

Nicole Carter:	00:04	Your gut is ruined, you're ruined. So you need to fix it. And we've demonized fat. Fat is absolutely necessary for your not just your digestive health but your hormonal health for your brain. And we've demonized it.
Announcer:	00:18	Welcome to A Teaspoon of Healing, where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your lives through positive changes. Here is your host Dawn DiMare.
Dawn DiMare:	00:39	Hi I'm Dawn DiMare and you're listening to A Teaspoon of Healing. This is our third episode. Today we're going to be chatting with Nicole Carter, a health coach, personal trainer and all around health guru. She has over 20 years of experience in the health and wellness industry. She's going to share a lot of nutritional tips with us and share a lot about her personal background and how she's changed a lot of her dietary habits. We're going to talk also about her story which is so inspirational. Just wait until you hear it. You will be so inspired by her personal journey into healing. We're also going to be talking about her opinions on the standard American diet and what can be done to improve it. And we're also going to be talking about stress and its effect on your entire well-being. So stay tuned to hear more from Nicole Carter. And as always if you have any questions for me or for any of my guests please go to W WW teaspoon of healing dot com. You can also find show notes there and you can read my blog and download transcripts.
Announcer:	01:40	This podcast is for informational purposes only and does not constitute medical advice. Please consult physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of the use application or interpretation of the information presented here. And before we get into our interview let's hear from one of our sponsors, Goff Tours.
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Dawn DiMare: 02:37 Hi I'm Dawn DiMare and you're listening to a teaspoon of healing. Right now we have a guest with us Nicole Carter. NICOLE Hi how are you. I'm good. How are you doing. I'm fabulous. Thank you so much for joining us today on a teaspoon of healing. So Nicole why don't you tell our listeners about your background.

Nicole Carter: 02:55 Well see I have been working in the wellness field for about 15 years. I started after my undergrad was in psychology and I left college and got into work for child protective services and decided that I hated that. So I quickly shifted gears and I went back and started. Actually it became a personal trainer and then I started studying you know herbal medicine and did that for about five years. And then I went back to college and got my Masters in Public Health. And at the time it was called health promotion. So really more about some preventative type of health rather than public health is a little bit different focus wise. So that was my educational kind of background and then I continued on after I graduated with my master's and taught for the college.

Nicole Carter: 03:48 And so I taught health for another seven or eight years for the college and that was great really fun learning time. And so that's a little bit more my educational background and career wise. That's where I started and teaching and then I went on to open a couple different businesses and help them on the field and I worked for a international company and I was able to get a lot of exposure with them and creating products. I was a product developer and educator. So I was able to travel all over the world for the company and talk about the products and their relationship to health. So it was perfect for me. Really enjoyed that. And during that time and up until now I've continued my work as a health coach and taking everything that I've studied and learned and experienced is a big part of myself and use that to coach people so I've had a number of clients and that's been I'd say my favorite part of my work.

Speaker 7: 04:50 Well a health coach that sounds like a really fun job. So why don't you tell our listeners a little bit more about your journey and how you decided upon a career in health coaching.

Nicole Carter: 04:59 You know I see a lot of people now becoming health coaches. And for one reason or another I think it's a great field. It's interesting you know if you have an interest in health it can be fun. There's a lot out there to do. It's difficult to be a health coach I think because there's not a standard there's no standard

of degree or education or or methods out there. And so I feel like my background in education has helped me and then through my personal experience even better because I know that a lot of people went down the road that I have.

Nicole Carter: 05:29

And so a lot of my clients are women. I've got men too but just because they can relate to my personal experience which was basically a 20 year journey of watching my health change I was not healthy. I as a kid I always had health problems. I was always having stomach problems from as early as I can remember and all through my college years. You know I worked and I ate bad and I drank beer but I really did not have any clue how much it was affecting my stomach. So as kid I had a number of ear infections. And so I was given antibiotics you know around and round around and eventually a doctor had suggested to my mother to take me out dairy products. And she did and the ear infection stopped. But by this time I had so much antibiotics that my stomach was kind of wrecked all the time and I didn't make that connection to later in life. And you know going to college I was always so tired. I was working though and put myself through college. But it was amazing to me that someone my age 18 19 years old was so tired like it was difficult for me to go out and have fun with my friends that night because I would go to school and take a lot of classes and wait tables.

Nicole Carter: 06:36

But I was so tired I just couldn't function. And I thought it was normal. I remember studying and falling asleep studying all the time. Really. Yes. Just the fatigue. I just thought it was normal. And I remember having that throughout my life but it just got intensified. You know the older I got and you know I got married and I did you know less work and you know a little bit lighter load after I graduated college and then and then I went back to school and I still this whole time I my health journey really changed because I went from partying and drinking beer and eating bad food and not getting enough sleep to really doing pretty good. I was a vegan actually. Once I started to learn a little bit more about how to take care of my body I went from the bad partying food and all that junk at 19 and then I was helping my dad to get a hold of his diabetes.

Nicole Carter: 07:25

And so I came up with a I found actually a diabetic meal plan and I helped him to plan for that which he ended up not doing. Now. Yes. So I did it and I lost a lot of weight and I lost about I think 15 or 20 pounds right away. And I was amazed and I felt really good. So I started to it kind of went my way. So you know I was really intrigued and motivated. So I went on to do more fitness I became more of an athlete. I was a runner. I kept

refining my diet over the years so eventually by the time I got married I was a full blown runner. I was running marathons and distance running and races and whatnot and I had honed my diet down to be really pretty clean although it was vegan and then I even kind of scale that down even further to a raw food diet. When I was a raw vegan for probably a year and I still had stomach problems I still had fatigue. I was thinner and I was doing more activity so I felt better. But now looking back I was still I still wasn't there.

- Dawn DiMare: 08:27 Well that's amazing.
- Dawn DiMare: 08:28 And what was your stress level like it did not have a whole lot of stress other than my normal you know college days working and all that.
- Nicole Carter: 08:36 And then after I got married we my husband and I were wanting to have a baby. And it wasn't happening wasn't happening. And you know they just said well you may not ever have a baby because you've got endometriosis and I really didn't know what that meant at that time. But I learned about it and it was related to scar tissue and inflammation and kind of let that idea go a little bit.
- Speaker 14: 08:57 And you know I went back to grad school and during this whole time you know I was studying and then one day I was getting ready to go take a final exam. And I just doubled over in excruciating pain hit the floor and ultimately was unconscious and I had no idea what was going on. And I would come to and I would stammer around and I think I was like fused and looking for like a pain reliever or something and I'm pass out again.
- Nicole Carter: 09:23 And it ended up that I was pregnant and I did not know it and it was an ectopic pregnancy which is pregnancy that fertilizes in the fallopian tube. So I was 8 weeks along and it growing in the tube I had no idea and it burst. It was very traumatic on my body and I. My mother in law and my sister in law saved my life. They came to my house and literally picked me up off the floor and I was Gray from loss of blood. And a lot of women die from that and because they don't know what it is and you know women tough it out.
- Nicole Carter: 09:54 Anyway I survived and I went to the hospital and I received emergency surgery and two blood transfusions because I've lost half of my total blood which is pooling in my belly and was a very scary experience.

Nicole Carter: 10:07 And when I came out of it you know they explain to me what had happened. And you know my body had been put through a lot and also emotionally you know I had been told that I probably wasn't getting pregnant and then I come to after all this and they said well you know you were pregnant but now your chances are kind of pretty much slim to none. And so it was devastating. I was extremely depressed and physically I couldn't run I couldn't do any of the things that I wanted to do from a couple of months after that surgery so it was a really rough time.

Nicole Carter: 10:36 So I did recover and I used a lot of my plant medicine and herbal medicine and I got better. And then miraculously I got pregnant. It was a miracle. And I got pregnant with my son. Wow. And we did not expect it and it was. I really think it was a miracle. And I had to have my son at home an amazing variance of that felt really good and then right after I had him I saw the fatigue hit me again and I just thought that it was part of life.

Nicole Carter: 11:04 Everyone says you know being a mom is such a hard job and very taxing. And it was. But I just chalked it up to that.

Nicole Carter: 11:12 You know this wasn't that long after this whole experience it was only a few months. And so my body was still not there yet. You know my body was just beat down from all the stress and the and the loss of blood and the surgery and you know the whole thing so I was never really 100 percent. And then I have a baby and then here we go again I'm tired. And still raw vegan and then I had my daughter three years later and this whole time I just was tough it out.

Nicole Carter: 11:37 It's tough being a mom. It's going to be tiring. And that was my mentality and so I muddled through. And then I have my daughter. And it was the same thing. You know just worse. And I remember I always tell the story because I'm sure that there's somebody who can relate.

Nicole Carter: 11:53 I remember being so tired that my daughter would climb up on the slide in the backyard and I would lay my head down for just what I knew would only be a few seconds. And as soon as she was ready to go down the slide. I'd wake myself up and it was just debilitating. I never knew what it was. How could it have anything to do with what I eat. I ate better than anybody I knew. And I put a lot of effort and time into that. So I went to see a chiropractor my chiropractor that had helped me with some other things and he said look you you're lacking in vitamin D you're lacking in the vitamins. My hair was falling out. My hormones were shot. I was an emotional wreck.

Nicole Carter: 12:32 I had zero libido. I depressed and anxious and just a mess. And he said you're not going to get out of this unless you make a major shift. And he said I know you are not interested in this but I think that you would get some good benefit from adding some animal protein to your diet and my immediate reaction was I said absolutely not.

Dawn DiMare: 12:51 Oh that's interesting. So he recommended that you start eating meat or animal products.

Nicole Carter: 12:56 You did. And I and I refused. And so I went I think a whole nother year went by and my hair was falling out and falling out and falling out.

Nicole Carter: 13:03 I just felt really bad and exhaustion and my immune system and I had Candida because I had infections and immune dysfunction all the time and I just did not recognize it. It took me another year and I finally agreed to do it. I just felt so bad. I was like there's got to be a solution here and I can keep going like this. So I started to do that and I ate eggs and I actually felt really good. They felt good in my stomach. My stomach had always had problems and it was one thing that sat with me and then I started to add fish in getting away from the vegan diet and it got better my energy started to come back. My stomach was better than ever. I still had a lot of stress in my life and more to come. But I had gotten some significant results from that. So I started to over the next few years transition into a more of a paleo diet. And I never did red meat because it just was difficult for me to digest.

Nicole Carter: 13:56 And then about five years later I had a lot of stress come into my life. My dad died. I'm so sorry. And it wasn't. It was sudden. But he was really unhealthy. He was he was a smoker. He was a really bad eater. He was a workaholic. He was overweight. He ate terrible news diabetic. So it was no shock when he hit the floor one day with a heart attack.

Nicole Carter: 14:20 I think something happens to you when you have someone close to you die. You know it just triggers something in you that makes you rethink everything you've always done and everything you've always thought in that you reminded that life is short. Life is precious. It just made me kind of really take a close look at my life and. But it was very stressful. And then at the same maybe a year later my marriage ended. And then the same year my job dissolved which I loved because I was traveling and having a wonderful time doing what I loved. So that was very depressing and sad. And then I moved to a

beautiful place. But nonetheless all those things happened within about a year of each other.

Dawn DiMare: 14:57

Wow that's a lot of life stressors happening at once.

Nicole Carter: 15:01

Those are the major major life experiences that cause stress. And so it wasn't very long after that that I started having really bad stomach symptoms so late in the stool and bad stomach cramping and my hair loss continued and the fatigue continued. And I was hale and I was low and iron. I was diagnosed with all sorts of Kalite. The doctor had told me you know this is something you have for the rest of your life. It can be fatal if you don't take these drugs. This is the way you control it and that's it. So I recognize that I had this disease. But what I wouldn't accept was that food had no role and it continued to study and learn about that and I learned how much my gut had been damaged by the years of antibiotics by the stress that I had been enduring for the last several years.

Nicole Carter: 15:50

And all of those things came together and even the diet even the vegan diet fed into the candida the fungal infection that was happening in my body. After all those antibiotics. So I had a ton of inflammation and bad things going on in there I didn't recognize. You know I basically had to fix my gut because I had been diagnosed with an autoimmune disease and it took me a while to figure that out. So the diet had helped me a lot. I transitioned to a more strict version of the paleo diet that helped me tremendously.

Dawn DiMare: 16:23

So the paleo diet helped and also that includes animal products because you are a vegan before, so that must've been a transition.

Nicole Carter: 16:30

I never thought I'd be eating that much animal products but I felt better than ever. And then I started seeing a counselor that helped me to deal with the stress in my life studied yoga became a yoga instructor and I really learned a lot of stress management techniques and eventually the hormones balanced out the sleeping pattern returned. My energy was back in full force. I never lost my hair anymore felt better than ever in my entire life. And I'm 42 now so ever in my life my skin looked better than ever my my body is much stronger and leaner than ever and I have more energy than ever and I said one day this is what we are missing and wellness. I see a million people coaching along oh it's just this exercise of that exercise and eat this way and those are important but they're overlooking this big issue of stress and inflammation all these things that go into health.

Nicole Carter: 17:23 In my opinion have this several times people say well you know you don't understand because you're thin and you're fit born with good genes. Really. Which is. I wasn't that way. I was really unhealthy I was overweight I was just like everybody else. I learned to change myself. And I had to put in a lot of effort. But it worked. And that was when I decided to share my story and to everybody on social media and everybody that follows me. So thousands of people heard this intimate personal story and I had an outpouring of response from people on social media personal phone calls e-mails just people blown away. Everybody has a story and a lot of them have similar ones to me. So since then it's been incredible. The response from people has just been amazing. And and that was kind of the initiation of what I do now in my in my coaching world with people.

Dawn DiMare: 18:17 Well thank you for sharing that story that was so amazing and inspirational to hear your journey and how you hold yourself. So let's take a little break and we'll come back.

Dawn DiMare: 18:29 And chat with you a little bit more. And we're here again with Nicole Carter. Thank you for sharing your story. That story is amazing and I bet that it definitely inspired a lot of people isn't inspired me as well listening because I've also struggled with a lot of fatigue and I know a lot of other people have especially women and I know you say it's not 100 percent about diet and exercise.

Dawn DiMare: 19:09 However I do want to ask a couple of questions about diet. What is your opinion on the standard American diet and what can be done to improve what we eat.

Nicole Carter: 19:20 Where to begin. I think the important thing to recognize is that everything you eat will have some effect on your body. It's either going to be good or bad. And the problem with most of what we eat like as Americans we typically eat a lot of processed food and a ton of sugar a ton. This is one of the biggest things that I have people do is check their intake because most people are hugely underestimating their sugar consumption. I think the biggest problem that we have is that we are eating way too much carbohydrates because we've been told for so many years that that's what's good for us and that's what we need. And carbs are not bad it's just that we don't need that much of them because we're we're not very active. When I was a marathon runner I was eating plates of spaghetti.

Nicole Carter: 20:06 Right. Like we would carb load and that even was too much because I was doing that plus other things like you know to burn off like a bagel even half of a bagel. It's going to take a good

hour of jogging and most people don't do that. You know and I don't know exactly because there's a measure for everything and everybody is different but we don't do the amount of activity that that is necessary to use up the carbohydrates that we eat. And so when people eat a lot of processed food ultimately that breaks down to sugar the sugar fills the body with glucose glucose sits there waiting to be used and when it's not used it turns into fat and it fattens up your liver which has a huge role in creating hormones and creating digestive fluids and cleaning your body. There's so much that happens there so just by eating out too much sugar and carbs can damage your hormones and can damage your gut and lead to weight gain and can feed Candida funguses which most of us have.

Nicole Carter:

21:00

So we have this overconsumption of sugar which is anything that is a carbohydrate breaks down to sugar. That's that's what it does in your body. Your liver has that role of breaking everything down glucose and if you understand that the food in that way then you realize how much we take in and this is why I had such a problem being a vegan plant. Foods are amazing because they bring a lot of phyto nutrients and great things for your body. But it's all carbohydrates. If you have inflammation in your gut yeah then there's certain things that you want to eat. You know some people can tolerate that diet no problem if their guts are pretty healthy. But if you have a damaged gut and you have inflammation or fungus in their view of leaky gut which you'll know because you have auto immune diseases all of those things are worsened by sugar and carbohydrates that are refined because they increase inflammation and inflammation is the root of all of these.

Nicole Carter:

21:57

But specifically to the gut - your gut is ruined your ruined. So you need to fix it. And we've demonized fat! Fat is absolutely necessary for your health. Digestive health for your hormonal health for your brain health. And we've demonized it and so people instead turned to carbs and whole grains and unfortunately those whole grains are all genetically engineered. They all cause digestive inflammation. Way too many carbohydrates and people are gaining weight. So let me to ask you if this sounds familiar among our American population. OK we have obesity. We have fatigue. We have Candida related symptoms. We have brain and mood dysfunction autoimmune diseases which are all inflammatory conditions. Ask anybody if they have any one of those three or four things and guarantee they're going to say yes to at least one of them. And that's the way that's just the place that we live in now because we are all eating this way and I hate to say it because I totally get it.

Nicole Carter: 22:57 I was a vegan for such a long time and I don't disrespect anybody for their food choices. They feel that they cannot eat an animal. I get it. I did it for my health because I had to. And it worked for me. I'm not saying it's the solution for everybody. And if you can find a way to heal your gut and have something to eat while removing all those things that cause inflammation so all grains all legumes that's difficult. Well I think that for most people is really hard. I see people that are doing a version of a vegan diet where they're just eating a lot of raw foods and raw fruits and vegetables which sounds amazing but most of them are getting way too much sugar you know our sugar consumption recommendation for the day is 25 grams per person for women and 25 grams or 38 grams for men in a day.

Dawn DiMare: 23:46 Wow. That's not that much.

Nicole Carter: 23:47 And just to set an example out there you know the famous Asai evils yep I love those are about 100 grams per share of sugar and 1. So what's wrong with all the sugar. We don't use it. Yeah. You're going to sit there and stare at your body doesn't know what to do with it. Most of us sit all day long.

Dawn DiMare: 24:04 That's true.

Nicole Carter: 24:05 That's modern life with work and everything we have to do which by the way your metabolism shuts down glucose stops getting used. So neither are all floating around in the body and it ends up getting stored. And that's the reality where we're at tons of sugar carbohydrates.

Dawn DiMare: 24:21 Oh that's really interesting. I know that I for one consume too many carbohydrates and sugar and I'm trying to change that. Now we're going to take a little break and when we come back on A Teaspoon of Healing we will talk about that health. And we're back with A Teaspoon of Healing with our guest, Nicole Carter. You mentioned the good health and maybe you can explain to some people who may not know what that is what is good health and what can we do about it. And how is it related to all of the sugar that we consume.

Nicole Carter: 25:08 It's a part of it. So the gut refers to when we talk about gut health. We're talking about your entire digestive system. So your stomach and your intestines. We've got 25 30 feet of intestinal tubing right in your stomach. Right. So we're referring to all of that and when there's problems in there there's a lot of different kinds of digestive diseases most common or inflammatory bowel diseases are really really common Crohn's disease all sorts of colitis diverticulitis IBS. Those are pretty

common. So the speculation is that all of these come from leaky gut and leaky gut comes from chronic inflammation in the gut where the gut becomes permeable. So particles of food and things pass through those intestinal walls and into the bloodstream. So the body doesn't understand what is this. It's an invader it's not supposed to be here. Let's attack it. So your white blood cells go to town may go up and your body starts to attack itself and that's auto immune.

- Nicole Carter: 26:15 And the reason why we get inflammation can be from stress. Nobody thinks about and talks about that stress. It can be from toxins in the environment which we've had like never before in history of man. It can be from parasites. It can also be an imbalance of bacteria. So in our guts we have good bacteria and bad bacteria pretty much all the time. So good bacteria meaning that's the stuff we want to feed it. And the bad bacteria is not really bad but it's we have Candida which is a fungus that grows in our gut it's always naturally there but it gets out of balance. And the thing that causes all this imbalance is antibiotics. So if you remember back to my story I mentioned that when I was a kid I took rounds and rounds and rounds of antibiotics and I'm 42 now so that you know we're talking about 35 years or so ago.
- Nicole Carter: 27:06 And at that time antibiotics were widely used for everything. Right. When you take antibiotics it destroys your gut flora. So that's that bacteria that you need. And instead of replacing it with probiotics and things like that would you need a lot of after antibiotics. We don't do that and in fact we continue to feed our bodies bad bacteria which results in Candida because we eat things that feed it which is sugar right. So now we've got this huge imbalance. No good beneficial bacteria so our immune system goes haywire and we're feeding the bad bacteria and that increases the fungal infection. It's out of control in the body so we get Candida. So like I mentioned 85 percent of the population has it nine times more common in women than men.
- Nicole Carter: 27:51 When that happens we start to see the immune dysfunction we see hormone imbalance we see increased in skin conditions respiratory conditions. This is where hair loss can come from migraines. All kinds of stuff digestive health dysfunction all related to this and it's not widely recognized.
- Dawn DiMare: 28:14 So Nicole if someone thinks that they have leaky gut what would you suggest that they do to begin to repair it.
- Nicole Carter: 28:22 First step would be to eliminate inflammatory foods.

Dawn DiMare: 28:25 And what kind of foods would those be.

Nicole Carter: 28:30 Sugars, grains, legumes. So I would take those out. I had a pretty bad situation there with that and it helped me tremendously to take all those out of my diet. You know you're dealing with inflammation. So there's other things you can do. And there's lots of steps to it but I say that's the first one and you can get good results even with just doing that.

Dawn DiMare: 28:46 So now you had mentioned stress, and people are often focused on diet and exercise only which are very important. And you mentioned inflammation, but you also touched on stress and that's such a huge issue is with everybody I mean unless we live like a monk and they maybe even have stress. What are some other things people can do to manage adrenal fatigue and stress.

Nicole Carter: 29:09 The relationship between stress and health is a couple of things. It's when you are under stress you release a hormone increase for production of this hormone called cortisol. It causes inflammation and especially in the gut. And then it also affects your blood sugar and your insulin levels and that whole exchange increases inflammation. You also by the way have in your gut number of neurons so your brain and your gut are directly connected. So you will find often that people with mental dysfunctions of some sort have digestive dysfunction so they're strongly connected. It really is important if you have stomach conditions you have to address what's going on upstairs. So whether that's a stress management or whatever. It's easy to address stress and not change your life a whole lot. I realize that we all have busy lives and you know that's part of the problem is that we take on too much but we also have things that happen in life that cause stress and so we need to become more resilient. We need to take breaks and we need to address this so that our cortisol levels are constantly elevated because that's what caused damage to the body for easy things you can do if you're a busy person.

Nicole Carter: 30:23 Do we want to say go quit your job. Well no we're not supposed to live the way that we do live. You know we adapt to it all. But ultimately we need to slow down to make sure we're getting enough rest every night because sleep counteracts the cortisol. For most people we need eight hours or more. We can do that. We can you know of course yoga is important and everyone knows that yoga is good for stress but they don't often realize why. And it's because it's a moving meditation. And also because we focus a lot on the breath and breathing calms your body and lowers your cholesterol or your cortisol. So there's a

lot of ways that yoga can help. It also helps the physical body but the mental part is huge because that breathing exercise and the meditation slow you down and help you to deal with stress.

- Nicole Carter: 31:12 There's also plant medicine that you can utilize such as adaptogenic herbs which help to strengthen your body and bolster you against the effects of stress and there's essential oils that are also a concentration of plant material that can lower cortisol. So there's a number of things that you can do that any person can do. You don't necessarily have to quit your life and avoid stress.
- Nicole Carter: 31:34 It is just life. This is what we have. It's just learning to adapt to it and things that you can do on a regular basis everyday that help you to stay calm deal with stress and keep cortisol levels in check.
- Dawn DiMare: 31:47 Excellent. And that's excellent advice. And now a couple of questions for you. You have a wellness course. I was wondering if you wanted to share with our listeners a little bit about it and what it is and how long it is and who would be a good candidate for your wellness course. Yes.
- Nicole Carter: 32:03 So the course is a six week program. People that have a lot of stress in their lives that are feeling the effects of it. People that are struggling with fatigue and maybe autoimmune disease or they're just getting sick often their immune system is not functioning well. People that have dissatisfaction with their physical body and how they're doing in life with the big picture of their health. Someone says You know what I'm really tired I'm tired all the time. I can't do what I want to do in life because I'm so tired because I don't feel good and I feel depressed and unhappy with my body and I get sick. That's typical. And that's the person that's probably a really good fit for this program program is called Extreme wellness challenge and it's six weeks with me and it's a lot of activity and learning. So there are six modules that you do online.
- Nicole Carter: 32:56 And I coach you through you have unlimited coaching time with me On-Line and so I coach you and other people in our group day to day. And during that time you're also completing all of your modules. So you go online and you download the material you read the instructions you do the activities there's some videos to watch things for you to do at home. And then we check in during the week and we do a live call once a week and then we do ongoing coaching all week long on our Facebook group and we track our progress and that continues on for six weeks and we address things like stress and how to drive how

to manage it. Exact instructions. These are the things that you can do and here's how you do it. When you do it the way to eat so that you can hear your gut and give yourself energy again.

Nicole Carter: 33:47 And we talk about managing the hormones via the blood sugar and stress. We talk about the lymphatic system which is a big part of detox that a lot of people overlook. Considered another organ by some people. We don't really cover exercise a whole lot because I feel like that's something that's easy to go find. But we do talk about overtraining and how that something that happens a lot. We talk about adrenal fatigue and this is really connected to that because a lot of people are exhausted and they're trying to work out really really hard. And it's not helping them so they're going in the wrong direction. So adrenal fatigue is addressed along with the stress and then I really teach you all the way through the six weeks day to day. We spend a lot of time and it's pretty intense course and that's why we call it extreme wellness because it goes beyond the normal just diet and exercise and we teach you the skills the life skills for managing your health to keep you well to give your energy back to give your life back to give you the control over your body over your health.

Nicole Carter: 34:49 So you know exactly what do and at the end of the course I help you to create your wellness plan and that is the schedule that you will follow. And it's flexible but going forward in life and as you learn new skills you add the men but you incorporate all the things that you learned over the set 6 weeks to create your plan for a lifetime. And this is what I learned through my years of experience and trials and tribulations of health and also what I've studied and what is research based. And I feel very strongly that it works extremely well. I've had people already take the course and have had tremendous results and not so much for just weight loss. Yes most of them do lose weight machines or body composition and they you know reduce their body fat. But most people are in it for something much bigger. Feeling awesome. They just want to feel good and they do. And that's kind of how I feel after my journey all these years.

Dawn DiMare: 35:48 Well that course sounds really interesting. And where can people find out more information about the course about you and your health coaching services. And thank you so much by the way Nicole are joining us on a teaspoon of healing.

Nicole Carter: 36:03 Yeah they can just go to my website healthywithnicole.com, click on extreme wellness. And there's all kinds of information about myself there my background.

Dawn DiMare: 36:13 Thank you and thank you. Nicole Carter for joining us on A Teaspoon of Healing podcast. Really enjoyed hearing your story and all of your nutritional tips and tips about good health and stress. And I'm going to try to make some changes myself. That's great. Thanks so much for having me again we thank Nicole Carter for joining us today on A Teaspoon of Healing. If you have any questions for Nicole about anything you heard today if you have a question for me you want to check out the blog or sign up for updates visit www.teaspoonofhealing.com.

Announcer: 36:54 Thank you for listening to A Teaspoon of Healing with Dawn DiMare - your home for wellness and vibrant living for more resources on wellness and vibrant living. Visit us online at teaspoonofhealing.com. Dawn is five guest is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.