

EPISODE 22: NAVIGATING YOUR HEALTH HOLISTICALLY

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SPEAKERS

Leah Brueggemann, Kaylee Swanson



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 00:33

Hey, ladies, so I have a very special guest for you. I brought on Kaylee Swanson you are, I always forget everybody's like titles, because they all have different things. But you're a nutritional therapy practitioner, I believe, recently graduated. And I actually met you on Instagram, I think like over a year ago when you just started school. And we chat all the time about health stuff. And then we're actually in a business program together as well. So I just had to bring her on. So we can have a super candid chat about all things health. And we're gonna dive into a couple different topics here. So I would love for you first to kind of share a little bit about yourself. And then of course, what what got you started in the health field?



Kaylee Swanson 01:24

Yes, I feel like I have a little bit of a unique situation there. Because I feel like a lot of people, they kind of hit rock bottom to get into the health field, and then they figure out how to climb them their way out. And, and then they help others I am unique in the way that I didn't have to hit rock bottom, which is a beautiful thing. And I think that is my mom. So I'll go way back. Um, I was sick when I was younger, but my brother was really the sick one. And I kind of got lumped in with him. So we went through a 12 years of trying to figure out what was wrong with us. And then finally, my senior year of high school, I got diagnosed with celiac disease, which is an autoimmune disease. And at that point, I kind of took my health journey out of my mom's hands and put it into my own hands and decided that I would go gluten free for the rest of my life. It took me about a year to make that decision. But when I made it I stuck to it.



Leah Brueggemann 02:25

It's so session I feel like to officially go gluten free.

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Kaylee Swanson 02:30

Yeah. And there's there's a part of something like that and deciding to start on this journey where people don't always talk about that. You you lose a part of yourself. Like I had grown up the way I was and I was a little you know, and then when they told me something was wrong with me, I was a little scared that I would lose part of myself and I didn't know what that would look like. So I think it took me some time to really accept that I was ready to make that change. But it did. And it was the best thing I ever did for myself. I'm so thankful for my past self for making that decision. And so thankful for my mom for getting me there. So really that's why I started my business navigating holistic because I would love to be able to help more people before they get to that rock bottom. I'm going through college, I had just kind of started my gluten free journey and this was way back when nobody knew what it was. It wasn't on every single package. Oh yeah. Yeah, like I remember one time I asked for gluten free food and somebody was like I'm sorry you want free food we don't have free gluten free food but yeah, so it's a whole different world. Um, but that was another blessing and decide disguise because I had to go to Whole Foods, I had to eat cold real food instead of just switching out one ultra processed product for another ultra processed product. Um, so anyways, so I went to college thinking that I was the weird one, I was the sick one and I had to make all these decisions because of my sickness and then present a college and I really wants to I you know, late 20s I realized that that wasn't the fact that I was indeed quite healthy. And it was my other friends that were now experiencing the decline and health and it wasn't something that was you know, a black mark on me, but in reality it was a very big blessing.



Leah Brueggemann 04:32

Yeah, I just have to chuckle when you talked about the gluten free because like I remember when gluten free was a trend. Like I think it's kind of pulled back a little bit. I almost feel like vegans becoming a trend now. But like gluten free was a very much a trend and there is gluten free everything and it just cracks me up when people are like, Oh no, I eat healthy. I eat gluten free and I'm like that really means nothing like it. really truly means nothing because you can find so many gluten free things out there that are like you said, ultra processed like, people were so excited when Oreo came out with a gluten free Oreo. And I'm like, why are you excited about that? I mean, literally, if you're going to just eat an Oreo, you know, because you just want to eat an Oreo, like, gluten free, non gluten free. Like there's literally no benefit either way. Alright, yeah. Ah, anyways, I do like, so. Definitely, that was a blessing for you to, you know, be forced to have to go the whole food because that's truly like, you know, where your health is gonna lie? Yeah. So share more, tell me more. What you do. Tell me.

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Kaylee Swanson 05:46

Yeah, so and then more in the when I went gluten free, it was just solely, you know, to go gluten free to protect my future. I knew like what was in store for me down the road, because my body was eating itself and destroying itself. But when I made that decision, it was interesting. How many things came with it, like, things like headaches where I didn't? I didn't know what wasn't normal to have a headache every single day of your life. I thought that was normal. I didn't know that. Like people could actually think like I had brain fog. Like if I was going to have an exam. I just wouldn't eat before. I had to like, do it. Because if I ate, I knew that my brain would work. Like, wow. But yeah, but yeah, so there are so many things. And I mean, I am, what, 12 years into this journey. And still every year, I feel like I uncover a new layer of what health and wellness means for me. So yes, so that's what I strive to bring to others.

There is, it's very unfortunate, and the world that we are in right now that you really can't just passively be healthy. You have to actively work towards your health and wellness. You can't be in, you know, conventional, conventional lifestyle and expect health to find you. Um, and I'm trying to say where I want to go from that.



Leah Brueggemann 07:18

No, I'm like, dang the fact though, that you said like, you have to be actively healthy. I'm over here. Like, that is so true. I've never heard somebody say it like that before, though. But because it's Yeah, like now. Yes. And it really is like you literally have to go out of your way to be healthy. Like, even when you're grocery shopping people like a healthy food is so expensive. And I mean, I think you can definitely do it on a budget you have to be you have to be smart. And you have to you have to be smart literally. But like the better question is why is unhealthy food so cheap, you know, like, why do you have to work so hard? Like why do people why aren't we taught this you know, in schools like you know, all the times I hear people be like, Oh no, I eat healthy, like I don't understand, like, why I'm not feeling well. And then I take a look at their diet or nutrition. I'm like, I don't know what your definition of healthy is. And that's that's the problem like there is like, everybody has their own idea because there's no I don't know. I just kind of went off on a tangent there but continue



Kaylee Swanson 08:29

and yeah, so I actually I went to school for marketing and adventure tourism, which I love which was the best but and we learned in school about greenwashing. I like specifically remember sitting in class and my professor, teaching us about greenwashing, how it works and how to do it and Greenpoint how to do it. Like yes yeah.



Leah Brueggemann 08:51

Oh my gosh, yeah. Snap



Kaylee Swanson 08:54

and and in his defense it wasn't like a sleazy thing he was talking about he made it sound like you know like you just make your product sound very healthy and because that's the trend and that's what people want. So greenwashing is when basically you make your product seem healthier than what it is you highlight specific things you know that that people think they want to see like maybe low fat, you know, natural you'll see my husband goes to the store he'll be like I didn't know which one to choose so I just picked the one with the most nose on it. And I figured you'd like that one that's pretty much it right there like just pretty much all the nose and all the you know things but they're not talking about all the things that are in it. Um, so yeah, that is a huge problem is Yeah, all the information, all the misinformation that failure to catch up with times by the different food industries and it all does. It all boils down to money that does this, this beautiful, not beautiful circle. Oh



Leah Brueggemann 10:02

yeah, let's tap into greenwashing For a second there because like, I, when I first heard of green washing I don't even know when it was I was like, What the heck is that? Because there are a lot of come. bunnies I can even think like off of like my head 1000 of them where they're like, Oh no, like there's no artificial fragrance in here. It's toxin free. And I get a headache when I smell artificial fragrance. And so my nose is like a lie detector. Yeah. And I'm like, there's

artificial fragrance. And they're like, no, it's not, we're certified, blah, blah, blah. It's like, I don't care what you're certified as, like, My nose is like a lie detector. And you see it everywhere. Like, for example, someone will be like, oh, organic, blah, blah, blah. And you turn the back over. And only like two of the ingredients are organic, like the rest of them aren't. But they can mark it that way because a certain percentage of it is organic. So like let's tap into greenwashing. Like, why this is why it's so important to look at ingredients so like what are some things that when people are going to a grocery store, or they're going to look for their their skincare or their haircare or anything? Like what are some things they should start with like so that marketing doesn't do them?

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Kaylee Swanson 11:24

Yes, I'm pretty much looking past the marketing is what it boils down to. And I mean, I get I get greenwash still right and I'm coming to your site but I'll get something and I'll bring it home and I'd be like ah, dang it I just got greenwashed I didn't actually check the back of this package or I didn't I just trusted blindly in this product. But yeah, so when it comes to food I always turning it over and looking at that ingredients list is just key not even not there like percentages and stuff Look what actually is in your products and know that they go in order of how much is in there so the first one on the ingredients list will have you know the most in the product and pretty much if you can't say it Don't eat it if you are looking for whole real foods that are going to you know support you and give you that nutrients that you need Yeah, there's there's so many more there's so many things to know like not to eat, it's easier just to focus on you know what to eat and I kind of my like golden rule is always to go back to nature and if it aligns with bringing me back to nature and how it would make sense to eat back when before we got into all these different industries that mess with our food system that's always going to win for me, but even supplements like I went to school nutritional therapy Therapy Association with one of my colleagues and she works for a supplement company and she told me that they make the supplement like they just formulated and put stuff together if they like have leftover stuff and then it's her job to go and research the different things and put on there what it could possibly like before so they're not like making it in order you know for this thing. They're just kind of like throwing it together and then slapping some stuff on there and like a back bone for it. And so that like supplements Oh man, they just kill me it's like oh, everybody just buys you know that with the market and they just buy exactly what they think they need. They want like long luscious hair, they go and they buy something that says they're gonna get long luscious hair, but and it's it's you're way, way better off spending that money on some beautiful organic pasture raised. produce and meat then yeah, that route. But



Leah Brueggemann 14:05

I'm gonna backtrack really quick. And this is probably I don't know, if this really confuses everybody just ignore it and continue on. But you said something about if you can't pronounce it, don't you shouldn't be eating it. And I must have been on the wrong side of tic Tock when I saw this but it was like all of these fitness coach. They're all male. Oh my goodness. This is not against men, but I just see this in the male fitness industry. And they're like, there's nothing wrong with that like that we're that you can't pronounce like that's vitamin B and blah, blah, blah. And you see that on food and they are correct. Like that is quote unquote vitamin B in a very fancy, fancy biology chemistry, blah, blah blah word, but it's synthetic. Yeah, you know, it's added added and it's synthetic. And you are aren't going to absorb it the way you would from food. And you see all the time people adding calcium, vitamin D, folic acid is a big one. And if you have the mthfr, gene mutation, folic acid fortified foods are your enemy. They are your enemy. And so even if somebody's like, Oh, no, that's just a fancy word for vitamin B or vitamin D, like you can eat that. I don't think so, like synthetic additives are, they block up your receptors, and they're causing more problems for people? And so, so if anybody is like, Oh, that's, you know, you can't pronounce it, like, you can still eat it. I just want to pull back that argument, because I see that a lot, especially in the fitness industry. And I just don't, I don't I don't think it's true. Because the more simple you get, the less ingredients you get. The more you can make things from scratch. I know it's hard. But you know, what's going in there? You know, and you know, what's going in there. And I do think supplements are necessary, you know, but I also think that it's hard to find good ones. I

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Kaylee Swanson 16:16

also think it's a Yeah, it's another thing that you have to do your due diligence on and no, you know, is it a whole food source? Or is it a bunch of like cleaved off? Yeah, balls that are then put back together. Because there's a lot of, yeah, there's a lot of trickery you can do with food science. But you're right. And that is kind of how we got to where we are today. Because there's a lot of, you know, when you break it down, and you look at the molecular compound of it, it's sure it, it looks the same, or it is the same, it's written out the same, but when you compare them, they're not the same when you compare how they react with your body, they're not the same. So fortified wheat is a big one, right? Like, if you have enriched wheat, then you're going to have all those long list of vitamins and minerals that come after it. But what happened there was they, they processed wheat differently than what they used to they used to be, you know, sprouted and, or fermented and, and that makes our nutrients available to us. They changed it for ease, or whatever they did. And then they started noticing that I forget which one this was something was happening with the human population. And that wasn't good with the lack of the minerals, because we weren't getting them anymore. So they made a rule in that you had to put these minerals back in, but like you said, they're synthetic, and they don't act the same way. So basically, what that tells you is our food is so pointless, and your nutrition, nutrients to prime hardware for some reason. That, that it's basically pointless, which is why we need to add in these, you know, four to five meals. And there's so many there's like a history with every single vitamin like that were like vitamin C, right? sailors used to go out to sea and get scurvy and die and whatever. So they found out that if you bring the line with you, for every sailor out to sea, then they avoid that problem. So that's great, but and there's a story with that for like, basically every vitamin and mineral that we might see. So then what they did is created so many different Band Aid band aids to fix the problem like the fortified synthetic, you know, stuff and that's kind of its snowball, and then that's where we've got where we've got and I think I was in the same panel as you with Tic Tac where I found somebody who was fighting against red dye 40. And she was saying that, yeah, and she was saying that people that are against that, uh, you know, silly goose's who don't have any scientific backing and like, all these things I had, yes. And I was like, Oh, this is really painful. There is lots of people out there that, um, here's okay. So there's lots of parents out there that can testify that they give their child something with red dye 40, and they act up and desert, right. And then you have this person telling them that they're crazy, and they're making it up. And that's kind of like where I always want to go back to that you know, better for your body and for your child than any random person that's preaching some random scientific data that they are interpreting in their own way. And we have lost lost touch with that a little bit where people are always looking for outside validation and always looking for Outside recommendations so the more I can could get people to tap back into themselves



Leah Brueggemann 20:06

yeah

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Kaylee Swanson 20:08

would be awesome but red dye 40 has literally zero point and our food and it's just there to make it look pretty and it is derived from petroleum and all the things so



Leah Brueggemann 20:18

yeah, it causes so many issues I know exactly who you're talking about on Tick Tock I saw her video and she was just gaslighting like all sorts of health professionals saying that like like aspartame or anything like oh no like you can have like the FDA approves like this much aspartame like only in large doses is it going to actually poison you like oh

my gosh you can absolutely have all

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Kaylee Swanson 20:44

right there is another good point about how we got to where we are because yes for literally everything that you put in our food and in art come around our cosmetic products and everything you can say yeah, if you have this little bit it's not gonna affect you and that is so true. Our bodies are amazing at what they do, they have protected us from so many things in our world and detox but also our world is getting more and more toxic by the day and we're getting exposed to more and more things by the day. So it's not just that one thing it's that one thing plus all the 1 billion other things that we are getting exposed to and that's a lot of work for our body to do so that's what we were talking about where you have to you can't just be passively healthy you really need to control what you can because there's a lot of things you can't control for to not have to worry about those have to be affected by those and spoil your health. You have to yeah go back in and control what what you can control



Leah Brueggemann 21:42

Yeah, and plus like if you're constantly asking your body to like work harder and work harder eventually your body's like I'm done.

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Kaylee Swanson 21:51

Yeah, for sure.



Leah Brueggemann 21:54

Oh my gosh okay, so let's head into like personal care skincare you know, what you put on your skin is absorbed into your bloodstream? I don't know the exact percentage of how much of it is it like 70%

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Kaylee Swanson 22:07

it Yeah, and it depends on like, what the substance is at the rate that it absorbs, but yeah, a large amount is absorbed into your bloodstream through your skin.



Leah Brueggemann 22:18

Yeah, and that was like one of the last things I want it to because I ate you know super healthy and I was still having issues but I you know held on to my skincare and my haircare and my makeup for a long time and my cleaning products was another one.

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Kaylee Swanson 22:34

Yeah, yeah, those are huge. So when I was in I was in college and I was gluten free. My house has always been smell free to a certain degree if you lived with me you got told in advance that you could not use type products you had to use like a free clear detergent. And if you wanted to wear perfume, like do it in your own private space like don't be in

my bathroom spraying it by me so yeah, so so everybody got warned before they moved in with me But anyways, so it's fairly you know, free of major chemicals but still we are college girls and college guys and whatever. So anyways, I was at least a couple years into my gluten free journey and I just remember like sitting on the couch and feeling so horrible I usually had a lot of you know energy and ready to go and wanted to be social. But we had people over it and I was just sitting there and I was like I don't know what's wrong with me I just like feel like attached to this couch. I can't get up like I don't want to like conversate with you guys. So I ended up going home the next week and was like mom, I'm not sure what's going on. I think maybe I like have gluten in my diet and it's somehow like seeping in and I don't know where I'm getting it from. And so we went to a doctor that tested me for all the things in my bloodstream. And when it came back it came back that I had a toxic amount of bleach in my bloodstream because my roommates had been cleaning with bleach and they were wiping the floors and the countertops and then I was walking around with bare feet and absorbing it through my feet. And I was in tune enough with my body to catch it right away and be like I'm off somewhere and I need to correct this but I probably would have never ever linked it to the bleach I wasn't that in tune back then in order to be able to link it if we went to got that that testing back. So yes, that was a long story to tie in that cleaning products truly do matter just as much as the other thing. I cleaning products and makeup products are another thing where it's like it's not worth my time to learn all the nose. Yeah, but I really love the app, think dirty you've probably talked about it. I love that. Yes and that is so easy. Just to be able to look stuff up and be like Okay, but also, we really need bare minimum things like for cleaning I literally use vinegar hydroperoxide baking soda and water pretty much or like



Leah Brueggemann 25:13

citric acid sometimes to, like with my baking soda to clean toilets.



Kaylee Swanson 25:18

Yeah, I have I guess I infused my vinegar with my lemon peels.



Leah Brueggemann 25:24

Ah, that's a good idea.



Kaylee Swanson 25:27

Yeah. And then skincare I really I only use water and oil pretty much is all I do. And I feel like the more you simplify and the more you take out the better your skin gets. I tried to get fancy like a month ago and add in it was an oil and it was from a company that I absolutely love all of their products but they had made like a face oil with a bunch of essential oils in it. And I added that in and then I added in like three other things like basically I just added a whole regimen onto my face when I have only wash my face with pretty much water and oil for however many years and my face was not happy with me it was so mad at me for adding all these things that I broke out all over like my chin line, which I don't know, I don't break out really at all and it was like all over, whatever. So that was interesting where that was a company where I I fully trust them. They're very transparent with all of their sourcing, I can look at exactly what form it came from and where it is and how it's processed. But my skin was still like yeah, we don't need that. So we got our own Mike like, microbiome figured out. We don't need you to come in here messing with it. Yeah, so I went back to my water and oil it's fine.





Leah Brueggemann 26:46

Yeah, if it works for you don't mess with it. Yeah. Gosh, no, there's so there's so many things I love the think dirty app, the only thing I don't like about it is it doesn't have every brand on there which you know, eventually it will get there. And my issue with that mostly is that like when I come across something new and I kind of want to look at it, sometimes it doesn't have it so then you have to do the deep dive into the ingredients yourself. But honestly, like my, my personal like rule of thumb is just look through the ingredients first and look for fragrance. Because like if you rule out fragrance, you've ruled out like 99% of like products so like if it doesn't have fragrance, then maybe it's worth your time to like look into other things and like look, you know, some people use essential oil so like that's a marketing thing. So like if they use essential oils like it's going to say it on there, because that sells But anyways, yeah, it's a whole trip. That's why I like to find people that I trust. I'm like, What



Kaylee Swanson 27:52

do you use? Yeah, please just informed me.



Leah Brueggemann 27:57

Oh my gosh, okay, so what's our what's our next step like now that we are looking at our ingredients, and we're looking at our skincare, we're looking at our haircare, like, what's next to like, being healthy?



Kaylee Swanson 28:11

Yes, pretty much just keep, keep simplifying, keep getting rid of the things you don't need. I think a huge step is just, I say being intentional. being intentional with what you're doing, and how you're feeling I think there is such a like I talked about before a huge missed connection or disconnect with our own innate intelligence and I'm tapping into that. So the more you can sure go eat whatever diet that you've been eating but but tap into how you feel before and then how you feel after and you can make your own connection. And it's been you know, slow and over time, but I don't even crave or want any of you know, the like, Doritos is always my marker, whatever that I say that I know what level I'm at, like how many doodles per year I have, because it used to be like, you know, I like Doritos. And then it would be like, if I see them at a party, I'll have them and then now it's like I think two years ago I had like winter it'll and but like I'll have like wonder it I'll I'll notice like 30 minutes later. Oh, there's that pesky headache that like doesn't let me think and just makes me feel blah. And it was caused by that wonder it Oh, and I know that because I paid attention. Um, but so just just things like that, where it's like, make the connection. And eventually I promise you it won't be it this thing where you're taking away your favorite food that you just really want to eat it. You're not even going to want it anymore because you're going to make that connection that that's how it makes you feel and this quote makes you feel better. And that goes with everything. Yeah, just really tapping into how You are on a, you know, regular basis



Leah Brueggemann 30:03

and learning to cook like I I am not the most like I make really good food but it's basic, like you know and one of my friends mom's like, I she made this amazing meal when I was in Colorado and it was all like gluten free the only like dairy she'd use was some kerrygold butter. And it was like gore may like I kid you not it was she made his muffins that were like the most badass muffins like you wouldn't even know they were gluten free you wouldn't even be like oh, it's good for a gluten free muffin like it was just a good muffin period. And I was like, dude, can you come cook for

me? Because it was amazing. The meal was so good. She made dessert all of this stuff and I'm just like, Okay, I need to put some more effort into like making these meals eating healthy. should taste amazing. You just have to practice it.

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Kaylee Swanson 31:08

Yeah, yep food. The more nutrition times it is the better it tastes the good taste that you're tasting is nutrition if you're eating you know, a real meal otherwise it's pretty much kind of chemicals and fake food because a lot of our food system has you know, hyper palatable foods so it tastes good to everybody because they've stripped basically away all nutrients and then added back on top of it you know, the fat and the sugar but not the good kind. Yeah, to make it palatable, so it makes it cheap food, but it doesn't it doesn't satisfy that nutritional need which is why you keep going back for more and you're never satisfied and you're always snacking so if you go towards nutrition dense food that tastes delicious as full of nutrients you're going to be satisfied and you also you're not going to binge eat like I don't know an egg I just had an egg so sitting here yeah I mean you can be craving an egg all day long but when it comes down to it you're gonna have one or two or whatever and then you're gonna be done you're not gonna binge eat it it doesn't yeah when you're having you know quality food because your body becomes you know satisfied and you're done. Um, but I think just just going to Whole Foods like we talked about my meal this morning was literally what was that eggs, mushrooms, green beans, bacon and some wraps which are like again all of those are like a specific food item and I just put them all on a plate and ate them as a medley and it was delicious It was amazing and I think another thing that helps with kind of making your food taste good is learning the different cultures of spices so you know you can be like oh I'm in the mood for some Asian food tonight and I'm going to pull out my you know rice vinegar and soy sauce or amino acids and whatever else and I think that's been super helpful for me and learning how to make these very similar items that you know we have weekly taste and look completely different.



Leah Brueggemann 33:22

Yeah. Likes seasonings are good. I totally agree with the whole like your body you just come back and keep snacking because your body's like I didn't get what I needed even though you got a lot of calories you didn't get nutrients that you needed. That is my big issue with artificial sweeteners. Like I actually would prefer people to just have a little bit of like raw sugar or a little bit of coconut sugar over like artificial sweeteners like balance it out support your blood sugar because you are tasting sweet but you're not getting sweet and I think your body your body knows and then that's why people like Benji or you know this is probably not a good episode for you if you have an eating disorder I'm sorry we're not talking about that that's completely different but like they'll sit down and eat like a pan of brownies that they made with like monk fruit or stevia like we're not even talking about like you know the effects of that but like it's because they didn't actually get what you know they were craving in the first place which was probably magnesium from the

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Kaylee Swanson 34:32

well and that's the thing too It's like we have all these trends that are yeah fat free sugar free and it's like no have the fat but have good fat don't have the vegetable oil that is rancid and is going to wreak havoc on your body have the quality butter or coconut oil or duck fat or all the other things. And sugar too. Yeah, I mean I'm not against sugar, it's here for a reason. It goes back to my You know, I am one with we are nature. So I have no problem with maple syrup and honey and whatever else you want to use. But yeah, don't pour it, a couple and everything, you don't need that. But at the same time, if if you have reached a point where you crashed your blood sugar, and you're craving sugar, then don't I'm, I'm all for not denying that, like, if you've reached that point, then you probably do need a little bit of a sugar cook kick because your body is trying to survive, and it's trying to get you back into homeostasis. And then in

the future, you need to look at what you did to get there and avoid that, because that is not good if it keeps happening over and over and over again. But that's tapping into your body and listening to you know what it wants it what it needs.



Leah Brueggemann 35:47

Yeah. So many good things here. Okay, we're going to take a wide pivot. Okay, ready, guys. So we have had so many questions in the Facebook group, and in my DMS about this COVID vaccine. So let's talk about the health ramifications, especially like the menstrual cycle ramifications of this quote unquote, vaccine, or let you have your rant, and then we'll just kind of like go from there.



Kaylee Swanson 36:20

Oh, it's just it's a hot topic. And honestly, I find it goes back to marketing, like everything else. So much money is being put into marketing this product for us, without any real consideration about who needs it, who does not need it, who it might be detrimental detrimental to their health, and especially things like kids like they are going in to have this approved for children, like six months to 12 years they're working on right now. And what are the statistics for kids on COVID? And das, they're like, none, they're like, No, I mean, there's whatever. But compared to, um, so I saw a study that they came back, and they're all excited because the kids were comparable to the adult control group. But when you look at that, that's not exciting. There was a lot of things that popped up and they control adult group, and a lot of symptoms that come from getting this thing. So that's where I struggle is like, we are just very, it becomes very one minded and becomes my way or the highway, and people are getting pressured into it by this mega campaign that says get it or you're a bad person. I hung out with this last weekend. And he he had just got the first one. And he was just telling me He's like, I don't know why I needed to get it already got COVID and I literally nothing happened. I just had to quarantine I felt fine. Everything's fine. And, and yet I have to get it. And he said that his grandma would not see him until he got it. So that's why he got it. And he's like, Yeah, he said that, you know, it's not his decision. You know, what, what do you say? He basically said that he didn't get it from stuff he got from someone else. And that's, that's, you know, the important thing. And that is such a red flag for me, because I'm like, No, because you are the one that needs to deal with anything that could happen from this. And, yeah, there's just a lot of a lot of markers there that make me cringe and the whole thing we have completely forgotten about our natural immunity.



Leah Brueggemann 38:39

And the fact that like, I can never pronounce these, but the one of them is not the study hasn't even done till 2023 2023.



Kaylee Swanson 38:49

Yeah, I mean, long term. These studies I see I'm so used to not being able to the word on Instagram without getting censored. The long term studies Yeah, are not complete and they won't be. And yeah, it's only right now under emergency authorization authorized use, which they're looking to get past that. But yeah, anyways, um,



Leah Brueggemann 39:12

so basically everyone that's getting the vaccine right now is technically part of the study. But yes, nobody is really

telling them that.

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Kaylee Swanson 39:21

No, they're not. And I saw an interesting post. yesterday. I was on somebody's Instagram where he was, he's a part of the j&j study. And he was walking through the process of what it was like, and he basically said, He's fine. He had like one night of some really bad like, chills and shakes and fever and all that and then and now he hasn't had anything he has a lot of nosebleeds which he doesn't think is associated. So uh, let them have that one. But I'm seeing some other things. But he was saying that none of that none of his experience was captured. The process that it capture it by just because of how flawed the study is. And the other thing is with with these participants, they take the the healthiest participants they possibly can, you know, yeah, so it's not. Yeah, yeah,



Leah Brueggemann 40:20

I don't know. Well, I guess what scares me about the COVID vaccine is it's not actually a vaccine, it's more of like a gene treatment, basically, mutation. And it's not going away. Like, it's not like, you can detox any of that, you know, it's gonna continually be effective

K

Kaylee Swanson 40:41

than killing me, unlike our my health, like, Facebook groups and stuff where people are like, what's the detox and people aren't giving them detoxes? And it's like, no, that's not where are you pulling that from? That's not a detox. What are you doing? The best thing you can do is support your body, I think, but But yeah, it's it's brand new technology, which I really tried to drive home to my followers before it came out, just so that they are aware. And they know, it's not just like any other vaccine that's on the market. It's a totally new one. And they have been trying to develop something like this for many, many, many, many, many years. And they have all failed. They resulted in they haven't been to pass animal studies because they've all died or become infertile or



Leah Brueggemann 41:27

Yes, I think that scares me. Yeah, so I, my, my whole point of this is, listen to both sides. And if you decide that you want to get it, more power to you, I'm not telling you not to get it. I'm just saying, educate yourself. Because it really frustrates me when people are like, I'm getting it because I educated myself, and all of that is bullshit, or whatever. And I'm, like, just come into it with an open mind. And same thing with people who are anti vaccine. They're like, I'm anti vaccine, because I educated myself, blah, blah, blah, blah, blah. And I'm like, Did you really though, like, have you looked at studies? Like, have you talked to various people from both sides? were educated in it, like, Have you listened with an open mind? Those are my biggest things. Because I guess the biggest red flag for me is the infertility. Like it has to be the infertility. Like there's, there's, there's people I personally know, personally know, like, this isn't somebody, like in a study, this is somebody I personally know, who had complications in pregnancy after she got the vaccine had people you know, and people with insane cycle issues post vaccine as well. And I'm sorry, but that's not a coincidence. Like if you've never, ever, ever had an irregular cycle until you got the vaccine, like, some kind of red flag, like, you know.

K

Kaylee Swanson 43:08

Yeah, and I, I 100% agree with you. I think that's the main problem is that one side is getting Well, the interesting

part is one side is getting drowned out. But honestly, not like we're getting Wow, vowed which, even though getting censored on an unreal level. Oh, yeah. And there's a lot of things against the I don't like the word anti vaccine, medical freedom, maybe their medical freedom group. That are, there's not a huge budget. It's a very, like, somebody told me the other day that a doctor that was being vocal about it, they're like, Yeah, because he's making all the money from it. And it's like, No, no, he's not like, No, you lose your like credibility and your career by questioning things like this. You need to have fun by questioning. There's no possible positive to getting on this bandwagon besides maybe helping some people. But and then on the other side, it's every social media platform every so much money, it kills me how much money goes into this when it's like, if you would have taken that money and put it towards anything else on like, the real health and wellness spectrum instead of another band aid effect, like what could you have done with that? That would have been great, but I follow because I do try and see all sides. So I follow a couple of makers of I think the majorna vaccine that I was looking at her stories yesterday she was answering like some question box stories. And they were they were all questions about kind of what we've been talking about some of the real concerns that have come up for people and some of the real life stories we have seen over and over and over and over again, not just one time, and her response to everything was just no like Is this cause infertility? No. Does this do this? No. Like, and I'm like this is this is what got me from the beginning is one side can dig so far into everything and explain and be like, this is where I'm coming from. And then there's another side that is just like, No, just trust the science. And it's like, Okay, well, I'm sorry, but what is science? Right? Science is ever evolving. Science is trying to figure out something science is never settled. Like, that is just wow. And and the other thing is, science is constantly you guys trying to reproduce or imitate nature. Right? Like, Master funny math, like the whatever, the big one, the end, whatever. That's what they did with that one, was looking at how the nose works. And they copied what the nose does. And it's like, oh, and you think I'm sorry? You think that you did that better than how nature did that? Hell no, no, you did not. And we just found out about like, the microbiome, like, how many like 10 years ago? Do you know how much of a major factor that is for health? Like, how many new things we're constantly finding out every single day? Like, like, No, we don't, you don't know everything? And that's, that's my big problem. People say that they do. And it's like, No, you don't The more you know, the more you know, you don't know.



Leah Brueggemann 46:26

Exactly, exactly. And I like this, we're calling her out. So that is one of my biggest issues with this COVID vaccine is the fact that like, people are like, so many more people have died from COVID, than have had complications with the vaccine. So get the vaccine, and I'm like, but but so many of the numbers are skewed a from the COVID, like the flu, whatever that is. And then secondly, they are they're choosing healthier people for the vaccine. And the fact that there are so many people with issues with that, that should be so many red flags for you. And they come, I saw some doctors comparing it to like, the chances of you getting an issue with the vaccine are, like, less than you like, dying from a car crash or something like that. That's how they were putting it into comparison. And I'm like, Yes. And I always like to weigh, you know, like, what are the pros of getting the vaccine and the cons? And then what are the pros of getting COVID and the cons and like, the survival rate for getting COVID is so high. It's so so so high. Like why would you want to get a vaccine that is a experimental and can cause infertility? Like that's my biggest issue is the infertility aspect. Because, like, I see it everywhere, you know, and like, infertility is already on a rise, like, just in the past, like so many years, like there are so many things going on with infertility, whether that's female or male infertility, and now we have a quote unquote, vaccine that's causing more infertility like that, a different route,



Kaylee Swanson 48:31

it's 100%, being able to Yeah, weigh your risks and make a decision for yourself. My family. My whole family had COVID, my husband was under the weather for a couple days, I lost my sense of smell for like two and then I was fine. I got it back. And then I never separated. We never separated from the kids. Because I was ready just to I kind of separated from my husband at first because I didn't want to be down at the same time with two kids. But then once we've all had it, I was like, Well, whatever, we'll just get it over with my kids never showed a single sign of it ever. Not

one. They're perfectly fine. I know we're fine. And our 93 year old, great grandma had it. She's fine. Are all of our grandparents have had it. My dad had it. He had a heart attack young and then completely changed his lifestyle and is doing absolutely awesome. But, um, but he was down for a couple days, and now he's fine. My mom wasn't down at all. She was kind of like me, you know? Fine. Oh, um, I think from the beginning, like, I remember last year, right when it was like, unknown and kind of scary and like, what do we do? I had a lot of friends. Honestly, I have a lot of nursing friends and then I had a lot of friends and like the Twin Cities area that that got it early on. And the only reason I knew is because I had private conversations with them and they'd be like, Hey, don't tell anyone. But I got this and it wasn't bad and like I mean, they went Yeah, they're just like I was down and I'm fine. And it was fine. But it's like, well, why was that a secret? Like, why aren't we telling people like, Yeah, got it? And I'm doing good. Like, like, it's like people who are scared to be like, I got it and I'm okay. Because there's some people that get it and aren't Okay. Yes. But there's also a lot of unhealthy people in the world that



Leah Brueggemann 50:23

Yeah, and that's where I sit, because like, I'm not gonna sit on that, like survivor bias of like, I got it. I'm fine, like, so everybody's gonna be fine. I don't agree with that. But, and I know you don't either, but it's just



Kaylee Swanson 50:38

your own decision, right? So from the beginning, I was I was fully comfortable with, with getting it and our chances of being fine, I thought were pretty, pretty good and pretty high.



Leah Brueggemann 50:49

And that's like the whole thing like people quarantining people like putting hand sanitizer on everything. And even like, what was the donut company, Krispy? Kremes? Like, giving free donuts, if you get the vaccine, and I'm over here, like, we're putting so much money behind this. Yeah, why? Why can we not put money behind education and health? Oh, you know, like, if you change your diet, you change your lifestyle, and our one



Kaylee Swanson 51:21

year, we're over a year into this, and there's been none of that. I remember that. This time last year, when like the two weeks first hit, where like, everything shut down. I went to the store, like the rest of the world. And while everybody else was getting toilet paper, I was going through, you know, the vitamin C, the vitamin D, the zinc, and these shells were fully stocked. And I that was my big, like, red flag where I was like, what, why is nobody going through for like, immune supporting things that you're gonna want in your medicine cabinet? And also, all of the produce was fully stocked? Yes, these cereal boxes were all gone and the canned foods, but the fresh produce was fully there. And I was like, you guys, we it's two weeks, we're going into a two week court. Like, this isn't a year will you need all of your cans? This is two weeks. So yeah, that was a big, like, wake up for me where I was like, there is a big disconnect here on Yeah, yeah. And that's where I think the more you can empower yourself and teach yourself and learn from yourself. The better are gonna be



Leah Brueggemann 52:31

I yes, I just I mean, I could talk about it all day. I just think it's there's so much money behind this marketing. And I honestly, I'm going to be really honest, keeping people unhealthy because that is what keeps people buying pills. You

know, that's what keeps people like, you know, relying on this because you know, you weren't empowered or you weren't, you know, even educated, you don't have to be a doctor to understand your body and understand your health. You don't have to be a doctor to like, go out and educate yourself and understand what is good for you and your family. And because everybody that kind of bucks, the trend gets silenced. Everything remains a theory, like that's one of my biggest like, pet peeves is the fact that like, technically, when different doctors talk about this, they have to say it's a theory because guess what, there's no money behind it, because they can't get funding to study it.

K

Kaylee Swanson 53:29

Yeah. And yeah, and it's just we, the science is slowly catching up with the wisdom that we used to hold and the ancient traditions that we used to hold with, like, I mean, even air of beta and, like, my favorite recently is like yoga practices and meditation and stuff, which used to be like, this whole like, woohoo, you're crazy. Like, what kind of thing when people would talk about how much better you feel and all those things and now finally, the science is catching up to it, where it's like, no, there's actually scientific backing on how impactful that can be for you. So no, it's becoming an okay to talk about without being like, I don't actually believe in this, like, you know, you believe what you want, but you know,



Leah Brueggemann 54:18

yeah.

K

Kaylee Swanson 54:20

So many things are so many things.



Leah Brueggemann 54:23

I know, I could literally talk about it all day cuz they jumped down your throat, if there's like, you know, any, like, natural thing that you could do or any like even somebody just understanding their body like wanting to know more, you know, they get pounced on because it's it doesn't feed, it doesn't feed the medical system, you know, and it's really sad, you know, people have to pay for all of that out of pocket, you know, because insurance doesn't even cover it and but they know that to actually get results. You probably need to step outside. Yeah, I could rant about that. All day long.

K

Kaylee Swanson 55:02

I know. I know. And I, like I said earlier and like 11 or 12 years into my, you know, holistic journey. And so now I feel competent, and I have had my own, you know, success and I've seen over and over and over again, what I can do for my body and how changing my environment can, you know, change my body's outcome. But yeah, but when you're starting, and you are going against the grain, it's scary and you're being told by every single outlet that you're going the wrong way and you're Yeah, you're dumb and like, this is all just Woohoo. Whatever, so,



Leah Brueggemann 55:41

yep. Yeah, no, I agree. And it's, it's, um, it's a it's hard to buck the trend. But like, also, it's hard to trust yourself

sometimes when like, ah, like, even when Landon will get sick, or he got a diaper rash the other day, not the other day, the other week while I was gone, and I came back and I was like, oh, like, I know what this is like, you need to put silver shield on it and like he needs to get you need to give them some probiotic, all this kind of stuff. And boom, like, it's better, you know, instead of before this, I'm sure I would have like called the doctor because it was it looked really bad and like wanting to put them on a steroid cream or whatever. Because it's hard to trust that like you do no pass, you know, and, ah, look into things. Well, this was an insightful conversation. I hope that you guys, at least enjoyed the conversation. I hope you learned some things. I'm sure we scared some people too. But that's okay. We still love you Even if you disagree. But how can people work with you, Kaley? How can they find you? How can they learn more about what you do? Give me all those details? What what like what programs coaching? What do you offer?

K

Kaylee Swanson 57:01

Yeah, so the best way to find me is on Instagram, my handle is navigating holistic. And there's Yeah, a thing in there if you want to look into working with me, but I help people make, you know, sustainable and simple lifestyle changes that addresses their environment and the way that they're expressing health. So I work with people one on one, kind of like you do, I don't have a coaching program yet. Um, but yeah, so that's the best way to find me if you need help making some of those changes.



Leah Brueggemann 57:37

I love all of that. Okay.

K

Kaylee Swanson 57:39

Like everything before we go along. One of the things that I usually like to drive home, but we didn't get to, because we covered so many different other things is just that, which we kind of did. But you're in charge of your own environment. And I hear so many people think that they are a victim of their heredity that if their parents had it, they're going to have it that it's just like doom and gloom, like find Kaylee, that's fine. But I'm sure you have good genes and like you're just, you know, perfectly healthy or whatever. That's not the case. Like if you look at my family line, it is riddled with very young onset of Alzheimer's, schizophrenia, dementia, cancer, all the things, all the things, it's not good. But but it's not, it doesn't predict my future. Because genes have the ability to express themselves based on the environment that we're in. And the blueprint that we're given can make like I forget the exact number, but it's like 400 million 400 million different human beings. So you have like 400 million different paths you can take depending on what you put around and in your body. So I just want to plug that because you are not. You're not a victim, and you're in charge of your own home.



Leah Brueggemann 59:07

Oh, no, it's true. That's true. Um, and yeah, especially people who like heart disease runs in my family like I'm doomed. I'm like, no, no. Yeah. Take be active. That's my new first be active in your health passively sitting by well thank you so much. I'm going to put everything in the show notes so people can get a hold of you. 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_Brueg and I would absolutely love to hear from you.