

EP32: REAL WOMEN WITH REAL STORIES

Tue, 10/5 5:28AM 43:24

SUMMARY KEYWORDS

program, feel, period, day, eat, migraine, hormones, weight, leah, support, messaged, share, stories, talking, join, friends, bad, pcos, told, follicular phase

SPEAKERS

Christa, Leah Brueggemann, Jessica



Leah Brueggemann 00:05

Welcome to today's episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start supporting and balancing your hormones. This is your podcast host Leah Brueggemann. I'm honored and excited to be your guide on your way to a better understanding of hormone health and how it affects your everyday life.



Leah Brueggemann 00:36

Hey ladies, welcome back for another episode, I thought that the best thing that I can share with you today is encouragement hope and the stories of some wonderful ladies that have been where you are and are on the other side now and truly just thriving with their hormones because you really can too. So I took some interviews from some past clients from a Facebook group that have worked with me or gone through the hormone reset program, and I stuck them in here so the audio may not be the most amazing but the stories truly are. So I would love for you to listen to them ask me any questions, ask them any questions because it's really amazing to hear their transformation of where they've been and they've put in this hard work to truly understand what's going on with their body and the transformations are just epic so I wanted to share that with you so enjoy and bear with me on the audio



Leah Brueggemann 01:46

I brought on Jessica to chat with you so if anyone's been in this group before you know that every round of the program I bring in a bunch of different past clients so that you can hear from them because I've never met such amazing people that go through our programs and I love the community that that that we attract and I want you to hear from actual members you know I can tell you all about the program and all about the results but I want you to hear from every single one of the ladies so you can really resonate with that and I promise I didn't pay her I mean she might show me how to keep my plants alive there um okay so this is Jessica and she went through our most recent round of the hormone reset and she has pcos so I know a lot of you can relate to that so if you don't mind could you share a little bit about where you were health wise um when you kind of came across the program



Jessica 02:47

yeah I first I want to say welcome guys I am so excited for you guys I wish I could follow every single one of your journeys because it's just life changing and so I hope you guys are excited as I am for you. Um last I want to say like two years ago my birth control expired and I had been diagnosed with pcos like seven years ago but I was on birth control so I was like it's not really a big deal I'm not really feeling anything and my birth control expired and I didn't necessarily realize and put two and two together and it was last year around October when things like really took a turn for me and I was gaining weight so fast from like went and I thought it was quarantine wait but like from when quarantine started up until like later in that year I probably put almost like 50 pounds and probably about a year and no matter what I was doing it wasn't coming off. I felt like it just kept going more and more my hair started thinning really bad to live stream I all of the pcls symptoms I could possibly have. I was dead tired. I was depressed I was anxious I couldn't do anything about it working out sucked there was just so many factors that played into why I decided to do this but I just really hit rock bottom with my PCs and I had no idea how to fix it like what's going on really other than I was about to get on phentermine. I had been on phentermine before it is great in a sense that it gives you energy and it gives you no appetite. But that's also like you have no appetite. I'd have to like force myself to eat because I never wanted to eat and that's their alternative. And I didn't want to go back on birth control. So I had to figure out another way to make this work and figure out what was going on.



Leah Brueggemann 04:46

Mm hmm. Yeah, no, I totally get that. So um, what was your experience kind of like going through a program? Like going through it like what I know you had so many ways Along the way, but like what was your experience, like mentally physically going through it?



Jessica 05:04

I think I'm kind of a hurt like, I give it my all and I'm like, I'm gonna go gung ho, and I'm not gonna do anything. I'm not really it doesn't tell me I'm supposed to be doing. And I kind of had that mentality. But my experience was like, it's, it's a roller coaster. I mean, it really is like, you're like this, and that is your journey, you have days where I'm like, Oh my gosh, I haven't felt good and so long, this feels so great. And then I had something that had hidden gluten in it. And I was back to that feeling of like, Oh my gosh, and sometimes you hit those moments, and it makes you like, not want like sometimes like when I hit those moments, and I'm having a bad day, I'm like, I, okay, I'm just gonna let a bad day turn into a bad week, and it's okay, I'll bounce back next week, and it'll start back on Monday. Or I had a really bad workout yesterday. So I'm not going to work out today, which turns into the next day after that. And I kind of had to retrain my brain a lot of the time for this program, because if I'm being honest, a big part of me going into this was like, I'm going to lose weight. I'm excited to lose weight. This is going this is what's gonna happen for me. And that wasn't the case for my journey. I did lose probably eight pounds during that journey, but it wasn't quick. It was at the very end of this program. Which is what Leah will like tell you like that is the last thing wait. Oh, and I was extremely frustrating with me. So like, why did you say you're frozen?



Leah Brueggemann 06:47

I think there's a delay for you. Um, no, I said we told you to stop weighing yourself. We took your scale away. We're like, you can't have it. Um, let me remind you what, what did I just say about tech issues? We just we literally just had this conversation. Okay, I'm gonna have to boot you off.



Jessica 07:15

There you are. You're back.



Leah Brueggemann 07:16

Oh, nevermind. It worked. Okay. People can just listen to my rambling like while I was frozen Okay. Um, we made you stop



Leah Brueggemann 07:26

we stole your scale. Yes you know halen



Jessica 07:31

I think I was I told her I was so frustrated I was like kailyn if not moving. Like I can't she's like alright, send me a video go put your scale under your bed or hide it or do whatever you have to do and leave it alone. So I did that and I didn't weigh myself and I think I waited probably till the last two weeks I think is when I finally weighed myself and I was down eight pounds. And okay, what truly is the last thing to go



Leah Brueggemann 08:02

I want to like rephrase that thought pattern for you though. Because like that had been it had been eight weeks at that point. eight week right? lost eight pounds, that's a pound a week. Like that's actually really really amazing. Ah, you know, when you think about that, it's just that we also had to drop a lot of information for you in particular. Or that was reflected in your in your weight. But, um, you're one of my favorite people to talk about because you fought me on this with the weight. And I'm my dad, stay consistent. We have to get your period back and you're like, no, I need to lose the weight and you got your period back. And then the weight followed. And there's no way incidence there, of course. Um, so you hadn't had your period? I think you said in five years.



Jessica 09:03

Five years I spotted it was terrible. It was random. I never knew when it was going to come and I knew that wasn't right. But I had been from being on birth control and then getting off of it. I was it's was a long time.



Leah Brueggemann 09:19

Yeah. And so what was it like getting your first period back?



Jessica 09:25

It was painful.



Leah Brueggemann 09:29



Leah Brueggemann 09:29

Yeah, I remember that.



Jessica 09:31

that working on? But I think I was just so like, this is such a blessing to my body right now that this is happening and I worked hard for this to happen. Like I put in and just to see that happen me like I put in so much work and all everything I did everything I put in my body, all the want, like everything. Like came to fruition and showed me like you're on the right track because Here's your period, you're welcome. And it was, it was, I cried, actually. And my boyfriend got me period flowers and said, like, congratulations and buy your period back. Happy. I'm about to have my third period. And the second one wasn't as bad as the first. So I'm hoping the third will follow suit. And that's really exciting.



Leah Brueggemann 10:23

And you're regularly oscillating. And I yeah, I, like can't imprint upon people like how incredible This is that like, because I see women with PCs will randomly get a period, like every couple years, but like, we got your period back, and you get like you've been now regularly oscillating, right?



Leah Brueggemann 10:43

Which is insane, which is insane. And I wasn't even



Jessica 10:47

expecting that coming into this program. I'm there's no way I thought that that was going to happen on top of Avilaning. And this group, it just didn't like that so many things, Lia like I am going to lose weight. You know, I'm not losing weight, and all of these things, and just to get that back and see all these changes happening. And even if I have like a bad day, I always will be on this journey for the rest of my life. I mean, I learn new things every day, I'm still doing the same things. And that's never going to change because I want to have kids one day, and I have so many goals that like this. Ladies, this group changed my life. And I'm not just like, a freak fan. This like, really made my gave me my life back. And it's just so exciting to be able to share that with you. And like you guys are doing this too. And it's just amazing.



Leah Brueggemann 11:51

Oh, my gosh, I remember the day that you paid back. I think we all scream. Which was awesome. And then on top of that, I know you've gotten rid of headaches, you've quit smoking. Like there's so many wins for you like you have energy. Especially love when you were like Wait, is this what I'm supposed to feel like? I'm supposed to have energy what is like, well,



Jessica 12:17

I had too much caffeine, but I really just felt great. And happy. Like all day, my body was happy. My head was happy. Like everything was just flowing the way it should be. And I had no idea what that felt like because it had been so

long.



Leah Brueggemann 12:34

And you were you were the bath you're frozen? No. Remind me to never ever say that. Okay, you're working for me ever. She's. Um, okay. So, um, where was I going with that? Oh, you were the best type woman you were literally the best type woman for every every lady. Um,



Jessica 13:02

I loved every single one. I felt like a weirdo being like, I'm the love everything, but I love all of this. You



Leah Brueggemann 13:09

know? I just I loved how much you embraced you embrace that journey? So it's really important. Yeah. Alrighty. So walk me through the mental. The mental part of investing in an online program, like scary, like what was it? Like what made you kind of take the plunge walk me through?



Jessica 13:34

Yeah, um, it was like, two, it was like, actually the week of your free three day challenge. And I was good friends with Caitlyn at the time. And I had just gotten home from the doctor. I got my birth control out that had actually been expired for two years, and I had no idea. And he was like, Okay, come back, and we'll get you put on phentermine. And you just need to lose weight and everything will go back to normal. And I was like, No, this isn't nor and I briefly mentioned pcls and then I had a talk with kailyn I'm like, this isn't right. Like what he's telling me isn't right. I don't want to do this. I like don't want to get on back back on birth control. And she's like, you need to join. She's, she like confirmed my diagnosis for pcls and talked me through and I was like, Oh my God, that's what's been happening to me. And she's like, you have to join for the three day challenge. I joined and I'm like sitting there taking all my notes and I'm like, this isn't even half of it. I have so much more to learn. And I just felt it's gonna sound cheesy, but I really felt like call to that program like this. I've seen Caitlin stories, posting about this program for almost like, two years a year now. however long you guys have been doing this. I'm like, I don't me back because I don't even have a period. So yeah, how can I join a group for painful periods when I don't have one? You know, and that, yeah, that free three day challenge changed my world and I joined that group and the mental aspect of all of this as I was like, Oh my gosh, this is all of these things are going to happen. And they're just like, sometimes, like, you join these things, and you're like, Okay, it's just gonna, it's just gonna happen. But like it was cooking at late at night, when I don't feel like cooking. It was making good decisions. When I was going out with friends, I was pushing myself to do those workouts when Caitlin will kill you, ladies, I'm just letting you know. Good. But they're so great. They're great workouts. just constantly, yes, I learned what Renegade rows were after. And you had been talking about them, I was like, Oh my gosh, that's why Leah just cuz they are terrible. Um,



Jessica 16:04

but it was, you're frozen again. But I'm gonna keep talking. making those efforts every single day, like every day, you have to make the active decision, I made this little board on my fridge that said, like, Good morning, you need to have this, this. And this first thing, make sure you're eating before 730 there's so many parts that are moving and going on, you're getting your seeds, and you're doing this and like, it can be overwhelming at days, because you're

like this is so it's so much. But eventually that like switch clicks, and it's just your day to day, it's your routine. It's like, okay, your mental head goes off, and you're like, Okay, I just woke up, I need to take my temperature. Let me get some lemon juice with like some lemon water, let me get my like breakfast in before 830 hits, because I need to eat before it's too late, and my blood sugar gets crazy. And you're still gonna have days where you miss things, and you're gonna be like, Oh my gosh, I should have done that today. But the biggest thing for me is I beat myself up constantly. I'm always like, I should have done this, I shouldn't have done that. I made this bad decision. But like those bad decisions, you're not going to lose all of your progress because of one bad decision. And that's not a reason to give up or beat yourself up. Because that does nothing. And at the end of the day, you're still here, putting in this work with Leah and using all of the tools that she gave you. And it's truly incredible what each and every one of you have to have decided to do to for yourself, because you're giving yourself a gift is how I saw it. And I was like, this is a gift in my life. And I'm going to do everything I can to stay on track because the results are there. And they're very real. If you struggle with anything like I did, you will feel the same if you put in the work and that's the biggest thing is like showing up not for Leah not for Caitlin, or whoever you might be doing this for and showing up for yourself every single day. And I kind of learned to like love myself more through this process. And I'm not doing it for anyone anymore. Like I was like, I want to make my mom proud. I want to be center for my boyfriend I want to you know, look better and things like that. And it's just, I did this for me. And I worked and showed up everyday for me and you have to find land talks about finding your why and your why should solely be like, I'm doing this because I want to for myself and I need this, you know, that was so much.



Leah Brueggemann 18:45

Gonna make me cry. So you're amazing. Um, and you're right, you have you do have to do it for you. And there, there's a lot of lifestyle shifts for some people, like for some people like, oh, who was I think it was Teresa. And she was like, Hey, I'm coming from a place where like, I buy fast food as I'm heading to work drinking my cup of coffee that now has three other cups that go along with it. And that was a really, really, really big lifestyle shift. And so that's why we're there to support you and explain why and walk you through step by step because I think if you don't understand why you're doing something, and you don't have this report, like why would you stick to it? Like there's no point. Um, okay, so before we move into our last question, if you guys have any questions, like drop them below, I can see them Jessica can't see them, but I can see them so I will relay them to her so I can see. Let me know if you guys have questions. And then so my last question for you is, what do you say to somebody who's on the fence? They're like, Okay, I need this. I want this But like, I'm scared to make this investment, like, I'm not sure like, you know, Is it for me? And they're just scared, like, what would what would you say to that woman



Jessica 20:17

how I see this program is that you can't put a price on how you feel, once you come out of it. All of these products that you will end up using, I still use every single day. There's a couple I don't necessarily need anymore, but they're part of my everyday life now. And they are for a reason. And I think if you have any of these symptoms, that Leah talks about, when she talks about, like, here are all these reasons why you should join. They're like, this isn't I mean, I'm trying to get this out. But like, all of these things that you teach us and that we learned should have been taught so long ago, whether you have pcls whether you don't have a period, whether you have painful periods, I feel like this is how every woman should be living their life in a sense, because at the end of the day, we have so much like going on in our body that we need to balance our hormones. It's this program isn't a quick 30 Day Fix, it's not a Oh, I'm gonna do this for 30 days and everything's gonna go back to normal like it's a lifestyle and you will not regret it. I mean, at the end of the day, like how you're feeling and how you're living your life when you're done with this is just incredible and you know, money can like you will spend way more money on any type of other quick fixes or this quick smoothie drink for 30 days or anything like that, then getting results that you get from this program. And Leah has great payment plans I'm not super well financially off and I found a way to make it work because I knew this would change my life. And I knew that it was worth it. And if you're scared if you're nervous, if you're worried about if

you're going to fail that is not going to happen. I mean it's not in the cards for you in this group because there's so much support like even if Leah wasn't there to answer questions immediately that every single girl that you will make friends within this group was so on the weekends when I'm like oh my gosh, should I eat this how's this meal and I have girls being like, ah, I don't think you should do that. Or like things like that. And we all boost each other up constantly. And it's this one big happy community where I still keep in touch with everyone from my group and watch their stories and like how they're doing and you have so much support all the tools, all the videos, everything that could possibly make you successful and you can't let the bad days bring you down. You can't let your anxiety bring you down because I was anxious I was like oh my gosh I'm this is a huge step I'm putting money into this I'm ordering all these supplements I am going for it and what if I don't get what I want out of this and you quickly learn that there this program is around for a reason and you will thrive before and after the program. Very true. And I hope you all join and have such successful beautiful journeys because this program gave me my life back and I cannot say that enough.



Leah Brueggemann 23:50

Remember what I said about how amazing this community is. I truly truly mean that. The next wonderful person I'm going to have you hear from is Krista and she went through a couple rounds ago and I wish I could share every single person's story on here but it would probably make for a really long podcast itself. I can only share a couple.



Leah Brueggemann 24:12

So I want to introduce you all to Christa. She went through my last round as a VIP so the difference between group and VIP is VIPs get a little bit more access to Kaitlyn and I they get some one on one calls. And they also get a couple weeks of boxer which is voice messaging support to personalize it and kind of help them walk through it a little bit more step by step just because you know, we have lots of questions. So Krista, I would love for you to share where you were before this program like what made you reach out and be like, I need some help.



Christa 24:51

So I guess like 10 years ago, like when I had my third baby, I noticed some symptoms of like anxiety. And depression and then as the years went on I it just kept getting worse. And then I was diagnosed with hypothyroidism seven years ago. And I got pregnant my seventh pregnancy, which was my most recent one. It was bad. I was miserable. I had a migraine basically the whole nine months, so it's just like a nonstop migraine. The ones where I was puking and so dizzy, I can't stand I couldn't drive was just miserable. And so after I had the baby, well, I've had postpartum depression with all my, after all my babies, and they've all been very colicky. And so, I kind of just attributed it to having a colicky baby and just like, this just must be what motherhood is, you know. And so, um, after this last pregnancy, my migraines were horrible. I was constantly like, in a brain fog. My, um, the I had horrible mood swings, and anxiety and depression were like, through the roof. I'm like, I felt like, I couldn't control my emotions. And I was just constantly sad. And I didn't want to take care of my family. I didn't want to hang out with my friends. I just, I didn't want to see anyone, like, I just want to curl up in a ball and cry and just never see anyone again. Because you have seven kids. Yeah, seven kids. And I mean, I did it because I had to, but it took every ounce of willpower that I had in me to do it to get up in the morning, whatever. So and I also cannot lose any weight, which I kind of just attributed to hypothyroidism, which is like, Well, I have thyroid problems. So like, I ate what I thought was healthy, I exercised. And I didn't really gain any weight. My last pregnancy because I was so sick. And I was so nauseous from the migraines I couldn't eat. But, um, I put on Morley after I was pregnant after I had the baby, so I was 10 pounds. Like a year after I had him I was 10 pounds over what I was when I have him. And um so I always had these symptoms but during for ovulation, ovulation, and around my period, they were loose, like, especially around my parents are like, 10 times worse. Like, um, just really bad. And



Leah Brueggemann 28:04

the first time I talked to you, you were like, so much brain fog. You were like, I'm gonna tell you.



Christa 28:10

Yeah, I was just like, what am I saying? I don't know what I'm saying. And that's how I was all the time. And I'm and just like, I have horrible pain everywhere, like my pelvis felt like it was being torn, like ripped off of me. And, um, I bled a lot. And



Leah Brueggemann 28:33

it's just like, yeah, you were super tired all the time. Like, then. Yeah, I had someone messaged me today, and they're like, being tired all the time. With hormonal issue. I was like, Yes. So what? I guess this is this is a good one. So I know you saw Bridgette posted about her story, because we'll share her testimony later as well. But what made you trust a stranger on the internet that you've never met before to walk you through a journey, especially making an investment like a big investment into your health? Like what made you be like, okay, I can do this, like, I need to see these results.



Christa 29:16

Well, I guess, um, I trusted Bridget, like I trusted her opinion. So I called her first and she was telling me about it and I was like, Okay, this all makes sense to me. Like, I don't believe in any of those fad diets or any of that stuff and what you were saying like about the way we need to eat and balance our meals and just like how you have to heal your gut and just like everything you were saying just made total sense to me. So I was like, Okay, I think this lady knows what she's talking about. And, and then you know, the story that you are told about yourself. Yeah, why you started the program is To help yourself out first, and then to pass that knowledge on to other women so that they too could figure things out for themselves. So,



Leah Brueggemann 30:11

no, that makes sense. Yeah, no, we're friends. Yeah. So, okay, so we talked about where you were, and then what made you decide to trust and go into the program. So something let's talk about your results first, like So what was it like going through the program? And where are you now?



Christa 30:31

Um, it was really good. Um, I didn't have so much of a problem with like the elimination diet just because I was used to eating fairly healthy, so it didn't really bother me. And the fact that I already felt so much better a week into the program. I was like, This is so worth it. But my husband noticed a difference, like five days after I started, he's just like, you're so happy. And I was just like, oh, but, like, one day just like, looked at him. And he was just like, looking at me smiling. I was like, What? He's just like, I haven't seen you this happy in so long. I was just like, it firstly made me feel bad. But, um, but yeah, I just felt great. Right away. And well, not really, okay. The first week the detox was, was pretty hard. But yeah, now I haven't had a migraine and nine weeks. And I had almost every day before that, every single day, almost. So I, my anxiety is pretty much gone. Except for the occasional Whatever. I'm a mom. My was

suffering. So and the depression, like, I want to do things with my kids. Now I want to see my friends and whatever. Um, and another thing, I had constipation problems previously for years, and I don't anymore. And I'm not exhausted all the time. My mood swings are basically non-existent. Pretty much my last two periods have been great. Besides St. Taking my temperature and seeing my temperature change, like I would never have known. I was getting my period, except that I knew what my period was coming, you know, so. So yeah, I was just like, Oh, I'm getting my period today. And my husband's like, hey, like, Yeah, right. You don't even seem like you are. And I was like, I was like, yep, I got my period today. like, Wow, really? Like, yeah, he's like, it's so different.



Leah Brueggemann 33:09

It's just so life-changing to be on the other side? Because like before, could you even imagine? Like, could you even imagine talking to people about this and being like, I know,



Christa 33:21

this is like, 200% out of my comfort zone. And I'm doing it because like, I was like, I want to share this. And I feel passionate about the fact that this is buyers, so



Leah Brueggemann 33:37

glad to have taken you through it. I, you Okay, so you made me tear up. I don't typically have clients make me tear up. But when you messaged me, and you were like, I had the energy to go out and play with my kids today. I I teared up, I was like, that is why I created this program. Because there are so many women out there who go through, like you said, this just must be motherhood. You know, like, I have kids, I have no energy, I can't drop the weight, I'm moody. And I have so many women come to me like that. And I used to be before like, this is so cool. We can get rid of painful periods, we can do this. And then it's so much more than that. Like it's like you like best said last night, you get to be the girl that your husband started dating again, which means you get to take care of that relationship. And then you get to show up as a mom so much more and get to share that with your daughters like how they can be healthier and it's just, ah, this is why I created the program. So what was it like talking to your husband about an investment, like a big investment in your health because like, I think something that's huge is we don't have like \$800.12 \$100 whatever the amount is Just like in our bank account going, oh, let's just add this to the budget this month like, and nobody has that money just in the budget extra. So how did that work with you? Like, what was that process of talking to your husband and kind of being like, Okay, how does this work?



Christa 35:15

Well, it was a little scary. Because I mean, we do have seven kids, we live on a very tight budget, because we have to, because we're a single income family. And, um, he had told me before, he's like, you need to do something to help yourself. And I was like, I don't know what to do. I'm like, I don't want to go to doctors, and then be like, Here, take these medications out for anxiety and depression. I don't I don't want to bandaid. I just, I want to fix it. And so I was a little nervous. So I called Birgit, and then I called you and I was just like, um, I have something to talk to you about. And like, you know, how you said, I need to do something to feel better. He's like, Uh huh. Like, why I think I found something. But it costs a lot. To just like, Okay, and then I was like, just like rambling and like telling him all about, he's just, like, stop. He's like, do it. I was just like, what he's like, do it. He's like, I don't care how much it cost. He's like, I can see that. You really believe that? This is the answer. He's like, well, move some things around. He's like, we'll figure it out. You know, like, move some things around the budget or whatever. And he's like, well, we'll figure it out. And, um, so



Leah Brueggemann 36:41

yeah, I think the biggest thing is talking like sharing with your husband, why it's important for you to do this. Because we put up such a tough barrier moms are Go go go there, give, give give. And so it's hard for us to be like, I don't feel great. Like I'm moody. Like I'm having like these mood swings. It's like, yeah, our husbands probably notice, but like, it's hard for us to, like vocalize that, you know, and not be like, I'm Superwoman. And I can do it all. So I think that that's also hard, but like, they do want us to feel amazing, you know, and so if we can communicate that to them, I think that's important.



Christa 37:22

No, I was I told him, like, as I was rambling, I'm like, I can't do this. Like, I can't be a mom anymore. Like, I just, I can't I'm like, the way I'm feeling right now. I'm just like, I can't do it anymore. And I think that really, like, hit him. Because he was just like, Can you just like, do what you need to do? Cuz, like, I do try to put up a, I try to act tough and like, I'm fine, you know. But he's just like, because I really broke down. I was just like, I, I need to do something. And he's just like, do whatever you need to do. And I know that before. I told him about it, like, like, I felt like, he felt helpless because he like, knew I wasn't doing well, but he didn't know what to do. And I think when I told him about this, he was just like, yes, something that like you felt like by allowing, not allowing, but whatever, like, letting me do this program. Like, maybe he was helping me to Yeah, that was something he could do to help me so yeah,



Leah Brueggemann 38:33

and it was just like dainty. So I love that so what what would you tell somebody who feels like they're dealing with issues and they're like, they can't really imagine nutrition and food kind of getting them to the other side and not having to take a pill for the rest of their life or having to go on medications but scared to make an investment in their health because when it comes to health I feel like it's different than a business investment and you know, it's not like you're like forking over money to start a business and the money is going to come back to you like you're putting this forward into into your health, you know, so and that money comes back to you having energy and more time in your day. So what would you say to someone back in your shoes, kind of who's debating whether or not they should invest in their health?



Christa 39:29

Well, I guess I will say that in order to take care of your family or whoever the people around you, you first have to take care of yourself. Like you are the most important person for like you have to take care of yourself if you want to be able to take care of anyone else and I'm and, like you give us the tools or whatever. Like I feel confident That I'm doing the program now. But I feel confident like you have taught us enough to where I feel like I can. Like go on with it like it's sustainable progress in my life. So it's not just something that is like a one time thing and like you're investing in the rest of your life basically.



Leah Brueggemann 40:24

Yeah. Yeah. Supposed to be the last investment you have to make. Yeah. Yeah. Um, so, I know I just want to share what you told me when we first got on. So a couple of Christo's food sensitivities were gluten and dairy. And they were some of the big causes for her migraines. And so she has been staying off of them. And I tell everybody, that if

you do the time healing, and supporting your body's detox process, during your follicular phase is a time when your digestion is better, you can cycle on and off as food sensitivities. And so Krista decided to give that a go. The other day, she had some gluten and dairy to celebrate, she's in her follicular phase. But tell me what you've told. I've tell everybody what you told me.



Christa 41:20

I felt great afterwards, like I was expecting a horrible migraine. But I basically just got a little bloated and, um, it was our anniversary, so I decided to celebrate. And, um, so I, when I got home, I just drink some lemon water and took some extra greens. And this morning, I did like a green shake. And I feel great today. I didn't get a migraine. And yeah,



Leah Brueggemann 41:51

yeah, we're talking about his liver support. So that's like your detox process. So like, I give everybody a plan. Like for them, you know, we troubleshoot at the end. So let's say like, you had alcohol or you had like your blood sugar was to spiked, like, how do you support your body so that it doesn't cause chaos? Because we want something that's sustainable? You know, like, if we were like, Oh, you can never have bread and dairy ever again, in your entire life. Like, I'm sure you would probably all just go eat ice cream, or cheese. I feel like it's cheese, Swiss cheese. So we really want it to be sustainable.



Leah Brueggemann 42:30

Okay, so do you understand why I'm so obsessed with my clients because obviously, they're awesome and they put the work in, and when you put the work in, that's when you can achieve these incredible amazing results. So the Harmon reset program is open until through Tuesday evening, and then we won't reopen again until next year, so if you have any questions whatsoever, please feel free to reach out and you can find the link to join in the shownotes



Leah Brueggemann 43:04

Thank you for listening to today's episode of balancing hormones naturally. If you found this helpful, I would love for you to share it with a friend and post it on your stories and tag balancing hormones naturally podcast so we can get this message out. You can find me on Instagram at Leah, underscore br u eg and I would absolutely love to hear from you.