

# Supplement Secrets:

**The Right Support at  
Exactly the Right Time  
When Healing from Betrayal**

## *Phase 1 Supplements*



## *Phase 2 Supplements*



## *Phase 3 Supplements*



**Dr. Debi Silber**

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**Debi:** This is going to be such an amazing conversation. I have Heather Morgan with us. She's a brilliant nutrition expert. Instead of me explaining what all of these supplements do, and all the ways that they can help as we're healing from betrayal, I wanted to bring in someone who can absolutely explain it the way you deserve to understand it. First of all, hi Heather. Welcome.

**Heather:** Hi Debi. I'm so excited to be here with you. I love what you're doing. I think it's such an amazing community that you have here. I'm thrilled to be here and be part of it.

**Debi:** Thanks so much. I thought what we'd do is, I'll briefly explain the five stages and then, we have this amazing three-phase supplement line and you can share exactly why each supplement would be best used at a particular stage. Sound good?

**Heather:** Yes, sounds great.

**Debi:** Okay, in a nutshell, here are the five stages. The first is like a setup stage and if you can imagine four legs of a table, the four legs being physical, mental, emotional and spiritual. With every single study participant in the study, me included, there's this real heavy lean on the physical and the mental, and we're neglecting the emotional and the spiritual. What does that look like? It looks like we're really good at thinking and doing and not as good at feeling and being, and because, especially with women, we're so good at getting stuff done, we turn down the feeling and being. That's also where intuition lies. Just to go back to that table, if we only have two legs of the table, they're easy to topple over. That's how we are.

Stage two. This is by far the scariest stage that I saw with every single participant, because here's where we are blindsided. It's the breakdown of the body, the mind, the worldview. This is the shock, complete shock to the body, to the mind. The stress response is ignited. We are headed for every single stress-related symptom, illness, condition, disease. Our mind is in a complete state of chaos and overwhelm. We cannot wrap our minds around what we just discovered.

There's a complete breakdown of the worldview. The worldview is our mental model. These are the rules which enable us to determine: "this person's okay, I'm safe here, etc." and in a moment, everything is shattered. Here's truly where the bottom bottoms out on us. Think about what we do if the bottom were to bottom out on us. We would grab hold to whatever we could to stay safe and stay alive. That's stage three. Survival instincts emerge. It's the most practical stage, "If you can't help me, get out of my way. How can I survive this experience? What do I do?" It's so practical, but here's the stage we get stuck in. This is that stage where we have these small self-benefits from staying stuck. Some "benefits?" You get to be right, you get someone to blame...all of that.

If we're willing to do the work to let go of those benefits and get unstuck, we can move to stage four. That's finding and adjusting to a new normal. Your old normal doesn't exist anymore. It's no longer an option. This is like if you've ever moved to a new house, condo, office or apartment for example. You don't quite have all your stuff there, it's not cozy but it's going to be okay. We're not really healing at this point but at least we're

turning down the stress response enough that we're not creating the amount of damage we were doing before. Once we've made this new space our "home", we know it's going to be okay. We can slowly move to the fifth most beautiful stage, and this is healing, rebirth, and a new worldview.

The body starts to heal. We didn't have the bandwidth to take care of ourselves in the earlier stages. We were busy surviving. Now, we want to eat better, we want to exercise, we want to treat ourselves better. Our mind is calming down, we're making sense and meaning out of our experience and we have a new worldview based on what we've learned, based on who we've become. Remember the four legs of that table where we were only paying attention to the physical and the mental? Now we're solidly grounded because we're paying attention to the emotional and the spiritual too.

That sums up the five stages. One of the most common things I see all the time is anxiety and so much stress so there are all kinds of stress-related issues. Adrenal issues, gut issues. Think about what the gut does. It absorbs, processes, digests. Isn't betrayal hard to absorb, process and digest? No wonder we're having gut issues. Between a lack of sleep, lack of clarity, overwhelm, is there any wonder why we're struggling?

**Heather:** I'm just sitting here listening to you, and having been a nutritionist myself and working with clients for so many years. First of all, seeing how right on you are with all of this, it's such important and profound work that you're doing. Then I look at your formulas. As a nutrition expert, looking at your formulas and really realizing how you have taken everything that you just said, and built in a way to help people work through these stages.

We all know that biochemically, trauma, life, all the things we go through, the body has a visceral reaction. The body has a biochemical reaction to what we're experiencing in our life. It's all for protection. It's all to help us to cope and to deal and to move beyond. What happens during these phases is, your body will burn through so many nutrients. These are the raw materials that our body is designed to utilize to help us to deal with life, to deal with stress.

Back in the caveman days, it may have been running from a wild animal. In today's more modern society, it really is dealing with the stressors of our daily lives. That can look very, very complex and be incredibly overwhelming. What we know, from a biochemical standpoint, is that our bodies will have a visceral response to what we're experiencing. That requires so many raw materials that we get, yes from food, but we also know that supplementation is a huge, huge part of being able to give our body what it needs to be able to process and address and meet the needs of what we're going through, and for healing.

**Debi:** Absolutely. It's so important. I remember in the earliest stages of my betrayal, I couldn't even eat. Even if foods could have supplied wonderful ingredients, I couldn't get anything down, I just couldn't. This really applies to someone who can be right in their betrayal, they're through certain stages, or it could've happened so long ago. There are

supplements, and the idea isn't to replace healthy eating, but we often need a boost. It's like we're fighting for our lives at certain stages here.

**Heather:** Yes, you brought up a really good point, because the truth is that yes, people often cannot eat. Betrayal is when your reality as you know it is challenged. The body, again, will go in protective mode and it's going to shut down your digestion and hormones that are involved in hunger and all of those things. The reality is, even if you are able to eat, even if you are able to have a healthy diet, your digestion, likely through trauma and stress is not going to be working properly. The body has a hierarchy, a protocol of dealing with stress and that often involves shutting down digestive processes and increasing stress hormones and those types of things. Actually, that revs up your metabolism and makes you require more nutrients.

I really have not seen a lot of successful nutrition programs out there, that would bring someone through to where they need to be successfully, without these tools. These are really just the raw materials and the tools to help people get through these challenging emotions and feelings.

**Debi:** You're so right. That's why I'm so glad that we designed these, and what I would love you to do is walk us through the different phases. Now that you know what the stages are, and everybody's listening, they know what the stages are too. I want them to really hear all the things that happen in the different stages and this way, they can say, "You know what, I'm really struggling with that particular issue now." or, "I'm in that stage three. This would be appropriate." It doesn't mean you need to be on that supplement forever. Try it for a month. See if it helps. The idea is just to give yourself a little boost when you need it.

**Heather:** For sure. I'm going to go ahead and explain.

**Debi:** I have them in front of me so I can hold them up and show you. We have the three phases. The first phase, that's about relaxing. That's the name of phase one, which is Relax.

**Debi:** when we're in that stage two stage three. We can't sleep, we're overwhelmed, we're so anxious. We absolutely cannot process what we're experiencing, what we're learning and if we have children, we're still supposed to raise our kids. We're still supposed to go to work, or go about our other responsibilities-all when we've just received the biggest blow to our minds that we ever could have. If you can walk us through **Phase One, which is, Elevate, Sleep and Peaceful Clarity.**

### **PHASE ONE-RELAX: ELEVATE, SLEEP, AND PEACEFUL CLARITY**

**Heather:** I love that [Elevate](#) formula. I see this formula as a mood stabilizer. People who are experiencing betrayal may go through, as I'm sure that you are aware, bouts of mood swings. The super highs and the super lows, especially the super lows. There are natural ingredients here. The ingredients in this formula which I love, the saffron extract and scutellaria, which both have a large history of actually working as mood stabilizers.

When I say stabilizer, I mean it has an adaptogenic approach. People who are experiencing specific highs and lows, and we're talking about depression and anxiety here, they typically go hand in hand, and they can really just ebb and flow throughout these processes. Saffron and sceleritum extracts are, we're talking many, many years throughout history of having a great effect, without having to do, say, a pharmaceutical. What I love about these is, they're going to help to stabilize mood without necessarily having to be on the pharmaceutical, but they're going to do it lot quicker. Typically, results with these ingredients happens in a week.

Often when people are going on pharmaceuticals, it takes up to 30 days and then it's not always guaranteed that it's a right fit for your unique biochemical needs. Sometimes we have to try different pharmaceuticals to find the right match, to get the right results. These are amazing because they're just extracts of herbs and they are botanicals that are very, very helpful to helping to create that mood stabilization.

**Debi:** That's wonderful. This is [Elevate](#).

**Heather:** Yes, this is your [Elevate](#), and then I just want to add in there the B12 and the folate. Those are really, really important when people are experiencing depression and anxiety. Very, very important to have those sufficiently in the diet, but with poor digestion and not eating well, those are going to be the first things that go. If you're not digesting and assimilating proteins well, you're not going to get enough of this. This formula, to me, is amazing for supporting depression and anxiety. It is a formula that you do want to bring to your physician. **If you are on an SSRI, this is something you do want to bring to your physician and have it approved through your physician, if you are on other medications.**

**Debi:** Thank you for mentioning that. Part of that same Phase One is [Sleep](#), which I know, that's the last thing we're getting when we're struggling with betrayal. Especially because the demons come out at night. The veil is lifted. All of the triggers that, maybe we could have avoided because we were busy, we have trouble processing, and I remember for me, nighttime was the absolute worst time.

**Heather:** It is. It's like those demons just come out, and the panic, and your monkey mind just starts going, and that's, again, how we're wired. Believe it or not, that's a protective way. It's making us be on alert when things aren't predictable. [Sleep](#) is going to be impacted in a huge way, and so I really appreciate and am very impressed to see that you have [Sleep](#) there in Phase One because sleep is absolutely essential for the healing process. You absolutely have to make sleep a big priority. This formula, it's amazing.

You've put in all of the ingredients that you would want to see for supporting good but restful sleep, because sleep is not just about getting to sleep but it's about the quality of when you're asleep. There are certain ingredients in here that are going to support the different phases of sleep and really helping you to get that restful and reparative and restorative sleep that will make you, at least be able to cope the next day when you're going through this.

**Debi:** Even think about it. If you're not experiencing anything challenging and you're tired, you're on edge, you just can't think straight, you're not making the best decisions. Now, if you're not sleeping and you're trying to navigate through a betrayal, it's brutal.

**Heather:** It's brutal. Sleep could make or break you getting through this and being able to work through your process. If you're not getting sleep it's so hard, and I think people who've experienced this can really attest to it. It's got melatonin that's going to help you fall asleep and melatonin is also a great antioxidant. So many studies out there about the benefits of melatonin on so many levels, but then it has 5-HTP which is 5-Hydroxytryptophan, which is going to help you to stay asleep. That's also supporting your serotonin, which is also that feel-good neurotransmitter, so it's also going to help with depression.

We've got P5P, which is a natural, most bioavailable form of B6, which is absolutely essential for all of the things that we're talking about, theanine, which is a great calming neurotransmitter and then GABA. I don't know if everybody's heard of GABA, but GABA is just a calming and relaxing neurotransmitter that, again helps you just cut the edge. When you're feeling highly anxious, it's just going to cut the edge. Then botanicals that are also really great to help support the nerves and nervous system and bringing those relaxant properties.

**Debi:** That was exactly why we wanted that in Phase One, because the idea of being calm is what we so desperately need. Then here's the third one in Phase One, and that's [Peaceful Clarity](#). Can you tell us a little bit about that one?

**Heather:** Yes. I'm looking at this formula as well. Again, you've really brought in all of the nutrients that could help someone through a traumatic time. This has the theanine in it that we talked about and the GABA that we've talked about. It's a specific form of GABA that really, really is the most bioavailable. One of the things that I've noticed with all of your formulas is your ingredients are all what I would want to see in terms of quality and bioavailability. There are supplements out there, most of what you would maybe buy in the store shelves and things like that, unfortunately, have binders and fillers and things that are of lower quality.

I can't stress enough that when we are dealing with such important issues in our lives and just basically survival, you want to not have the bad stuff in there, the fillers. You want to just have purity and you really want to help what's going to go, in a targeted way, go to the root of the source to get you results. The form you have, a set of B6, phosphatidylserine, which really helps to manage cortisol. We all know that cortisol is a stress hormone and when you're going through a stressful time, managing cortisol is really, really important and you have the very best ingredient in there to be able to do that.

Your magnesium. The quality of magnesium you have here is so great. We talk about chelated magnesium, and you have the best form of magnesium here too. Magnesium also has a very calming effect and we burn through that when we're going through times of stress. I can't underestimate enough how important magnesium is. This formula right



here also has chamomile, German chamomile, you've really created something that is going to help people with their nervous system and that stress overload, to really bring it back down to where they can calm down and think clearly.

**Debi:** I love how you're explaining all of this. One of the most important things to me was that I always remembered the idea that we're under so much stress, the last thing we need is more internal stress trying to process ingredients that we just don't need. I know that was a big thing when we were formulating this line.

**Heather:** Yes, you were right on because sometimes when people put binders and fillers in supplements, they can be corn-derived or derived from fillers that can exacerbate anxiety. It's really, really important to know what actually is in here. I'm looking at these and I would recommend these in a heartbeat any day. Clear, purity and then you're using the most bioavailable forms that are available. There all here in [Peaceful Clarity](#).

## PHASE TWO-REBALANCE: [REBALANCE](#), [CALM](#), AND [ENERGIZE](#)

**Debi:** Wonderful. The next one is Phase Two. Here I see this as sort of when we're in a Stage Three moving to a Stage Four. This is all about rebalancing. There's [Rebalance](#), there's [Calm](#), and there's [Energize](#) and I would love you to walk us through what each of these do. The first is [Rebalance](#). Take us for a walk through [Rebalance](#).

**Heather:** Yes, okay. We're going to walk through it. Here, you're supporting the adrenals. Your adrenals, when you're going through times of stress, trauma, betrayal, the body, again, is going to have a visceral reaction. The adrenal glands are what output cortisol, they can actually first go super high because you're in stress mode and your body's looking to support that. Your output of cortisol is going to go super, super high. Then over time, through stress, that output is going to actually start to drop because the adrenal glands just can't do it anymore.

We really look for certain families of herbs that are known to amazingly support the adrenal glands in more of an adaptogenic way, like we talked about. If you're in the high stage or the low stage, these herbs can work. Again, so much of what nature provides us, because we've evolved over our entire histories on plants, are there for us because this is what we use as we evolved to support ourselves when we're in those times of stress. Bringing those back in and giving the body the raw materials that it actually will work best on is key here. There are known herbs that support adrenals better than anything out there and you've got them here in this formula. Those adaptogenic herbs are going to help people, whether they're in the high or the low phase.

The high phase is going to be like overdrive. You can't ramp down. The cortisol is running through your veins and you can't wind it down. Then the low phase is, you can't get off the couch. You've burned yourself out, now you have no energy to go anywhere. This is addressing both in a very nice, balanced way.



**Debi:** I remember that feeling of being so anxious, I felt like I was jumping out of my skin. Then I remember, it felt like I could sleep a whole night and then wake up and be exhausted. Then I remember holding onto my railing to pull myself up. It was like I was walking through mud all day.

**Heather:** Of course. This is all just a result of your body reacting to the trauma. Your body operates 100% on nutrients and proteins, fats and carbs, micro and macronutrients. When you're going through stress, you're burning through all of those. We need to get the micronutrients and the macronutrients back in in the right way, to support whatever the body is going through. That's why these phases are so brilliant.

**Debi:** That's great. That was [Rebalance](#).

**Heather:** Rebalance, you've got some other really great nutrients in there like vitamin C and vitamins and all those micros that we talked about. They calm.

**Debi:** Now the next one in Phase Two is [Calm](#). If you could walk us through that one.

**Heather:** My goodness, again we're going to bring in this GABA. What I love about GABA is, when you know that GABA is something you need, you actually feel it when you take it. When you take [Calm](#), if you feel a sense of calm when you take this product, you know you need it. That's how we actually test if someone is deficient in GABA. We give it to them, and they actually feel it. They feel the calm, because it goes right in. I always tell people, "You know you need GABA if you take GABA and you feel it working." That's what I would encourage people to do. When you take this, if you feel a sense of calm, then you're actually giving your body what it needs. This is just a basic GABA and these are chewable, which I love because you're going to just chew these when you're feeling that intense stress during the day. I just think, keep them in your purse or wherever you're going, whatever you're doing, keep them on hand. Then if you have a point where you are so revved up, you chew two of these and you should feel a pretty instantaneous, like within 20 minutes, a grounded feeling. That central nervous system, bringing it back down, again, allowing you to just go on and think clearly and do the things that you need to do.

**Debi:** I didn't know it was that quick. That's great. That was [Calm](#), and then [Energize](#). I purposely wanted this one because we're so exhausted, but we don't have the luxury of just checking out of life. We still have to do everything we need to do.

**Heather:** Yes, it's so true. We talked a little bit earlier about the importance of B vitamins for the nervous system, but for energy as well. When you are under stress, you are going to burn through B vitamins. A good way to tell if you are running low on B vitamins is to just check your shoulders first. Your body will talk to you. That's why my radio show is called Body Talk Radio.

**Debi:** I've been a guest on it. It's a great show.

**Heather:** I know. I loved having you on the show and this is how we spread the good word of all the great things, but I am a firm believer that your body will talk to you when you're needing something. If you're feeling the tension here, if you're feeling like your nervous system is in overdrive, B vitamins are going to be super, super important for you throughout this process. I love, again, how bioavailable every ingredient in this in this formula is. You've got, basically, a combination of B vitamins that are going to work synergistically to support the nervous system and bring that sense of calm.

**Debi:** I'm so glad. That was [Energize](#).

### PHASE THREE-REBUILD: [SOOTHE](#), [DIGEST](#), AND [REBUILD](#)

**Debi:** Phase Three is Rebuild. One of the things that I kept hearing over and over and over again (at the time of this recording), we have over 6,000 people who've taken the Post Betrayal Syndrome quiz. If I tell you how often I hear about a gut issue. I even pulled the statistics. Over 45 percent have a gut issue after betrayal. It's really important to build the gut, but I put this in Phase Three because before this time, I think it may not even be a priority, even though we're not digesting. I've heard from study participants, from people who've taken the quiz that they've had anything from IBS to a Crohn's, diverticulitis, diverticulosis, to constipation, diarrhea, you name it. This Phase is all about healing the gut.

**Heather:** And so important. Again, I love how you've done this, because the gut has its own nervous system, the enteric nervous system. It speaks to and communicates to our broader nervous system. I think so often it is underestimated, the power of the enteric nervous system, and that we have to care for it, and we have to take care of it. We know now more than ever, the role that the gut plays in stress. Again, I mentioned earlier, your digestion will slow down when you're under stress and trauma. If you're not digesting well, then those food particles can actually create what we call leaky gut and inflammation. Then those food particles (what we call antigens), could actually leak through into the bloodstream. That can cause all kinds of issues like brain fog, autoimmune issues, those types of things. You want to keep your gut healthy.

**Debi:** Even eating a beautiful diet when you're under stress, you're not absorbing and processing all these amazing nutrients anyway.

**Heather:** It's true, and we know that we create less hydrochloric acid when we're under stress because the body actually prioritizes how to deal with things, and stress is always number one. If you're under stress, the body's going to go and deal with that tiger or whatever it's dealing with. It's going to give you the mental power, it's going to rush all that glucose and help you to be able to think fast. That's why your brain gets in so overload and you can't wind it down, right? That whole tired but wired thing. Don't underestimate the importance of taking care of your gut. This is a bunch of amazing nutrients, including glutamine.

**Heather:** This is the first one in Phase Three which is called Rebuild, the first supplement is, [Soothe](#). This is all about the gut.

**Debi:** Yes. We're undergoing a lot of stress early on, but I put it in Phase Three because we don't even have the bandwidth to consider dealing with the gut until we have a little bit of time. Let's talk about [Soothe](#).

**Heather:** I absolutely agree. It's just about priorities. Even before betrayal, many people have a gut that's not operating fully, and compromised guts. This [Soothe](#) one, I love, because it's going to actually go in there and it has all these ingredients, like glutamine, that are healing to the tissue of the gut. N-acetyl-glucosamine, MSM, which is a compound that's used for addressing inflammation, and then DGL, and slippery elm, and marshmallow. Not marshmallow. A different type. Chamomile. Those are all botanicals that are helping to heal and soothe the lining of the gut. I know that we don't think about it every day, but the truth is you have to love your gut. You have to take care of it because it really is the core of keeping your immune system strong. Under stress, our immune system gets compromised and so much of our immunity comes from our gut, so you have to maintain a healthy gut.

**Debi:** Perfect. The next one is [Digest](#). Tell us a little bit about that one.

**Heather:** [Digest](#). It's very much what it says. This is just a blend of digestive enzymes along with that HCl that I talked about, the hydrochloric acid. When you're under stress, your body's going to create less of the hydrochloric acid and your body isn't digesting as efficiently.

Therefore, you need these digestive enzymes to help you break down the food, get it through your system, and also to help you absorb the nutrients from your food. If you're not digesting well, you're not going to absorb the nutrients, and this is the time when you need the nutrients more than ever.

**Debi:** Okay. Then the third one in that line is [Rebuild](#).

**Heather:** We helped address the healing of the gut lining. We helped to address breaking down the food. Now we want to actually make sure that your immune system in the gut is optimum. As I mentioned, your immune system comes from the gut, largely, and so your immune system is compromised under stress.

This is how you're going to support your immune system. This is colostrum, essentially, which supports optimum immune functioning. I love that you brought this ingredient in here. It is so amazing that you have this here for people, because this is a great way to soothe. Colostrum, as we know, and we think about even in mother's milk, but that's that first, immune-charged part of the breast milk that comes out, but it also has amazing, super healing properties for tissue.

This is a really, really, really amazing immune-supportive product that's also going to help to heal the gut. So that was [Rebuild](#).

**Debi:** Beautiful. We went through the three phases. Again, just to recap:

### Phase One

Relax: Elevate, Sleep, and Peaceful Clarity.

### Phase Two

Rebalance: Rebalance, Calm, and Energize.

### Phase Three

Rebuild: Soothe, Digest, and Rebuild.

I love how you explained everything and how excited you get about nutrients. This is exactly why I brought you on.

**Heather:** So important, because I've seen it change people's lives over, and over, and over, and over for the last 15 years. It's the difference between someone actually cycling out of their unhealthy place to a place of wellness like you mentioned earlier, and I think this is really important. These are designed to help you work through your challenges and your struggles to, hopefully, come to a point where you are more in maintenance, and you're healthy, and you're vibrant, and you're feeling great. These are here as a therapeutic effect during your hard time.

**Debi:** Absolutely. I love that you said that, because there is so much work that anybody in my community is doing. They're doing things physically, mentally, emotionally, psychologically, spiritually, and this is just another one of those important tools. I can also see them saying, "All nine of those sound amazing, but where do I even start?" What would you suggest?

That's why we said, depending on the stage of betrayal that you're in, even though someone, let's say, their whole gut is a mess, they want to do all of them. What would you recommend?

**Heather:** I recommend Sleep, always. To me, Sleep and **Phase Three about rebuilding the gut** (Soothe, Digest, and Rebuild) are the two areas to focus on. If you are keeping your gut well and you are sleeping well, you're going to be able to cope better, so those would be my two recommended for starting. If you've been experiencing stress for quite a while, you definitely want to be supporting those adrenals.

If I could just say, I think **Phase One** (Elevate, Sleep, and Peaceful Clarity) **is going to help people bring the stress under control** because there's a lot of amino acids in those products to help people to gain control over their emotions, over their highs and lows, to be able to sleep better. You support your brain and the neurotransmitters and sleep. You're going to be more well-equipped to deal with the stressors that are going on in your life.

**Debi:** What would you say are your parting words of wisdom to this community now that you know what this community is about? Then of course, how we can find you, support you?

**Heather:** Yes, of course. First of all, you're all heroes. I know you know that. I've worked in these circles myself for quite a while and I just want you to all know that your strength is super commendable. If I had to just give one piece of advice, it's just love yourself. Try to release the guilt if there is any, and give yourself permission to heal.

Really give yourself permission to do the things that you need to do because so often, we don't put ourselves first and even subconsciously think we may not be worthy of healing. I would just say, love yourself enough to make all the choices that you need to do to make yourself number one, because you're incredibly powerful or you wouldn't be here.

**Debi:** Heather I have to tell you that is so true, because everybody watching this had a choice to numb, avoid, distract, or do whatever they could to not face or feel what they had to, in order to move through this pain. You nailed it, so I appreciate that. Where's your show? How do we find out more about you?

**Heather:** It's my pleasure to be here. I do have a radio show and podcast on health and wellness. I'd love for you all to join me at **Body Talk Radio**, so its **bodytalkradio.com** and find me on Facebook because that's really where we're posting all of our shows. We interview top health experts from across the country, such as yourself on great topics. Topics that really help move the needle and change people's lives. I'd love for you that all to join me there.

**Debi:** Heather, thank you so much. I know everybody is so grateful that you explained things the way you did and shared your wisdom. Do you see everybody why I brought Heather on? I want to thank you so, so much. I so appreciate you. Thank you.

**Heather:** Of course. Thank you, Debi.