

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 10 – Activate heat Shock Proteins

So, we have hit day 10 on the Glow 15 Jumpstart Program. You are two-thirds of the way through. I hope you are feeling as good as you are looking, and you recognize that, while you've been very brave and very bold, and you've tried a lot of different things, your body is thanking you for it. And, your health and your longevity and your well-being will continue to thank you for the effort that you've put forth.

I know I've asked you to do a lot of different things. From timing of your meals, to eating fat-first. You may have thought that fat was not even a good thing, and now you're putting it in your tea. But, all of these things, I promise you, have been developed and designed by an incredible team of researchers who come from all over the world. I brought the very best together to give us the opportunity to defy our age, because so many of us are experiencing the effects of accelerated aging. Right?

We live in a world where everything is coming down on us. And, my goal is for you to not just survive but, really, to thrive. So, in this section, we're going to talk about turning up the heat to get you glowing. And, you can turn up the heat in a lot of different ways in your life.

So, let's talk about it as it relates to exercise. A study in the Journal Autophagy shows that heat shock, actually, can activate autophagy. Well, how does it do it? When you exercise in an environment that is 86 degrees or higher, your body activates certain genes that, in turn, get the autophagy going. And, your body is able to experience the benefits of these heat shock proteins. These little heat shock proteins have been shown, in research, to help reduce the plaque formation in your brain and cardiovascular system, as well as increasing longevity. So, just by exercising in an environment that's 86 degrees, or higher, you're able to activate these heat shock proteins, which, in turn, have all of these incredible beneficial effects.

So, if you want to, when you're going for a jog, bundle up a little bit, get a little bit warmer, so that your core temperature can go up. When you're done exercising, another tip is to get into a hot bath to bring your core temperature up to get those heat proteins going. There are many different ways to do it. You can exercise doing Bikram Yoga, or you can go into a sauna too. I love the infrared saunas. There's many ways to get these heat shock proteins going, and these are just a couple of examples.

So, congratulations, again! You're on day number 10. You've learned some quick and easy ways to get your autophagy going even more. And, as you build that momentum, you're going to see, each and every day, it's almost like an addiction. You will want to keep finding ways to spark and activate your autophagy.

So, great job! Day 10 is over. Can't wait to see you, tomorrow, on day 11!