

Ep. 1 - Fear and new adventures!

Oh my gosh I have a podcast, this is crazy.

Hi I'm Taylor Gendron but I go by Tay everywhere on the internet because, I wanted to go by Taylor but when I was looking, I really wanted a ".com" website and somebody already had TaylorGendron.com and they wanted \$50,000 for it which you know it wasn't worth it so to be honest, most people call me T, Taylor or a very select few are allowed to call me TayTay but T and TayTay didn't sound very professional and Taylor wasn't an option so Tay it is and now it's been about 4 years of people calling me Tay and I actually really, really love it.

So, hello I'm Tay. I am a holistic nutritionist, a gut and hormonal health expert, a yoga and meditation teacher, a spin addict, a cat mom and I am also the creator of the Breaking Up with Anxiety brand, which as of right now has group coaching programs, it has one on one programs, it has workshops and very exciting in January 2023, next month, I am adding on a membership.

All of my offerings under the Breaking Up with Anxiety Umbrella cover my methodology on how to eliminate generalized anxiety disorder, panic disorder and can be very supportive when it comes to depression as well because there are many overlapping causes behind both. Now I'm not a therapist and what I do does not replace therapy. What I do is in addition to therapy so Breaking Up with Anxiety was born from my own personal struggles with my mental health. It is the roadmap. And all the information I did not have when I was suffering with generalized anxiety disorder, panic disorder and depression. So, I was diagnosed with all 3 in 2011 and it has since evolved beyond my wildest dreams to something that has been able to help women from all over the world to release their anxiety and panic disorders. Therapy works. It's just not enough. Medication can be very helpful and supportive. But it's also just not enough. And we will dive deeper into why this is in future episodes. But in a nutshell if you want to really kick anxiety to the curb, kick it there, and keep it there you have to address diet, lifestyle, nutrient deficiencies, your gut health, stress. And this can be physical, mental and emotional and any traumas and no, as a nutritionist I don't just tell you what to eat which is a question I get a lot like oh you're just going to tell me what to eat. I wish there was a different term for what I do and even when I went to school for my designation because nutrition really just cracks the surface.

My work focuses on reducing inflammation, optimizing digestive function, boosting your natural neurotransmitter production, bringing your hormones back into alignment, building a flexible nervous system and building stress resilience so that you can navigate the inevitable stressors of life with a lot more ease and we do all this through addressing diet, lifestyle, nutrient deficiencies, gut health, physical stress and some mental and emotional stressors as well. But therapy is also very great and supportive for that. What I do not do is help people process their traumas. I have my own therapist for that. I have been in therapy since 2011 and I am a big, big fan. I would not be here today, free from my generalized anxiety disorder, my panic disorder and depression without the combination of therapy and all the other things I now specialize in that I just mentioned.

So, originally, I had planned to dive into my story. In this first episode, I'm actually going to

save that for another episode, probably the fourth and of course it'll always be speckled throughout most episodes because I have lived with and defeated panic and depression and anxiety. So, I have been in your shoes and first and foremost. I really want this podcast to show you the way out to give you hope that you don't just have to learn how to manage your anxiety or you don't just have to learn how to live with your anxiety. It's not a personality trait. You can be free. So, I thought for this little intro episode I would give you a quick glimpse of who I am and share a little bit about how this podcast came to be because I wanted to create this podcast or a version of this podcast for years and since at least 2018 was when honestly maybe even before that maybe like 2017 but I was petrified to do it on my own and the original idea was actually not for me to do it on my own.

It was to start a podcast with my bio mom, I have 2 moms, and she is also in the mental health space. She has an amazing show on YouTube called "Sharing with Susan B", all about the power of vulnerability and she has some really amazing inspiring people come on and share their story with their struggles with mental health. So, years ago we were just about to get started on our podcast. We had all the kind of pieces in place and then something went down in her life. She went through something really traumatic and so for a long time and she talks about this openly on her channels. She did not have the capacity for our podcast baby so because I was terrified to do one on my own I shelved my podcast dreams for years. At this time, I wasn't really showing up that much on Instagram it felt really scary at first to share so openly and vulnerable about what I had been through because a lot of people in my life really had no idea how deeply I was struggling and then fast forward years later as I continue to do the work. And now I love showing up on Instagram and sharing all the things a good friend of mine who's also a business coach and a ridiculously talented copywriter. Like it's insane, her and I have recently started recording a podcast. And I'm still going to keep the details of that under wraps for now because we haven't shared about it publicly yet. But let me just say if you are an entrepreneur and you have anxiety, that's going to be the space for you, coming sometime in 2023.

I have to pause the story here really quick to shout out to my amazing friend and podcast manager. I promise this will make sense soon why I'm taking this little intermission but without her you would not be listening to this right now. If you do not know this already, being a nutritionist who works with women to help them optimize their gut, align their hormones and reset their nervous system so they can break up with their anxiety for good is not my only job. I work 9 to 5 for the federal government as an administrative assistant. Before that I was a restaurant manager and I was in the restaurant industry for almost thirteen years. I was 17 and I'm 32 at the time of this recording. I also work for another nutritionist Melissa Ramos as a nutritionist moderator in her membership program "Sexy Lady Balls", which by the way if you or anyone you know has an autoimmune condition or an autoimmune related condition like PCOS or endometriosis, you're gonna want to go follow her on Instagram - it's Sexy Food Therapy. So, as you can probably imagine, this is not my only job because starting a business, even an online practice even if it's online and not brick and mortar, it takes money, it takes a lot of money. So, as you can probably imagine it has been very easy for me to use the excuse I do not have enough time for a podcast even though it's something that I have really, really, really wanted to do but I'm also scared to do it.

I have a lot of feelings about this, but feelings are neither good nor bad. They just are. They're neutral and we give them a label but that's a conversation for another episode. I have all these feelings and I also feel like I'm ready and it's time. And I'm ready to move through the fear even though it's there. So as fate would have it I was sharing this with 1 of my besties and I was telling her about how badly I want to start a podcast but I just don't have the time to learn how

to get on all the things and edit it and like the music and all the backend stuff that goes into all of this, you know people have full careers being podcast managers. There's a lot of behind-the-scenes work and I truly just don't have the time for that and she said you know what I have the time let me do this for you and my first instinct was to argue. But instead I said yes, this is something I've been working on lately, learning how to receive first. I wanted to say like oh my gosh, no I cannot accept this from you but instead I said yes, thank you. So, here we are - episode 1 of the Breaking Up with Anxiety Podcast! All thanks to the amazing women that I have in my life. So, my bio mom, my other friend who shall for now remain nameless as our podcast is still kind of a secret and Charlene, one of my best friends and now podcasts manager - hey Char! And myself, obviously, got to thank myself for taking imperfect action and moving through the fear and doing the damn thing anyway which hasn't been easy. I'm actually a week late in getting this episode to Charlene because every time I sat down to record it I just wasn't sure what to say or where to start. I get that way when the topic is about me and actually episode 2 with my very own therapist, Chantal, which is ready for you to listen to right now. By the way, I actually recorded that first. That one I got to Charlene on time. So, that's just a little piece of my story, who I am and I'm so excited to not only share with you everything I know about how to break up with your anxiety and panic but to also introduce you to some amazing people - practitioners and coaches. Just people in my life who have helped me along my journey.

So, stay tuned for some powerful life changing conversations and probably the thing that I'm the most excited for about this podcast is that every third episode is going to be an "ask me anything" episode – meaning, you can ask me anything. All you need to do is submit your question or questions with as much background detail as possible in the form linked in the show notes of this episode. These questions will always be answered anonymously but please do provide your email address as requested on the form so that my amazing podcast manager can let you know when your question is answered.

And that is a wrap. Thank you so much for listening to today's episode - I have 1 quick favor to ask you before you go if you love today's episode. I would appreciate it if you left a review on whatever podcast platform you are listening to right now. My goal with this podcast is to reach as many people as possible to spread awareness that anxiety is not this incurable disease. It's not something we just have to live with. It's definitely not just part of your personality and there are body-based imbalances that need to be addressed. In order to truly be free from chronic anxiety with awareness comes action and the more people this podcast can reach the less people will struggle with anxiety and positive reviews are the number 1 way to help new people discover the show. You are the best. Thank you so much for being here. I appreciate you so, so, so much.

One last thing, my legal/medical disclaimer. The Breaking Up with Anxiety Podcast, with me, Taylor Gendron is for general information and educational purposes only and the advice and recommendations I give or my guests give throughout the episodes do not replace medical advice. The consumption of this podcast does not qualify as a practitioner-client relationship with me and the use and implementation of the information discussed are at the sole discretion of the listener. Yes, I am a nutritionist but I am not your nutritionist so please discuss any changes with your primary Health care provider. Okay, that's it until the next episode bye for now.