indeed, you are right, it's A, iron, magnesium, B vitamins, omega-3, and proteins

You guys remember, I love that, I love that, I love that, very, very, very important, and remember, that we spoke about different things that you could be eating as well, if it's the iron, you want to be having those magnesium, so if it's the iron, you want to be having the moringa, the beans, the spinach, all of that, if it's the magnesium, you're going to be thinking about again, nuts, these whole grain, if it's a B vitamin, dark leafy vegetables, really good for that, omega-3s again, we mentioned the seaweeds in there, really good for reducing inflammation, anti-inflammatory, that is what omega-3 are, so, of course, the flax seeds, the chia seeds, the walnuts, and of course, you've got the protein, that's a steady energy, slow, sustained, steady energy, focusing on repair and building.

Then our final question, number 10, what are the six ways gut health impacts energy? is it

- A, through our metabolism, hormones, gut microbiome, chronic inflammation, enteric nervous system, and digestion, is it
- B, heart rate, brain activity, muscle function, respiratory tract system, skin health, and bone density,
- C, blood pressure, sleep patterns, body temperature, immune response, sensory perception, and hydration levels, I love how quick everyone is, whereas, is it
- D, physical activity, stress levels, eating habits, emotional state, genetic predispositions, and lifestyle choices.

Boom, that's it, so metabolism, it's the hormones, it's the gut microbiome, chronic inflammation, all of these things, super duper important, and it's worth noting, so if you were aware about them before, now, I want you to really become aware about them, they're all super duper crucial, so boom, that is it for today, team.

Oh, we had a bonus question, did we, uh, we will love this question, at this point, everyone should be pros, what is the ideal number of times that we should chew our food?

Boom, straight in it, I'll take it, 32, that is it, it is 32, boom, so, team, with that, we are concluding. Do we have any final questions?

Was today helpful?

Yes, there we go, I'm glad, I'm glad, I'm glad, I'm glad.

Any questions from anyone, or are we good?

Oh, yeah, okay, we've got capitals, we got capitals, when you start throwing capitals, I'm like, okaaaay.

Oh, you did a decent job, got it, got it, got it, awesome. In that case, I'm wishing you all a lovely night, please do check your daily action guide for tomorrow's action, but I will post it in the chat as well.

As I usually do, as a reminder, wishing you all the best, team, we've got this, stay strong, we're about to hit midway at the end of this week, push, push, push, push, push, if you make the habits from now, you're going to, you're more inclined to continue it on, let's go 100, so that even if you hit 70 post program, that is still amazing, it's still excellent.

Night, night, everyone, see you all later.

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