

Stephanie  
Dodier

Podcast Episode # 11

**The Beyond The Food Show**

**Your Personal Energy Management System with Jennifer Lyall**



*the*  
BEYOND THE FOOD  
*Show*

WITH STEPHANIE DODIER

## Disclaimer

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# Podcast Transcript

Stephanie: Welcome to Episode 11.

And in today's episode we're talking to Jennifer Lyall. Jennifer is going to teach us about a powerful tool she's creating and it's called "The Personal Energy Management System". Jennifer is a coach on my group coaching program "Crush Your Craving".

And a few weeks ago in the last wave of our student, she is part of my coaching team. And she came on and taught a class, and she taught this new tool "The Personal Energy Management System" and I was blown away, not only by the power of it but by the simplicity of it. And I could not keep it just for us in the program so, I asked her to come on the podcast and share it with you, and it is something you can use at any time of the year.

In particular right now in the holiday season, it is a great tool to use because for many of us, although it's a happy time of the year, the holiday season is also a time of the year where we have a lot of negative self-talk. And I touched a bit on that on Episode 8, so I would refer you to Crush Your Craving for the holiday on Episode 8.

And the first two tips that I shared on this episode were all about mindset, and how what's going on in our mind can actually affect, not only our craving but our overall state of mind so go and check out Episode 10. And one last announcement, it is if you are a part of my private community, make sure that you check out your inbox because you have received an invitation for my last Master Class for 2016, and that is the Yearly Healthy Holiday Master Class that I hold every year to equip you to face the holiday with a big smile and continue to achieving your goal.

So we're going to talk about everything from how to master your craving, to the difficult family member that you have, to shopping tips, everything to make your holiday season a success. Now, I can probably hear some of you say like, "What's up with the private community? What is that and why have I not received the invitation?"

Well, I have a space online that is my private community that is for women only, and it's on Facebook but it's separated from my business page. And it is a space for you to come in and interact with me and other ladies that have, or currently working on the same mindset that I teach within the podcast.

So, in the show note of today's episode, you will get the link so you can

# Podcast Transcript

request access to the community and come and join us, and receive all those invitation for my monthly Master Class and all the other things we have going in the community so make sure to join us.

So lastly, I wanted to say, if you have any ideas or question for this show and you aren't on Facebook, you're like "This is not for me. Facebook is not a place where I want to be" but you still want to participate or maybe give me a review for this show. You can email me directly at [stephanie@stephaniedodier.com](mailto:stephanie@stephaniedodier.com), and you can share with me your thoughts, your reviews, your ideas for the upcoming show. And somebody just did that last week, her name is Debbie Stewart, and she sent me a review this way.

And I wanted before we jump in to Jen to share that review with you because I thought that was really sweet of Debbie for doing that. Debbie says, "Stephanie, I absolutely love the new mean of communication you've just found. You made me discover podcast and I love it. I listened to you on my drive to work and can't wait to see the notification on my phone for the new episode that has been added. I'm learning so much at each episode. Where were you before? I love you, darling."

Well thank you very much Debbie and I love you too, sweetheart. If you want to send me a review, you can do two things. You can send it to us at [info@stephaniedodier.com](mailto:info@stephaniedodier.com), or the prefer ways actually for you to leave a review on iTunes.

And you can do that by going at [stephaniedodier.com/review](http://stephaniedodier.com/review), and that's going to take you right into iTunes and then you can leave the review there. So thank you very much, Debbie.

So, are you ready to do this Episode 11 with Jen? Let's talk about Personal Energy Management System.

**Stephanie:** Jennifer Lyall is a sought-after Spiritual Development Expert, who helps people connect with their soul and develop their intuition to clearly see what they need to do in their life, their business or relationship. Jennifer is a spiritual mentor, intuitive teacher, soul guide, third-generation energy worker, and best-selling author, and inspirational speaker. So welcome to this show Jen, I'm so happy to have you here today.

**Jennifer:** Jennifer: Thank you Stephanie, I'm so excited to be here too.

**Stephanie:** You've been in my journey now for... I think it's close to two and a half year now. You're one of the first guests that I wanted to bring on this show because I think you have very pertinent information into healing that goal's

# Podcast Transcript

Beyond The Food as the title of the podcast is. So if you could, please introduce yourself to my listeners and tell us a little bit more about yourself.

Jennifer: Jennifer: Sure I welcome that. My spiritual journey actually started with wellness. I'm a mom, I have two pretty much teenage boys now, but when they were young I came to this realization that I was responsible for their health. And I discovered about detoxing and purging my house of all these processed foods, and really looking at wellness and how can I share it with the world and wanting to connect with other people who are also passionate about wellness. So I actually launched my business called "Live Healthy" in 2008. And the intention of that work was to inspire people to be proactive about their health. Now it was wonderful, I actually co-hosted and co-produced a video podcast with the naturopathic doctor called "Vitamin Junkeys".

And we did over 50 episodes, educating people but also it's a different thing around wellness, but it wasn't quite going the way I had hoped. And while it was a lot of fun what I was doing, I didn't have any confidence in myself and I kept beating myself up over lies that's not successful, what is it that I'm doing wrong. And I just came to a place where I stopped beating myself up, and said, "Alright I surrender. I'm going to figure what I really want to do when I grow up." And then that's when all this crazy, interesting spiritual things started to happen. I have a soul ream and says, "Ah, your business will change in the corporate more spirituality." And then I discovered the energy of crystals, I discovered meditation and dowsing.

And in a conversation with my mom, I actually discovered that I actually be doing energy works since I was four years old, because I was the family massage therapist and my oldest brother had a bad back. I'm the baby of seven. And he had a bad back at a water skiing accident when he was in his early 20s. And it's like, "Mom, how did I get labeled as the family massage therapist?" She's like, "Well, when Johnny's back was hurt, you would just go and rub his back for him to make him feel better." I was like, "Oh okay." So that was sort of my journey of learning about energy, realizing how I've actually been working with it throughout my life with hands-on doing sort of a massage or more therapeutic touch. And even in conversations when I would work things out with friends and also working things out for difficult people, I always manage to get along with difficult people. There was always a way, and now I realize I was always playing with energy at that time.

Stephanie: That's a beautiful story. That's your purpose in life you've discovered, I

# Podcast Transcript

guess.

Jennifer: Yes. I'm here to inspire people to really connect with their soul, and discover what it is that's inside of them waiting to be born so they can serve others too.

Stephanie: I think, the perfect example when something doesn't work and you keep trying, you keep trying and it doesn't work, it's because there's probably something else somewhere else for you. And I think you're the perfect example for that, and now you found your passion and your purpose.

Jennifer: Yes, and I can't imagine doing anything else.

Stephanie: That's beautiful. So, let's imagine that we have a woman in front of us that has not a great understanding or the concept of energy is somewhat new to her. How would you explain energy to a new student of yours?

Jennifer: Well even just going back to Einstein, we learned about  $E = mc^2$  and he talked about "Energy is everything and everything is energy." So with that equation, the energy content is equal to the mass body times  $X$  times the speed of light. So, whether you're looking at a pen or your best friend, they're both energetic, and fire is a great example of different forms of energy. We learned about it in school how there's solids, and there's gas, and then there's liquids, and those are just different forms of energy. And not only are we bundles of energy that create our hands, our circulatory system, but we also give off energy too. Just think about any time where maybe you come into a room and you've noticed "Oh there has been a fight here." Or you go into a party or like a fantastic example is, I went to a Tony Robbins event last year, and the energy in the room is just crazy. You can feel it. He takes you through a huge range of being low to being high, so it's something that we give off and we feel as well.

Stephanie: So it's something that all of us human have, and our ability to A) be aware that we have this bundle of fire of energy inside of us, and managing it will lead us to a different outcome in our life.

Jennifer: Absolutely. So, having the awareness of how we are energy and we have energy flowing through us. and how to manage that energy, once we have the awareness of when we're low, we can then also realize how to bring us up to a higher place that will help us with. Having more fun and feeling better and being more vibrant in life.

Stephanie: And we can feel it in your voice right now how vibrancy is inside of you. You are a coach on one of my programs called "Crush Your Craving", and that's

## Podcast Transcript

why I wanted on this show so early on in the beginning of The Beyond the Food podcast is because you teach the concept of what we just explained which is energy management. And in my practice with my patient and with my follower online, I think and I believe that that is the element that is missing in people achieving their health goal, healing, losing weight, whatever their goal is.

Unfortunately we come to people like me with a belief that we need to address our food and we need to address the physical portion of the body, missing the element of energy. And either because we don't understand it or we don't know how to manage it, it prevents us from achieving our goals or healing ourselves. So this Energy Management System that you taught my students, I thought maybe you can share with us a little bit about what is this Energy Management System that you came up with and how we can apply it in our daily life.

Jennifer: First, I want to begin by, you've made some great points of people don't know how to manage it, and I want you to sort of shift the possibility to be that "maybe they're not just aware of it", because you get so caught up with life. You get up, you eat, you go to work, you do your day, you come home. If you have kids, you deal with the kids and their activities, you try to find some time for your stuff, and you just go, and go, and go, sit back and read, you watch TV, but you just go through the motions of life.

You never stop until you check them. You never stop to think of "How am I feeling?" Like somebody asks you "How are you?" and the response is automatic "fine" or "I'm okay. I'm good." But how often do we actually stop and look at how we're actually feeling? I mean, we actually get so many signs from our body of how we're feeling. We're impacted by things like what we eat, our environment, maybe some health issues or our level of physical activity. There are workloads, our relationships, and even the weather can impact how we feel. But our body is speaking to us physically, emotionally, mentally and spiritually, and we need to listen to these signs of when we are low. So, some examples of when our energy levels are low is maybe you're replaying situations in your mind over and over again.

Or maybe you're feeling really confused and it's hard to make decisions, or you're always frustrated and angry so you constantly snap at people. Or you're stressed out and find it hard to breathe, you can't shut down from work or you're developing a disease. You always get sick. Yesterday's talking with the client and her son got sick. And he's like ten years old, and he's like "Mama, why am I always the one who catches the cold? Why am I always the one who suffers?" And he's the one who's not so happy in their family; he's just kind of miserable. And so, that opens up conversations to where how

## Podcast Transcript

you're feeling because the emotional aspect of how we're feeling affects our physical aspects as well.

Stephanie: Yeah. We call that in my community and the way that people can relate to that in my world is body messages. Our body talks to us via symptoms and it's a mean of communication, and as you said we first need to be aware and then tune into that. I think it's so brilliant.

Jennifer: Yes and it's really easy. And the thing is, is that you're talking about the body messages, nurture your bodies first and be proactive is the ideal situation to be in. So first, you might be in this react mode where you're responding all the time, but then you start to get into a rhythm and start to get proactive. And that's what the Personal Energy Management System is, it's creating the awareness to tune in, know where your body's at, so then you can first react with what to do to help it get back into balance. And then secondly, as you gain that awareness and that rhythm, you start to be proactive and do things beforehand.

Stephanie: I love that. So, moving from the world of reaction and feeling terrible about ourselves to actually prevention and that's what the issue is all about, it's showing people how to prevent. And that's why I wanted you on this show because prevention is, yes eating the right food but it's also managing your energy by daily things and elements you can put into your life that will prevent you from like snapping and screaming at everybody around you.

Jennifer: What's interesting is that there are things around. There's this habits and then there's also our intuition that comes into play. Like, when we have an argument with somebody, we might feel low and automatically reach for something to eat. But I can almost guarantee you that there's a moment where your intuition speaks to you, and says, "Do I really want this?" And then often times are so good feeling person goes, "Yeah I need that chocolate bar. I need those cookies. I need that ice cream. I need whatever. I'm really mad." But when we have this awareness, then we're able to take another 2-second pause when that little intuitive voice goes, "Excuse me, you might feel better if you do this instead."

Stephanie: You're totally right. And the intuition that you're referring to is something that we're born with, am I correct?

Jennifer: Absolutely. I believe we are all intuitive. There are some people who are more easily able to tap into it than others. There are some people that have a bit of a wall up against it, they're in their mind more but I believe that they're intuitive too.



## Podcast Transcript

Stephanie: Well I can speak to my personal experience like I now know today in my journey of six plus years that I have this intuition. I was born with it but I kind of shut it down and I put it in a wall in front of it for many, many years, because I didn't want to hear what my body or my soul were trying to tell me because it wasn't part of the plan.

Jennifer: It wasn't part of what we were taught. And when you talk about plan, I am like go to school, graduate, go to university or college, get a job, stay with that company as long as you can, have fun, make good money.

Stephanie: And that's what my intuition, my body messages were telling me was, "That's not good for you, that's really not what you're meant to do." But I didn't want to listen to that because I wanted to... In my case, my story was I wanted to satisfy people around me and I was a people-pleaser, and doing what my true purpose wasn't part of pleasing others. So I shut down and I put mechanism in my life to not hear this intuition.

Jennifer: Yes. And yeah, even though it's not where we should've gone or we could've gone from the beginning, I still am so grateful for all the experiences in the corporate world, in the sales world, in the not-for-profit world, but I had because it taught me such a solid foundation for supporting me to be able to have the confidence to bring what I do to life in the world.

Stephanie: Absolutely. Same thing can be no-regrets policy.

Jennifer: Yes I love that policy too.

Stephanie: So, talk to us a little bit more about what is that Energy Management System that we could start implementing in our life if we choose to that could help us prevent instead of being reactive.

Jennifer: Perfect and it's easy-peasy. I just want to be clear; you do not need to have any sort of experience with working with energy to do this. Every single person can do this. And in doing so, if you don't feel like you're intuitive, you'll start to discover how intuitive you just are. So, this is your system, I'm going to provide you with the framework and you're going to implement it in a way that work you. And I also want to encourage you to, even though it seems so simple, do not underestimate the power of this system because it can shift you huge if you're committed to it. Okay so, now that I got kind of those disclosures out of the way, here's what you're going to do. You're going to achieve things like having higher levels of productivity, increasing your focus, and being happier having more calm, ease and flow with these

## Podcast Transcript

very simple steps, it's called "Personal Energy Management System" P.E.M.S. And what you're doing in this process is you are monitoring how you feel. P- Physically, E- Emotionally, M- Mentally, S- Spiritually.

So you're checking in with yourself "How do I feel physically, emotionally, mentally, spiritually?" and just doing it three times a day. So for instance this morning when I did my quick check-in, I have to confess, I did not get to do my morning meditation before everyone else got up. So what I did to my check-in, my husband had already gone out the door, my kids were still around. It's like physically I got that I felt like it's seven, emotionally - a nine, mentally - a nine, spiritually - a two.

It's like "Okay I can see that I need to do some things for me to get those up at least nine or tens." So physically, what my intuition told me that I needed to do to support me with feeling strong again physically was doing a plank. So I planked for one minute and focused on the feeling and the idea in imagining myself being strong, emotionally and mentally - nine. I was okay with those ratings, spiritually is like "Okay that's really low." So what I did for myself is, I put on some beautiful spiritual music that I love that always makes me feel good and high vibing. I also cleared my energy field using some tools, white sage that helps with clearing.

And then another type of grass that I used was sweet grass and that invites positivity. I love the smell and it makes me feel good, and I can feel a difference. It kind of gives me shimmers to my spine to clear that's a sign of the energy being cleared.

So, that is what helps me bring myself up to a higher state of being. I had my awareness, I noticed it wasn't where I wanted to be, and then I did things to shift myself into the higher ratings, and then I'll do this checking again around lunch time. It's a great time to do it because you're taking your break to eat and you're nurturing yourself, good time to check in your pausing already. It's a good queue "I want to do it", because when you're creating new habits, it's important to have that queue. And then, when you're creating new habit, it's not only important to have a queue, but it's also important to be aware what the reward is.

And your reward is that you're going to feel better. It might not be able to get yourself up to a nine or ten, based on maybe you're at work or maybe you're just really stressed out. Maybe you're only going to be able to shift your ranking up a little bit, but having that awareness alerts you to know that "I need to do something about this", and it alerts you to do something about it before it becomes a big problem.

## Podcast Transcript

Stephanie: So if I hear you right, we've got 4 point to check. We've got our physical... we call it energy or physical presence, our emotional presence, mental and our spiritual.

Jennifer: Yes that's right. And all you're doing is you'd ask yourself, just get quiet, close your eyes for a moment. You can do it right now if you like, and close your eyes and say, "How do I feel physically?" Scale of one to ten, first number that pops in your head. Right now I get a nine, I'm okay with that. That's pretty good. How do I feel emotionally? I'm actually getting at a 7.5 right now emotionally. Okay good awareness. Mentally, I'm feeling like I got a ten. Ok great. Spiritually, I'm feeling like a 10.5 which is great. So it's interesting in that quick little check in for myself is like, "Okay, emotionally I'm not as strong as I could be." And so then, what I would do is would focus on something that's going to make me feel happy. So, what can I do in this moment that's going to make me feel happy? Well I have something in front of me called a "Springboard", it's kind of like a vision board with a twist. It has a lot of things that bring me joy so I'm just going to... while you're talking in a moment, I'm going to look at that to focus to help bring me up emotionally to feeling good.

Stephanie: That is an amazing technique. So, I just want to come back on one element that maybe is more difficult for some people, how do we get quiet so we can tune in? Like what's your trick there?

Jennifer: Oh you're so right. So a perfect way to be able to do that quickly is just by doing a couple of deep breaths. And thank you for bringing that to my attention because I take for granted that I can go quiet very quickly because I haven't doing this for some time.

So, if you want to just close your eyes and breathe into the nose, out through the mouth, and do a couple more breaths like that and just get grounded. And what I mean by that is like you feel like you're present. Your brain isn't going all over the place, you're present, you're here, you're connecting in with yourself. With your breathing, you may start to feel your body relaxed a little bit.

And you're bringing your awareness from the outside world all over the place to being present with yourself, and then you can ask yourself "How do I feel physically whatever that number is?" And I like using the scale of number because it helps to be a barometer, and then it helps you to get a sense of how you flow through the day, how you flow through the week. And you can even write this in your journal as well and it will help give you some awareness as well. "How do I feel emotionally? How do I feel mentally? And how do I feel spiritually?" And maybe you're not religious,

## Podcast Transcript

and you might be thinking, “What does this mean? How do I feel spiritually? What’s up with that?” And I don’t consider myself a religious person either, I don’t go to church. But I do believe that there is some sort of higher power, higher being that supports all of us. And maybe you don’t believe that there is a higher being out there, but maybe you might believe that you have a higher version of you. Kind of like your own big brother that looks over you or a guardian angel that feels comfortable for you. And how you feel spiritually is how well do you feel connected to that guardian angel, that higher self, that god or goddess, or angel, or whatever it is that you believe in, whatever it is how strong do you feel connected to that in the moment.

Stephanie: And then we leave that state of connection with those numbers in our head, and then we take action to get us towards a ten in each of those elements where we were a little bit lower.

Jennifer: Yes.

Stephanie: That’s amazing.

Jennifer: And it could be that in the middle of the day, you might be somewhere where you’re not able to bring yourself up in all of those areas but you might be able to raise things up one or two. It could be that you’re doing a long road trip, and maybe your tune is like “Oh my gosh, physically I feel like I’m a four.” And maybe you get the realization that “I need to stop, take a break and stretch.”

Stephanie: And maybe if you don’t take action in all four corners, if you even just have the awareness that you might be just more short-tempered, you may take a deep breath before saying something to someone. Could that be?

Jennifer: Yes that’s a great point. Thank you for bringing that up.

Stephanie: So it’s a tool that maybe you can act upon but just being aware that you’re not at your best in situation get you to take action to prevent chaos or drama to happen

Jennifer: Yes. And the only other thing I want to offer up is, if you are really resonating and like the idea of this check in, and you decide that you want to write it down journal about it, I would also invite you to write down a couple of key insight that you have. So when you check in physically and you rate yourself a seven, what’s making you rate yourself a seven? Do you feel your heart’s reason? Do you feel tightness in your stomach? Do

## Podcast Transcript

you feel a pain in your leg? Write it down because that will help you to recognize. You know, maybe your stress point is always up in your neck and shoulders because your stress point is always at your wrists from all of your mouse work that you do. It starts to ache particularly when you get really stressed. It starts to help you with having in the awareness and then again will get you to that place of being proactive. “Okay, I know I have a stressful day, what do I need to do to keep myself feeling good in order to avoid getting up to that stress level, or having my stress, emotional or physical numbers being lower on that scale of one to ten and impacting my day?”

Stephanie: It’s in a right alignment with what we teach in regards to Food Craving. So I have what I call a four-step process and I’ll link to it in the show note. And the number one thing that I teach women when they have a craving is to remove themselves from the kitchen area or from where they are, and then get quiet so they can tune in to the craving in their body so they can understand what is the message of the craving. That’s reactionary. That’s called a reactionary bucket where you react when you have a craving. What Jen is teaching us today is how to prevent this, and it will prevent craving in the future. Because craving is just a message from your body to tell you that you’re out of alignment in one of those four bucket and you need to do something.

Jennifer: Jennifer: Absolutely.

Stephanie: So, it’s the preventive work to the craving. So for those of you who are looking for that, that’s where the Energy Management System is about. And that’s why Jen is teaching it within the Crush Your Craving is because at some point we need to move from being reactionary to our craving to actually being proactive.

Jennifer: Okay. So let’s get into that a bit more because we’ve been talking ago for how to react to these things. So, how to get to that proactive mode is to start a daily practice, and this is where you do things that you know will make you feel good so you will be able to have nine or ten throughout the day. Now, your daily practice can be something you do just once a day or it can be sprinkled throughout the day. So, your morning, if you can only do one moment in your day to do a daily practice, I recommend that you do it at the beginning of your day.

So when you get up, then you rise, you do your morning practice. And it could be that you meditate or do even a few simple deep breaths, and think your intention for today, and then fill your body with a really nutritious breakfast. And that can be the perfect way to set things up

## Podcast Transcript

for a fantastic day. Do your check in at that point, but doing those few little things, breath work or meditation, and you could pick whatever is right for you. It could be that you go to the gym, it could be that you write, maybe you like to journal, or it could be that you spend time with your pet, your dog or your cat because that really relaxes you and gets you feeling good.

That's all perfect things, perfect items to have in your daily practice. But to create sort of this ritual, the queues that you get up, the action is that you do these things and then the reward is that you feel good throughout the day so it's really a habit of feeling good. That's a pretty good habit to create, isn't it?

Stephanie: It is. And again, the proactive is the daily practice. So instead of reacting we're being proactive... And I'm just going to share with everyone what my daily practice is because it's been something that I have in my life for many years.

And I think it's two or three months ago, me and Jen had a conversation where she was coaching me on how to more surrender to habits, right? And since that time Jen, I'm happy to tell you that this habit, this ritual in the morning has been in my life, and it is to wake up at a specific time. So I go to bed at ten, and I put alarm at six, although I don't have to go anywhere I still wake up at six.

And I go into this meditation, this visualization that I do every morning, and then I journal things that I'm grateful for, how I see my day. And that allows me for the first 15 to 20 minutes of my day to connect with myself. And it's been 62 days in a row that I've been doing this, and I can tell you that my mindset has completely shifted. It was in a good place already but it's even in a better place now, and that's how this podcast came alive from doing that routine every day. So I'm a big believer in that, big supporter of that element from Jen's discussion.

Jennifer: Awesome. I'm so excited for you.

Stephanie: Yeah that's working out well. So Jen, we're coming up to the end of this show, how can people get to know more or take their next step in this journey with you?

Jennifer: Well, if you're feeling like improving your awareness around your intuition so that you can make decisions in your life more easily, that you can make other choices as you go throughout the day so you can sort of see that you're fully supported in your life; I would invite you to

## Podcast Transcript

join me in the Intuition Game. It is seven days where in your inbox you will receive an email with a game for you to play, where you learn about the different intuitive senses. And then you're also invited to join the Facebook group which is a phenomenal group of heart-centered women from around the world. There are a few gentlemen too, but I have to confess it's like 90 percent women, and everyone is practicing, developing during intuition. They're sharing their crazy stories in getting some insights from other people who are at various places in their journey, but it's such a fun heart-centered safe community for anyone who wants to develop their intuition. And you can find that at [yoursoulconnection.ca/intuition-game](http://yoursoulconnection.ca/intuition-game).

Stephanie: Also, we're going to share everyone the link, the hyperlink in the show note. So, you can go to [stephaniedodier.com/011](http://stephaniedodier.com/011) for Episode 11 and you'll have all the links there to do this seven-day intuition game. And I have to say some of our students in Crush Your Craving have done it and there's nothing but rave review so go for it. Totally free and you get to know more about your intuition in general, they'll highly recommend it. So before we close this show, I've got the question that I ask everybody on this show so far. What is your ha-ha moment? We talk a lot about like this moment where the light bulb goes on, that there was more than just food with regards to your health. Can you remember that moment?

Jennifer: It was that moment that I surrendered because I was focusing so much on just food and how to teach people how to be proactive about their health which was mostly around food and supplements. And me being unhappy with where my business was going and recognizing that there's out of alignment, and then just saying "Okay I surrender, I know that there's something more. I'm going to discover something more for myself." I remember I was sitting on my couch, it was like five or six o'clock in the morning, it was March and it was pitch black, and it's like "Okay I surrender. I'm going to give myself permission to figure out what I want to do." And then the magic that ensued from there, it was just crazy. I'd never realize the amount of synchronicities that could be possible, and yeah the way things could weave into my life. It was crazy.

Stephanie: The power of the ha-ha moment. Thank you very much for sharing with us Jen, and thank you very much for being on the podcast today.

Jennifer: Thanks for inviting me.

## Podcast Transcript

Stephanie: There you have it. All the links of everything, me and Jen talked about during this show will be in the show note at [stephaniedodier.com/011](http://stephaniedodier.com/011). That's where you can also pick up the transcript and the link to join the community, and the Keto Connector Program which is my unique program that will allow you to move forward from worrying about food, and moving into healing your mind and body. Today's show sponsor is actually my own book "The Healthy Holiday Cooking".

I created this book two years ago based on my patient's request on tips and tricks for the holiday meals, and everybody was always saying to me, "But Stephanie, there is no way I can eat healthy during the holiday." And my answer to them was, "Yes there is. I do it myself." So I took on the project and wrote every recipes that I had modified and changed in the last few years that I've been using in my own holiday gathering and tested on my own friend.

And I put that into a book and that's the Healthy Holiday Cooking, it's 100 percent real food, dairy-free, gluten-free, grain-free and low-carb, and it actually tastes amazing. I have an entire menu all for you in there, and I also introduce you to other ways of doing holiday meal without the traditional turkeys and pies.

I actually introduce you go something called "fondue". So if you want to find out more about fondue and also the traditional holiday meal, go and check out the Healthy Holiday Cooking, it's only \$4.97 and it is available in the show note.