

*Stephanie  
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**The Beyond The Food Show  
PODCAST TRANSCRIPT**



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# Podcast Transcript

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Stephanie: Welcome to episode 34 and today's episode it's another edition of She Share her Story where we feature a member of our community that went through the transformation process and heal herself naturally. And today's episode we have Jennifer Bitner with us. Jen, was suffering from anywhere, three to four panic attack a day, medicated for anxiety, cannot go in the car and drive anywhere, cannot go in uncontrolled area. She was suffering and all of these at the age of 25 years old. And all of a sudden she realized what she needed to do to transform her life and today she is completely free of anxiety, panic attack, she even just gave birth to a beautiful little girl and she just came from a road trip in her car, three days and she had an amazing time. So I can't wait to share with you Jennifer's story today.

Now I want to thank you once more for all the love you've been giving me on iTunes and keep going, keep going to give me the fuel. I want to share with you today something really powerful from Trumpet, she left a review and she said, "Hi I've been following Stephanie on Facebook, on website and on You Tube for approximately six months. Thanks for all the wonderful information she provided. I have healed my body and learned to change how I think about food. I have struggle with binge eating disorder for years and for the first time after I realized it's so much more deeper than an addiction. I look forward at each podcast as there's always something new to learn. Thank you Stephanie for creating this wonderful podcast."

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Well thank you, it's amazing how the work you do alone in front of a microphone can have impact so deeply with people you can't even imagine you do. And please continue to let me know how this podcast is affecting you and the Share Her Story edition is coming from you, coming from people sharing with me how powerful it is to hear my story and the story of other people in the community that have learned new concept and that have implemented different choices in their life that lead them to healing, whatever that is for them it's relevant because the same process no matter what you're trying to heal in your life that is like Trumpet and binge eating disorder, that it is weight loss and it is diabetes, healing is a same process. You just have to apply it and change the mindset to you and then you may have to change the food you eat contextually to your condition but 90% of the work is not in the food it's actually in your head. And that's exactly what Jen in her testimonial today is going to share with you and be really, really attentive to the words she uses in her testimonial because they're well reflected but, and I would say and very, very powerful. So are you ready to do this? Let's do it.

Our show today is brought to you by our sponsor, FBomb where fat is a smart fuel. And as you know I'm a huge supporter of healthy fat and FBomb has created the perfect snack on the go for us to carry our healthy fat with us either in our purse, in our backpack, in our luggage, wherever we're going we can have avocado oil, olive oil, MCT oil, coconut oil and even their most recent product nut butter with macadamia nut and sea salt in those little packet you can carry with you. Go check them out at [www.dropanfbomb.com](http://www.dropanfbomb.com) and use coupon code Beyond the Food to get 10% off your first order.

Welcome to the Beyond the Food Show. Today we have the founder of My Mind Fitness, a gold level educator with doTERRA Essential oil and an emotional wellness advocate. She is also a successful mentor and coach and thrives on

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helping other women start their own health and wellness home base business.  
Welcome to the show Jennifer Bitner.

Jennifer: Thank you.

Stephanie: I was so happy to have you here because I think the power of you sharing your story will be tremendous and exponential. When people hear everything that you've achieved over the last three or four years – we'll get into the details, it's so inspirational. Congratulations.

Jennifer: Oh, thank you so much. I'm so excited to be here.

Stephanie: Thank you. So to give a little bit of background to everyone, I've known Jen personally and then she became one of my clients and now she's a thriving health and wellness entrepreneur but the reason why I want to have here is so she can tell you how life was before, during and after now her transformation. So can you share with our listener who is Jen? A little bit personally and who she was before we even met?

Jennifer: Sure, well my story which is, you know the reason why I'm even here. When I was 21 I was diagnosed with a severe anxiety disorder and I suffered from multiple panic attacks a day, a period of four to five panic attacks a day for years and this was my whole 20's I was like this and you know, I'm someone who has a ton of energy, I like to think I have this bright light and I love being the center of attention and doing all these things and I thrive through school and when I hit that point when I was diagnosed with this anxiety disorder, it really took over my

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entire life, it took over every aspect of my life. And although I was still really top of my career and I just started my new career coming out of university, this was the skeleton of my closet. I'd hit it for most people, I was ashamed, I didn't know where to turn, I didn't know who to talk to, I didn't even understand what it was and I tried to repress that hoping that I would go back to normal. And it really just took over and it was about seven years into it that I started to shift into a holistic journey and we came about and I started to really turn everything into sort of that holistic side.

I started my own business based on my journey of searching this holistic approach to a fit and healthy mind and I come from a fitness industry so I know well of that background as well and it's really huge for me to be able to make that shift I'm now. I'm married, I have a ten-month old and I remember during that time that I was thinking I could never be a mother, no one's ever going to spend the rest of their life with me because I am a disaster, I can't drive, I can't get in a car, I can't go anywhere, I can't go on road trips, I can't successfully do anything. I leave family functions, I was constantly having these panic attacks constantly having to say no to things and I really thought that that was going to be the rest of my life. It can be very depressing because you're thinking that you went from having this beautiful life, you have everything you want, everything you needed and then all of a sudden you're slammed with something you don't know how to handle. It's not you and you don't know where to turn and you don't know the answers and these aren't the things that life prepares you for but really they are in essence because it's that journey and that challenge, that's what prepares you for your greatest gift which is to serve and to educate and to empower other people and inspire other people through their journey as well. So it's just a little bit about me.

Stephanie: Well it's a very profound story because it was debilitating for you to have this anxiety and those panic attacks. And when we first met, so me and Jen have a

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very personal story because she's the lady who signed me up to work with a coach back six years ago when I have my own panic attacks. We were both havin panic attacks but I never knew Jen had a problem because she never said anything, never shared it. So Jen signed up me up to work with a coach and I started losing weight and I went into my own journey, so our path came together a long time ago but like she said, she never made it – I don't want to say public, but you didn't know, nobody knew that you had this debilitating – I don't want to say disease syndrome. And you were working with a regular medical advisor, right?

Jennifer: Yeah So my first seven years, I was really focused on medication, counseling and none of it was working so they kept changing my diagnosis, they kept upping my medication, I was getting addicted to my medication because of the withdrawal symptoms that would happen if I didn't take it. So that's when I was like, okay there's got to be a better way.

Stephanie: And that's what I want to go into. So what's that haha moment in your life? What is that click that said there has to be something more than what I'm doing right now?

Jennifer: Well interestingly enough, even with how for me, for my anxiety, I couldn't go in cars or anything like cars, trains, planes, you name it. And I decided to go to Australia, I decided this is not going to take over my life. I have always wanted to go to Australia. I was given the opportunity to do that with my work and go for six months. And so I went to Australia and I was living on my own and I was going to work there and I was on a bus, the public transportation and which is where I have the epitome of my anxiety would come from being in vehicle and stuff.

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And so I was on this bus and I was having the worst anxiety and all of a sudden I went into this full blown panic attack in the back of this bus and I ran up to the front and I asked the bus driver to pull over and he's like, well this isn't the stop. I'm like you need to pull over, I need to get off this bus now. And he's like, okay, okay. Where do you going to go? Do you even know where you are? And I said no, where's the nearest place? And he said well, the nearest is about two-hour walk to get to the mall and I was in a residential area. I just said just get me off this bus. And I walked home and I was blistering from the hot sun, I had no sunscreen on and I was in flip flop, I would come from the beach and I was burnt to a crisp by the time I got home and I didn't know how I got home. I just walked and walked and walked and walked and walked and it was that walk that I had this aha moment that I was like, but this is not my life, this is not what I'm meant to do, this is not how I'm supposed to live, this isn't right, this isn't normal, there's more to my journey and just coming to this anxiety and that's when I got home that day. I Googled the word anxiety disorder and I have never done that before. I found a program called panic away and I downloaded that program, it was an eight-week program and that was the shift to the holistic side because it was very focused on nutrition and exercise and meditation and that's when it opened to my eyes that there were options other than that but this is no way that I've been going through up to that point.

Stephanie: So you hit rock bottom for you to find that other solution, to go beyond what the normal health advices were?

Jennifer: Exactly. Like it had to be bad enough that you finally say enough is enough and there's got to be a better way.

Stephanie: And that's what this show is about is to people typically in today's world reach the bottom to go the alternative way. The purpose of the show is to get the

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message to more people so hopefully they don't have to hit rock bottom, we can get them before.

Jennifer: That would be nice.

Stephanie: How was your journey after that and how did that lead us to connect and do work together?

Stephanie: Well once I started going the holistic route and I started to look in, it was very much self-educated driven so people listening to this podcast, you know it's probably the same thing, you're looking for answers and you have to self-educate, you have to start being your own wellness advocate, you have to start believing in yourself and believing in your body and believing that you have the power within your own heart and hands and spirit and emotions and your own conscious mind to make that choice that there are better options.

So that's when I start making the shift and I started researching and researching and looking into different options then I started to see a naturopathic doctor, then I started to work with my personal trainer a lot more intensively and taking it more seriously and then I knew nutrition, it was a big part of it. And I knew that how I was eating wasn't, I kind of went down once I hit university and I lost mom's homemade cooking and I started eating cafeteria food and started to become addicted to sugar and carbs and everything else. So I knew that was a big part of it, I knew food was a big part of it. I always have five to six coffees a day and I knew that wasn't normal.

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So when I saw your transformation stuff and when I saw you had done and you went through to school for holistic nutrition and I had said that I remember reaching out to you and saying I need to work with you, this is a big part of it is food and I watched what you've done, I followed your story and your social media, posts about it and that's it, that's my next step, I'm ready. And then you're ready for the next step and you surrender to knowing that I would be presented with what I need.

You came into my life again and we reconnected and I was like, this is what I have to do right now and we went through a very intensive six months overhaul and digestive protocol and I followed it to the absolute tea which was foreign for me because I was so addicted to my sugars and sweets and carbs and everything else. But I was ready and I was ready to make that change and that six months intensive digestive protocol that we went on to heal the leaky gut and to work with the connection between food and mood and that was the absolute biggest shift that I've taken out of all of that and that is what had really changed my whole life was the food part.

Stephanie: For people listening, for anxiety disorder one of my favorite protocols to use is the GAPS Diet which is a very intense protocol because we're pretty much strip everything away. Remember the first few weeks?

Jennifer: Oh it was so hard. Oh my goodness.

Stephanie: And one thing I want to say before I get into the dietary stuff, I want to say that I remember you coming to my office the first time. We had a chat for about half an hour and then you disappeared for about nine months, right? Remember that?

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Jennifer: Oh I do.

Stephanie: You weren't ready. There was some obstacle there because it took you nine months to come back and finally said let's do this, so what was those obstacles in those nine months?

Jennifer: I think it was my mindset. I wasn't ready to give up everything that I needed to give up. I wanted to be like, there's got to be an easier way, there's got to be an easier way than having to give up all the food. Let me try a few different options before I really have to eat like a bird for the next six months. I wasn't ready for that and again that's something that I would tell people is, anything that worth it isn't easy and if you find a protocol that's going to be hard, that's the protocol you need to do because if it's easy you wouldn't be in the place you're in right now. You got there because you made choices that weren't based on health that got you to the place you're in today. And I made those choices, myself which got me into my place and those are choices all through university and for me it was the right choice that time but looking back it's like the time you're spending creating those blocks, creating those barriers and saying, there's got to be an easier way, easier way, easier way. In life there's no shortcut.

In life you really do have to trust that you've been given and guide you to the right direction and you need to take that time. For me I wasn't ready to make that change yet. I wasn't ready to make the shift and knowing what it was going to take for me to cut out all, strip my entire diet. Of all the food I was addicted to I love food, anyone suffers from anything that is mind mood management or any type of emotional health or mental health disorders, food becomes a huge crutch. It is a comfort, it is what you turn to and for my felt with anxiety I would

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binge eat because I wouldn't eat whenever I was about to go somewhere or going out anywhere. So when I was home, I would binge eat and binge eat on all stuff that was going to make me feel better.

And so to know that I was going to cut all of that out, I wasn't ready for that. I wanted to feel and I wanted to hope for an easier way and this is where when I teach people and I coach people now, it's like nothing in this world that's worth it is easy so if you are looking for an easy way, you're going to be searching a really long time and you're going to be staying in your place, you're going to be staying in your discomfort, you're going to be staying in your pain for as long as you are searching for an easy way. So you might as well bite the bullet and do what's hard because your choices and my choices is what got me to the place I was to begin with. And I was going to have to make some very serious hard changes to be able to shift it.

And again, this world would be very healthy if it was easy to make those mind shifts but the fact that it is so challenging for us to get through the struggles is the exact reason why there's so much disease amongst us, right because people don't have that mental capability of making that hard shift because we're looking for easy answers. So when I realized that the answer wasn't out there and that it wasn't in a magic pill form and that it wasn't in anyone else that I was seeking outside of me looking for other practitioners who could heal me by lying on a bed, hoping that they're going to wave their magic wand and I would walk out better and free from anxiety.

When I realized that it was actually myself that had to do the hard task of changing something beyond that one on one session, that I had to do homework and I had to do work at home and had to prepare food and I was like oh, this is going to be so much work! But when I decided that it was me, I was the one that

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has to change, that's when I was ready to make the shift and I had one last January 27, 2015. I'll never forget the date, it was my last day of eating. I went out and I drink like two bottles of wine the night before, I had my last coffee, I had Wendy's, number one combo with the side protein for breakfast. I just went all out because I knew I was making the biggest life change that I would ever take over the next six months and I went all in and that's how I made my shift.

Stephanie: That's powerful. Those last three minutes and 51 seconds of Jen talking are the truth and that is hard as it is for you to hear that at home, if you're at home and you say, oh no there has to be something else, like a magic something. There's not and so you hear it from the mouth of somebody who was strongly addicted to those things and she had to give it up. And I have to say that it was the best place for you to be in because you went in as I recall earlier to the GAPS protocol which is a very intense protocol. You went in all the way and never give up, you didn't ask permission to do anything, you just went all in. And that protocol, for those who don't know it's a gut healing protocol so literally taking a leaky gut and repairing it and restoring it to healthy and thriving gut so the person can digest. And for that we eliminate a bunch of food, we drink a lot of bone broth and it is challenging for someone who comes from a place where Jen was. So awesome job because this was not was easy and you did it.

So how were you at the end of those six months versus January 27, 2015?

Jennifer: Well, I got pregnant two weeks after the protocol ended.

Stephanie: Bang!

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Jennifer: Yeah it wasn't like it wasn't planned, I was married and what not but you know it was funny because I said to my husband you know what, whatever happens at this point, it's probably all our friends it's taking everyone years to get pregnant and no one gets pregnant right away and I just said, whatever happens happens. Then I got pregnant that month and I just felt so healthy, I felt so weightless, I felt so – this is where you know, Stephanie and I, we did a three-month program called From Food to Thoughts and I taught the Mind Fitness part, she taught the nutrition part because my belief in nutrition as the foundation to the food mood connection and the brain gut connection and gut being the second brain and anybody who has any type of emotional wellness, concerns or disorders or mental health, you have to start with food, you have to start with the fuel that goes into your body. It is the biggest contributor and so ever since, I've been a completely different person now and also on my moments because I feel like it's almost in my dreams, I take out for my dad and my sister's a Vegan and she's very strict on her diet and my mom's very healthy and my dad and I just love our chips and our chocolates and everything.

After that protocol I had times where I bounce out but then I know exactly, I can instantly see my mood shift and I can see the negative emotions that come out and I feel heavy and I'm tired and I can instantly recognize that and switch now. Also my husband and I just did a seven-day juice cleanse together because we're just full of crap. We could feel it more like ugh, we don't feel good, we feel inflamed, it just doesn't feel good. And so we eliminated everything out of the diet for seven days and now I'm reset again. The first two days I was just, I need sugar, I need sugar, and then after day three and four, we felt better but it was because I've done six months of something so incredibly intensive that I can make those shifts a lot easier now.

Stephanie: You're self-educated now, you know what you need to do, you know what you can and cannot e.

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Jennifer: Yeah and I think that was the biggest and the most important part was the self education because it wasn't just me cutting all these food out and putting foods in but working with you each week, what you were doing, teaching me why, why are we going to be using these foods, what's happening in your body, what's going on, what does this food mean, what does this food going to do, what is that food doing to your body if you choose to have it. you always said to me I'm not there with you to pull food out of your heads, I'm not there to tell you no, you cannot. You want to go have it, you have it but you know this is what it's going to do to your body and if that's the choice you're going to make, what can we do, right? And that's where people need to start understanding that it's actually in you. No one else is responsible for who you are right now in this moment and by food the choice, that is a choice that we get to make. And so you have the choice every week when you fill up your grocery cart. What goes in, that's your choice. No one's shopping with you, you get to make that choice, right?

So that was the biggest thing is learning and educating yourself because you can't unknow what you've learned. You always know it and unlearn it so when you know, you know. When you go pick up that food you're going to put in your mouth, you're like, I just know what's in this I can't even do it, right.

Stephanie: Or you do it and then you don't do it for another six to eight months because you've suffered enough.

Jennifer: Exactly. Yeah.

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Stephanie: So took that platform of six months, transform anxiety was gone and inflammation was gone, so healthy that you're pregnant. With this journey now, we're almost two years later, where did that propel you? What else did change in your life?

Jennifer: Well it definitely made me more confident in my path and what I would like to do. I ended up resigning from my career of ten years as a General Manager and I was very stressed out and I knew that was a big contributor to my wellness as well. I resigned and went into a different position within my company that allowed me to expand my business, My Mind Fitness and really work on that. And I then introduce essential oils into my practice and the essential oils now have been my biggest and number one tool. It is what I use with every client, it is what I preach and teach and educate on a daily basis. I've now resigned from my 11 year career completely to walk out my purpose and journey and my vision full time and I get to do this now everyday and work with people who has similar journey as my own and teach and educate people who again, may not have to wait seven years before finding these answers, that they can actually start to be educated a lot sooner and for people that don't know that there's a better way to learn about that better way and to know that the power comes from within you and your choices. And that has brought me to where I am now and just being able to feel like the best version of myself and knowing that there's going to be times where I'm going to have a pizza or I'm going to have my mini eggs, whatever. And I'm okay with that because now I know how to bring my body back to balance and that's a big part of it.

Stephanie: That's amazing. So a lot of things are going through my mind right now but it's just what I want to point out to what you just said to people is that the transformation you take in healing yourself will a, reduce your symptom as it did for Jen, no more anxiety, no more panic attacks, able to go out into the world but it will enable you to live your purpose and make other changes in your life,

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give you the strength to make other changes that you never dreamed that you could you do.

Jennifer: Like for example, we went to Florida two weeks ago and in a car for three days because we took a ten-month old in a car so the 18-hour trip couldn't be in one shot. We had to break it up and stop and everything. I couldn't even do a 20-minute drive without pulling over and having to go to the bathroom and we did three days in a car and it was the first time that I said let's road trip, and my husband's like, you are going to go in a road trip, you are going to drive 18 hours in a Jeep with no bathroom and I'm like, yep we're going to go tripping. And every little thing that I did and the first thing that I had to do is food. So three days before it, I made sure that everything that I fueled my body with was healthy, it was going to fuel myself well. I ate well during the trip because I wanted to make sure that my body was fueled properly, because if I ate crap then I knew that it would probably make me feel maybe anxious and then I was in a car on top of that.

And so I just knew that the fuel going in was what was going to help me actually do that journey and that was something that would be unheard of a year ago and two years ago. So that was so exciting. I got to do something I could never dreamed of doing since before I was 20 years old and I'm 33 now so that was a big deal.

Stephanie: And all the reason why you did that was because of the decision you make and the choices you made. Now, I want to talk about anxiety because obviously there are tools within nutrition for anxiety but anxiety is rooted a lot in the emotion of the individual suffer from anxiety. Long story for me, long story for you and a tool to help with managing our emotion which I believe firmly in is essential oil. So I want to take the advantage of having you on the show to talk to us about

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what things or what you can do with essential oil to help with anxiety or other tips that you have that you would like to share with the listeners.

Jennifer: Absolutely. So this is a big one for me, being able for me and I'm no doctor so I can never insinuate somebody goes off medication but for me to be able to switch from pills to drops of essential oil was a big thing for me. I was on medication for almost a decade and it was taking a big toll on my body. And so to be able to turn to something natural was really huge.

So I use the essential oils. I have a bottle here of my calming blend. You put a drop in the palm of your hand like soap, rub your hands together and do what we call cough and inhale and take a deep breath in five seconds, hold it for five seconds and then breath out for five seconds. And so not only is it can engage your parasympathetic nervous system which is part of your nervous system responsible for calming, not only is it going to automatically do that by slowing down breath but the actual aromatic compound of this essential oil is going to be triggering your lymphatic system which is responsible for emotions and your emotions will then send the message to your Amygdala and you will actually release neuro chemicals associated with calm. And so this will instantly affect every cell in your body within minutes naturally. It's a natural chemical that is recognized by our body because there's no wasted effort in nature so you're using organic beans. If you're using organic natural product then you're going to be able to have those results.

So I also always use a diffuser necklace. I have a diffuser necklace here that I'm wearing and I have a drop of serenity in there and it just helps keep the aroma and allow me to stay calm. So I use that calming oil quite frequently and calming oil is also uplifting ones and there's ones for motivation and one's for invigoration because for people who do have those emotional wellness needs,

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you go through a bunch of different fluctuations of moods from depressive feelings when you feel like a hope is gone to feelings of no motivation because you are just exhausted from the adrenaline pumping through your system all the time. So there's a lot of essential oils you can turn to and they're very amazing.

For aromatherapy, if you break down the word is therapy through the use of aroma, through the use of smell so you can use them for that way. And that's what I love about working with clients is that being able to help them. When they use the essential oils through me and I can send them the essential oil protocol that I would recommend, then I get to coach them through that too and get to coach them through all of the ways that they can really just make over their moods through the use of something natural. So just as we use of food as natural fuel source we can use the essential oils which is also plant based remedies, we can use them as natural source for affecting us on the emotional level as well.

Stephanie: I think it's nature's medication, essential oil and herbs because when you use herbs in protocol, it is the matter where the essential oils and extracts the more potent part of it so it's nature's medication. Herbs and food is nature's medication so brilliant. So you're using names of oil like your calming blend, right. Those are blends of oil, am I correct?

Jennifer: Yup, there's a fuse. There's about five single oils in the blend that make up a blend and single oils are known for calmative benefits, and so they are blended together so that that one drop has a few different single oils in it that are all known for a calming effect.

Stephanie: So what the difference – so those are products called doTERRA, correct?

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Jennifer: Yup. The product that I use and endorse and I educate with is doTERRA's brand which actually stands for gifts of the earth. It is the only essential oil that I would ever recommend just because of its purity and quality and how they source. So that's the product that I stand behind and that's the one that I offer to my clients and yup.

Stephanie: So we're going to have in the show note the link to the website for Jen so you can go check. It's called My Mind Fitness. There's a video, I know she's a fan of videos so there's a video on there, there's blog post and there's also connection to her business with regards to the oil. So I personally, when I used to have the clinic I use essential oil and I think we use it together and herbs when we work together. I fully endorse it because the nice thing about essential oil is that not only are you ingesting a healing molecule but you're having to take time aside to calm yourself. Like the technique you have shown, you're not only putting in healing chemical compound in your body but you also breathing at the same time. It forces you to do an action physically to calm you at the same time.

Jennifer: Absolutely. It's incredible how that works and anyone that does go on my website, under the blog post, I actually blogged my entire journey with Stephanie so I actually have the entire journey blog there through the days that were hard and the days that were, I'm excited when I finished. I think I blogged six months of it, sorry four months of the journey and then I continued on for two months after the four months.

And then under the Buy Oils, anyone that does bring the essential oils home through my site and through me, I always have a free 30-minute wellness consultation so that I can actually work with the client first. You can even contact

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me first so we can do the wellness consultation in advance and that I can actually recommend the oils that I would for specific concerns and issues.

Stephanie: That's super cool because we've got people everywhere from around the world listening to the podcast. So even if you're in the United States or in Europe you can just go to Jen's website, click in to get that free consultation?

Jennifer: Yup, yup. And then we would connect over Skype or Zoom, just like this. It's about 20 to 30 minute consultation that we'll connect and we would chat and find out what you're looking for and what your journey is and how I can help you. And then I would recommend from there and then we would go on and together we could choose the best path for you.

Stephanie: I'm like a mother right now, so proud of her child.

Jennifer: Please stop!

Stephanie: It's so nice because you would have seen Jen five years ago. You would have never thought she would be a health and wellness coach and here you are right now, sharing the passion, sharing advice what you learned with other people is absolutely beautiful to watch. I'm so proud of you.

Jennifer: Thank you Stephanie.

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Stephanie: You're even raising a natural baby too.

Jennifer: I am, I know. Go figure.

Stephanie: That's beautiful. Is there anything else you would like to add, Jen?

Jennifer: You know what, I just hope that anyone who is listening, I really, really would love to hear from you. I invite you to just hop on my website, [mymindfitness.com](http://mymindfitness.com) and reach out to me. I would love to hear from you. This is my passion, this is what I do so every person I get to connect with. I have a goal in 2017 to help 100 people towards emotional wellness through the use of aromatherapy and through the use of mind fitness and the lifestyle changes such as nutrition. And so I ask that you don't hesitate, just reach out and get that support and there's a reason why you're listening right now. So if you're hearing these words, it is meant to fall in your ears. So I really do look forward to chatting with some people.

Stephanie: Brilliant. Thank you very much for your time and we'll continue to work together because you're part of everyone of my online program now and go forward so thank you for being here.

Jennifer: Thank you Stephanie. All right, bye.

Stephanie: There you have it, such word of wisdom from Jennifer, a young lady and I hope it helped you. Now all the links of everything we talked about and the link to visit

## Podcast Transcript

Jen's website will be in the show note at [stephaniedodier.com/034](http://stephaniedodier.com/034). Now that's where you can also pick up the transcript of today's show, the link to join the private community and also the Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on to healing your mind and your body.