

Rebellious Wellness ^{over} 50

Lifestyle Strategies for Optimal Health — and Good Looks!



Ep 5: Lifestyle Strategies for Optimal
Health — and Good Looks!
with Kristen Coffield

Gregory Anne

Welcome back, everybody. This is Greg from the Rebellious Wellness Over 50 podcast with Kristen Coffield. We are going to have a call that is very special to me today, because Kristen and I share a belief that food is a means to be well and healthy and feel good.

Gregory Anne

We have similar backgrounds and she's a hoot. And I know that if you are feeling at all like "Gar, it's the New Year, I should change something. But I don't know how. And I'm going to give up all this stuff and get healthy." We're going to lay all of that to rest and take all the pressure off. Kristen is going to teach us how to use food, not just to have a healthy body, but to help your mind.

Gregory Anne

It's amazing what food can do that people underestimate. So, Kristen, welcome. Thank you so much for being on the podcast with me. I'm super excited to have you.

Kristen Coffield

I am so delighted to be here. And my message is always, you can change your life and your health, one bite at a time. I don't want people to be overwhelmed because there is enough wellness overwhelm out there to begin with. Once you go down that Google path and you're like, oh, I need to find out some information about healthy eating and healthy living, all of a sudden you're like, oh, you know, it's too much it's too much.

Kristen Coffield

I try to make it simple. I try to make it easy to understand and super doable. And one thing and then I'll tell you a little bit about me. But I always tell people if we just ate the way our great grandparents ate, we wouldn't have all these health concerns. So we can really simplify it by just sort of being like, well, when I'm shopping, I'm always thinking, was this around when my great grandparents were growing up?

Kristen Coffield

Because if it wasn't, it's a processed food. If it's got a label, it's a processed food.

Gregory Anne

I used to say if it has a barcode, don't eat it. But if you've noticed, every darn piece of fruit in the grocery store now has a, unless you're at a farmer's market, has a damn barcode on it, that's going on here. Anyway, I want you to tell us about how you became who you are right now because you were not always so focused on taking good care of yourself and eating well and stuff. So give us a little bit about your history.

Kristen Coffield

Well, food was always my medium, so I've always liked food and been interested in food. And food is everything, you know its culture, its history, its family, its social life, its math, its science. It's all it all comes down to food. But I think I was like so many women, I went to a good college and I married a great guy and I worked in the food business a little bit. And then I had my family and I thought I was doing a pretty good job.

Kristen Coffield

And I was probably eating more refined carbs and processed foods than were good for me. But I also had I was busy. I had a family to feed. And there's that fine line even for me, as I had a catering business at one point. And I might find myself feeding my kids a

chicken pot pie for dinner while I'm working on all this beautiful food to go out for a big congressional fundraiser. So food has always been a very important part of my life.

Kristen Coffield

But, you know, then that last kid goes off to college and I just had this decade that was so soul sucking, I couldn't even recognize my own life. And and I think every human can relate to some part of the story.

Kristen Coffield

So my mother's breast cancer came back. And that was a battle she didn't win, but I certainly wanted to help her get the most benefits from her treatment, so we turned to food and nutrition to try to help her get through her treatment.

Kristen Coffield

And then my father, my parents were divorced, but my father had Alzheimer's and he had been a smoker and a drinker, and he'd eaten the same cereal every day for 40 years. And I think he probably ate most of his meals at McDonald's towards the later years of his life. So I was dealing with my father with Alzheimer's. I was dealing with my mother's breast cancer. I still had one kid at home. My marriage was in trouble.

Kristen Coffield

Our finances were terrifying. I mean, I could barely sleep and then I got thyroid cancer. So no surprise, when you live in fight or flight mode for an extended period of time and all that cortisol just shoots through your endocrine system, it takes a toll on you. And it was so bad. It was like I couldn't even believe this was my life. I would wake up and my first thought would be, oh, my God, how am I going to get through this day?

Kristen Coffield

And then I get into bed at the end of the day and I couldn't sleep because I was just so stressed. And and of course, when you're out of balance, your hormones go out of balance as a woman. That's like the worst part of the whole thing. You know, you get unbalanced and then the hormones jump in and they they amplify it. So now I'm unbalanced. I'm drinking more wine at night to come down off the day, and I'm drinking more coffee in the morning to get through the day.

Kristen Coffield

And then I'm not sleeping at night. And sleep is the secret sauce that helps us live younger, longer and longer. It's when the the all that spinal fluid comes up and does a power wash on the brain and it helps our brains detox. It helps solidify memories, just it

helps the organs repair and restore themselves. So I'm not repairing and restoring. I am living in fight or flight mode. I am terrified about what's going to happen in my life.

Kristen Coffield

And if I can keep my marriage together and I literally wake up one day and I'm like. I'm at the end of the rope. The rope was long, there's no more rope and I'm like, this is going to kill me. If I continue to live like this, I will die and it will not be pretty. And I can't control any of this, but I can control what is on the end of my fork. So I just started that literally that one day I went downstairs and I have a signature program at the CulinaryCure.Com, which is my business.

Kristen Coffield

And I went downstairs and I went through my cabinets and I threw out everything that wasn't supporting me on my journey, anything that was processed, anything that was expired. So that was really the beginning of the Culinary Cure, which is my company. I started with myself and what was on the end of my fork. And then I moved into my kitchen to create the conditions of life, just support the life I wanted to be living. And then I realized if it has been if I have gone through this, I am sure I am not alone.

Kristen Coffield

I am not the only woman that has been dealing with these kinds of disappointments and challenges. And I decided I needed to become a place where people could go and find information that they could use to take back control of their own lives.

Gregory Anne

Trustworthy sources are hard to come by, Kristen. I'm glad you're here. So what I took from that, there are a couple of things that I wanted to make sure people heard, A, we sometimes don't recognize that our lives are impacted by self care, I would say, and not bubble baths, but certainly if that's a thing for you, then do that. But when we're in that place that you're in everything spinning and churning and we're not sleeping, it doesn't often occur to somebody if they don't feel like if they don't get cancer or they don't have some brick upside the head, as Oprah used to say, then they don't even have that opportunity to take a breath and long enough to look around and go, what if I stop doing this?

Gregory Anne

Or What if I ate differently? And then I think like I did in the beginning of the call, I said, if you feel like you're going to have to give up everything, you don't succeed at this kind of stuff, changing things and loving yourself more by giving up everything, that's deprivation. And I always say deprivation does not work right. And resolutions, we

talked about it. This is a time for resolutions. It's a new year new you, let me start running five miles a day. Let me give up coffee. Let me too much all at once. Did you have to take stock of what mattered to you? Was there any work on the inner you like? I know you felt bad, you were sick, you needed to change some things. But did you do any inner work to get to the place where you could say this is important enough that I'm going to start doing it every day?

Gregory Anne

Like, how did you do it every day?

Kristen Coffield

You know, that's so interesting because I think so many of us are seekers and we're looking for someone who's kind of figured it out and and can help us get to the next place. And I would say there were lots of strangers that I met through various sources who really did help me along the way. But most of the work came in, I think it's like it was like I hit rock bottom and I just I was like, OK, well, it it probably could get worse, but I don't want to wait around and see, you know, and once you start and this is what I build my entire philosophy of the culinary Cure on, once you change one thing.

Kristen Coffield

So this is this is a microcosm. It all works together where we live, what we put on our bodies, the thoughts in our head, the food we eat. And when one thing goes out of whack, it's like this domino effect and we don't see it because it happens over time. So we don't realize that we're kind of getting into these habits that don't support us. And when we look at our habits, so forty three percent of what we do every single day is mindless repetition.

Kristen Coffield

Wow. We don't think about it. We just do it. When you can tap into that forty three percent and make those habits things that support you. You start to shift energy balance within yourself and you start to do more of the good things, this body is designed to run on a specific type of fuel. We are omnivores. But what's happened is through industrialized and commercial food production, we have started to eat like carnivores that eat carbohydrates. So we're eating too much processed food, we're eating too much meat.

Kristen Coffield

And that's a whole nother story about eating too much cheap meat and how that's impacting the planet. And it's not good for the animals in a nutshell. If it's not good for the planet, it is not good for us because we are part of that ecosystem. We are all

interconnected. So when you start to harness that forty three percent, one of my favorite habits that I tell people is hydration is the low hanging fruit of wellness. If we can get the hydration part right, it's much easier to get the eating part right and the sleeping part right and the stress part right.

Kristen Coffield

So our bodies are 70 percent fluid. We need water. Every major organ needs water to function. And that includes the brain, of course, and. So many of the things that we do are dehydrating alcohol, caffeine, caffeine, and in and of itself is not dehydrating, but it's a diuretic. So we need to drink more liquids to replace the liquids lost.

Kristen Coffield

So if the first beverage of each day is a cup of coffee. And you're introducing that after the fast that occurs during sleep, because when we're sleeping our bodies are in fast mode and we're supposed to be in a sound sleep between like 12 and three, because that's when all of our major organs, which are on a circadian rhythm, go through their detoxification process.

Kristen Coffield

And then the first thing we need to do is actually drink water so we can help our lymphatic system get rid of all that metabolic waste that it's been collecting overnight. But most people have a cup of coffee. So if you have a cup of coffee, first thing. You're jacking up your adrenals. And as women, that is like, hello, welcome to your hormones, now your hormones are kind of put on standby to, you know, they're kind of like ready to overreact and we're not getting that essential beginning step of hydration for the day because we need to be drinking between 80 and 100 ounces of water a day, but not just drinking that water, getting it into our cells.

Kristen Coffield

So we need to hydrate on an intracellular level. So this all sounds like, oh, my God, that's so complicated. But it's not really if there's one thing that any of your listeners decide to do differently, start each day with eight to 10 ounces of warm or room temperature water, you can add the juice of half a lemon because although lemon goes in acidic, it turns alkaline in the body and raising our alkalinity level helps to lower inflammation.

Kristen Coffield

And of course, inflammation and stress are like the ugly stepsister's that you want to you want to keep them in the next room if possible.

Gregory Anne

We've been talking about inflammation of the past couple of calls because we now know and it's still a chicken and an egg thing, is inflammation the cause of lifestyle or exacerbating lifestyle diseases or is it the result? And I do think it depends on what's going on in your body. It will result certain things will result in inflammation, which then causes more disease processes. So keep your information down.

Gregory Anne

The the whole water thing. I think I always woke up and drank water because I had too much wine the night before when I was younger and I was thirsty.

Gregory Anne

But then as I started to do this research and studied nutrition and got into following functional medicine docs and stuff and got the understanding of our bodies are dehydrated, this and that. And then I heard somebody say, you should put lemon in your water. And I thought, well, this is cool and somebody has to be warm water. And then I got myself into this dither about I'm in the bathroom upstairs. The lemons are downstairs. Well, I'm not I'm not going to do anything.

Gregory Anne

And I came to this idea that if I just had water in the bathroom, I went downstairs and had my lemon water. All was right with the world. So I have had that happen for I can't even tell you how many years. And I did have a period of time where I couldn't use lemon juice. I get hoarse. I don't know. It's this crazy thing if I have too much acid, which is kind of a good thing if my voice is hoarse.

Gregory Anne

I know that I've gotten off the track. Right. But pretty much it also feels good if you take the time to actually feel that water going into your system after you've been asleep, even if you haven't slept well, you haven't really done anything in the space of time between you didn't eat. Let's put it that way. Chances are you didn't exercise either. It still just feels good going in. And I have this thing. Last week's episode was called Everything Is Food.

Gregory Anne

And you talked about we have to feed our mind. Good stuff. And mindfulness of what we're doing is nourishing. If we're doing something good for ourselves. Obviously, you want to be mindful of the not so good stuff, too, because then maybe you won't do it as often. But changing little habits like having water or not, wake up and be mindful. What does my body want while I know I listen to that podcast and that woman Kristen said, "water is important."

Gregory Anne

Well, let me just try the water thing and that's all it is. You guys, it's trying it one day. Try it the next day, and I know a lot of people will say, I don't like to drink water, I don't do well with water in the first thing in the morning, tough titties.

Kristen Coffield

But will you actually do you just we're designed to function on water. And actually, water is so interesting because our water is processed.

Kristen Coffield

It's been through a municipal processing plant. Chemicals have been added to kill dangerous pathogens. So the type of water as omnivores that we're supposed to be drinking is live water, water from streams and rivers that is highly alkaline, that has electrolytes in it and liquid minerals. And so we can actually boost our water with those things. You can actually use I use, electrolytes and liquid minerals in my water. It actually changes the taste a little bit, which I like.

Kristen Coffield

I have another little pack that I tell people I have some people are like, I don't know the lemons, a lot of work. And I'm like just by a high-quality essential oil. That's lemons. Just make sure it's a really good one. DoTerra has some good ones. There's some other good ones out there you can use. And this is what I do when I travel. I just use the lemon essential oil in my water and it gets I get the same benefits from that.

Kristen Coffield

But we definitely need to, because of the way we live. And and when I look at my situation and how my habits were making my situation worse. So there's really no neutral habits. Your habits are either helping you or hurting you and and trying to tap into that forty-three percent because that's like that's like the secret like, oh my God. Forty-three percent of what we do eating is mindless. Like how are you controlling your thoughts. How do you take that forty-three percent and turn that into wellness gold?

Kristen Coffield

So you look at your habits and you say is this habit serving me or is it no longer serving me? If it's no longer serving you, game it up. So if the coffee is you can still have your coffee. I love coffee, I enjoy my coffee more after I've had my warm lemon water and I save it because I'm I'm a freak and I go to the gym at five am, but I save it for when to get back from the gym.

Kristen Coffield

And I really savor it and I love it and I enjoy it. For women, the most important thing we can do for ourselves is make sure we're rehydrating after the fast that occurs during sleep and then the first meal of the day, whatever time you eat, it is filled with fiber, fat, and protein. That is the trifecta of good health and gut health. And it will keep you fuller longer. It will fuel you up for the day.

Kristen Coffield

It will balance your hormones from the get go, and that's what we need. So once I changed my habits and I was using food intentionally instead of mindlessly, this mindless eating is the enemy of mindful health. Every bite, every step I was like, what do I want from this? This is a chemically coded message that I am going to put into my body that is going to elicit various biological responses. So when we eat things like processed foods, refined grains, added sugar, artificial ingredients, all of those things send a message to the body.

Kristen Coffield

All of those things create inflammation in our bodies. So if you're sending the signal and the communication between the brain and the gut is something called the gut-brain access, and the gut sends thousands of signals to the brain each day, but the brain only sends a couple of hundred to the gut. So the signaling from the gut is directed by our gut bacteria. And that's what this whole study of the microbiome and why what we eat and drink matters is because of the signaling.

Kristen Coffield

So if you're putting in things that send the wrong signals, your brain is then sending the wrong signals to your body to do things. That's where cravings come from. That's where so much dysfunction comes from. And we can control that. This is all within our control. So think of food as this tool. What do I want from this? Do I need energy? Do I just need a reward? Listen, I. I'm one of those people five days a week I use food so strategically, I get up early, I exercise early. I need to be able to concentrate to do all the things I do. I give cooking classes in the afternoons because I'm sort of mentally done and I have a couple of hours that I can teach other people how to use food more intentionally.

Kristen Coffield

It is so simple once you break it down into what do I want from this? You know, if you're eating sugar, your blood sugar is going to go up, your hormones are going to get rattled.

Kristen Coffield

You're going to spike and then drop. It's OK. I do. I love sugar. We all love sweet things. The first food we ever ate was mother's milk. It's very sweet. There's a lot of sugar in that.

Gregory Anne

There's also a lot of fat people who think that fat isn't good for you. It is jam packed with fat, saturated fat, I might add.

Kristen Coffield

And that's where people have gotten so confused, too, about healthy fats. There are really only five fats we should be using in our cooking; butter from grass fed cows, extra virgin olive oil, lard from grass-fed cows is actually acceptable, extra virgin coconut oil, and avocado oil. Those are the safe and healthy oils I've got to download on my website if people want to know more.

Kristen Coffield

But I'm sorry, vegetable oil. If you knew how they made vegetable oil in rapeseed oil, which is canola oil, canola oil, soy bean,

Gregory Anne

Canola is rapeseed.

Kristen Coffield

Yeah. You don't want any of those seed or bean oils. You don't want you don't want oil from something that wasn't intrinsically oily. So like when they make these like grape seed oil, for example, well, they had all these leftover grape seeds from making grape juice and grape jelly.

Kristen Coffield

They're like, how can we make some money here? You know, it's a ten step process to make these oils that involves bleach and chemicals and stuff to make them clear. And they actually create inflammation in the body.

Gregory Anne

I don't know whether you knew this, but canola oil was Canadian oil came from Canada originally. It smells so bad when they process it into oil that they then have to de-fragrance it. Right. Right. So there is another step to that one particular oil that everybody thought, oh, my gosh, canola oil is the healthiest thing on the planet. We're going to start baking with it and do it. It's not so much people.

Gregory Anne

And I want to go back to that sugar talking about sugar for a moment. I forget who I was talking to recently, but diabetes, we know, is a process where there's too much sugar. The body can't eliminate it. Lalala we have type one diabetes. That's a different situation. Type two diabetes is the more the one that is a lifestyle issue. They're now calling Alzheimer's type three diabetes, a distinct link.

Gregory Anne

I don't have the I can't cite a record right here, but I will put something on the blog because I'm working on that right now, that this over sugar ization of our bodies leads to this inflammation, which could be contributing to the plaques in the brain, the amyloid plaques that result in Alzheimer's or dementia. So I am not I'm like you, I love sugar. I don't eat a lot of sweet sugary things, but I like wine. I like a cookie once a day.

Gregory Anne

Maybe not a whole. Could be a half a bite. But it's just my it's mindless like OK, just had lunch. Go to have a cookie or something. I'm really becoming more areful about when I use that, like you said, when I use it, what do I want to achieve by having this some like you said, sometimes I just worked out I had a really hard spin class. Damn. OK, great. That's the time to have it.

Gregory Anne

My body is burning. All right. It's another wake up call that we are so in control of what how we age. And my whole thing is about aging. Better yourself a similar way. Feel good now and age in good health.

Kristen Coffield

Well, because everything we're doing right now is setting us up for the next decade. So it's really crucial to understand the role that food plays. I'm sixty-two and as we as we age, certain things change like our body does less. So our food needs to do more for us. And we're in this tough spot where so much of our food is less nutritious than the food our great grandparents had because of the way we farm, because of processed foods.

Kristen Coffield

There aren't as many nutrients in the soil anymore. We've depleted our soil. That's a whole nother conversation.

Gregory Anne

We could have so many conversations. Oh, my God.

Kristen Coffield

And we will we'll be back because we talk about the wine, women, wine and wellness is a really important topic.

Kristen Coffield

The way our food system has evolved. There was never so much sugar in our food. But what food manufacturers figured out after World War II, we took over all the sugar production, came back online. Manufacturers figured, well, corn was king. So that's when corn oil became a big introduction. Sugar started being used in all kinds of food because sugar is, it's the most highly addictive ingredient on the planet.

Kristen Coffield

It is as addictive as it's more addictive than cocaine. When they give it to rats, the rats always choose the sugar over the cocaine. And sugar lights up. It has an opioid like effect on the brain. It likes the likes of our brains and it creates cravings. I made these cookies for my husband over the weekend and I don't bake a lot anymore, but I've been giving these cooking classes.

Kristen Coffield

Mom said, oh, could you could we just make a Christmas cookie? And I said, sure. And I made these cookies and I put it up on my website. And then I made them at home over the weekend. And my husband was like, you have got to get these out of the house. These are so delicious. I mean, I can't. And then my dad came over and we and we had the cookies as a little dessert.

Kristen Coffield

And my dad was like, oh, my God, can I take these cookies home? And I was like, oh, this is this. We're so clean. And now we introduce the sugar as we get older, our sense of taste diminishes. So we start to gravitate towards things that have more added sugar, more added salt. Our sense of thirst diminishes. And what I notice in my dad, who's eighty-eight, he does better with foods that are easier to eat, more softer foods.

Kristen Coffield

So we need to start thinking about how we use food as a tool to live younger, longer and better and prevent disease. And I know you've probably read David Perlmutter books Grain Brain, and of course, he's he's just fantastic. He's worth following on Instagram. And but we can't be mindless. We can't let my mother in law, she I had some orange juice at a brunch she served. And I'm like, what are what is this? And she goes, oh, it's orange juice.

Kristen Coffield

And I said, well, I'm not sure about that. And I went to the refrigerator and it was something called Tropicana one. And it was an orange juice where they had removed the sugar and added a non-caloric sweetener. So we need to educate ourselves if it has a label, it's processed. We need to eat less food with labels, more foods as close to their original state as possible. When we eat an orange, it comes attached with all this fiber as well as the micronutrients and and these other important elements.

Kristen Coffield

When we drink orange juice, it is like getting as much sugar as a Coke.

Gregory Anne

Yes. And if we replace the real sugar with the fake sugar, the body expects to get satisfied and it doesn't. So it reaches for more soon after that. The body is like, wait, we need more of that. I don't feel good. I want my real hit of sugar. So neither is the right answer. Neither sugar, orange juice squeezed from an orange, a whole glass of it is still too much sugar.

Gregory Anne

Eat the whole orange.

Kristen Coffield

And as Americans and we talked about the importance of starting each day with fiber, fat and protein. Breakfast in the United States is traditionally the sweetest meal of the day. There are more refined grains, there's more added sugar, and that's sugar in all its forms. So somebody might have a yogurt. Let's remember anything with an OSE. Lactose is milk sugar, fructose is fruit, sugar. Anything with an OSE is sugar.

Kristen Coffield

So if you're having let's say you're having a Greek yogurt, a strawberry Greek yogurt, it's got some basically jelly in it and you're going to have maybe a piece of toast and a glass of orange juice. You might have just hit your sugar consumption for the day.

Gregory Anne

Absolutely

Kristen Coffield

Right there. And what you've done is you've also spiked your blood sugar, which is disrupting your hormones.

Gregory Anne

Yeah, and the more the body gets used to those big sugar hits, carb hits, the longer it takes. So our blood sugar is meant to go up after we eat. It's also meant to come down within 90 minutes to baseline. And nowadays you don't have to be diabetic to go to the pharmacy and get a blood sugar test kit where you prick your finger. I just think it's in there. Not inexpensive to buy the little strips, but for people to just see what happens. Take it first thing in the morning before you do anything, have breakfast 90 minutes later, see how close you are to that original number.

Gregory Anne

And I think a lot of people will be surprised if we don't come back down to baseline after each meal. Then we're running the risk of creating a diabetic or pre diabetic environment.

Gregory Anne

I know today is an exciting day for you because you have a book coming out on Amazon. And I think this is the kind of book, although I haven't purchased it yet, I didn't know it was for sale, that will help people do this food thing simply.

Gregory Anne

Can you do you have a copy of your book?

Kristen Coffield

Yeah, my book is [How Healthy People Eat and Eater's Guide to Healthy Habits](#). And I could just read you a little bit from the introduction.

Gregory Anne

Absolutely.

Kristen Coffield

Healthy people have habits that contribute to their overall vitality and wellness. The things they do give them resilience, mental clarity, boundless energy, proper body weight, and the ability to effectively deal with stress. In a nutshell, healthy habits contribute to a healthy life. When it comes to healthy habits, eating is powerful. What we eat, how we eat and when we eat all matter. Mastering daily food habits is a tool we can use to create culinary resilience, the ultimate wellness benefit.

Kristen Coffield

When we give our bodies what they need to thrive, we are rewarded with a strong immune system, lower inflammation and lots of feel-good hormones.

Gregory Anne

And who doesn't want to feel good?

Kristen Coffield

Every day we should wake up and feel great. We should have restorative rest every night. It's all interconnected. Which came first, I don't know. But I do know that when we harness that forty-three percent, when we focus on the little things we do over and over again, and we align them with our big picture goals for how we want to live and feel and look we can make it happen,

Gregory Anne

We can make it happen, and nobody should feel like this is not for them. I know some of you listening. And Kristen tell me, if you've had this experience, like you hear something and you think, oh, it's too scary or I could never that's them, they could do that. Like I used to think I could never eat a salad with lemon and olive oil because I liked dressing so much for years.

Gregory Anne

I mean, it was a thing for me. I'll never be that person. I never put dressing on my salad ever anymore. I just use lemon or lime or so. Don't be disheartened if you've heard something that encouraged you to take a step toward eating more mindfully, changing something, adding water with lemon, it's a first step. And that's all you need to do is the first step. Kristen's book sounds pretty cool. It's on Amazon, right?

Kristen Coffield

It's on Amazon. But you visit me at the TheCulinaryCure.com. All my links are there. You can read about the book, you can order the book. And I'm on Instagram, where I post a helpful tip every single day. And I'm actually on my Instagram at like four-thirty in the morning. And I shoot these live videos in my kitchen and I'll just tell you something that you could be doing better. So if you don't know that, you can just look at my story on my Instagram and see what my tip was for that day.

Kristen Coffield

And that might be that that might be your starting point. But there's a famous quote that I love. This is from Arthur Ashe and it's called "Start where you are. Use what you have, do what you can." And that's all you need to do. You just need to do something because doing nothing just, you'll never change, you'll never change. So, if you want positive change, you just have to do something and then you do that something.

Kristen Coffield

And all of a sudden the next thing just appears and it becomes so easy.

Gregory Anne

And it's motivating. If I'm on a hundred-day challenge with peloton to do something every day of some sort or another, and initially it's like "one hundred days?" I exercise most days anyway, but there are those days when I'm like, no, I want to take off on Sunday. I'm telling you, you get to Saturday or if you get to day ten or you've had your lemon water or your salad instead of potato chips with your sandwich, whatever you're having for lunch, all of a sudden the next day you're like, I don't want those potato chips or I don't want those cookies.

Gregory Anne

I want to feel like this.

Kristen Coffield

So to your point, get started and things will snowball if you mindfully engage this,

Kristen Coffield

because your body, when you start giving your body, you would never if you had a gasoline car, you would never put diesel in it because you would ruin the engine. So you have to think of your body that way. When you put the right fuel in your body, your body operates the way it was designed. You start to feel better. You start to look better, you start you're like, oh my God, I am craving a salad, like

Kristen Coffield

And your salad dressing I'm just going to give a quick recipe.

Gregory Anne

OK

Kristen Coffield

So I make this salad dressing. It's five ingredients. It is fresh squeezed lemon juice. Right now, I'm loving the Meyer lemons. There are lemons, it's fresh squeezed lemon juice, a little bit less lemon juice than olive oil. I make it in like a mayonnaise jar. So, I put in like a little over a third lemon juice, olive oil, I chop a shallot, salt and pepper. And I keep it in a jar in my refrigerator. And every time I bring a salad somewhere, people are like, oh, my God, what is this dress? Yeah. And I'm like, it's not really a recipe. It's just five ingredients. Yeah.

Gregory Anne

And that's how easy it is, honestly. And it's easier than creating complex things with lots of crazy ingredients that are not good for us anyway.

Kristen Coffield

Don't overcomplicate this for yourself. I have a girlfriend. She was starting whole thirty yesterday. She had a notepad with like lines and shopping lists for different stores. She goes, where am I going to get coconut flakes? And I'm like, What are you doing? She said, Oh, I'm getting all the supplies for whole thirty. And I said, Oh my God, Maria, you're overthinking this. You can roast chicken, bake a couple of sweet potatoes and steamed some broccoli and that's whole thirty.

Kristen Coffield

You don't need to make the turkey pot pie with the grain, free crust, the crust and the, you don't need it. Don't make this more complicated. If we eat the way our great grandparents ate, if we eat more food without labels, if we hydrate properly and start each day with that warm water, it will fall into place and start to make sense

Gregory Anne

And your life will change.

Gregory Anne

Guaranteed. Kristen Coffield, thank you so much for being with us. I really appreciate your time. People go to the Culinary Cure dot com and check out all of Kristen. She's got a lot of good stuff. A blog and recipes category. She calls cool stuff, by the way. And I know that you'll find something. The Instagram feed. I'm not going to watch you at four thirty in the morning, I'm sorry, girlfriend, I'm still getting my beauty eight until 6:00,

Kristen Coffield

So I need to be the first thing people saw when they wake up.

Gregory Anne

I love that. I'm going to go check it out after I'm after I do my other morning routines. Anyway, we'll be back next week. And I will be talking about I'm not sure what yet, but it'll be juicy, I promise. Thanks, people. Stop by next time we will.

That's the end of another episode of the rebellious Wellness over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother. Hey, even some guys send my way, would you? And if you've not ever been to the website, RebelliousWellnessOver50.com. Head on over there, there are resources, things that I don't always get to on the podcast that might help you.

Age better, be well till next time.