

# Glow 15 COURSE

## TRANSCRIPT

**Module 2: Day 12 – Small Changes Yield Big Results and Less Is More**

It is day 12 of Glow 15. You've made it through a week. You're halfway through your second week, and I want to share with you a couple of the ways that the principles within Glow15 can help you and really propel the benefits that you're getting from the program.

So let's talk about one of the principles that I love so, so much. And that is small changes can yield huge results. What do I mean by that? Well, you've heard me speak about the quick switches, when you switch from canola oil that you're cooking with to tea seed oil, and the huge results that you get from that, just by switching to a polyphenol rich, nutrient dense, anti-microbial, delicious cooking oil that has a very high smoke point. You get all of these health benefits, and it's a very simple and quick switch.

So these small, small changes that can be made every day through Glow 15, which I'm making sure that you're making them, are yielding huge results. And that's the same way that autophagy is working within your cells. Just think of it this way: you're in your kitchen, and you start to cook a meal, and you make the meal. And when you are done cooking the meal, the food that's leftover, you put in the disposal. You put it in the garbage, and the next day you come in, you've cleaned your counters, and you cook again. And then when that food is done being cooked and you've eaten it, you put the leftovers in the garbage. And when the garbage is full, you take the garbage out to the edge of the street.

That's the way autophagy works in your cells. That's the perfect way it works. Your kitchen stays clean. You're able to prepare meals. You're able to nourish your body through the food. And when you're done, the food goes in the garbage, and it goes out to the street, and the garbage men pick it up.

When autophagy is not working well in your cells, what happens is you go in the kitchen, you do some cooking, and when you're done cooking, the leftovers stay on the counter, and some of them get into the garbage can, but there's a little bit that's leftover. And the next day you come in and you smell a little bit of rancidity, but you keep cooking, and you prepare your food, and you put more in the garbage, and the garbage is filling up. And the next day you come back, and, "Phew, it's stinky in here." But you move some stuff out of the way. You cook some more. And your garbage is filling up, and it's getting on the floor. And you haven't had a chance to get it out to the curb, and the garbage man hasn't come by. And so ultimately, that's when autophagy is not working in your body.

So it shows you exactly how small changes, when done correctly, can yield big results. And that's all we're trying to do here. We're trying to turn on autophagy, just by making a small change. Just by switching on your autophagy, your body is able to cleanse through all of the junk that accumulates while getting the nutrition. And your cells are able to behave like they did when they were younger.

So that little analogy also helps with the principles of less is more. When there is less toxic waste in your cells, then the accelerated agers or the inevitable agers are less impacted. So your body doesn't age as quickly because the cells are healthier. They're stronger. They have more ability to fight the free radicals, and you've got a completely different playing field.

Another example of where less is more is how we now know that we can sleep less hours and get more results from that sleep when we're using our circadian rhythms. Less is also more when we exercise to activate our autophagy. You exercise for 30 minutes every other day, and you're getting the autophagy activating benefits of less being more.

So there are so many different ways that you can incorporate less is more, but it's the principle of Glow15 that if you can think about any time in the day, it doesn't matter what you're doing, "How could I do this in a way where I can reap a lot more benefits by putting a lot less effort?" That's when you know you're really focusing on the Glow15 principles and the way we like to do things on this program.

So these two principles, I want you to hold onto. You've gotten through 12 days of Glow 15. You're almost at the end, and I hope that you are loving and benefiting from all of the great results of activating the youth in your own body.