



SHOW TRANSCRIPT/BLOG

Charla Anderson
209 W. 2nd. Street #225
Ft. Worth, TX 76102
817-808-7703
CharlaAnderson.com

2026-03-11 S4-E2: Amber Hansen

Good, beautiful day, beautiful, beautiful Souls! This is Charla Anderson, host of the Charla Anderson Show~Collector & Connector of Fascinating People (& EVERYONE is Fascinating!), especially you!

I'm excited to introduce to you Amber Hansen today. Man, she had a life transformation about 10 years ago where she was no energy. She was overweight. In fact, her doctor called her obese and had this moment of, wait, I'm going to be a grandmother. I don't want the rest of my life on that path. So she had a split second moment of transformation when she realized that she was going to change something big. And she did. She's a metabolic coach and will help you do the same.

...BUT FIRST...

We're going to meet Amber in just a moment. But first, we're going to have that 22 second mini vacation, that little breathing exercise that we are going to breathe in some calm and we're going to breathe out some gratitude. So join me. Here we go. Breathe in some calm. I am calm for seven seconds. Here we go. Hold. Hold. Relax, release. Thank you. Thank you. Thank you. Thank you. Thank you. And thank you so much, Amber, for joining me today. I know you're in the Smoky Mountains of Tennessee. I'm over here in Texas, and we got lots to talk about.

I know you're a Ziegler Legacy Certified Trainer, which is where we met on the Monday morning calls. And looking forward to just getting to know you and sharing your important message today. with the world. Tell us who you are in this world, Ms. Amber.

Wow, that's a loaded question. But first, thank you, Charla. Thank you for having me on your show. I truly appreciate the invitation. And it's an honor to be here. And through our conversation, maybe we can encourage or bring some value to somebody listening today. But yeah, who am I in this world? As females, we wear all kinds of hats and do all kinds of things. But I guess in a nutshell, I'm a woman who believes deeply in hope, faith, and the power of small daily choices to change a life. I'm a Christian wife of over 40 years to my husband, Randy. I'm a mom to two daughters and a very proud grandmother who out there has grandkids. You know what I'm talking about. I absolutely do. That's the best part of our living this long.

Exactly. Exactly. I do live in East Tennessee, the Great Smoky Mountains, and I'm someone who truly loves life. Hiking, biking, kayaking, gardening. If it's outside, it's adventure. Count me in. I also love spending time with family. Family is so deeply important to me. And I've always been that kind of person who sees the good in people and tends to look at life through what my family calls Amber's rose colored glasses, because I just love to see the beautiful things in life. And for most of my life, Health was something that I never had to think about. I grew up in an active environment out in Wyoming. I was always strong, energetic, until it faded.

I moved across country to a different culture. I mean, in the United States, think about it. Every state is a different culture. We all speak differently. We have different accents. Even though we're in the beautiful U.S. of A., It's different depending on where you live. So different culture, raising my family and being a mom and you all know it. If you hear me out there, moms, you put yourself on the back

burner for so long, tending to everybody else. And then one day you wake up like I did about 10 years ago. And one part of my life wasn't so rosy anymore. It was my health sector. I was losing my health. I gained weight. And when you gain weight, that can be that very first domino that starts dominoing everything else, which I lost energy, started feeling disconnected from the person I knew myself to be. And I didn't want to just live longer. I wanted to live well. I wanted to have energy and truly live well, not just show up. And so through learning about metabolic health and habit change and structured nutrition, I transferred my own health at age 50. I don't know, 50 seems like that magic number that it's kind of like when it's like an awakening we have. We're like invincible before that growing up as kids.

Like you can do nothing. You're like super person. But at age 50, life starts to become more of a reality. And so we have to make some changes. And that was one of the changes that I had to make. And it was in my health.

So you woke up. I mean, it's like you find out you're going to be a grandmother and you're like, wait a minute, I'm not feeling good. I'm not acting good. I'm not, I'm not living my best life. And what I love, you're the one in your family that's got the rose colored glasses. And I, they call me Pollyanna, you know, and I was like, what I call my, who I call myself is outrageously optimistic. And so we've got that in common. And my sister, you know, you know, well, that's not reality. And I was like, well, it's my reality.

You know, why can't I have, look at life? And I always give the benefit of the doubt. I'm always looking for the best in people. I don't, I mean, you can't offend me. It's almost impossible to, I mean, I don't, I'm not a person that takes offense easily anyway, but I'm like, why? I'm just, you've got to really do something intentional for me to go, maybe they don't like me, you know, because... So I find that interesting that, you know,

we both have that, but we also have, you know, reality does set in and you at age 50 ish, you know, started, you know, I'm 72, you're 60 ish, I guess. And, um, we ain't quitting. Life's getting better all the time. We found ways to manage. And I think that this is a great conversation because people get to this place and it's like, you've got a choice. You can continue down that less than optimal path.

And I think I saw a meme on your Facebook that's something like, you know, do you want to be vibrant and playing with your grandkids and hiking at 80? Or do you want to be clicking the channels and on a walker and, you know, making choices? This is something I think a lot of people don't realize. I heard that the number one reason that people go into assisted living is because they can't get themselves off the toilet. you think about that and culturally you look, you know, in Japan, you, you, if you don't have strong squat muscles, you going to be sitting in a puddle of stuff, you know, it's not good. There's places around the world that it's just a hole you hover over, right. When you need to go to the bathroom.

So, um, but our culture isn't, isn't doing that. People are not, I fortunately live upstairs. I'm up in, I mean, my, uh, You know, I've got stairs in my house. So I'm up and down stairs all the time. Just walked miles and miles around on vacation. And I feel like at 72, I'm doing okay. Maybe not optimum, but. better than a lot i don't i don't i don't watch tv so that might help too so anyway so this i just love that we have that in common you have that vibrant face that you know but what has i mean what how did you find this metabolism is what you're talking about being a metabolic um a coach assistant to help people change their metabolism. That's what we're talking about, right?

Yes. I am a metabolic stabilization coach because that's a lot of work. I mean, that's a mouthful. Explain that. Explain it to us.

Well, like you were alluding to earlier about America's and how we are culturally and that, well, 90% of Americans are in metabolic dysfunction. And dysfunction, it shows up like brain fog, low energy, fatigue, and all those little things that are nagging at you and you can't put your finger on it. But when you go into metabolic syndrome, that means you've got some metabolic markers, diabetes, high blood pressure, high cholesterol, fatty liver, all of those things. And what's amazing is that it's all reversible. It's reversible.

And that's why we're like metabolic reset coaches because we reset the metabolism. Our metabolisms are engine. And most people just, people will ask me, what exactly is metabolic health and why should people care about it? It's a great question to ask because, and it's a simple, it's a simple answer. Metabolic health is just how efficiently your body creates and uses energy. And when it's working well, blood sugar stays stable, inflammation stays lower, and it's steady, weight's easier to manage, where you don't have the brain fog, the fatigue. But I kind of like to put all that kind of in a simpler way. I like to often explain metabolism like a car engine. Because people, we all drive, we have cars, right? And so if you put the wrong fuel in the tank, you run it on empty, skip the fluids, leave it sitting in the driveway for months, the engine eventually struggles. Our bodies are the same way. Poor nutrition, dehydration, lack of sleep, stress, inactivity all put strain on our system.

And when we start supporting the engine again, better fuel, proper care and movement, but the body will run the way it was designed to. Our bodies are amazing and they're resilient and they take a lot of abuse, just like your car takes abuse. But if you keep abusing it, your car is not gonna take you from A to B, it's gonna break. And so many people with their body and their metabolic, they're trying to lose weight or dieting, which let's just unpack that for just one second. I'm going to take a little side trip here because...

On the word diet, I call diet a die with a cross at the end.

Yeah, but we're all on a diet. I mean, think about it. Someone else's just maybe ho-ho and ding-dongs, but we're all on a diet. If we're not on some type of a diet, we would die. We need nutrition. So I just call dieting, you know, that ugly word that we've given it all these meanings. It's just eating incorrectly. I found most don't understand the weight that they are actually losing. And they end up lightening the engine of their car versus getting rid of the junk in the trunk. So when you want to lighten the load, you got to lose weight some way, but you don't want to minimize the engine.

But when they do that, they're injuring their metabolism and we need to be revving up the engine, protecting and building muscle, which is our metabolism. You hear those people that they're like, man, I wish I was like him. He rolls over and burns a cube of butter, but he's got a hot metabolism. His engine's burning hot. So I just want people to know your body isn't broken. It's simply under supported. And

Saying all that is my belief is that there has been a system or an agenda or to undermine the farming, undermine the products, undermine and add all these artificial things that don't serve us. In fact, they were not skinnier and healthier. If you look at pictures in the 70s and before, you know, everybody's trim. They're not. tattooed up they're not you know they're they're all trim i mean that was my era i was you know we you know my mom uh i was a flight attendant for 34 years and when i started i was five five and a half i think and we had weight restriction my maximum weight at five five and a half was 127 pounds and i was never close to that until i started having kids you know and i was like people can't even imagine that nowadays because artificial,

The artificial sweeteners, the artificial fats, the things that are coming into our, came into our healthy lifestyle, which isn't

healthy foods. You know, I knew, I found out years ago and I had this instinctually somehow, you know, we had tab and fresca all of a sudden with Coke and 7-Up and Those diet foods, my ex-husband would order an éclair and a tab, thinking the mindset was, and the master marketing, Diet Coke is the best name for a soda ever. And people think they're counteracting. So the consumption of sugar doubled. The consumption of sugar doubled, as did the increase in this artificial diet. Poisons, I think they're poisons, artificial sweeteners. And pink, yellow, and blue, they're killing you. That's my little poem. Those little envelopes. I said that years ago. I was still flying. I've been retired 18 years. So for some reason, I never sucked into that mess very much.

And so I'm probably healthier than most people just because I didn't suck into having to have something. And your body... your brain completely bypasses that it has anything in there when you're, when you're giving it that artificial stuff. So it stores everything. And that's the reason those thin people in the seventies and sixties, you know, started drinking the diet stuff to stay that way. And, and it didn't, it's not working. And I'm very grateful for the make America healthy again with I Kennedy. I think he's doing some miraculous things that have been needing to you know taking us on down the wrong path for so long and now uh looks like it's shifting no matter where you are politically that i mean your health is we should be very ecstatic about oh i agree i agree um it taking the fluoride out i mean all the stuff that they found you know the sludge you know so

and it started 30 some years ago

much longer than that actually yeah Yeah, even longer.

In

the 40s and 30s when they started, when my mom in the 50s, my mom started using oleomargarine for the calories and plastic, right? One molecule away from plastic back in the 50s. So it's been a long time coming and eased into our way of life. Very, very easily seems like.

It has. They put the high fructose corn syrup in everything.

That's the same thing. The high fructose corn syrup does exactly the same thing as these artificial sweeteners do. It bypasses the brain's ability to know that you're actually consuming anything. And so everything is making you not healthy.

Yeah, absolutely. I mean, they told them. I mean, as I said, if you put this in our foods... In 30 years, we'll have a country of overweight diabetics. Hello, we're here. And it's not right. So I am grateful that they're finally stepping in to make a turnaround in that. And then realizing that even that food pyramid was just all wrong.

Totally upside down. We've got to have... Your body is made... Your brain is made of cholesterol. I mean, literally, your brain is made up of those fats and things. And when we start denying our children of the fats... They're not. That's why I'm going to just say it. That's why they're called soy boys. They got they don't have testosterone. These young these young men didn't get fed what their brain and body needs to be, you know, become strong, you know, men. And I don't, you know.

Everybody's thinking skinny. No, no. Let's think fit and strong. And that comes with nutrition and weight resistant training. Those two things, nutrition and weight resistant training. Because at age 30, I mean, nobody told me and I didn't know this until I was 50. But I didn't get a birthday card when I turned 30 saying, happy birthday,

Amber. By the way, you're going to lose four pounds of muscle mass each decade if you don't actively do something against it. Wow. I wish I would have known that when I was 30.

And, but you're too busy raising kids. You're too busy, you know, who we even knowing it, do we really have capacity to, to, oh yeah, yeah, sure. Fine. You know, that's, yeah. I'll worry about that then. Right. Yeah. So Amber Hansen, I'm going to just say this now. So people can know Amber Hansen, H-A-N-S-E-N with phenomenal-life365.com. Let's just get your information out there. Phenomenal-life365.com. And you can find out more information.

She's got amazing. It's a, I think a four month program. If you want to talk a little bit about that and then, you know, I think you're, so you've got some books, things that you recommend and stuff like that. We can kind of go, and then we'll circle back into all these, how you did it and why you did it. And the metabolic reset bundle is your coaching bundle, right? So let's let you sell yourself here a little bit. Let's find out how you can help people.

So first of all, people have to know, that they're not broken, they're just under supported. And if you're wanting to make a change in your health, you need support, you need guidance. I mean, if you're wanting to do something, you ask somebody who's already done it, right? And so I have been there. I have been in your shoes. I know how you feel. And the whole thing of a coach, like the stage coach, it's to get you from this point to this point. It's guidance. It's accountability. It's support.

But you also need community. We are social beings. And we can't do things and go things at it alone. You can only get so far alone. But if you want to go the distance and truly transform for lifelong stuff, you need community. So with my coaching, there's coaching, there's

community. Then you need to you need education. You really need education. And I don't know everything. but I connected with Dr. Wayne Scott Anderson. He is a 10th board certified critical care physician in our nation. He knows his stuff and he realized very quickly 25 years ago that our medical system was sick care and not healthcare. I mean, if we break something, we need them. I want them to put me back together, but they're not gonna get us healthy. And he realized that. So he broke away and developed a program that has all the things, the coaching, the community, the education, and proper nutrition. And I walk arm in arm with my clients. to help them get from where they are. I meet them where they are. Everybody's different. Everybody has different goals. Everybody's different ages. Men and women are different, biology, which is different. And I meet them where they are, listen to what they want, because it's not about me. When I coach somebody, it's not about me and what I want. It's about them, their wants, their goals, their desires.

And then I just match up a suitable structured plan for them that will work with them and help them get from where they are to the future self that they want to be. And there's mindset. It's not just nutrition. It's a mind game. It's a mind game. And our program, it comes with a couple of books. One is the science behind it all. And one is a journaling book that they recreate their story. Like I recreated my story. I started out with a great story, by the way, healthy and everything. And then the change, culture, all that kind of stuff, and life happens, and it was a gradual thing. We don't even see it coming. I mean, you felt good yesterday, and then all the way today, you're not, you have this disease, and now it didn't happen overnight. And it's not undone overnight. But with my clients, they're feeling better within seven to 10 days. I love getting text messages saying, oh my goodness, my fingers don't feel like sausages anymore, or my pants are fitting better, or I slept like a baby last night. So wins, I focus on the wins, but that's on and off the scale.

And when I coach people metabolically, if they're just weighing on a scale, and seeing a number, what does that mean? I have my client, we use body composition scales. We want the body composition, those metabolic markers below that number. What kind of weight are you losing? Are you losing the engine or the trunk? So I track that stuff with them. But I do have... Great startup offers for them if they want to reach out. I have free metabolic quizzes, a free health profile, and free consultation to go over these with them. There's no charge for any of that. If they say yes and raise their hand and say, please, please walk with me, Amber. Hook up.

Let's go hip to hip. Then, of course, there is a charge, but it's not above and beyond what they are currently spending right now. What they're currently spending right now just putting in their mouth is probably more than everything I just talked about is going to be. We Americans are spending \$25 a day just on what we're putting in our mouth. And that's a real loose number. It could be a whole lot more in the city, less if they're living on a farm, of course. But my program that I coach is anywhere from about \$13 to \$16 a day, depending on the person and their needs. Wow.

Well, you know, I agree with you a hundred percent. I'm also in the health field. You know, we've got all kinds of, there's so many amazing things out there. If you choose, if you choose to be healthier and choose that lifestyle of, of, of all of a sudden it's, it feels like sometimes all of a sudden, wait a minute, I'm not feeling so good anymore. Wait a minute. My, you know, Can't bend my fingers right. You know, whatever it happens to be, I believe this. God, if God can create it, he can heal it. If God can create it, he can heal it.

And he has provided everything we need inside of our bodies to do that when we receive the nutrition. Yes, absolutely. Urgent care here in, you know, with a broken bone or something, we've got the best in the world. Sick care. It is a sick care

system. They have, in fact, I have a friend that worked even, I mean, he, he was like, I'm going to get into the medical field. And he found out they don't want to heal people. Then he got into the, like, I think it's the American cancer society, something like that. He was like, weren't runner. And they said, don't ever mention the word cure here. Don't, I mean, they, that system is designed to keep us as long-term healthy. clients, long-term patients. And that's not a hundred percent across the board. I know that there's a lot of people that choose to, you know, but they're not trained. There's no nutrition in the universities.

It was designed that way. And the Rockefellers would not give a grant to any university that, to medical university, if they taught one thing, one thing, a holistic stuff or nutrition. And so when you do go in and learn the nutrition, it's all they're teaching you to eat diet foods, you know, and all that stuff is crazy to me. So anyway, we get off on all that, but you've got a metabolic reset bundle. You've got all the stuff that you mentioned that you offer before you even take a dollar. That's very, very high value and very reasonable. And I think it's great. Does that include a diet plan? Does it include a product list? Does it include actual products?

So my metabolic reset bundle, it's four weeks of nutrition with personal coaching tools, resources, support, community, education, and digital copies of that habits of health by Dr. Wayne Scott Anderson, all the science behind it. And also another book called my prescription for life. There's a lot of people out there that feel that they just don't have any hope and they want to hit an easy button. and they're talking about the GLP-1s and this prescription for life educates them, not like they're getting anywhere else, but it will educate them on what that really is. And then on the backside of that prescription for life is healthy living, like I'm coaching and stuff like that.

And it's less, it's like \$13 a day. And if they want more information, they can reach out and get them that free metabolic quiz, free health profile, free consultation. They can do all those. It's never too late, never too late to reclaim your health and life. I feel better now at 60 than I did at 50. Well,

yes, because you've taken and look, it's a choice. Attitude is a choice. I believe that you what you've just, you know, attitude, mindset. I'm a mindset coach. Mindset will change everything. I tell my little four year old granddaughter was here last night and I said, have you been? I said, before you go to sleep, let's have some gratitude. Think some gratitudes when she was here. Recently, a couple weeks ago, I said, okay, let's name some things you're grateful for. And she does that easily. And then I said, okay, I want you to think about this. If you go to sleep with gratefulness and gratitude, you're going to have better dreams. And she woke up the next morning. She says, I dreamed about rainbows. And she had this whole dream that was... Great. And so gratitude is the key. Honestly, gratitude is the key to a satisfied life, in my estimation, to be grateful. And I had someone who was just kind of like...

So that when you get so focused on what's wrong, which is depression and what, you know, what's wrong. And you can't, you can't see things to even be grateful for. I was like, well, can't you be grateful for your toenails? You know, I mean, something, you find something right. And shift your mindset towards gratitude. So, you know, one step is gratitude. Second step is find somebody to make a difference for, you know, to me. I like what if you if it's a kitten or a person that you smile at or something to take the focus off of the pain and into the promise of a better future.

And it's I love what you're saying. Mind is so powerful. And we're social people. And if we would be outward focused and stop being so

inward focused. Inward focused is depression, anxiety, stress. But if we take our eyes off of ourself and put them on somebody else, it becomes outward focused. And then our day looks much brighter. And I, Charlotte, I love the way you start your shows. I love, love, love the way you start them with the breathing exercise. Because when we do that, it shifts the whole mind. It calms the whole body. And when we shift that mind and we calm the body, we make better choices.

Exactly. And that's so, so really just that 22 seconds of breathing or five seconds of taking a deep breath to before you, and I'm teaching this to my granddaughter as well, reactions versus responses. You know, you have, you know, if I say, Hey, let's go, go to the potty, you know, that's a reaction. What if you stop and listen to your body for just a split second and see that If you listen to that body that, oh, maybe thank you for the reminder could be a different response. I do need to go, you know, so that that very split second of time between a reaction and a response can make a huge difference. Oh, massive difference.

It challenges ourself. It makes us to move it from back here in emotionalism and put it up here in our prefrontal context, which is more thinking, structured thinking. I've got a question for you. All right. So from the conversations that you had on this show, which is amazing. Okay. What common struggle do you see people facing when it comes to their health or life transition, those transitions in life? What do you what do you see?

What's the hardest thing for them? Yeah, just don't. It seemed like it's too much trouble. They say they're just got bad habits. Basically, it's bad habits. And you know, Tom Ziegler about habits. You know, we're both Ziegler Legacy Certified Trainers. We love the Ziegler family. We love their philosophy. We love all of that. And Howard Partridge with the phenomenal life. You've got your website named that. So

phenomenal-life365.com. Um, I believe it's, um, it takes, it almost takes a slap in the face or a diagnosis or something for people to step in, to make a decision to shift into a different, um, you know, maybe a different habit. And it does, you know, we don't have to change everything all at once, but you know, Zig always talked about when he decided to start losing weight or getting healthier, he called it a block in a mailbox. He would walk every day. He would walk one more mailbox a little further. Maybe it was every week. I don't know in the beginning, but you know, every, you just take an integral step and make a decision. And it takes, it takes commitment on a daily basis to undo bad habits and slip in some good ones. So just walking a little, but I think it's really, I guess it's habits of the habits of, of, and not even knowing that they're doing anything wrong. I I'll say this example, you know, we're scrolling, you know, and I, it happens.

I mean, I, somebody will send me, something that is, you know, it's important to them. So I want to take a minute. And the next instead of going back, it doesn't take you back to the the message that you came from, it takes you back into the Facebook thread. All of a sudden, it's it's so easy to be distracted by things. We get to choose every single second of every single day as choice. You get to choose. And I say this a lot. I ain't skinny. I've been provided for my entire life to this moment in time. And whether you're in the gutter or in the castle, if you can take a breath, you've been provided for. Sometimes we think it's not enough. Well, why am I in the gutter? And I'm taking a breath and I don't want to, you know, but that's the only place you have to take the next step for them. Where you are is all you have to take the next step from.

And so if you don't like where you are, you don't like where you are, you have the next step. breath the next step to take a different direction to take another step in a different direction

you don't have to stay where you are it's all choice and uh i don't know if that even began to answer the question because it was i'm not used to being asked questions on here oh you're muted you mute

it unmute I must have tapped it I was gonna grab a little a little sheet I wanted to share because it goes right along with what we're talking about with our habits and I'm sure you've heard of this but I'm gonna read it because I don't have it memorized is that all right absolutely and I thought if you're gonna show anything you just you know realize that most people are not going to be They would listen more than watch, right?

So yeah, read it. Let's hear it.

I'll read it because it made a huge impact on me. In fact, I've had this for 15 years stuck up there on my board. So yay. And it's a riddle. It says, I am your constant companion. I am your greatest helper or heaviest burden. I push you onward or I drag you down to failure. I am completely at your command. Half the things you do might as well be turned over to me. I will do them quickly and correctly. I am easily managed. You must be firm with me. Show me what you want to be done and after a few lessons, I'll do it automatically.

I am the servant of all great people, the burdens of all failures as well. Those who are great, I've made great. Those who are failures, I have made a failure. I am not a machine, though I work with the precision of a machine and the intelligence of a person. Run me for profit or run me for ruin. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. Who am I?

Habit It's so true. And I, you know, I look at myself that, you know, some things are just so habitual. I wanted my, you know, I want my coffee and I want my zeal and I want, you know, things that you just do as habits.

And that's where Tom Ziegler, the fastest way, I think his book or as one of his saying, the very fastest way to changed and become more successful is is changing your habits and easier said than done oh yeah well we've been learning them since we were little from the time we started crawling and walking and we'd program ourselves but at some point as we age um We just figure, oh,

I've arrived, and we go on automatic pilot, and it gets us in so much trouble. I mean, there are good things. I mean, we learn to tie our shoe. When was the last time you thought about it when you tied your shoe? But that's a habit, and it was a good one. We just need to reprogram some of our habits to get us where we want to go in our health, and simple things.

I was thinking the word attitude almost fit in there as well, so... attitude i was thinking is it attitude or habits you know trying to get the riddle uh but i think that that's attitude is um uh you've got it you've got to make it's all it's all choice and people don't think that they're in their situation because of the choices they've made but how i would never choose this well um Your life choices have brought you to this place. And from the beginning, so really where we are is all we have.

I say this occasionally in my show because, you know, from the beginning of time, let there be light. Every single thing. infinite number of things have caused, have happened to orchestrate this moment in time. Everything has orchestrated this moment where you and I are having this conversation right now. If your parents hadn't met, if we hadn't been on those same Zigglers, whatever, millennials from the beginning of time has orchestrated for you and I to have this conversation right now. And all of those things, we get we and and when we choose um and make it you know it all it all orchestrates and we're all in all in this world together and so it's interesting to if you don't

like the point where you are you just make a different choice and change a different habit that's right that's right so you're um I don't know. Honestly,

I started off on that and didn't end up where I expected because it's something I have said a lot of times and it didn't land the way I'd like it, but oh well. Anyway, so you're I saw on your Facebook or your website or somewhere, you've got a ton of before and after clients, right? That have in this last decade of your coaching, you got a lot of people that have really made distinctive and impressive shifts. Yeah. And it's lifestyle, right? It's lifestyle shifts, not, not quick fix this. I mean, I know how many people do you know that they think a gastric bypass or some of these extreme surgeries are going to fix them. And it just exasperates their most, most folks, unless you've shifted your mindset and shifted your habits and and changed your lifestyle a bit, you're gonna be back in the same place.

Yeah, there's no quick fixes. And it's a decision, and decisions are usually made out of desperation or inspiration. In my world, what I do, it's usually out of desperation. because of a report they've gotten from the doctor, a scare that they have had, a reality sets in like with me at 50 when I was going to become a grandmother. I was like, whoa. I mean, I went into the doctor for a checkup and was labeled obese while I was in there, which made me very angry. I had never been obese or I was in denial. But then to come out and be told I was going to be a grandmother, that was like the last straw on the camel's back. It's like, I have got to do something.

And I was blessed and fortunate that my coach fell into my lap and paved the way for me and showed me how to do it. And it was a decision I had to make. And then it was trusting the process, trusting my guide, my coach, and walking alongside until I could walk by myself. And in the meantime, I just found, if you had asked me, if you asked me in high school what I was gonna do, I was gonna be a cruise

director or a flight attendant. And I know you're a flight attendant. So, I mean, that's what I was gonna do. I never did those things, but if you'd asked me, I was going to be a metabolic stabilization coach, helping people get their life back. I just said, yeah, we gotta be kidding. Um, but that's, that's what I do.

And I love it because a lot of, so before that, were you just, just a stay at home mom? Don't, don't, I don't diminish what that means, you know, is work, but, um, or did you have another career that you shifted from into this?

Well, I was married by the time I was 19, the love of my life. It was probably about four or five years later that we started a family. And I just did odd jobs and working. I never went to college. Um, when I got out of school, when I graduated high school, I saw I was never going back to school. I had enough schooling. I didn't go to college, but over the years, my husband and I, we, we have multiple businesses and I did go to school. At first it was a school of hard knocks. And, and then it was the school of, um, business through Howard Partridge and Zickler and Dr. Robert Rome and, Dave Blanchard,

The Habit Finder. I mean, I have been schooled. Those are all autographed copies of those people who schooled me. And I learned and I grew and I branched out into a lot of things. But after my transformation, my heart, my heart, my passion landed in that. Because when I found out I was going to be a grandma, I didn't want to be the grandma on the sideline. And I know y'all are knowing what I'm talking about. A sideline person is someone who doesn't get to play. I wanted to be in the thick of it, yes. I roll around on the floor with my grandkids, we swing, we play. I went spelunking with my eight-year-old grandson, camping overnight in a cave. What 60-year-old grandma does that? This one? Yeah!

So I wanted to be in the game. It gave me my life back. And that's what I'm about. I'm about giving people their life back. It's never too

late. It's never too late to turn your life around. Emotionally, mentally, physically, spiritually. Like I said, it seems like 50 is like the awakening. Sigler was awakened at 50 and did all the things he did after he was 50. I think we come to life at 50 or we wake up Are

we resign ourselves? So I think it's, so I feel like is us all there is. I think a lot of people start asking that question. We've raised our kids. We spent our whole life doing all this. And now what? They're not here anymore. I've got it. You know, is this all there is? What's next? What's left? And oh, yippee, I get to sit here and get programmed more and more with this remote or whatever. we get to live life and start reaching out and reaching up and learning who we really are. And so often we never learned. A lot of us never learned who we, our potential or who we really could be. And so you say you ran into a coach that fell into your lap. Was that

Dr. Wayne Scott Anderson? Was that his? Yeah, it's his program and everything that he teaches. And then you just ran across that because it wasn't, you were comfortable in your life. I mean, you were just doing your life. You were just doing your daily life. habits and routines and and your husband was just doing his daily habits and routines and so this this is you know you you talk about community and support but when when someone starts making changes it's not always received well with the those around you who do you think you are don't get too get big for your britches who you know And a lot of them are pulling you back or down and like, wait a minute,

I don't like this new thing. excited person you are you're not you know the negativity is not wait a minute we can't complain anymore you know so right i mean that that's that's a reality people are not going to like your positive changes sometimes a lot of people a lot of people don't and they're the ones that especially those that are trying to get healthier and make

healthier choices Those are the ones that are like, oh, just have one brownie.

It won't kill you. But you know what? That brownie is sugar and sugar lights up the brain like heroin and cocaine does. That dopamine. And then you just got to have the next fix and you just fall right back into it. Alcoholics, same thing. Um, that's why they go to AA, you know, they need that community. They need that support because they're trying to change habit. They're trying to break something and make a change. And the world don't want us to change. The world wants us just to go with the flow. I got tired of going with the flow.

And our mind doesn't want us to change. So our brains keep in order to keep us safe in there, in our brains, mind mindset, um, Anything that has never been done before is... you know, you're going to have a lot of resistance in yourself. A lot of people will, because wait a minute, we, that's not safe. You're safe over here sitting on the couch and eating bonbons, right? That's, that's what we know. So your brain wants to do what it knows. And, and when you step, sometimes you got to thank you for sharing. I'm still going to do this.

You know, sometimes that chatterbox never shuts up. It never shuts up. And you're going, you can, you know, you can't stop it. So you can acknowledge it and go, huh? Yeah, that's, that's, that's the only, we're going to try something new and just keep moving forward, just taking the next right step. And But that voice in your head is not going to support you either. So you've got to change. Split second transformation. Change your words. Change your life. 31 daily practices in my book. But you must change your words.

Yes. Because when you speak words, you speak words and you speak them to other people and they hear them. but it's amplified back at yourself a thousand times. And so speaking unhealthy things to

yourself, I can't, I should, I might, I need, why don't we say I get, I choose. So,

so my thing and I've I've say this a lot but one of the things that I have received and learn is the words change your words change your life 31 daily practices that you know you can change your life in one split second, I've done it, and The example I give all the time is like, I'm so tired. I'm so tired. I'm so tired. You know, unless it's time to go to bed, change that one word to I'm refreshed. I'm pumped. I'm energized. And what you're lying to yourself. Well, maybe. Am I speaking what I desire? Or am I speaking my reality? You know, I get to choose. And it does change the energy right then and right there when you shift those words.

And another piece of that is I am. Whatever you say after the words I am. And we're speaking to the choir here. This is, you know, you and I, you know, we're speaking to people that are believers. But whatever you say after I am, which is God's name, and then God living in you, is who you are. You speak it often enough, it's who you're becoming. So... Don't you notice the casual language people are using so just flippantly these days. I am is God. Whatever you say after I am. And my coach says, you should never say anything after I am that you wouldn't say about God, because that's the God in you. Now that gets heavy and deep and like, whoa, wait a minute. You know, surely not. But it's the truth. That guy I am is huge. And when you speak, I am, it better be the truth.

And the truth is you are perfect and loved and exactly who and where you should be. You don't have anywhere else to be than where you are right now. You don't like it. Make a different choice. That's kind of where I was leading with that other piece. I didn't finish. I came back. So I love that. I love that. And most of us haven't even heard that. I hadn't. But, you

know, you stop to think about it. The I am. Every word matters. And what you say is who you are. Yeah. And it just makes me so sad to listen to this really low vibrational energy verbiage that people are cursing themselves, basically, all the time.

I mean... and listening to the music that is so degrading and not, not positive. So, I mean, we can go all over the place, but anyway, it's programming themselves. Yes. And I know it's just, it's, it's just, you know, just a song. It's no big deal. I'm not listening to the words or, you know, I'm sorry, but you are. Well, listen, Amber Hansen, H-A-N-S-E-N. I, it goes so fast here. It is, you know, time to wind it down and it always goes so fast. And I'm excited that, you know, this is, I've just entered season four. This is episode two of season four, fourth year of this show. And, um, who would have thought? I mean, I've just talked to people and love doing it. My name means a chat in Spanish, so enjoy in Greek.

So, uh, you know, that's, that's what's going on. But anyway, I appreciate so much your time and your energy. So you have a, um, uh, let me see if I can find it here. A quote. You, you have a health isn't something you arrive at. It's something you build one habit at a time goes back to the habits. Is that your quote? Is that something, uh, you're saying? It's

one that is a quote. I wouldn't say I coined that quote exactly. But surviving and to thriving, helping people, the quote that's on my website, moving from thriving to thriving, surviving to thriving, that one is the key lies within you to move from surviving to thriving. That one is my quote. Okay.

Just put it out there.

Right.

Well, so last word here, why don't you speak that like clearly and let's make that a, a little snippet for you, a short that we can use and in the show with, with something with that, just really nailing it. Okay.

So the key lies within you to move from surviving to thriving.

And that's the truth. So, yes, thank you so much for joining me today. And any last word for our audience? If someone

out there is listening, would like to understand their metabolic health better, or feels ready to take a step toward better health, you can find me on Facebook, Amber Hansen, would love love love to connect with you get to know you I love making new friends I love building new relationships and I love helping people move from that surviving to thriving I mean that so I believe it because you glow.

I mean, it's just like you believe it. That's why. Okay. Well, thank you so much for joining me today, everyone. We'll see you next week. And on the Charla Anderson show, find me. Please like and subscribe on Facebook. I mean, on YouTube and charlaanderson.com slash podcast. Let's connect. And I'd love to hear from you. And remember to always, always, always choose joy.