

Glow 15 COURSE

TRANSCRIPT

Module 3: Week 3 Powerphenols

Welcome to module five. Today, I cannot wait to teach you a little bit about something called a Powerphenol. You've probably never heard of it before, but I know that you know all about blueberries, blackberries, red wine and dark chocolate and the benefits of polyphenols. Today, we're going to talk about Powerphenols, and how important they are and what a new discovery they truly are.

So, welcome. Have you ever had that feeling that you walk into a grocery store, health food store, or pharmacy and want to buy some vitamins. You look at the jungle of stuff that's out there, and you're completely overwhelmed and not sure which direction to go in. Even if you just want something simple like a bottle of vitamin C, there are 50 different choices. How do you make the right choice? Have you ever left the store without purchasing what you were coming there for because you didn't know if the product was safe? Is it good, is it okay, where did it come from, is it going to help me, is it going to taste okay, will it be disgusting, will my children take it? There are so many questions and unknowns around nutritional supplements that I wanted to dedicate this module to that area of discussion.

I've been in the world of health and wellness and exploring wellness from a nutritional perspective for over 20 years. What I've learned along the way is truly remarkable. From understanding the supply chain process, to knowing exactly what goes into a bottle. From running a large manufacturing facility, to understanding how nutrients are regulated, and what the process is that regulates them--how something can be safe, and how something else cannot be safe?

If you recall from when I started the first module, module one, I told you a little bit about my original story of how I was poisoned by some Chinese herbs. I have an incredible sensitivity around what I'm putting into my mouth and I have the same level of sensitivity about what it is I recommend or encourage you to put into your mouth. Because ultimately, at the end of the day, we take vitamins to fill nutritional gaps that we may have in the food that we're eating. The food that we eat should be able to provide us with the majority of the nutrients we need.

Unless we're looking to upgrade or supercharge an aspect of our health or well-being, then we should be able to get most of what we need from our food. But sadly, in today's environment, it's very difficult to do because the food quality is not what it used to be. The soil quality is not what it used to be. And the processing of food is not what it used to be.

Let's start with what is a polyphenol and what is a Powerphenol? When you go into that jungle at that pharmacy or health food store and you see all those products, it gets really difficult to understand. "Are you looking just for a multivitamin? If so, do you need these single vitamins to go along with it? Are you looking for antioxidants? Are you looking for a feeling of more energy and where does food leave off and vitamins or nutrients take over or vice versa?" There's a lot of confusion around nutrition in general. My goal with this module is to simplify it to answer the questions that I get most of the time from all of you. To provide you with four very powerful polyphenols that you may or may not know of and teach you what a Powerphenol is. A Powerphenol is something that can absolutely change your life in so many different ways and you've never heard of it before.

I remember as a little girl, I would have my breakfast and it would be a serving of eggs with a side of cod liver oil. Yes, a little shot of cod liver oil. Add some berries and bacon and this would be a very common breakfast that I would have every single morning. I would drink that little shot of cod liver oil and would love it. You might say, "Ewww, that's a strange, weird little kid," but at the end of the day, I loved the taste of it and I loved the satisfying feeling of really incorporating that delicious oil into my breakfast.

That was the same feeling and passion I had when I went to Calabria, Italy and learned from Dr. Elizabeth Janda all about the citrus bergamot fruit. It was so fascinating to understand that here was this fruit that had been used for thousands of years by all the local women. They would get the fruit and bring it into their kitchen, make a juice from it and drink a whole citrus bergamot every day. They would eat some of the pith for their energy, balance their cholesterol, keep their blood sugar in line and to support their cardiovascular health. They were doing this for thousands of years. So when Dr. Elizabeth Janda taught me about the citrus bergamot fruit, I was so excited to learn how I could incorporate it into my daily diet.

What I didn't realize at that time was when I came back to the US, I wouldn't be able to find the fruit. I thought it would be like an orange or something like that, but in fact, I couldn't find it at the grocery store. And so, I started to try to find a way to get it into a nutritional supplement. This is where it really became interesting. I called Dr. Janda and said to her, "Please help me find a way to get the citrus bergamot fruit into my diet. I want to have it in my diet just like you and all the other women in Calabria, Italy and that whole community, how they benefit from it." She sent me an article that had just

been published in the Journal of PharmaNutrition based on her research. Her research showed that the citrus bergamot fruit and the pith-- the white part that we've been talking about, has been shown to activate autophagy.

I was so excited to hear it because the citrus bergamot fruit was not just an antioxidant that could protect the body, but it also had the ability to repair the body. It had a dual action effect. Here was this amazing polyphenol that could protect and repair and I didn't know of anything else out there that had this ability. We can be in any sort of environment and have to protect our body. That's what an antioxidant does. It protects us from free radical damage. It does a lot of beneficial and protective things. But what about cells that are behaving older or starting to degenerate or that may have already degenerated? How do we repair those cells? Well, from her research, it showed that you could repair the cells simply by incorporating the citrus bergamot fruit and pith into your daily diet. I decided to come up with a new term for a polyphenol, that also had autophagy activating benefits and called it the Powerphenol. It's got that dual action.

Once I found my first Powerphenol, I started looking at all of the nutrients out there to see what else would be considered a Powerphenol. I've got three more to share with you. A Powerphenol, just think of it this way, can be defined as a polyphenol that's in a nutrient dense environment that allows it to not just defy aging, but also improve health. The whole purpose around the Powerphenol is to help you upgrade. I want to give you the tools in your tool box that will help you upgrade. We'll incorporate as many things as we can incorporate through food. But there are a couple of ways on your high days to benefit from Glow15 that are very important to incorporate.

Powerphenols are here to upgrade your health and well-being. They're here to defy your aging, take you to that next level. Many of them we can get in food, that's what I'm going to always lean toward because I want you to get your nutrition from your food. But there are certain Powerphenols that you can't get from food. We're going to go through those Powerphenols, but before we go there, I want to talk to you a little bit about food production. In today's environment, food production is really flawed. In the Journal of Environmental Health Perspectives, it shows that the water and soil is drained of different nutrients like magnesium. Magnesium is so important for our health, in fact, it impacts over 300 different important reactions within our body. The magnesium levels found in our soil and in our water are quite depleted.

We have to try to find ways to work around how our food production is truly flawed. Our nutrient levels are continuing to drop on an annual basis. The studies show this each and every year. According to Scientific America, this is a very interesting stat, we would have to eat eight oranges, one, two, three, four, five, six, seven, eight, compared to one that our grandparents would have to eat to get the same levels of vitamin A. If you can imagine that, in just a short period of time, in less than 50 years, the difference of one to eight. If you're thinking about whether are you getting enough nutrition from the food that you're eating, it's very hard to say and it becomes more difficult each and every year.

With nutrients declining over time, part of it may have to do with the pesticides and herbicides found in a lot of different foods. But one thing we do know is, the polyphenols are a response. They are in the plant to protect the plant. For example, if you take red wine and the grape. The grape and the vine produces resveratrol as a protective agent against any sort of fungus or something that will come to attack the plant. When there are a lot of herbicides or pesticides, the plant doesn't need to produce this protective antioxidant or polyphenol. So, it doesn't produce it. Any time you have the opportunity to use organic or wild crafted foods, it can be very helpful in giving you more of the nutrient density that we all so desperately need in our diet.

Something else that you may have thought about or maybe not, as we age, our absorption of different nutrients decline. That could be partially because we are producing less saliva, and our enzyme production is declining. When we ingest different nutrients, we're not getting the full benefit of those nutrients that we would have gotten when we were younger. That's something that we always need to be cognizant of. That's why as a lot of people get older, we start to take different enzymes to help us digest and get more of the nutritional value out of the food. But it's something to think about at all times. "Am I getting everything I need to be getting out of this nutrient now or should I be doing something different?"

As I mentioned, in nature, polyphenols have a very specific role. They're there to protect the plant. I look at polyphenols and Powerphenols in the exact same way. I want them to protect and repair your beauty, your youth and your overall sense of well-being.

That's why I've chosen my four favorite superstars. The first one is the citrus bergamot fruit. Dr. Elizabeth Janda has shared with us a form in a soft little veggie cap that can be taken every day. You can take one to two capsules a day, each of the little capsules is equivalent to one entire whole citrus bergamot fruit with the pith, which is kind of remarkable. I went to where they make it. I went to the fields, to the source, and saw exactly how they take the fruit, they handpick the fruit from the tree and put it through a piece of machinery. It's a very gentle piece of machinery that takes the pith and juice and puts it into a form, where it can be broken down into nutrients that go right into a capsule as a powder and can be ingested every day.

Do you enjoy red wine, dark chocolate or peanut butter? All of these things have something in them called resveratrol. Resveratrol is an incredibly powerful polyphenol. Let's talk about why I put it into my Powerphenol category. Resveratrol-trans is the type of resveratrol that's in these ingredients, found in research done by Dr. David Sinclair at Harvard, to have a remarkable benefit on our overall health and well-being. Resveratrol is not just found in red wine, grapes, dark chocolate, or peanut butter, it's also found in all sorts of plant extracts from around the world. Now, you've probably heard of the French paradox.

The French paradox is all about how the French, despite a diet that's really rich in fatty foods, lots of butter and cream, have some of the strongest cardiovascular systems in the whole Westernized world. Really, what is that about? Well, science seems to see a real connection between the red wine that they're drinking, which is rich in, guess what? Resveratrol, and the benefit it has to the overall cardiovascular system.

I became totally fascinated with this while I was in the South of France with my cousin a number of years ago. We were sitting at a table and eating all of these delicious fatty foods. We were drinking red wine and we thought, "How is it that despite all of this fatty food, my cousin looks the way he does?" He and his wife, they look just amazing. They have such incredible health and they're living a very different lifestyle than we live here in the US. I started to learn a little bit about resveratrol and I came across the work that Dr. David Sinclair at Harvard was doing at the same time. He found that resveratrol activates these proteins in our body called sirtuins, and specifically this one gene activation protein called SIRT1, is truly and deeply impacted by resveratrol.

I met with Dr. David Sinclair and learned a little bit more. What I discovered is that there are different types of resveratrol and they're not all created equal. There is a cis form of resveratrol and there's also this other form of resveratrol called trans. Trans-resveratrol or resveratrol-trans has been shown in thousands of studies to have age defying benefits. But the other form, resveratrol- cis has not been studied and proven to do anything. I got very confused and overwhelmed and I went out into the market to try to find what was what. I discovered that if I was going to get these remarkable benefits from resveratrol, I had to make sure it was resveratrol-trans. So resveratrol, dash, T-R-A-N-S. That's the active form of resveratrol and that's the one that really has all of the benefits that we've been talking about.

There was a Georgetown University study that showed when you take resveratrol, it can work with the body to reduce the molecules that enter the brain and start to cause cognitive decline. This is just one of the benefits of what resveratrol can do. There's also a ton of research on the benefits that it can provide to heart health, as well as to protecting the overall body and the immune system through its antioxidant effects.

Resveratrol is something that is so important in each of our lives and I always will encourage you to drink a glass of red wine when you have a chance. For those of you that don't want to drink alcohol or eat chocolate, but want to get the higher doses of the resveratrol-trans, you have to go to a nutritional supplement. The one I recommend is at least 500 milligrams of the resveratrol- trans, and you can take that once or twice a day while on Glow15. If you don't want to take the higher levels, you're of course, welcome to have some dark chocolate, peanut butter or red wine. There are many other foods that have resveratrol in it, but for those of you that want a higher dose, you want to get 500 milligrams twice a day.

Recently, when I was traveling to Bangalore, India, I do what I normally like to do, visit a spice market. I like to visit the farmer's markets because it gives me an opportunity to understand culturally what people are doing to promote their good health and well-being. What are the mothers, the grandmothers, and great grandmothers doing? You can see and learn all of the secrets of their health and well-being right in those spice markets or farmer's markets.

Here I was in Bangalore and there was a large group of women sort of circulating around this booth where there were piles of turmeric root everywhere and people were buying a lot of it. So I asked these women, "Tell me a little bit about how you use the turmeric every day?" I learned that about a teaspoon a day of the powdered turmeric, (they would grate it and incorporate it into all of their different foods) was powerful in so many different ways. I asked, "Tell me more. How does it help your health?" They told me that it wards off bacteria, different illnesses, it improves their energy and their well-being and wards off this feeling of sadness.

I was really inspired and wanted to know more. While what these women were saying to me sounded like folklore, when I went back and looked at the research, it supported what they were saying. What was found in the turmeric that is so powerful is the active compound called curcumin. Curcumin has been shown in numerous studies to reduce inflammation. Taking curcumin every day has been as effective as some of the anti-inflammatory drugs that are out there. Curcumin is also really helpful in boosting mood. The sense of well-being that I want you to have every day on Glow15 and for the rest of your life can be boosted just by taking a little spice in your food or as a nutritional supplement. Again, these are the powerful polyphenols that are found right in the curcumin.

Another thing that curcumin does is it helps to reduce blood sugar levels in your body. High levels of blood sugar are so bad for us for so many reasons. They create that seesaw. It impacts our mood. It has so many detrimental effects to our health. When you take curcumin, it helps to really balance the blood sugar levels and get your body into a state of equilibrium and more well-being. Research shows that when you take organic curcumin twice a day, at 500 milligrams, that's the right amount. I'd like you to take your curcumin on high days of the plan so you get some of the benefits of what you would be doing if you were intermittent fasting and protein cycling on a high day. Take 500 milligrams twice a day of the curcumin and always take it with a fat soluble meal. This helps in the absorption and benefit of the organic curcumin.

Okay, let's all be honest here. How many times have you wanted to pop a pill instead of exercising and hoped to get the same results? It's not really quite that easy, but if there were one polyphenol that would be helpful in that process, it would be berberine. Berberine also comes from India and is an ingredient that's very difficult to find in food. I have always used it as a nutrient and it's been called exercise in a pill. Let me tell you a little bit more about why it's been called that. Berberine

has been studied for many, many years as its nutrients are antibacterial. It helps to support the immune system and the overall metabolism, but it also has an impact on fat.

This is where it gets super, super interesting. There are different types of fat in our body. There's white fat and there's brown fat. I don't know if you've heard about the different types of fat but it's fascinating to learn where these different types of fat are on our body and how they impact our health and our well-being. When we're first born, we have the highest levels of brown fat. Most of our brown fat is on the back of our neck and we don't have much, just a couple of ounces of it. Brown fat protects the body and helps the body actually burn fat, which is really counterintuitive. It's the energized form of fat, versus the white fat that surrounds our hips, back of our arms, and stomach area. It's the white fat that we accumulate as we eat different sugars and foods that sort of packs on our body. Our brown fat declines with age but our white fat increases with age, and we want as much brown fat as possible.

That's where berberine comes in. It helps to increase the brown fat that we have in our body. Berberine enhances the activity deep inside the brown fat. It does it in a very unique way. It does it by activating a protein called AMPK through autophagy. What that means is that we're able to burn more fat, and activate the brown fat to do its job even better, just by incorporating berberine into our diet. Berberine has been shown to help the body deal with weight, to help fight that metabolic impact on our body and do so in such a powerful way. Berberine is also really well-known for its ability to support gut health and the immune system. When we look at how hard most of us struggle with bloating or certain inflammation in the gut, or our gut bacteria isn't as strong as we need it to be from all the processed foods and antibiotics that many of us take, it's a war to protect our gut health.

Berberine is an incredibly powerful nutrient that really supports gut health. The research continues on berberine. You're going to see more and more over the years around its effect for all sorts of different diseases and disease states. It's an ingredient that I really see as a superhero, a Powerphenol superhero. When you're taking berberine, always make sure that you're taking three times a day, 500 milligrams. I want you to take your Powerphenols on high days. You'll take one of these berberine capsules in the morning, one with lunch and one with dinner because you're also getting the gut health benefits with the food that you're eating. It's a perfect nutrient to take right with your food. You may or may not have heard of it. You now know that it's almost a little bit of exercise in a bottle. The studies show that it really helps to ramp up the metabolism as well as protecting and nourishing your gut

health. What's better than that sort of a combination? And that's why I love taking berberine all the time.

The next Powerphenol we're going to talk about is one that is in our AutophaTea, EGCG. This incredible Powerphenol is found in the green tea leaf and has so many different benefits for those of you that want to take it in a capsule form. I get my EGCG in my AutophaTea and you may be really happy with that as well. If you're looking for some of these other benefits of EGCG, then of course, you can take it in the capsule form. One thing about EGCG that is so truly remarkable is its effect on aging and telomere length.

Within our DNA at the end of the strand, there are telomeres that, and as we get older, get shorter and shorter and shorter. What EGCG does, very remarkably, is it helps to protect specifically the telomeres so that they don't get frayed and they don't get impacted as easily and as frequently. Therefore, they're not being destroyed at quite the rate that they would've been if you weren't taking the EGCGs. EGCG has been shown to suppress appetite, burn calories and help improve your metabolism. In fact, there's a study that was done out of Geneva, Switzerland that showed when you take EGCG with caffeine it can increase your metabolism by up to 4%. I think that's a truly remarkable study and it's very exciting to see how EGCG has all of these effects on fat burning, and on protecting you from overeating. I love EGCG for that reason specifically.

EGCG has also shown to protect and strengthen our brain. There was a study that was done in Appetite that points to how, when you take EGCGs, the brain is protected from certain neurodegenerative diseases like Alzheimer's and Parkinson's. It has an incredibly protective nature to it as well. If you want to take EGCG as a capsule, I think you can take, the studies show, up to 600 milligrams a day. I want you to take those 600 milligrams on the high days and break it up three times a day. You can take 200 milligrams with each meal, which will also increase the absorption of it. Don't forget that EGCG is there to strengthen the telomeres, for an age defying effect. It's also great for suppressing appetite and increasing metabolism, as well as the therapeutic benefits that it has on brain function and brain strength.

I've shared with you my favorite Powerphenols. We know why they're so incredibly powerful because not only do they have protective benefits but they also have the ability to repair. This

combination creates a Powerphenol. Our Powerphenols are: 1.) Resveratrol-trans, we always want to make sure we get the trans form. 2.) Curcumin, which comes from the turmeric root, make sure to get the organic form of that, that's critically important 3.) EGCG with a recommended dose of 600 milligrams a day if you're looking for the fat burning, brain strengthening properties that the science points to. 4.) Berberine, which supports our gut health as well as being considered almost a little bit of exercise in a bottle. Although I don't want you to ever think that there's a magic pill out there, because there really isn't.

One other thing I'm hoping to do with this module is help you take that cluttered thought process and jungle of information that's out there around nutritional supplements and make it much more simple. I've spent my entire career going all over the world learning from so many different people, so many brilliant grandmothers and women who incorporate these nutrients into their diets for generations. Then I meet with the scientists to see how it's supporting what these women know intuitively in their lives. It's a very exciting place to see where science and nature come together. I don't want you to be afraid of what nature can bring to you. I want your pharmacy cabinet to be filled with as much nutrition and plant-based ingredients as possible and I want you to always know that what you're getting is what you expect to be getting into your body.

So there are four little principles that I want you to think about before we end this module. One of them is to buy from a reliable source. A lot of times, online there are so many different nutritional supplements and we don't know where they come from. We don't know where they're made and we also don't know how they're sourced. It's important to know the source is truly reliable and it's a company that has been in business for a long time that will show you transparently where they get their raw materials from. That they'll show you where they get their ingredients from, and how those ingredients are processed. There are some companies today where you can even see them making the supplements and vitamins. You may not want to waste your time looking at how the vitamins are being made, and you may not be as interested in that as I am. But you just want to have that sense of, "Okay, I can feel confident that this is a reliable source and that I know what I'm putting into my mouth or that of my family's is exactly what I want it to be." That's a really important point, get a reliable source.

The FDA regulates nutritional supplements in the same way that they regulate foods. The manufacturing plants have to be certified as good manufacturing facilities. They have to identify the

ingredients when they get them. They have to verify that those ingredients are safe, and there are specific regulations on how the nutritional supplement is processed. Please be confident in this, if you're going with a reliable source, know that they're meeting those guidelines.

I always look for third-party verification on nutritional supplements and you can find these third-party verifiers right online. You can find the USDA Organic, and the Non-GMO Verified Project, those are two very good examples. I also like to look for the GMP Certification, Good Manufacturing Practice certification. These are third-party certifiers that helps us to make sure that what we're getting is what we're looking for and what we're paying for. That's another thing. If we think that we're buying something organic but it is not in fact organic, there's a lot of tricky language and different logos out there, and a lot of times, we're paying a premium price for something that really isn't premium. It's important to make sure that it's got the USDA Organic, Non-GMO Verified or the GMP Certification.

Something else to consider is to buy organic herbal supplements. Why do I want you to buy organic herbal supplements? Because I suffered from non-organic herbal supplements and it took me at least six to eight months of time to be able to get out the toxicity that had accumulated in my body. What do I mean by that? Well, if the plant is sprayed with herbicides or pesticides and you condense that herbal supplement into an extract, you're also condensing all of the herbicide and pesticide right into the extract as well. Just like when we spoke about the curcumin coming from the turmeric root. We want to make sure that the turmeric root is grown in organic soil and that it is in fact organic itself. When it's put into an extract, you're getting the powdered form of curcumin, which has been condensed without any of the additional herbicides or pesticides that you might get in a non-organic form. That's really important.

Last but not least, I love to focus on a single plant extract when I incorporate that into my health and well-being. That's why I talk to you about EGCG, resveratrol-trans. I've spoken to you about curcumin. These are all single ingredients and I like to take them as individual ingredients rather than putting them all together because I know that I'm getting none of the unnecessary binders or fillers. I'm getting the pure ingredients in its most natural form and I am confident that there isn't a blend of other things that I don't know what's in there.

This is hopefully a good overview of the nutritional supplement world and why nutritional supplements can really benefit and activate autophagy using these super powerful Powerphenols. When you incorporate them into your day on a high day versus a low day, you get so many added benefits. I hope that you've learned a lot. I know it was a ton of information. If you want to learn more, you can always go to the Glow15 website where we've got more of the science supporting the claims that I've just made for you. As with any nutritional supplement, you can always check with your doctor and learn a little bit more about the research.