

*Stephanie  
Dodier*

**The Beyond The Food Show  
PODCAST TRANSCRIPT**



*the*  
**BEYOND THE FOOD**  
*Show*

**WITH STEPHANIE DODIER**

# Podcast Transcript

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## Podcast Transcript

Stephanie: Welcome to Episode 37. And this is a very powerful episode, my friend, you got to stick to the end. And today we talked to Dr. Zach Bush, a Triple Board Certified M.D. that I met at a nutrition conference for the first time ever, and he simply blew my mind. I listened to him on stage and my jaw just dropped on the floor. I had been looking for someone who could explain scientifically what I knew intuitively and what I personally experienced with my craving and he was able to do that.

In this episode we talked about why biologically we crave food when we feel a negative emotion such as fear or even stress. We also talked about why fear can actually lead to cancer. And the last thing we talked about, which is another very powerful piece of information that you need to know, is how our leaky gut, you know that thing we talked about a lot in the media and HealthROM recently. Well our gut is literally leaky and it's creating auto immune conditions and creating food intolerances, also lead to leaking emotions and we lose our boundary, which then leads to craving again. This is simply going to blow your mind and you will never again think of your body in the same way, so stay tuned until the end.

Now this whole connection between emotions and the body is something new in my life. I wasn't born in a family that believed in this theory or I wasn't even aware that that existed, like many of you today. But six years ago, when my health journey started, I was where most of you are which, A, didn't know it existed, didn't even know that there was a connection between our emotions and our body, and I certainly never thought that I would be hosting a podcast talking about this stuff. But events happened to my life, health crisis happened into which I didn't have a choice but even be aware of this and actually I had to suffer through it because I didn't know what to do about this. And for me, it started with panic attack.

For those who don't know my story, I had a series of panic attacks. And every time I would go and attempt to do public speaking, I would have a devastating panic attack, I couldn't speak anymore. My body was talking to me and it was reacting to emotions that I had in my body. And to be honest with you, at that time in my life six years ago, I was freaking out. I was totally freaking out because I felt that I was out of control, that my body was not doing anymore what I wanted it to do.

## Podcast Transcript

And then alongside with helping myself with nutrition and movement, I also was given a book during the first year of my journey and the book is called the Anatomy of the Spirit by Dr. Caroline Myss, which I linked in the show note if you want to take a look. And that book blew my mind but at the same time devastated me because it explained and demonstrated to me why my emotions were actually at the root of most of my condition. And to me it was devastating because I didn't know what to do about it at that point. I had no tools, no one around me that could guide me through it. But I was reading her book and I was just like, oh my god this is me. It explained everything in my life. So I would highly recommend that you read this book if you're not aware. It's absolutely phenomenal.

Now that said, it is hard to read because it will strike a lot of chord inside of you if you've never looked at that side of health. But she, in her book, explained how every single condition in your body is related or at the root or connected to an emotion.

Now, Candace Pert, which is a PhD, a researcher and also the author of the Molecules of Emotion, went even a step further. And you can read her book, linked in the show note as well. In her research, she discovered first the opiate receptor into the brain and how our cells have receptors that combine to different molecules, talking about here neurotransmitter, talking about hormones. But what she discovered was also that our cells, every one of our cells in our body have receptors for emotion. She wasn't intending to discover that. She kind of tripped over it while doing opiate receptor work. And when she discovered everyone of our cells have receptors for emotions and when we attach those emotions to ourselves, when our cells are binding to those emotions, it then gives order to ourselves and that's what creates disease in our body or creates health, depending on the type of emotions that our cells bind to.

Fascinating work, right? And that's the whole body-mind connection and body-mind-health, the trend that we're seeing in the last few years. And what today's show is an example of how this theory and how this reality that our emotions binds to ourselves can actually lead us to have food craving. And what Zach did for us is he simplified it in a very easy way to understand and how it can lead us

## Podcast Transcript

to have food craving but it can also lead us to have things such as cancer in our body.

A short disclaimer for today's show, this episode with Zach was recorded live on site in the backend of a conference room so the audio is not the same as usual but the content is amazing. So if you're ready to have your mind blown, let's do this.

Zach Bush is a medical doctor and one of the few Triple Board Certified physician in the country with expertise in Internal Medicine, Endocrinology, Metabolism and Hospice and Palliative Care. Dr. Bush's academic career has resulted in an award-winning Microbiology Clinical Care in Medical Education. He is quickly becoming a leader. The breakthrough science that Dr. Bush and his colleagues have delivered offered profound new insight into the human health and longevity.

In 2012, he discovered a family of carbon-based bacterial metabolite with redox potential and his team has subsequently demonstrated that this cellular communication network function has an antidote to gluten, glyphosate and many other dietary chemicals and pharmaceutical toxins that disrupt our body's natural defense system. So welcome in, Dr. Bush.

Zach Bush: Thank you so much. Thanks for having me.

Stephanie: I work currently on site at the Low Carb USA Conference and I just yesterday heard the talk to Dr. Bush, which I highly recommend you go watch on the Low Carb USA website, and he again blew my mind. I first, as I was sharing with him, discovered him on Dr. Pompa's Cellular TV and he said one sentence that just tripped me, which is, "I could do an entire podcast on fear and the implication of fear on your health and particularly in the circumstance of cancer," they were talking about. So I wanted to give him the platform to do that and to share with you because for many of you, you know my profound passion between the mind and the body and the impact on emotion on our health based on my personal story. So I wanted to give him the opportunity to talk to us about fear and what impact it can have on our health.

## Podcast Transcript

Zach Bush: Beautiful. Well, I thank you for the opportunity. Not too many people would invite an entire podcast on fear. It seems like a counter intuitive approach to health is to start at one of the most base emotions that the human or any species will experience. And so if you corner an animal or if you corner a baby bear and a mother bear shows up, she's going to destroy you. So we have this innate capacity of fear and an innate reaction to it. What is much different than the bear's reaction to it or any other example out in nature of that circle of life is that we attach many emotions to our concern for death. And so death is really I think an accepted approach in many cultures even in human society history, the cultural concepts around death were very positive in many cultures. In the US, it's never been positive. We have a heritage that never really allowed death to be a positive thing. And certainly you can go to some funerals where it's like, "Yes, she lived up to 95 and she was a great lady and she lived a good life," but then you look at the trappings around that experience and the whole process that we build around it is one of mourning, one of this black box of death and what happens thereafter.

And so in some strange way, I think that any time we experience the emotion of fear, it can be tied back to our concern for death in a lot of ways. And death doesn't necessarily have to be just death in the physical body, it can be death socially. And so the fear for isolation and abandonment I think drives much of the emotional and decision-making of especially in women's lives. Men aren't really trained to take a problem solving around fear and we develop a huge insecurity around our inability to fix the stuff. And so the male brain is really programmed to fear the inability or inadequacy we see where we can't fix everything. Women have this real drive for avoiding fear and abandonment.

And so in a weird way, my clinic has unearthed some very unexpected foundations for where the biology of fear might be coming from. And I don't think it's as basic as we fear death because I think in our core, our spirit, our soul, has no fear of death because there is no such thing as death at that spiritual level. I think there's this infinite nature that we are all inherently aware of. So this fear is coming from more of a mental or emotional center rather than our soul center. If you picture your mental center as your brain, you picture your emotional center in your chest and you picture your soul down in what's called

## Podcast Transcript

the dan tien in Chinese medicine, it's that right under your belly button, right between your pelvis and the belly button, that's your dan tien, at the center of the soul. And you can experience a shift in your attitude towards the life around you by just putting your focus on those three places. If you bring your attention to your head and your mind, it's very easy like, "Yeah, these are the thought processes I'm going through today, these are the stressors I've had these last few days, these are the things I wish I had done today." You can spend all kinds of time beating yourself up in the head. And then if you just shift your attention down into your chest and be like, "Okay, what is the emotional experience that I've had today or yesterday, or what is the emotional experience I'm afraid I'm going to have tomorrow?" And if you slide down just a few more inches down into your dan tien there, into that center space, there is no chaos there. There is no fear, there is no fear of anything, there's no fear of abandonment, there is no fear of inadequacy, there's just sense of peace in that dan tien space.

None of us in North America are really trained to spend time there and so there's a lack of training into things like meditation. And obviously so many other cultures have everything from qi gong to tai chi to yoga and all these things that children used to be trained into. Now unfortunately, you go to those same cultures in India and China and they don't teach it anymore. We've lost the education around being in the soul space and everybody's being driven to participate in the modern world where it's all head, and when your head isn't working then you get emotional about it or when the head's beaten you up it triggers emotions.

And so as a society and species, we have moved towards a head-heart reality. I think many of your listeners are listening because they've struggled with food, they've struggled with nutrition. This is a necessary reality that if we are living life through our emotional center of our chest, we will always have a pathological or abnormal or damaging relationship to food. Our relationship to food should be one that's as simple as breathing. Nobody really attaches emotion to breathing and yet we always attach emotion to food. And so the oxygen that we breath is just simple nourishment for the cells, the oxygen is critical for cellular life. Well, the nutrients you eat, the fat, the carbohydrates and the proteins are totally useless to the human cells. Those have to be processed by the bacteria in your

## Podcast Transcript

gut and then by the mitochondria inside your cells before they can be turned to fuel called ATP that your cells can run on. And so it's interesting that even though all the food on our plate and in the restaurants and then our whole environment doesn't feed us. It feeds these non-human species, the bacteria and the mitochondria. They in turn are willing to take care of us as part of their ecosystem. So bizarrely we have attached all these beliefs and programming and emotions to the food that we live with.

Stephanie: That's exactly great representation of who I am and who my listeners are. And how do we move from there? And do we evolve back to what it should be our relationship with food?

Zach Bush: Yes, exactly the question. And the name of your blog is perfect. We're talking beyond food here. So let's stop looking at food as a relationship or as an emotional opportunity. Let's start looking at food like we do oxygen. It's simply a resource. And it's a plentiful resource.

We are very fortunate in the North America to have such abundance of food. And the modern technology of moving food all over the world allows us to eat tropical food in the middle of winter. And so you have this amazing movement of nutrient around the planet now that really gives us every opportunity. In an ideal environment, everybody on the planet would have access to all the nutrients they needed. If we start to see that as a resource that we simply just interact with but it's not our end all and beyond, and we stop attaching emotion to it, we become very much more efficient in burning that fuel.

What we find is that you can break this down into two general personalities. You have a personality that is heart centric, that is emotional centric, and will process everything they see in the world through an emotional filter. That person when stressed will gain weight. Then there's the other category of humans which are the head people. You have your heart people and you've got your head people. The head people tend to process everything around them analytically in the brain and they come up with all kinds of explanations and problem solving approaches in their head, very analytically minded and all of this. And it's not at all like this is males and this is females. There are many men who are emotionally centric,

## Podcast Transcript

there're many females that are head centric. And the interesting thing about head centric people is that they actually, well, when stressed tend to lose weight.

Stephanie: And so may I ask, is that because they eat less or because biologically there's a reaction that metabolically they process more fuel, more calories?

Zach Bush: Both, exactly. And it's because the emotional brain is a tiny, tiny little piece of the brain wrapped around the temporal lobe. So the temporal lobe sits right behind your ear or right deep to your ear, and in that temporal lobe there's something called the hippocampal formation. And this looks like a thumb sticking through the brain tissue, and the thumb wraps from the back of the head towards the front. And the thumb has a little circle like you would see on the thumb nail. And so your thumb nail is actually the hippocampus and that's where you process memory. So that's where short term memory goes to long term memory. And so that's your kind of short term memory data bank and then that's going to communicate with the non-neurologic role to store long term memory.

Wrapped around that fingernail is a little piece of tissue, just like on your thumb, wrapped around, there's this thin border of neurologic tissue, and that's the entire emotional brain. It's less than a couple of millimeters in size. That's where we process all of our negative emotions – fear, rage, abandonment, all of these things, lust. These emotions are all held in this tiny bit of tissue and it's integrated with our memory. And so it's fascinating to realize that our emotional brain is always tied to memory.

If you find yourself to be a heart centric person and you interpret the world around emotion, you're going to find that your emotions can easily be tied back to a memory, one event or a series of events around something. And so if you find yourself really struggling with obesity and every time you get stressed you pathologically eat, you either binge eat or you go anorexic or whatever the relationship to the food is. And the interesting thing is that if you can now just ask yourself, "Okay I'm having an emotional eating moment. What is the memory that I'm attaching to that, or what is the emotion that I've attached to a memory?" And nine times out of ten I think you're going to be able to identify a moment of emotional trauma that happened. And that emotional trauma may

## Podcast Transcript

have been something pretty basic. "I was on the playground and I was seven years old and somebody said that I was fat," or "Somebody said I was such and such," or "I didn't get picked until number five in the game," or whatever it is. And so it doesn't have to be child abuse, it can be these little minor moments of emotional trauma, and they suddenly become – somebody attached emotions to. That memory is now integrated with an emotion. And now any experience we have in the day that mimics that experience will tie right back to that moment and we're emotionally eating again. And we're trapped in this emotion memory pattern here.

And so that reality is something that I think that your listeners could start to really hope for as like, "Okay, if I can get a hold of this, if I can choose this tool of saying what is the emotion I'm having and what memory was it attached to?" and then just resolve that and say, "I'm going to just let that go. I don't need that memory in my body and nor do I need the emotion attached to it because I manufacture both of them. I manufacture the effort of remembering that little trivial or major moment and I certainly manufactured all of the emotions that are attached to it and the food that would address it." And so as soon as you're emotionally eating, you have moved your food from nutrient to drug. And the drug relationship that we now have with our food chain is so obvious. And McDonalds and all the other corporations on earth that provide our food chain have figured this out. Fat and salt followed by sugar is the trifecta of neurologic drug. You cannot find a drug that's better than that. It's better than heroine. It's more addictive and socially acceptable. And so you don't have to have the stigma of being a heroine addict if you go to McDonalds. But if you do a PET scan of the brain right after a Happy Meal, it looks like you just took cocaine. And so we have this incredible stimulation to the frontal lobes which is our reward area of the brain, and that is being triggered by this food.

And so one of the fastest ways to get out of this cycle is just start to ask, where is that coming from? "I need carbs right now. I need something. I need salt. I need sugar right now." The word need is the only important piece of that equation. It doesn't matter if you say fat, salt, sugar. After that, the only problem is the word need. If you suddenly find yourself in need of any food, you are having an emotional reaction, not a nutritional need.

## Podcast Transcript

The body is so programmed for fasting and eating cycles that it never panics without it. It's absolutely fine that you and I are doing this over lunch, we haven't eaten. Now I really haven't eaten a meal since last night but my body is fine. Am I hungry? If I acknowledge that and think about my stomach for a second, yeah, I'm hungry right now. But in reality, that's a tiny, tiny piece of the physiologic stress that I'm under. There's a part of my brain, and I think a more head centric problem than heart centric, but my head centric, as soon as I stop to think about food, it's like, "Oh my gosh, I need to eat food because I need extra this afternoon or I'd get myself well into all kinds of stuff. But in reality, the body has got all these coping mechanisms that are already in play. I'm burning fuel from my liver, my adrenals are doing all the right things, my pituitary glands are doing the growth hormone thing, totally fine biologically. But boy, would I love the comfort or the experience of a big frontal lobe rush right now.

Stephanie: That's it.

Zach Bush: Yeah, and that's why we reach for X, Y, Z. And so beyond food is starting to get back into a direct relationship with the nutrient or the resource that it provides for the body and try to debulk all of the baggage that we're attaching to that food experience. And it's a process and we should never feel guilty or tie an emotion to the failure of doing this at every minute.

It's really empowering just to say every time I'm reaching for my comfort food, whatever it is, every time I reach for that, if I'm saying, "Okay, I'm reaching for a drug right now and it's because I'm having the following emotions that are tied to the following experiences in my life." You are already conquering the experience because you just took the power away from everything. You took the power away from the emotion by just naming it. Okay, this is the emotion of abandonment, this is the emotion of inadequacy that I got when I heard from my mom or heard from my friends, boom boom boom. And now your food is now in paradox. So now you, even in reaching for what may not be a healthy food for you, you're now making it the opportunity to be less toxic to your body and be metabolized correctly instead of through a stress pathway.

## Podcast Transcript

And so we started by talking about the concept of fear, and the most common thing that I see in my clinic among women who have been chronically trying to lose weight is fear of food.

Stephanie: Absolutely.

Zach Bush: Food fear is such an ironic situation. And so now what you can see quickly happened is the young girl had an experience that caused an emotion to be attached to it, the combination of the memory and emotion is very powerful to stay now in the brain because you've now wrapped two neurologic systems together and the chance of you remembering it and making that part of your human experience data bank is huge. And now if I teach you a fact, like there's six feet of DNA in every single 70 trillion in the human cells in your body, that's not going to stick. And so the reason it's not going to stick is you didn't tie an emotion to it and there's nothing to really cross integrate it across to the emotional environment.

And so it's so powerful to realize that okay, a little girl had a moment, you've developed an emotion, the memory and the emotion have tied together into a data piece, we've now attached that to food as a drug, and now we have come to see the drug as the problem, as the enemy.

And so we have misplaced our experience or the blame for our experience from the memory and the abnormal or unhealthy emotion attached to it to the food itself. And now you have a hate or a sense of abandonment and anger relationship to the food. And underneath all that anger is absolutely just fear. And so the fear of food is rampant in our society right now. And in a scary way, I participate that because I do a lot of education around what's wrong with our food chain, all the chemicals we dump there and anything else. I tried to make it clear that it's not scary that we live in a toxic world as long as you're in touch with your ecosystem. And this is where gut health comes into the whole interesting story.

## Podcast Transcript

And so it turns out that it doesn't matter if you eat fat, carbohydrates, sugar, the bacteria and the mitochondria are what's going to consume all of that, not the human cell.

Stephanie: And you're talking about microbiome in the gut at this point when you're referring to bacteria, am I correct in that?

Zach Bush: Spot on, yes. So the microbiome is a word that we've come up with in this last decade that had become popularized to describe an ecosystem. And so we live in an ecosystem in our body. So we are roughly, we'll say 100 trillion cells. There's a discussion with that, 70 trillion or 100 trillion, but at that point, who cares? So you've got 100 trillion human cells. It turns out that you have somewhere around 1 quadrillion to 1.5 quadrillion bacteria. So you have ten times more bacteria than you do human cells. And so from a cell count standpoint, you're only 10% human, you're 90% bacteria. That's startling, a stunning number, and what does the work in the body as enzymes. And it holds true there too. 90% of the enzymatic work done in the body is not done by a human enzyme, it's done by bacterial enzymes. So all of the work that makes your biology work, 90% is not done by human. Now you take even a more amazing statistics, that it's not just that. You now have 14 quadrillion, so ten times the number of your bacteria, 14 quadrillion mitochondria living inside yourselves. The mitochondria are also non-human. They have their own genome, they have their own DNA, they reproduce inside yourselves like bacteria, they look like bacteria. And so you have these two alien populations or massive genera, families in the ecosystem that make up 99% of your body.

And so this is a liberating reality is that when we start taking care of the ecosystem, the ecosystem will take care of us. And on the biological level, we could spend another hour or two talking about tight junctions, all of the stuff, and proteins and leak of the gut and all these problems we currently have. But I want to just point to one reality is that your sense of identity is very reliant on your body's ability to say, "That is outside and this is inside. I am me and everything outside is not me." That's simple biologic cellular reality of what's inside and what's outside is being destroyed right now in all of us because we are losing these little proteins called tight junctions that cause leak across all of our membrane. And suddenly the immune system is overwhelmed by outside

## Podcast Transcript

and inside and pretty soon there is no differentiation and we're losing our identity at the cellular level.

Stephanie: Which then drives into the emotional level as well.

Zach Bush: Spot on.

Stephanie: Bingo, okay.

Zach Bush: That's it.

Stephanie: What's happening scientifically that's being explored as emotionally in our being, that's –

Zach Bush: There's a necessary emotional response to that cellular event and confusion of who we are. It's a loss of identity.

Stephanie: Oh my God, okay.

Zach Bush: And so, so many people in 2012 that we now bring to market that discovery I thought was that people's emotional personalities were changing when their gut biome and their – what is your purpose here? Your purpose is starting to come clear to you. In your work, it's like putting glasses on, I imagine. It's like suddenly the world is crisp and it's like, "Oh my gosh," and "I am enough."

Stephanie: Simple.

Zach Bush: It's simple reality. And every mood disorder we reach out there for, depression –

Stephanie: ADHD.

Zach Bush: One in ten kids with a clinical diagnosis but one in three really manifesting. And so our product is sterile. It has no bacteria in it whatsoever. All it is is bacterial communication network. And that bacterial communication network is the nursemaid and so it's really this beautiful checks and balances. So if we don't take care of the ecosystem, we kill all the bacteria, we destroy our soil, we prescribe antibiotics, we do all of that.

## Podcast Transcript

Stephanie: Because it is my journey. I was a depressed person. I've got a new relationship with even my family because I'm a new person. And new food.

Zach Bush: Yes.

Stephanie: And I thank you very much.

Zach Bush: By getting this information out there to your listeners to wherever you can reach out through the internet and everything else, therefore we make the change.

Stephanie: Absolutely.

Zach Bush: And smoking is a good example of this. In 1992, all of them said it's not true and then they just moved on. We lost hope. And then ten years later, the consumer changed, everybody eats. And so when we as consumers say we are eating food that we are not happy with, for the power.

Stephanie: So before we wrap this up, there's two things I want to talk about.

Zach Bush: Awesome.

Stephanie: Number one, I always ask this question to people, what was that haha moment for you?

Zach Bush: There's dozens of them that led to this. By 12 she started to be overweight, she was getting ridiculed at school and she was having all kinds of insecurity, she was going through all an 18-year old was. But I was doing everything right and then she committed suicide under my care. At 8, 10, 20 years, you can't ignore that everything you're doing isn't working. But in the last two minutes of life, stop fearing and you see them birth, right there on the ace of those moments. The joy that comes in her eyes, the light that radiates with them. You watch that in a hospice setting and you start to realize, wouldn't it be amazing if we all lived life?

Stephanie: First phase is the egotistical phase where we chase and we want to accumulate and prove ourselves to them.

## Podcast Transcript

Zach Bush: You were perfect. You absolutely were here for all the right purposes. You were a pure light being. To lose our identity and we're crushed by it.

Stephanie: And for the women listening to this podcast, that's when we feel better because we feel that we're lacking on the other hand.

Zach Bush: Amazing thing that you just said there, it's actually heightening the emotion when we eat. And so for emotional eating, we're going after that in a moment. This big frontal lobes is going to reinforce whatever happened just before that as an important thing. And so your brain makes this abnormal or unhealthy connection of "I only have pleasure."

Stephanie: And I teach people it's 50% of the road. Once you're aware of what we just talked about here.

Zach Bush: It's 90% of the battle, because even if you're still engaged in the behavior, if you know why, male psyche which is just goal oriented. The feminine psyche is one of process, absolutely has ups and downs in it. We should never have fear or guilt and get back in touch with what was perfect at the moment of conception.

Stephanie: Absolutely. And some people will say you're it in the process.

Zach Bush: That's definitely another approach that same top process might be, you're so moved upwards. And so our purpose may not be to advance our own little soul.

Stephanie: Before we go, I want to make sure that people understand that you also have a clinic and nutritional –

Zach Bush: Product that is made up of the communication molecules that are from bacteria. It is sterile, a huge ecosystem with a lot of bacterial communication, each species making their own little vocabulary within this rich communication net, literally of information. It's these little redox molecules, these positive, negative charge, electrical charge. It's not unusual for somebody to take their first dose of bacterial communication within five minutes. And so beyond food is really about – it doesn't matter what you put on your plate, as much as can you get it into your cells?

Stephanie: A gut healing protocol, a gut healing diet, that is the key that's missing.

## Podcast Transcript

Zach Bush: About 40% of our patients would respond immediately. They get better eating unhealthy food. Kale, for example, requires that all kinds of bacteria are there to digest it, bacteria will make communication network that were there to protect us from the system.

Stephanie: I will put all your information in the show notes for people to be able to get to you and to your work. Thank you very much.

There you have it. All the links of everything we talked about in today's show and where you can find Zach are in the show note. You can go at [stephaniedodier.com/037](http://stephaniedodier.com/037). That's where you can also pick up the transcript of the show and a link to join my private community as well as the Keto Connector program, which is my unique program that will allow you to move forward for worrying about food and move on to healing your mind and your body just like what Zach talked about today.

Now, I want to take a moment to thank our sponsor for today's show, FBomb ,where fat is a smart fuel. Now, if you're going to ask me what is FBomb, well FBomb is, first of all, a family run business that created products to help you and I stay healthy while on the go. And I posted pictures of me using the FBomb while I was at that conference where I recorded with Zach. And FBomb has nine different products, little pouches that you can safely carry with you in your purse, ladies, in your backpack, that contain healthy sources of fat. So you can look at coconut oil, there's pouches of olive oil, avocado oil, MCT oil, and also nut butter. They have this amazing Macadamia Nut Butter with sea salt which is absolutely delicious and the perfect snack to have on the go. So if it's time for you to change or upgrade your on-the-go snack, go check out [www.dropanfbomb.com](http://www.dropanfbomb.com) and use the coupon beyondthefood to get 10% off your first order.