

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 4

You now understand the structure, and the way that Glow15 works. What's exciting is a healthy dose of autophagy and timing, together, in the shortest time possible will help you get the healthiest and best version of you just by activating the youth deep within your cells. I want to tell you a little bit about some of the foods we're going to be eating on the Glow15 program. The best part is you will not be eliminating things. You're going to have access to 140 different ingredients on the Glow15 plan, and we have tons of amazing recipes for you to make every day. Lots of them are super simple and very easy to make. I want to teach you about some of the different foods that activate autophagy.

First and foremost, there are polyphenols. We know that polyphenols are found in blueberries, grapes, red wine, dark chocolate, basil, and artichoke. Polyphenols are phenomenally effective at activating the youth in your cells, so there are lots of recipes that incorporate them. Then, you're going to hear a lot about different probiotics. I don't know if you like sauerkraut, kefir or tempeh, but these are some examples of foods that are rich in probiotics to really support your gut health and activate your youth. You're going to be incorporating things like sulfuraphanes. Sulfuraphanes are foods that have sulfur in them, and are in things like cauliflower and broccoli. There are tremendous, delicious recipes that will incorporate the sulfuraphanes. Then of course there's omega-3, and omega-3's can be found in egg yolks, salmon, and halibut. You'll be incorporating a lot of good fats, especially coming from omega-3's.

Then there are sphingolipids. Sphingolipids are another food that I want you to be eating a lot of. While you may not have heard of a sphingolipid before, I'm sure you eat either wheat germ, tofu, turkey, cheese, sweet potatoes, and so many more delicious ingredients. There are a ton of options, even if you're on the go. The book is filled with so many recipes, and we've got added recipes on each of these cards. I want you to make sure that you give yourself as many opportunities to find the easy, simple, fast recipes that you can incorporate into your day. On Glow15, we are not about eliminating anything. In fact, I want you to eat your little desserts. Studies show that when you eliminate dessert, we binge at later times. I've got tons of dessert recipes, from fat bombs to chia clusters, all sorts of delicious things throughout the book. I want you to incorporate them into your Glow15 program.