

# Glow 15 COURSE

## TRANSCRIPT

### Module 2: Day 5

We're on day five of Glow15. Today is all about protecting and repairing with Powerphenols. You've probably heard about polyphenols, I have. I've been researching them, using them, building products around them for the past nine years. What I didn't know about polyphenols is that they don't just protect our bodies, but the antioxidant protection that they provide can help to repair our bodies. But only a select group of them. And that's why I've coined them as Powerphenols.

Powerphenols are special polyphenols that have been shown to activate autophagy in a nutrient dense environment that allow us to defy aging. What are these special Powerphenols? I'm going to share with you my fab four.

They are Resveratrol-Trans, Berberine, organic Curcumin, and EGCG. I'm going to quickly go into them, and you'll get into them a lot more in the chapter on the Powerphenols, and also when you do the larger course.

To quickly give you a bit of an overview, we all know that Resveratrol has been studied in thousands of different places throughout the world, in universities, and it's been shown to have tremendous benefits to our health. In this program, you're going to learn about the special type of Resveratrol, Resveratrol-Trans that is the active form. We're then going to get into the type of Curcumin that comes from the organic tumeric plant. You have to be very careful with what types of Curcumin you use so that you're not absorbing higher levels of pesticides or herbicides.

We're then going to talk about Berberine, which comes from India. You may have never heard of this before, but Berberin is often considered exercise in a pill. It has tremendous benefits on increasing our brown fat while helping to burn our white fat. You'll learn all about white fat and brown fat. You'll also understand that Berberine helps to support our gut health which is so essential to our immune system and our overall general wellbeing. In addition to that, EGCG is found in the green tea that's in your autophyaTea. For those of you that want a higher dose of EGCG--and in the Powerphenols section of the book it talks about 600 milligrams to really help you kick start burning that fat.

So that's the overview of Powerphenols. I am so excited for you to start incorporating these into your life and getting the results that you are looking for. Keep glowing.