

Stephanie
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Podcast Episode #28

**The Miracle Mindset with JJ Virgin:
The Hacks You Need to Transform
Your Life Through Your Mindset**



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Podcast Transcript

Stephanie: Welcome to episode 29 and today's episode, I am honored and I am so excited to have this guest on the podcast because we're going to talk about mindset, a whole show on mindset but with a guest that you likely know but you're not expecting her to talk about mindset. She actually wrote four books that were all New York Time Best Seller and they were all about nutrition. You see where I'm going with this? Remember we had the Beyond the Food Show so we're going to talk about mindset which is beyond the food with JJ Virgin.

JJ had just released her latest book which does not talk about nutrition but strictly mindset and it's called the Miracle Mindset for a reason, because she literally saved her son's life with these seven steps to mindset process. So stay tuned because this has the potential to completely transform your life.

Now I want to take a minute to share with you a review that was posted into iTunes that actually brought a miracle to me because it gave me fuel, because remember when you do podcasting, you're sitting in your studio talking to a microphone all by yourself, you have no idea if people like what you're saying and you taking the time to share your thoughts with me is absolutely fantastic. It's like a fuel in my gas tank. And this one comes from Angel and she says, "I found Stephanie a year ago. I learned I needed a why to help success in my goal of health. Along with her advice and her training, I went on to discover my why and my willpower. Through Stephanie's teaching I am now achieving good health. So if you're struggling with your goal and not believing in yourself, I highly encourage you to listen to this podcast. It will change your life. Thank you, Stephanie."

Amen, thank you very much Angel for sharing that, that's exactly my goal and the purpose of this podcast is to help you achieve your goal.

Podcast Transcript

Stephanie: Now this podcast, this episode today is brought on to you by FBomb. FBomb is a food product that is made by a company that strongly believes – just like me, that fat is a smart fuel. They produce those little packet pouch of healthy source of fat such as MCT oil, coconut oil, without any additive, preservative, colorant, any chemical crap in it. It is pure sources of fat. Their newest product being their macadamia nut butter is absolutely outstanding so go check them out, www.dropanfbomb.com and use “Beyond the Food Show” to get 10% off. All the details will be in the show note.

Now, are you ready to learn the Miracle Mindset with JJ Virgin? If so, let's do this.

So our guest today is a celebrity nutrition and fitness expert and she teaches client how to lose weight and master their mindset so they can lead bigger and better life. She is the author of a four New York Times Best Seller book and her new book and memoir, *Miracle Mindset: A Mother, Her Son, and Life's Hardest Lesson*, explore the powerful lesson and strength and positivity that she learned after her son Grant was the victim of a brutal hit and run. Welcome to the show JJ Virgin.

JJ: Thank you, great to be here.

Stephanie: It's an honor to have you here on the show for the first time, *Beyond the Food* and I hope it's not going to be the last. I personally have been following you for years and I know that my listeners have to, and when I heard about this book which was totally different from anything you've done before, coming out I was on a mission to get you on this podcast so you can share the power of your book and like I said it's very far away from what you've done but it is very powerful and actually achieving the same goal which is to make people healthy.

Podcast Transcript

JJ: Yes.

Stephanie: And I'm going to quote one of the first lines in the book and you say, "In the Miracle Mindset, I share the lesson that gave the courage to overcome the worst moment in my life." So exactly what is the Miracle Mindset and what inspired you to write this book?

JJ: So there's two types of mindsets. There's this amazing psychologist out of Stanford who did this work on this and basically she came down to there, people out there with fixed mindsets, we all know those people, those are the victims. Life happens to them, they see no way out and they feel powerless.

And then there's the growth mindset and that is that belief that life happens through you, for you, by you, and that you can develop yourself to be able to handle things, get unstuck, achieve bigger, better, a bigger and better life. And when I went through that situation you talked about with my son, as I went through people were like, "How are you handling all of these?"

And at the time I was in straight autopilot which is why habits are so critical because all my habits were already kicking in. But after the fact, I had some time to reflect back and go, "Okay, how have I been doing this?" And I was fortunate in my 20's that I had a mentor and she was supposed to be my business coach but she taught business by developing your mindset.

And I remember being frustrated at the time, honestly, Stephanie I was like, "Just teach me the business side, right? Show me the business."

Stephanie: Give me the facts.

Podcast Transcript

JJ: Yup, like show me how to close, how to market, come on. She wasn't going to do it, she was like just teaching me back so many lessons and this book came from her. And so they were in me, deep in me and I've been using them just like you kind of mentioned, alluded to in my health programs all along the way but never in a focused way.

And so this situation with my son isn't over, he had a traumatic brain injury, we're still in the thrills of it, but I looked at all of it and I went, you know I was able to get through this because I had built this mindset muscle, the idea of the growth mindset has fell into muscle that you must develop it and keep developing it otherwise guess what happens, you know. If it's not growing it's going, right?

Stephanie: Shrinks.

JJ: Yes. And so I look around and you know, I think when you think about the people who really inspire you in your life, who you admire, you look at what do they all have in common. What they all have in common are these unique attributes that I call the miracle mindset. And so, it's all of these different things like you mentioned courage and resilience and thinking abundantly. I'm amazed at how many people you know, your limitations become your life. You are only going to go as far as you believe you can get. So being able to forgive, living in the present, being collaborative and not just helping other people but also asking for help because it's a super vulnerable position to be in, right?

So that's what I set out to write with the book. I wanted to create and I did a movie along with it, really something that not only told my story because it's very specific but also taught you the lessons because those are totally universal and when we start to put those in our life like we both talked about offline. I have people who kept regaining their weight or were kind of in a plateau in their health, they just were stuck and the minute we start to work on their mindset, boom! They broke through those barriers, yup, in a week.

Podcast Transcript

Stephanie: Yeah it's like magic, right? And for the last 20 years they focus only on food, couldn't see the beyond the food and as soon as you bring them there, then the magic happen what they've been trying to do for the last ten, 20 years.

JJ: Exactly. It looks like I've gone side ways but in reality when you think about your health, it is nutrition fitness mindset. They've all got to be there and in fact, the reality is it starts with mindset and then you'll be able to go to a better place with your health and your relationships and your business and your finances, you know it's going to impact everything.

Stephanie: And I think that's what's so brilliant about this most recent book about your journey about yourself, but you open yourself to be vulnerable because people know JJ Virgin as the celebrity nutritionist and a strong business leader and the vulnerability you've opened us and allowed us to see in it will be what will make people successful. So how was that process for you to show that side?

JJ: You know what's interesting is I didn't think it through when we decided to do the book. My agent really pushed me on the book because so many people were asking me about the story and asking me how I did it. I mean basically, I had to run my business from the ICU while my son was in a coma, I wasn't leaving him but I also had to make sure my book launch went well for the Virgin Diet because I'm the financial support from my family and [0:10:28] employees that I'm their financial support, too so there was not really an option for any of these things. I had to do it all and you know I thought writing the book and doing the documentary would be cathartic, you know, people were like, "Oh, this would be so healing,". Uh-uh, that was not healing.

And as I'm going through it and especially the documentary because we had to recreate a bunch of it, obviously not a car crash but we had to recreate.

Podcast Transcript

JJ: You know I see where he actually had been hit which I'd avoided and I had to go back to the hospital and I was like I didn't think this through and writing the book, I had to read the audio book and just go through ten at it and it was interesting and I made a decision, Stephanie, to just go all in.

As far as I'm concerned, you can't tell half the story, right? So it was like I had to show out. So everything's out in fact, my mother I'm glad has not read the whole thing. She said, "I've read bits and pieces", which is what she does with my stuff and I'm like, "Okay, thanks mom", but I was so glad because I was like, "I'm not so sure if she's going to be so happy about this book." She's always been very private and I don't believe in being private because it doesn't help people. You know, for people to look and say, "Oh, it's easy for her because..." I was scared everyday and still am, especially scared pushing this book and documentary out. It's super scary. But this is an important point and one like that we can all learn from it, it's why I'm so keen on collaborative attribute in this mindset is the way that I've healed is by taking people to these lessons.

I created an academy called Miracle Mindset Academy and I've been helping people dial these lessons in for themselves and create this miracle mindset. And [all this time 0:12:08] I went, "Now that's how I'm healing." It's such a key takeaway. It's like if you are feeling down, frustrated, depressed in your life, guess what you go do, right?

Stephanie: Yeah and there's a couple things I want to explore there and one of them is fear because when we talk about making changes, when we talk about you going through the journey you went through with losing your son potentially there's the whole emotion around fear. So how did you work yourself out of that mode into a place of more positive so you can move forward, and what did that bring you?

JJ: So this is why it's important to have these habits in place and what's been so interesting and it kind of happened in the same way with me with

Podcast Transcript

JJ: weight loss, I've been known for weight loss resistance and all these things that can get in the way. You gaining weight and finding all the science behind it and doing small hacks and it's the same with mindset, there's loads of research now on gratitude, on courage, on resilience, on forgiveness and fortunately, I had a little practice in place that I had done for over a decade, probably two decades at that point, three decades maybe. And it was pulling out a journal and writing down what I was grateful for and I do it every single day even if it's just three things, three people. Every morning, first thing I do, pull out the journal, physically take a pen to paper and I write it down.

And one of the things that based show in the research is people who keep gratitude front and center it basically shoves out the fear because this was terrifying. It wasn't like I was walking in, it was like good news. He was between life and death a lot of the time. When someone's in a coma you're not sure if they're going to make it because a lot of people don't make it through that level of brain injury and being in a coma, they just never really come out of it. And so it took every bit of mindset management to not go down the dark hole and curl up in a fetal position and cry.

Stephanie: And you talk about that in the book and there was a particular moment where you shared you moment where the doctor was showing you that your son is only 2% chance of living and you're in that conference room and you just feel overwhelmed and you leave and you go outside. And that's when you connect with your environment and that brings you to that place where you make a life-changing decision. Talk to us a little bit about that.

JJ: Yeah that was being, you know it's interesting before this whole situation happened, I was for months, every morning in that same journal I'd write I am more present for my kids. And for months, opportunities presented themselves and I missed them. Just like we miss so many of the miracles

Podcast Transcript

JJ: that happen all day long, I'm always too far out on the horizon with my next big goal and I'm just like missing my kids growing up and missing the great things happening in business on a radar basis, missing it all. And it's interesting how quickly you get super present when something like this happens.

And so the doctor had told us literally, actually my son Bryce had figured out there was like a .25% chance Grant had and the doctor said, "Yeah that's right.". My son's like, "Well we'll take those odds," but I walked outside because what I really was trying to clear on what was best for my son Grant. My complete reaction was to go for it, right, but I wanted to check in and say, "Now is that what he wants?" Because as a mom, I had to go and think like, "What if I bring him back and he's a vegetable and is this the best thing for him? What would be the best thing for him?"

And that's when I went outside because I was like gosh, you know, who knows? And I was just standing out there and I had one of my buddies like that was a divine hit because it was such a clear, it was like lightning bolt down, poof! Down in it, you know. So it was such a clear message and it just shows, that was the same mentor early on, she said you know, whenever line she would say and I'm like, "What's that?" She goes, "Listen, truly listen." I'm like, "Ah. There it is."

Stephanie: And when our mind works at a hundred miles an hour and it's constantly like you were going and thinking all the time, we're not connected with that awareness, that message that comes in so we need to step away to have that magic happen and to know what we need to do. So that was a beautiful moment.

The other moment that stroke me into this and that can really teach women is the part where you made another decision once they saved your son's life and he was in recovery, in Intensive Care, you were there side by side with him every single day, working on your launch of your book. But you also made a decision to take care of yourself.

Podcast Transcript

JJ: Yup and these people were like, “What?” And again, it’s why – again, we’re in [hell 0:16:59] so what do people say, “I’ll do that tomorrow,” or “I’ll try that,” and one of the things I made a decision about early on, like literally the second day of the accident. I was standing in the ICU and I’m thinking, “Well I can’t be in here if I’m sick. They’re not letting you in the door, I had on mask then gloves then gown then, you’re in the ICU, my son’s got holes everywhere besides road rash over on his half body.

And so I thought I’m making life and death decisions, I had to be totally focused on and plus I’m doing an interviews for the book and I’m sitting next to him writing copy and stuff, and I’m like, “Man, there’s no margin for anything I had to be totally on my game.” And I basically live like A- on all my health stuff and I go, “This is going to go into A+ zone now, like my self-care goes above everything else.”

And so I literally put my self-care first, it’s like the [auction 0:17:51] mask on yourself first because I knew that was how I could take care of my family, my other son is well and take care of the business. And I think so often, we women feel like that is selfish, right? And it is not selfish, it is actually selfless. You want to have healthy kids, be a healthy mom because that’s what your kids will see. They will not listen to what you say about eating the vegetables, they’ll see if you eat your vegetables. They won’t listen about the sleep, they’ll see if you’re sleeping.

So I just knew that I couldn’t function at anything less than 100% there and so I was literally doing exercise on the hospital stairs. Anyone who was coming over was like, “What should I bring?” I’m like, “Food.” I had whole foods, even delivered baskets and I was getting my sleep every night. I was getting eight hours of sleep every night. So I stay that because some people are like they go, “I don’t have time for that,” and I’m like, “You know what, if I could eat healthy in a hospital like where, they had a little sign, Stephanie, that said [Farm 0:18:51] the table in the cafeteria and in [farm 0:18:53] the table under the sign had apples.

Podcast Transcript

Stephanie: Oh lovely.

JJ: I thought that was their healthy food in the hospital.

Stephanie: Alongside McDonalds, maybe?

JJ: Yeah, well the second hospital we went to had McDonalds in the hospital, yeah.

Stephanie: It's crazy but self-care I'm assuming is part of the miracle mindset but it is something that for women is so difficult to do. So you're a great example of what you can accomplish when you did take care of your mind and your body, they're important.

Now the other part is you went also – in the book, you, which for me is beautiful. You talked about you went woo woo right, which JJ wasn't before, because you have a lot of education, you're very scientific and that adventure, that story in your life brought you to a place where you've explored things that you probably wouldn't have explored before.

JJ: Nope and you know that's part of this miracle mindset is when I talk about being abundance minded, to me that also mean being open to possibility. And when the first things I did was send an email out to my community and said all right, who's got the latest on brain injury, here's what's going on and most of my friends are doctors so I had like amazing responses and Daniel Amen, Hyla Cass, Anne Meyer, a lot of these docs, psychiatrists were in the hospital with me. They just came on in and helped but people started doing all sorts of stuff. I got holy water sent, I got these like scrolls, I got people praying, I had every religion represented like candles being lit around the world, I'm like excellent. I had energy healers on the phone with me as I was driving in and like the acupressure, essential oils, bring everything in.

Podcast Transcript

JJ: And people like, well, “What was it that saved his life?” I’m like, When it really comes down to it, it’s like all of these things but above that is that mindset of we’re going to do what it takes, when they say there’s a .25% chance of him living, I forgot completely about the 99.75% chance of the other. We looked at him early on and said, “This could be the best that ever happened to you and we are all in this together, it’s going to be 110%,” and we just operated from that.

So we really operated from a full place of abundance and possibility and there were things that I had to do behind the doctors’ backs at the hospital because they wouldn’t let me do them. But I knew the risk were worth all these things, I wasn’t going to do something crazy and I credit a lot of his success to getting him to the best hospital with the best surgeon who could save his life and then being open to doing everything else to support him along the way.

Stephanie: I think it’s beautiful because it’s in those moments of extreme situation where we go where we normally wouldn’t go to find a solution to save either our life or the lives of others.

JJ: Yes and I intend to share, I mean I’ve been sharing a lot of this information because I was lucky I had access and I want everyone to have that access because Grant, Grant tells the story, he tells the story about a great man who asked him if he want to live or die, right. He was doing the whole near death thing, he was out there on the other side talking to his grandfather. He said it was really nice over there but he kept hearing my voice and thinking about his family because he could feel us fighting for him.

Stephanie: And he could hear what was going on in the room as well and that’s one thing that you did, right. You control the noise and the words.

Podcast Transcript

JJ: Yeah. I've always been interested in this whole idea of near death and comas, I didn't really want to go through it but I've always just believed that they're not gone, I know that Grant very specifically shared experiences, he described what we were wearing in the waiting room, while he was in surgery. He described situations in the hospital, I'm like uh, so anyone who would come in and try to tell us what Grant was never going to do was out of the room. And then they had an opportunity to either be on or off the team because I explained to them what we were doing and they can either be with us or not.

My ex-husband very laughingly told Grant that he had the opportunity and his permission to prove all the doctors wrong and we would tease him because they said oh he's never going to wake up, he's never going to talk, he's never going to do, and we were just, "No, no, no. You could stop talking. You're not allowed to talk, no, you're never going to." So he really has proven everybody wrong but he's also super, stubborn.

Stephanie: Just like his mom.

JJ: He's a fighter, you know.

Stephanie: And he came out of this beautifully now and with a lot of different talents or more talents specifically artistically because some of the pictures that he now draws are actually beautiful in the book.

JJ: And the amazing, I've got one back here.

Stephanie: I know. I see that.

JJ: He is better than he was before and it was crazy, it's been a really rough four and a half years and there's been some times in there I was like, "Oh my gosh. Will this ever get better?" What are we going to do, because 25% of people with brain injuries are suicidal. If they go dark, it's very

Podcast Transcript

JJ: scary situation. But I asked him a couple of weeks ago, I did an interview with him and I said, “So Grant, let’s go back four and a half years and you have the opportunity to cross the street or not, what would you do?” And he said, “Oh, I’d cross the street because I’m better for it.”

And I will tell you, it’s interesting he’s never once been a victim about this. I never heard him say, “I can’t believe that woman did that,” because it was a woman who hit him and I can’t believe this happened to me, I can’t – which is amazing. I don’t know that I would be able to do that. I think there’d be a time in there where I’d be a little upset with the woman. He’s never been like that, he has started doing art and gardening early on and it’s interesting because I think intuitively he knew that he needed to kind of reconnect and so pen to paper is very, very healing.

And then he also got into the dirt and I looked at that and I went you know, he’s grounding himself, he’s like in. Now my whole backyard is a disaster and I looked at it, I like, “Wow,” I just went, “Well, we can get a new backyard.” So it’s just destroyed but he’s been in the dirt doing hydroponics, he learned how to do this online, I have no idea. It’s been incredible; it’s like opened new doors for him that weren’t there before.

Stephanie: Now, he’s doing better. For you when you step back and you looked what you’ve learned through this journey those last four-and-a-half years, what is the big element, the big lesson you’ve learned through this?

JJ: Well first off, don’t have these experiences when you’re heading into menopause, would be my first recommendation. Wait. Bad timing.

Stephanie: Hormonal fluctuation, right?

JJ: God. It was like, oh boy. You know it’s interesting, probably the biggest thing that came out of this for me because a lot of these things were in me before that I’ve been doing over and over again. I had some really big

Podcast Transcript

JJ: habits put into place, this has definitely helped me become a lot more present because when you're healing a brain injury you watch for every little thing to see if there's positivity because there's a lot of negativity all around all the time. There's tons of stuff to scare you and so I'm looking for anything, okay he squeezed my hand, his eyelid flutter, he drew a petal, you know whatever it is.

But the biggest thing that's changed for me is one part of this that I wasn't really aware of in the buddy of mine, maybe you know Dave Asprey of Bulletproof. He pushed me, kind of bullied me a little bit to go to this thing he puts on called 40 Years of Zen. I didn't know what it was, I just knew that I was just kind of flat lining, I wasn't feeling joy and also I wasn't feeling sadness, I was just kind of, eh.

So I go to this thing to think it's going to help me process a lot of the stuff and it did but not in the way I was expecting. What it is, is neuro feedback, you're literally in chambers for everyday, hours at the time and then you process with the therapist and you go through forgiveness protocols, help raise your alpha brain waves and I'm like, "Oh my gosh." You get into this and they have a very specific way they do it and I started to realize I was going to be here for months

Stephanie: Week of baggage, right?

JJ: Yeah, I'm like wow. First I don't have anyone to forgive and then oh yes I do. The biggest person that we all have to forgive of course is ourselves, but, man, that is the most freeing thing ever and it's one that just become part of my life now because I can do this process anywhere and I put it into the academy, to walk people through it, it's super powerful but it's amazing. If you notice that you're kind of angry at someone or just you know, and I was like this couple months ago, somebody done something really creepy to me in business, I was just annoyed and just venting, you know, we women vent.

Podcast Transcript

JJ: And finally after a week, I was getting so sick of myself and I was like, you seem to forgive this person, just forgive this person. And I went through that active process, it's like poof! The emotional charge goes away, they don't have a holder [0:27:56] and it was interesting. It was in my Miracle Mindset Academy was like, why I want to forgive this person but they're no longer alive. And I go, "It has nothing to do with them; it has nothing to do with them." You're not calling them and saying, "I forgive you," no. This is all you, it's for you, by you, through you and it frees you so.

Stephanie: I think it's a beautiful lesson because the resentment we carry around with us doesn't hurt the other person, it hurts us. So how do people start with this Miracle Mindset? What is the next step for them to start learning about Miracle Mindset?

JJ: So I'm going to give my favorite little thing to do and then also I have the book. I did the documentary, so I did a documentary because I thought this will be so amazing to do then of course I thought through but it's going to be a documentary super cool because it's the story's with the lessons. So it's like a car crash woven together with the Secret. It's really cool, I dare you to watch it and not cry but it's very uplifting because it shows you what's possible. And then the book goes deeper and deeper into the lessons.

And then at the backend, because I always have to figure out how to take people through the process, I created a Miracle Mindset Academy to actually take people through the process. I created what I call Mindset CPR and it is how to work, you do it on yourself though it's not like regular CPR but it has build your courage because courage is what really helps you just continue to be able to handle things and it helps you with purpose because purpose is that thing. If you feel stuck, like so many people but was working a weight loss, they go, "Oh, I want to lose weight," and I would always go with the why, what's the purpose behind it because I knew if they didn't have big enough reason that this was not going to work.

Podcast Transcript

JJ: My Virgin Diet book was huge, hugely successful. I had to have it to be hugely successful. Successful isn't optional so you got to have that level of purpose in order to be successful.

And then the final thing is the resilience and when you have purpose that will push you forward, gets you out of that rut and then you show up with courage, when you have to handle things because we know we're going to be handling things, that's what we, you know, there's – and being fearless isn't the answer, we're going to feel fear that's crazy. The only way to be fearless is to not go after big things right? And then you keep doing that, you build resilience and the studies are very clear, people who deal with adversity go in there with courage, step up, build their comfort zone for bigger and bigger things they can show bigger in their life, build that resilience, they're happier and they're more successful, and you can do it. It just means instead of looking at scary situation and believing it, it's going forward into it.

Stephanie: I think that's brilliant, courage, purpose and resilience, CPR. So we can watch, I'll put the link in the show note to the documentary which is coming out February 8th, I believe. And then people can, it's totally free so you can go and watch it.

So I thank you very much for your presence in the podcast and sharing your story and inspiring women to transform their life, taking the step, the miracle mindset to achieve their goal. Thank you very much for your time.

JJ: Thank you. I appreciate you.

Podcast Transcript

Stephanie: There you have it, a beautiful woman that opened her heart, shared her story with us and gave us a miracle mindset. The link to the documentary will be in the show note at stephaniedodier.com/029. That's where you can also pick up the transcript of the conversation today and also the link to join my private community where we can exchange more on mindset, that's in the show note. You can also look at my Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on into healing your mind and your body.

