

Black friday sales

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SPEAKERS

Leah Brueggemann



Leah Brueggemann 00:03

Welcome to another episode of the Balancing Hormones Naturally Podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host, Leah Brueggemann. I am a Functional Diagnostic Nutritional Practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life.



Leah Brueggemann 00:26

Hey guys. I know that you've been hearing the podcasts come out every week, but I batched all those before I had Killian. So this is my first podcast episode that I'm recording post baby. I got some mushroom coffee. It's more like a mushroom latte. And some apples nut butter and the kids are napping. And the fact that they're napping at the same time is just crazy. I was like 99.99999% sure I was going to have to do this episode with Killian in the baby carrier because he's not such a great sleeper like his brother. Right now he's napping though. I don't really know how long that'll last. So we're gonna just you know dive on in. I've missed y'all. Hope you're all doing great. Yeah, I just, I just missed ya. So let me know how you're doing and shoot me a message on Instagram.



Leah Brueggemann 01:30

Okay, so this episode is for Black Friday sales. So we're going to talk about a bunch of products. If a sale is only a sale, if you can afford it. So if this episode is going to stress you out, please just skip it. Go listen to a different episode. A lot of these products that I'm gonna be talking about are well, they're all ones that I've used. Some of them I may have an affiliate link for. And if I do, I will obviously put it in the show notes. And I appreciate when you guys use those. I mean, I only make like \$2. But I do appreciate when you use them because it lets that company know that you came through me and that helps support the show, which is free for you. So I really appreciate you doing that. And it helps us keep putting this content out. A lot of them as well, I'm not an affiliate for, but I still love them and use them and so I will I will obviously share

those as well. And you guys I really truly am only an affiliate for products that or even talk about products that I really like. And I hold your respect and your trust in me very highly. There was a company that - I have a lot of companies reach out all the time. But one in particular reached out and offered a lot of money, a lot of money to have me talk about their product. And I was like I mean, I appreciate that you're gonna pay me but I can't in my integrity share that with my listeners. So sorry. So yeah, I turn down a lot of affiliates and a lot of sponsorships because I really only want to share stuff that I like, and so yeah. Anyway, I don't know what the point of that was, but by my money because, you know, I want to make sure that I'm only sharing things with you that I really, really like. Okay, so let's try and keep this snappy. So one product we're going to start with because it's truly been so ridiculously life changing. I feel like postpartum emotions are still high because I'm like tearing up this product and I'm like, why are you tearing up? Okay, so Leefy, L-E-E-F-Y, has three different products. Immune, Sleep, and Pain they have some weird fancy names which I don't remember that off the top of my head I just know the pain one is Prana. And I have had clients who use Prana all the time like post surgery for headaches and all this kind of stuff and it's been it was so so useful for them. And so anyway, they had sent me a package of their products which is just the three and I was like oh thank you so much. You know like I never really take ibuprofen though. I never have a need to so I'm like what am I ever going to use the pain one like that? I don't I don't think I'm going to have a need for this. I don't really get headaches and you guys so like four days after I had Killian three days, two days I'm losing track of my time. My milk came in and I have never been in so much pain. Okay, labor was painful. So I guess I have been in that much pain. But it was not as bad with Landon at all. And my milk supply has been so much stronger with Killian. I don't even know how to like say that because they're both chunky babies. But yeah, anyway really strong. And I was so engorged and I was in so much pain, like I am telling you, like he would nurse and couldn't even make a dent in how engorged I was. And I was just wanting to cry. I like couldn't lift my arms up, like putting him in his bassinet killed like, I was like, nobody can hug me. It was just, it was so painful. And I was like, how am I going to survive this. And I you have that really strong ibuprofen or Motrin, or whatever they give you in the hospital for post partum, post yeah postpartum cramps, not even a dent not even a dent in this. And so I was like, You know what, I have the Prana stuff. I'm just gonna try it. You guys, I took that religiously every two hours. And I made it through the engorgement, it helped with that pain so immensely. I'm telling you, like, night and day, night, and day. And I knew, like I hadn't taken it because I knew it was working because as soon as I would hit two hours, I'd be like, oh my gosh, I need to take this again. So yeah, I can't recommend that enough. I don't have a link for them, but I will put a link for them in the show notes, but it's Leefy Prana most life changing product of my life. So highly recommend, I know that they have a sale around Black Friday, so highly recommend highly highly.



Leah Brueggemann 07:01

I also used Ned CBD postpartum as well. I used the which one is it? I use the hormone one because of the minerals. And I really really liked that one. I took it at nighttime before bed. My endometriosis clients love that one, like on a scale of one to 10 love that one. So I really recommend that one as well, you can use the code Leah, for 15% off with them. I will put the link for that one in the show notes. I'm like 99% sure that they'll have a Black Friday sale. And so it will probably be like specific code for Black Friday. But if you still go through the link in the show notes, which if you do, I will love you and appreciate you. It will obviously let them know that I sent you. And I appreciate you doing that. So that's the one that I use. It's one my clients love. There's also just the broad spectrum one and there's also the sleep one which are both useful. I really liked Ned as a company, they're very transparent. Their processing is really

really good and there you can ask them any and all questions. I've gotten on Zoom calls with them multiple times. Because I've just always been wary of recommending CBD so I have talked to them. Like in person, I mean not in person but face to face on Zoom multiple times. I really really recommend them.



Leah Brueggemann 08:40

This is a brand I don't have a link for but I've really enjoyed their protein bars. They have these these called PROMIX P-R-O-M-I-X. I don't really like the whey ones, they're just kind of not very tasty. But the vegan ones the vegan chocolate one is the only one I've tried. They're kind of like right, they resemble Rice Krispies. So good. It's so good. So it doesn't have a ton of protein. But I really like them. They have decent ingredients and if you're gonna eat a protein bar, I like them. I also like, speaking of protein bars, I also like Aloha A-L-O-H-A they're really great too. And they're a vegan one. Landon thinks that they're candy bars but they're not they're their protein bars but he goes This tastes like candy probably because that's like chocolate chips in it but those are really good too both of them I'm sure will have sales. Promix I get directly from the website. Aloha you can get directly from the website or you can get them from Thrive Market which is typically where we get ours. I do like Thrive Market in case you're wondering. I don't think they have any sales for Black Friday, but I love Thrive Market. I'll put the link for that. I think you get like \$25 off your first order or something.



Leah Brueggemann 10:11

Okay, so we have covered pain, multiple times. Stress, anxiety. Okay, so moving on more products, okay. Further Foods collagen peptides. Oh my gosh, I just love them. I love them.



Leah Brueggemann 10:31

I've tried to get them to sponsor a podcast because I just love them so much. But no, anyways, so they're collagen peptides, the chocolate ones and you just, you know, put them in your coffee. And so it has collagen, obviously, but it also has cocoa. And I think reishi mushroom, and



Leah Brueggemann 10:54

so good on a scale of 1 to 20, it's a 20. It's so good.



Leah Brueggemann 11:00

I like that one. And then I know my friend Caitlin uses the vanilla one when she makes milk butter. I haven't tried that. But collagen peptides for cost effective collagen peptides are also tested for heavy metals highly recommend Further Foods. They also have a gelatin that we use. We made marshmallows the other day with that, and then they have a matcha matcha. I don't know how to say that. Collagen as well, which is really good. And that one has cordyceps mushroom, which I love that one. So highly recommend, can't recommend enough. Love, love,

love no code for them. Sorry, guys. Organifi is another one that will have a Black Black Friday sale. No code for them either. So you guys, I just like share things I really, really liked with you whether I've got a code or not Organifi. Okay, what have I tried from there. I've tried, I've actually tried most of their products because I wanted to see if I liked them. I do like their greens and their red juice, again, doesn't replace you eating vegetables, but I do like them. And I've really liked their protein powder. So they have a pea, organic pea protein. The big thing about Organifi is they're organic. But they're also tested, third party tested for all the things that Leah doesn't like but most specifically glyphosate. So they're certified glyphosate free, which is awesome. I love their protein powder. I really like it. Yeah, I put that in that my oatmeal. I really, really like that. So their protein powder, their greens, there's something else that I tried from there that I really liked, trying to think about it. I think it's pure. It's like a gut support. I know a lot of people like harmony. I haven't tried it or use it because I don't really want to take Maca while I'm breastfeeding right now. But the ones that I've tried and liked are the red, the green juices. And the protein powders highly recommend. I really really liked them. No code, I'm sorry, but I'm sure that they will have a discount for you on Black Friday, like I know they will, I'm sure they will. The next one coming up that I really, really like and use a lot is Kion. So Kion has aminos. And I started taking aminos in when I was pregnant and I have never stopped. I'm pretty sure they'll have a special code for Black Friday. So I'll put my link down below. And I would love it forever if you use it. But I started using them because I couldn't get enough protein. So I talked to my doctor about using them. Amino acids are what protein breaks down into. And amino acids are the catalysts for nearly every physiological function in the human body including protein synthesis, enzyme production, hormone regulation, cognitive performance, neurotransmitter balance and metabolism. You use them obviously use aminos for liver detoxification. They're the foundation of protein in there for muscle mass. So it's obviously they're necessary for athletic performance and recovery and all of that but awesome, you just have better workouts but you have just more energy. Some people really feel like they sleep a lot better. So I love their aminos I love them. Um, so my favorite flavors are the lime, the watermelon, the mango, they have a berry one but like I don't really like it. Sorry, it's just not my cup of tea. It may be your cup of tea, but I love the other flavors and my favorite thing to do with the lime one is I will do cold water with ice cubes and mix it in at nighttime and it's like I'm having a margarita without alcohol or anything bad but benefits Again, Leah never really has margaritas. So if you try it, you're like, it doesn't taste exactly like margarita. I'm really, really sorry, like I haven't had a margarita in a while. Um, so I really love those. They also have protein bars, which I like. I can't say I love them like, keel over, I like the PROMIX ones better PROMIX and honestly that one's better in taste. But I do like the Kion ones. And then I love their chocolate protein. They have a whey chocolate protein or grass fed whey protein. And I mix that with a banana, and either some raw milk or some water, and some ice cubes and some nut butter. And it's just so good. It's like my favorite thing. Ever. Literally. I I love it.



Leah Brueggemann 15:55

It is so good.



Leah Brueggemann 15:57

Um, okay, so moving on from my obsession with their protein powder. What else do they have? Oh, they do have mold free coffee. So mold tested free coffee. So I do use I do use that as well. You can use cold Leah for 15% off. But I bet you if you go through my link, which will be in the

show notes for Black Friday, I bet any bucks you'll get a bigger discount. You can stack their discounts though with you can stack the code Leah with their subscription discount, so you get a bigger discount. So yes, do that. Funk It Wellness, which is the second company which does sponsor the podcast, I am one I'm like 99% sure they're gonna have a sale. They do bundles for Black Friday, I still need to talk to Kate about that. So if you go through my link, I would love you. You can usually use code Leah15 to get 15% off. And then you can stack that with the subscription. And the code always applies like always. So you always get that discount, makes it very, very like cost effective to do the subscription and get free shipping and then stack it with a discount. But I'm sure they'll have bundles for Black Friday. So they have their seed cycling kit which you should be seed cycling you guys there. Their seeds taste so good. I'm sorry, they just taste a million times better than the store and they make my life so much easier because I don't have to grind them so I'm consistent. And everyone asking do you seed cycle when you're breastfeeding. No I don't, I just eat them in any phase of life that I like I just don't cycle them when I don't have a cycle. I just love them. They have maca powder, which obviously don't take while breastfeeding. A lot of people like that in terms of like a more subtle flavor of maca. They have their cycle bites which are really really good. So if you can't do sesame seeds, cycle bites don't replace seed cycling, but they're a really great alternative if you don't do sesame seeds, because they have reishi mushroom. Oh my gosh, and ginger. It's like a bunch of anti inflammatories. You'll love it. It tastes like fall to me. I thought it was because of the pumpkin. But everyone said it tastes like fall because of the ginger. So I guess Leah's corrected. And then if you are postmenopausal or Peri menopausal, you'd probably like the revitalize seed blend because then you don't have to worry about switching your seeds. So they'll have a, they'll have a bundle. I know they'll have a bundle. I know they're coming up with a product for fall. I know they are. And I'm very excited about it, but I can't tell you what it is. But I'm very excited. So Leah's link will be in the show notes. And that would, I would love you so.



Leah Brueggemann 18:41

Okay, what else do we have when we're talking about all the things? My mushroom coffee may potentially have a sale, I really don't pay attention to whether or not they have sales. They should. They probably have a bundle for Black Friday. So I will put that in the show notes for you guys. I do the wholesale, I don't keep track of it. I do the wholesale because it's literally so much cheaper than buying retail. So I just do the wholesale. I do the king coffee. I have the black coffee and I have the royal coffee which really I'm liking the royal coffee. Black coffee has the best flavor. The best. Royal, so black coffee has reishi mushroom. And the royal has Reishi, Lion's Mane, and Cordyceps mushroom. So immune support and brain support as well. That one, yeah, no, it reminds me of Starbucks coffee. You know when you drink a Starbucks coffee, and it tastes slightly burnt. I'm being really honest here you guys. That's what royal tastes like to me. Like it just has that very like bitter, very bitter taste. So anyway, I mix a little bit of it with the black and I like it that way and then the king coffee is the one with the Reishi spores. So spores specifically actually have a delayed release for the caffeine for you. Like of the cortisol so you have a slower release of cortisol so it's not like BAM. So I, if you're really sensitive to caffeine, you probably would really like the king coffee. Not all mushrooms do that. It has to be the spores. So that's why the king is so like their best selling product. So that will be in the show notes for you guys as well.



Leah Brueggemann 20:34

Okay, I'm moving on you guys. Rowe Casa. I hear my child I can't. Okay, Rowe Casa. So Rowe Casa organics. Again, we need them to sponsor the podcast, like you know, just saying we should tell them that. I love all their products. I just love them so much. So anyway, you can use a code Leah for 20% off of Rowe Casa products. I don't think they're going to have a Black Friday sale that's better than that. I don't think it's gonna be better than 20%. So you can get 20% off your first order. So if you've never ordered from them use a code Leah, if you've already ordered from them, they'll probably have a Black Friday sale, I'm assuming it's going to be like 15% off because that's typically what their sales are. So if you've never ordered use code Leah, get a bigger discount. But if you have already ordered, you're gonna watch out for that 15% off. Listen up for Leah's favorite products Okay. In no order of importance. Okay, maybe in order of importance. I don't know. I kind of like them all. Tart cherry juice and elderberry my son takes every day. Tart cherry juice at nighttime. It saved our lives with him. It literally saved our lives. He's such a great sleeper now. So we use that one with deep sleep salve on the bottoms of his feet. And I do deep sleep salve. Okay, so we're gonna go slightly off topic, but I just really truly want to share with you how much I liked those deep sleep salve. So Killian's such a bad sleeper, all my kids are bad sleepers like, see, do you hear him waking up from his nap? And so what we ended up on doing so what we ended up on doing is I pump right before we go to bed, and then I sleep in the guest room and Seb gives Killian the bottle for his first wake up, and then I get him the next time so at least I can get a little bit of a longer stretch of sleep. And it was funny because the first couple nights I did that. I was still waking up like every hour because my body was just accustomed and trained to it or something I don't even know. So I put the deep sleep salve on the bottom of my feet and that night I slept for the full like stretch of sleep that I was able to get. I love that stuff.



Leah Brueggemann 23:04

Okay, so I love that. I love the lymphatic cream. Oh my lanta. I use that immediately postpartum just to help with drainage, water retention. I love their body butters especially the bakuchiol I don't know if I'm saying that right that one and the frankincense my favorite. I just love it. I love I'm trying to think of things I don't like I use their laundry detergent. I use their cleaning supplies. What else do they have? I use their detox bath salts. I use all of their shower care. I'm trying to think body wash that's what I was looking for body wash, shaving cream. I love it. But you guys the lymphatic cream, deep sleep salve to magnesium lotion. Those are truly life changing products. Life changing. Okay, so, and they also have skincare as well. I know everyone's like when can we buy OpenLab skin Leah and I'm so sorry. You guys, they're going through some rebranding. So they're not available to the public right now. But as soon as they are, I will let you know because I know you guys have been waiting and waiting and waiting and waiting and I'm so sorry. And they're coming. Okay.



Leah Brueggemann 24:38

So I feel like Am I missing anybody you guys in terms of supplements? Okay, so I know microbiome labs will probably have a sale that I use their megaspore probiotic. I know a lot of you guys do. I know they'll have a Black Friday sale. So I'll put that link below and I know Cell Core will have a Black Friday sale, which those are heavy duty supplements so I'm not going to put that code for you guys to order them. I'm just letting you know like if you're my client listening to this and you need to reorder something, do that. Fullscript which is a supplement dispensary that all you guys use which is you don't want to buy your supplements from Amazon

don't do that. But supplement dispensary is a great way to get a discount and get professional grade supplements and that is linked in the show notes and they will do a Black Friday sale as well. So if you need to stock up on supplements I highly, highly recommend you do that.



Leah Brueggemann 25:44

The other thing that I am really liking, I don't have a go for it at this second. I really hope I will by the time this comes out for you. But you never know is the Therasage which is a far infrared sauna, a portable sauna. It's very cost effective for a sauna. I love it. So I have it down in my basement and I try and do it once or twice a week and I put castor oil over my liver when I do it so I can kill multiple birds with one stone. Sweating is so good for you. Yes, I do that one breastfeeding, yes I talked to my doctor, and yes, I drink a million extra electrolytes. Because I want to keep my milk supply up. I drink electrolytes like they're going out of season. And I will also take a binder before it as well to bind to any toxins.



Leah Brueggemann 26:42

Which speaking of electrolytes, you guys, I cannot recommend Redman light I love them and you will love them. Redmond's Real Salt, I'll put that their link in the comments as well. I'm not the comments in the show notes. I use their electrolytes. So good. And I also use their salt. So I highly recommend them. They'll have Black Friday sale. And then something that has just been my bread and butter postpartum has been Greater Than I don't why are they called that I don't know, Greater Than. I have no code for you guys. I hope I have a code for you guys because I drink two of those a day. So I drink so many electrolytes because you guys, you need electrolytes for breast milk. You need them. Water is not going to cut it. And so I do Greater Than which is coconut water, but it doesn't taste disgusting. So they have some fruit juice in there. And they keep the sugar quite low. Which is really nice. Because Leah hates coconut water like I hate. I hate it. I think it's so good for you. But it's so disgusting. So this has been such a wonderful compromise. And it tastes amazing. My child tries to steal them all the time, Landon. My favorite flavor of all time is the strawberry lemonade. I think that the watermelon will be my favorite, but it's been out of stock forever. So I can't tell you I don't know. But I love the strawberry lemonade. And then all the other flavors are just okay. I mean, they're good. But the strawberry lemonade is my favorite. So would be really good. And the rest of the flavors, they're just good. So I don't know. Take what you like from that. I know that they'll have a Black Friday sale. I have no code for you guys. I'm sorry. I'm so sorry. But I love them.



Leah Brueggemann 28:46

And then another good one for you guys is Real Mushrooms. Oh my lanta you need these. You need these you need these for immune support. So they have the five defenders which is immune. You need that they have Tumelo which is so good for your skin basically is like a million times of hyaluronic acid. It's a mushroom, plumps your skin up. Cordyceps helps with endurance, muscle recovery. I'll just like let your imagination go with that one. Cordyceps is really, really good. And then they have Lion's Mane, which is so good for your brain health. So we have those, I really really like them. We go through a lot of five defenders and yeah, we just go through a lot of five defenders. And the other one in terms of immune support that I love is HCC. If you go back to the episode on mushrooms, which we did last year, you'll hear me talk

about HCC there so I won't dive too too much into it but HCC has over 30 clinical trials on it which is like Unreal. Unreal for a food supplement. And it's so good for autoimmune. It helps women. It has been shown to help women with HPV. It's used in cancer trials. It's been known to help. Literally like it's just incredible. It's incredible. I take that so I don't get sick. And I ran out a couple months, two months ago, two weeks ago. I don't know. I'm losing track of time. I got sick. I keep that in stock, not running out again. I love HCC. I love them so much. You do have to get it from a good source. So because it's been patented, so you have to make sure that you get it from the place that has it patent otherwise, it's not actually the real deal. I get mine from Quality of Life Labs, maybe they'll sponsor the podcast, you guys. I have no code for you though. I'm sorry. I just love them. They're so good.



Leah Brueggemann 31:04

Okay, am I missing anything? You guys? Wow. I feel like I feel like we've covered Rowe Casa. We love them use code Leah for 20% off your first order. Otherwise, if you already have ordered from them, I'm sure they'll have a Black Friday sale for 15% off. Kion is so good. We've covered protein bars, we've covered collagen, we've covered pain management. What else do we, we've covered food, Thrive Market. We've covered protein bars, we've covered coffee, we just need a creamer. I don't really I just use raw milk you guys, no Black Friday sale on that.



Leah Brueggemann 31:41

Ooh, something that probably will have a Black Friday sale I don't have a code for you is the air doctor. So oh my gosh, you need an air filtration system. Because you do you just need one. Especially in terms of like mold and nasty things like that. I love the doctor we use that your doctor. So I really really like it for air quality when I change that filter is disgusting. So I'm very glad we have it. The other really random thing which is really expensive, but I know they'll have Black Friday sales, Somavedic. Is that how you say that? They are an EMF, harmonizer not blocker, don't use the blocker. But they are a harmonizer. So we do have that next to our router. Also sidenote, I'll also turn my phone on airplane mode, and make sure Bluetooth was off and Wi Fi is off and all the things at nighttime. You can also like get one of those outlet plugs. We have that that's on a timer. And so it turns the Wi Fi router off at nighttime. All these good things. I mean, you guys we could do a whole episode on EMF and Wi Fi. I know I probably just lost some of you there. But hey, that's okay. I don't care. We we should we should we should do that. Maybe? I don't know. Let me know. Let me know. You have to send me a message and let me know. That's I feel like, I feel like that's all I got you guys.



Leah Brueggemann 33:17

Ooh, okay. They you want to know coffee that's truly life changing in terms of taste. I will tell you this not a mushroom coffee. It's just a mold free, pesticide free coffee. Seven Weeks. So good.



Leah Brueggemann 33:33

Someone bought Kion coffee. And I do like Kion coffee I have it and she was like, it's not life changing. I was like. No, it's good. And I'm very glad that it is mold free. It's good. But it's not

changing. I was like, no, it's good. And I'm very glad that it is mold free. It's good. But it's not life changing. Seven Weeks coffee. It's not cheap. I'm not telling you it's cheap. But it's life changing. It's so good. It's so good. Um, so I will take some of Organo's, which is the king coffee mushroom spores. I'll take their mushroom spores and I'll put some of it in there. Sometimes if I want to have coffee that's not mushroom coffee, and I want to make it mushroom coffee. Mushroom coffee has coffee in it. By the way. In case you're wondering. Some people are like it doesn't have coffee. It's made from mushrooms. No, no, no, no. It's coffee and you add mushrooms to it. Okay, so Seven Weeks, they're dark roast. That's life changing. That stuff's really really, really, really good. And I have no code for you but I love them and I know they'll have a Black Friday sale. Okay, I'm running out of thoughts of any more products.



Leah Brueggemann 34:41

So follow me on Instagram because if I think of any more, I'll put them there. If my child wants me to pick them up, so I'll catch y'all later.



Leah Brueggemann 34:50

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