



1067: The Body Is Electric:  
A Voltage-First Approach to Health (Solo Episode)

Child: Welcome to my mommy's podcast!

Katie: This episode is brought to you by Hiya Health. Everyone's talking about their New Year's resolutions, and while everyone else is promising to hit the gym in 2026, I am focusing on something much easier that'll actually stick (gym's already pretty well a habit for me) which is better nutrition for my younger kids.

And that is exactly why Hiya exists, to give parents a real solution in a market flooded with products that prioritize candy-like appeal over actual nutrition. Some children's vitamins on the market have up to seven grams of sugar per serving and are stuffed with additives and petroleum based dyes.

Hiya took the opposite approach. Zero sugar, zero gummy junk, just clean nutrition. And the crazy thing is kids actually love them. The taste, the experience, all of it. It's thoughtfully designed. They looked at what modern kids are eating and not eating, and formulated around those specific nutritional gaps.

Working alongside pediatricians and nutrition scientists, Hiya created a superpowered chewable vitamin that packs 12 organic fruits and vegetables, plus 15 essential vitamins and minerals, including B12, C, zinc, folate, and more. The ingredient list is clean with no GMOs. It's dairy free, allergy free, gelatin free, nut free.

They've thought of everything. Plus, they've earned their clean label projects, highest purity award certification, and they put every batch of product through third party testing for heavy metals and contaminants. So it's the kind of transparency that actually means something. They are designed for kids 2 and up, shipped straight to your door in a reusable bottle with refills that come every month.

We have worked out a special deal with Hiya for their bestselling children's vitamin. Receive 50% off your first order. To claim this deal go to [hiyahealth.com/wellnessmama](https://hiyahealth.com/wellnessmama) This deal is not available on their regular website. So again, go to [hiyahealth.com/wellnessmama](https://hiyahealth.com/wellnessmama) and get your kids the full body nourishment they need.

This episode is brought to you by Just Thrive Daily Gut Detox. Here's a hot take. Most detoxes are just an expensive way to feel terrible for a week, and this is because they force toxins out with laxative and harsh ingredients, which can result in fatigue and days of discomfort. And I've talked about before, how it's not, detox is not a thing we do to our body.

It's a thing we work with our body because it already naturally knows how to do it. And that's why I love Just Thrive Daily Gut Detox. It's different. It works with your body, not against it. It's not doing something external to you. It's powered by clinically proven immunoglobulins that act like a toxin magnet.

They bind to the bad guys in your gut and safely carry them out so there's no extreme flushing or cramping. No shock to your system, and because daily gut detox is gentle enough for everyday use, it helps give you the support you need to stay healthy long term. So if you're dealing with signs of toxin buildup like embarrassing bloat, or brain fog or fatigue, there's finally a science backed detox that's easy to stick with long term.

And it's microbiologists formulated, gluten-free, dairy-free, and non-GMO. And as always, you can try it risk free with their hundred percent money back guarantee. Just visit [justthrivehealth.com/wellnessmama](https://justthrivehealth.com/wellnessmama). And use the code WELLNESSMAMA at checkout to save 20%. So again, that's [justthrivehealth.com/wellnessmama](https://justthrivehealth.com/wellnessmama). Take control today with Just Thrive.

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from [wellnessmama.com](https://wellnessmama.com), and this short solo episode is going to tackle the topic of voltage, which I have found really fascinating lately, and especially the idea that the body is electric, which I've talked about before. In reference of the book, the Body Electric, which I'll link to in the show notes, but some more developed understanding of this that I've gotten lately and how shifting from a more biochemical model of the body to a voltage first model of the body has been really impactful for me.

And I'll link to some sources that have been especially helpful for me in the show notes, specifically a course on cellular nutrition that I found really, really fascinating. And also courses from Dr. Courtney Hunt. I've actually had both of these people on the podcast as well, and I will link to their episodes also.

But I'm gonna be sharing just kind of my high level understanding of this today. And before I jump in, as always, just to reiterate, nothing I ever share is meant to be medical advice or frankly, any kind of advice, including even personal advice. I'm simply sharing my own experience, my own research, and most often what I have experimented with and what's worked for me.

For, these are always for information and inspiration, never for prescription or comparison of any type. As I say, you are and always will be your own primary healthcare provider, and I encourage you to always be curious, to do your own research and experimentation and to listen to your own body with deep respect and to question everything, including and especially me.

My hope is that if anything, these conversations help you connect to your own wisdom and figure out your own next best steps. So on the topic of voltage, here's why I have come to realize and feel that we need a new model of the body. We're taught the body as chemistry and anatomy often in school, but the electrical aspect isn't usually talked about as much.

And it's been absolutely paradigm shifting for me to start to understand this in a different way. In my current understanding, I now view the biochemical as sort of downstream of the electrical and not the other way around. And this ties in also with my focus on minerals and especially electrolytes, which as the name suggests, enhance the electrical communication of the body.

And I'll link that five part series in the show notes as well. It is kind of a starting point, foundationally, but this will go into more depth and nuance. So if you think about it this way, and this is how I kind of think of it now, is like electricity is the way by which our bodies operate. And we can see examples of this that illustrate this point.

For instance, defibrillators can restart the heart if it stops. Which those are electrical in nature. We know that nerves communicate through voltage. That muscles contract through electrical gradients and that brainwaves are quite literally electrical patterns and so very simplified, but if electricity stops within the body, if voltage stops, life stops.

But I feel like it's not just an on or off switch. My current understanding is that actually voltage is potentially the big factor that determines a lot of aspects of health, at least this is how I'm thinking of things currently. So I kind of view this as a voltage first model that underlies all healing.

Now here's some interesting things I found when I started learning about this. The body produces a lot of ATP a day, actually about 70 kilograms or roughly our body weight just to maintain voltage and function. This is kind of the energy currency of the body. And Justine points this out, about 90 to 95% of chronic diseases now show some sort of mitochondrial dysfunction at the core.

So this points to potentially this voltage being a bigger component in our paradigm of health than we've previously acknowledged. But essentially, and Justine explains this in depth that I will not be going into today, but if our mitochondria struggle and voltage collapses, then systems fail.

And seemingly conversely, when we really optimize our voltage and our body is functioning well electrically, it is much more resilient against lots of things that would otherwise potentially be really hard on it, including things like even parasites, mold exposure, et cetera. So I've kind of come to view this as regardless of symptoms, start with the voltage side and address that as a root cause.

And a lot of this for me really stems from the mitochondria, which I love the reframe of these from Justine as kind of quantum power plants, like many of us might remember, our high school biology of mitochondria are the powerhouse of the cell. And yes and, they are

that, but seemingly they're so much more, they're not just little batteries, they're essentially living sensors.

And from what we understand of them, they're actually of bacterial origin and they have their own DNA. All of our mitochondria in our body comes from our mother. It's not passed through our father and every cell has a range of mitochondria, somewhere between a few hundred or a thousand, up to over a million depending on the energy demand.

And as Dr. Zach Bush explains, we have over 14 quadrillion of these within our body. The heart, brain, ovaries and eyes typically have the highest density of mitochondria, and the mitochondria create an electrical field strength of over 30 million volts per meter across their inner membrane. So these are quite impressive little power plants.

They generate ATP. They generate structured water for cellular hydration. They are also involved with reactive oxygen species, which are signaling molecules. I feel like these get a bad wrap, but they're not necessarily bad by default. And also CO<sub>2</sub>, which is an oxygen delivery regulator, not just a waste product.

So I feel like some of these things we were kind of only given half a picture of when we learned these things in high school. They also act as EMF antennas and electromagnetic sensors. So they're responsive to good and bad environmental signals.

And they're little information hubs that regulate energy, redox, gene expression, immune response, circadian timing, cell repair and growth, and much more. So when mitochondrial voltage drops, everything else kind of struggles downstream. But to understand this, let's talk about where the voltage comes from to begin with.

Voltage is essentially electrons plus gradients, plus structured water, plus light, or at least these are some of the components that go into it. And I feel like understanding these will also help understand why I keep talking about minerals and light so much. So some things that come into play when it comes to voltage are things like sunlight and melanin.

So here are even more reasons why I love natural light exposure. Infrared light from the sun increases electron flow within the body. Many of us are actually infrared light deficient. And I love how deeply both Dr. Courtney Hunt and Justine Stenger explain this in their respective works. But a lot of people have been taught to fear the sun.

And for that reason, many of us are drastically deficient in infrared light, which yes, we can get in small amounts from infrared light bulbs, from infrared saunas, however, the sun is an incredible natural source of this, and infrared light is abundant from natural light throughout the day, and especially some kind of high impact times for exposure are sunrise and sunset.

And I will link to some podcasts where I've talked about optimal light exposure and timing in my understanding. But I also find the concept of melanin fascinating because we might think of this as only the thing that makes us look tan. And we perhaps, we even heard from dermatologists that any kind of tan is actually a sign of skin damage, and we might be avoiding melanin altogether, but melanin is more than just a pigment.

It actually creates electrons from light. So it's essentially a human photovoltaic solar panel and is really kind of profoundly impactful within the body. And most people get almost zero infrared light during the day and very little melanin activity which is linked to low electron availability. And then from there, downstream voltage issues.

I also wanna talk about structured water or exclusion zone water. So of course we understand we drink water to hydrate, but within our cells, water actually forms a gel-like matrix, which is called, it's, of structured water, where it's called easy or exclusion zone water. And this specialized water in, it's very mineral dense and it holds charge.

It can store energy and it powers that mitochondrial gradient that I talked about that's so high voltage. So dehydration also leads to voltage collapse. And it's not just about water, but about water plus minerals. Another factor in the kind of voltage equation of the body is mechanical stress or piezoelectricity, which is another fascinating thing that I have only started to understand this year.

But basically, bones, fascia, and collagen generate charge, electrical charge, when they are mechanically stressed. So in this sense, movement literally creates electricity, and this is why being sedentary is, one of the reasons being sedentary is, harmful to the body, but also why even something as simple as walking can give us not just the feeling of energy, but quite literally cellular energy.

And I can go into this in a future episode, but things like anything that supports fascia or movement in general. So things like mobility, walking, rebounding, there's a lot of ways we can kind of enhance this piezoelectric flow in the body. When we understand the voltage first approach, we also can see that things like earthing or grounding and being in direct contact with the earth can be voltage enhancing as well.

And here's why. Contact with the earth floods the body with free electrons. And I wrote about grounding, I think earthing the idea of it maybe 10 years ago for the first time. And my understanding has evolved since then. So I don't think it's ever as simple as we can just put a grounding sheet, plug it into a wall outlet and get enough of an effect there. However, I don't think that it can be understated how beneficial it can be to be in skin contact with the earth, whether it be bare feet in the soil, or the grass, or in the water or some water, body of water if we have access to that. But the cool thing about this is when we get, even just

throughout the day, short exposures to the free electrons of the earth, this reduces inflammation and can help neutralize excess reactive oxygen species within the body. And statistically, many people might not touch the earth for weeks, months, even years at a time because we're always wearing shoes and rubber soled shoes interrupt our communication with the electricity of the earth. So high impact habit here, as if possible, go outside, get natural sunlight, and get your bare feet in the soil or the grass, if at all possible.

Also when it comes to earthing and grounding, this can help replenish lost voltage after exposure to EMFs, stress or inflammation. So if we're in any of those states, grounding can be even more beneficial. The reason I say I don't necessarily think grounding sheets and earthing sheets are the option here is if they're plugged into an electrical outlet, we might actually be getting more non-native EMF from the electrical system of the house than we are grounded native EMF from the earth. And there are ways to plug these into the ground itself through a grounding wire. However, I'm now seeing sources say we would need to check the ground voltage to make sure we're not just actually feeding the body more dirty electricity and doing more harm than good.

And while food serves, of course, a biochemical component in the body, it also contributes voltage and electrons. And so I think understanding this paradigm can even shift how we think about nutrition. So mitochondria can pull electrons from the food that we eat, and the more dysfunctional our mitochondria become, the less able we are to extract energy from food.

So this is very much kind of a multifaceted approach, but when we consider the voltage first aspect of this I feel like we get a unique lens on how to support the body. Essentially we can think of mitochondria and electrons as life force, mitochondria being the electron processors, and that the more voltage that we can innately create through these natural ways I've talked about the better.

There are even some sources and I don't have either firsthand or data sources to back these up, but I have heard some sources say that when our body's voltage is optimized, the body is quite resilient against, like I mentioned, even the things like mold, like EMFs, like various types of illnesses.

So to go deeper a little bit on the role of light. So I mentioned that there are theories, including Justine saying many of us are infrared light deficient. And I love thinking of it through this lens because if you think of it this way, infrared light is seemingly the charger for the human battery. Infrared light increases ATP production and deficiency.

So this is why if you've ever done red light therapy or infrared light exposure, you might've actually felt this effect. It also supports redox balance which is not something I'm gonna explain in depth today. I will link to some resources around that and perhaps do a future podcast on it. Infrared light also helps reduce excess oxidative stress and most indoor environments, especially in the modern world, lack or lack infrared entirely.

Especially, we're now in these artificial blue light environments with a lot of LED lighting and no natural light sources. Which, let's actually talk about blue light for a minute. We get a lot more blue light exposure through screens than we have throughout any other time of history. And we now know that artificial blue light from these screens, from our devices, from LED lighting, increases oxidative stress within the body.

It can also disrupt circadian rhythm. And I've talked before about the benefits of avoiding these artificial light sources after sunset for this reason. Also even mild exposure to artificial light after sunset can deplete melatonin. And I believe melatonin is another underestimated kind of compound within the body.

And one I might go deep on in the future. But it's more than just a sleep hormone. It's also a mitochondrial antioxidant and a master antioxidant of sorts that has a lot of roles within the body. And a lot of us are not making enough melatonin. The answer is also not necessarily to take melatonin, but to understand why the body's not creating it.

So when we get too much blue light, especially at the wrong time of day, we throw our voltage gated calcium channels out of balance, which creates chaos at the cellular level. Now also, just for context here, it's not that all blue light all the time is bad. We do naturally get blue light from the sun at midday.

And that's okay. That's a signal that it's the bright time of day. The problem is when we get this signal after sunset, the body is confused because it's being signaled by light that it's midday or noontime at eight o'clock at night. And so it's not creating melatonin.

All right, let's talk about minerals and electrical capacity. And this will kind of tie in the mineral series that I've done that I'll link to if you missed it. I talk about the big three, the trifecta that I think of them, sodium, magnesium, potassium, as well as some supporting minerals and how the whole kind of matrix works together.

But in the context of this podcast, voltage is not possible, and definitely certainly not possible optimally, without minerals. So hydration is water plus minerals, plus the structure that we need. So we do need sodium, magnesium, and potassium to create and hold proper charge. Dehydration and mineral deficiency equals low cellular voltage because minerals help stabilize electrical gradients for nerves for the mitochondria and for the heart.

And as I explained in that series, if you try to run a current through distilled water, it's not very effective. If you try to run a current of some sort through mineral rich water like salt water, it's much more effective. And the same is true within our body. So without the right amount of minerals, our body quite literally cannot electrically communicate, and many of us are not getting enough of these key minerals.

But then there's also the component, this is fascinating, of infrared light plus minerals and how this enhances voltage. So we now know, and this is so interesting to me, that sunlight, the right amount of natural light exposure actually structures the water within our body and allows more voltage creation within the bodies and minerals allow this charge to happen and to be stored correctly.

And so together they kind of create the human battery system. So the way I personally think of this is that it's a both and. That we critically need both minerals and the right amount of light exposure, including infrared light from various times throughout the day to curate the proper voltage within the body.

Now there's also supporting nutrients, and I am speaking of these after the minerals and the voltage side for a reason. I think often in the health world, we kind of do the biochemical first and we wanna talk about diet and supplements. And like I said, I'm coming to understand that. voltage and light matter much more.

And there are nutrients that when we understand the voltage perspective can be secondarily supportive and that mitochondria can benefit from. So kind of think of these as spark plugs or additions if we get the foundational parts right. And these are things like phospholipids. I've talked a lot before and I'll do actually a podcast, probably likely about either just phosphatidylcholine or some forgotten nutrients, including that.

But we do need phospholipids and many of us are not getting enough of these from diet as well as we need essential fatty acids. CoQ10 is one that there's data showing could be beneficial. The right amount of copper. And I've had guests on before talking about iron versus copper and many of us thinking we have iron issues are actually copper deficient.

Iron sulfur clusters. B vitamins, especially thiamine, riboflavin, and niacin, carnitine, creatine, and of course minerals. These all help mitochondria create and hold voltage, which as I've explained and hopefully like in the context of this episode, makes sense. We really want to nurture and enhance our cellular voltage.

I'm briefly gonna touch on Redox. Like I said, I'm not gonna go deep on this. If you, for some reason really want to learn the nuance of this, I will link to Justine's course in the show notes. It's that course has helped me put a lot of these pieces together and out of respect

for her work I'm not gonna go deep on a lot of the things that she teaches specifically, but I'll put reference to that.

So redox is essentially the flow of electrons and it stands for reduction. When we gain electrons and oxidation, when we lose electrons in the back and forth process of this. This flow is life. And when it collapses ATP drops, oxidative stress rises. Communication between cells breaks, hormones can become dysregulated.

Detox stalls, repair shuts down, and mitochondria enter the cell danger response, which is something else Justine talks about in depth. Simplify the cell danger response is a low energy, high defense state, and like I talk about, the body's always on our side. So even if it's entering this state, it's doing it for a reason to protect us.

And so understanding this allows us to understand how to support the body in healing and moving through the cell danger response. But in that response, person will often feel tired, inflamed, have trouble detoxing, can't repair, can't optimize. And this is not just psychological, it's electrical. So trying to address it just psychologically or even just biochemically, might not be effective.

Now as I'm explaining these things, you might already be intuiting that modern lifestyle is not really supportive of kind of these habits that nurture optimal voltage. In fact, you could say modern life kind of actively works against optimal voltage, and our world is kind of mismatched to human biology.

I've talked before about the idea of nature deficit disorder and how we're meant to be much more in harmony with nature than we are often in today's world. But we're living indoors, many of us not going outside at all. In fact, I recently read that many humans get less outdoor time than prisoners in federal prisons get.

And that's my choice. But we're not getting infrared light because we're spending all of our time indoors. We're getting excess blue light from screens and LED lighting. We are getting non-native EMFS from every, sources across the board, from our screens to our wifi, to our vehicles now, which can lead to calcium channel overload.

And some voltage issues. Processed foods are lower in nutrients, so we're not getting as much electrical input from our food. Chronic stress leads to magnesium depletion, which is a voltage depleter as well. Our environmental toxins can damage our membranes and deplete our voltage. Dehydration and lack of minerals can lead to a loss of structured water.

Not getting enough movement leads to no piezoelectrical charge and circadian disruption leads to mitochondrial mistyping. So essentially all of these factors of modern life are a

voltage drain, which is why I say if we can think of the body from a voltage per perspective, we get a different insight in how we can support it.

So some quick natural strategies on how to restore voltage, and hopefully I've made a case for why this is so important. Dr. Courtney Hunt has a phrase, sunrise, sunshine, sunset, repeat, or sometimes she just says sunrise, sunset, repeat. And those are both beautifully abundant sources of natural infrared light, of actually red light as well.

So if you're doing red light therapy, that is available for free from the sun at sunrise and sunset. This is I think, the number one intervention that people overlook that is free, hopefully available to all of us. This can help realign our circadian rhythm, increase our infrared light exposure, and restore mitochondrial timing.

Second big free one would be movement, which can seriously just be walking, which is what I did for a long time when I was healing. Didn't do any high impact or strength training, but just walked. But it can be walking, it can be resistance training, stretching. Mobility, fascial training, any of these things because piezoelectricity charges the body. Could even get an inexpensive rebounder to have in your house and just try to bounce on the rebounder for half an hour a day.

That also has a lot of lymphatic benefits. Hydration with minerals. Like I said, if you missed the mineral series, that's a great one to listen to, but water plus minerals plus sunlight equals structured cellular water. Hydration is important, but always in the context of getting enough minerals. Another easy free habit is grounding or earthing, just getting our bare skin in contact with the bare earth or water in any way possible and how we gain free electrons.

This is very anti-inflammatory and voltage supporting within the body. We can also eat for our mitochondria by consuming healthy fats, phospholipids, minerals, the right amount of the right kind of protein, and trying to reduce processed foods and seed oils. And eat locally and seasonally whenever possible.

There are also breathing techniques that are free and available to all of us that can support the body's electrical system, including slow nasal breathing. So if you don't wanna try anything complicated, just try to breathe more slowly and in and out the nose. Or I'll do often longer exhales than inhales to signal safety in the body.

So maybe a four second inhale, six second exhale, all through the nose. Or, there's all kinds of other breath work training beyond that. I am not an expert in those. I've experimented with everything from Wim Hof to box breathing to 4-7-8, and other various ones in between. I would say just experiment and find which ones you enjoy.

Another one is understanding the role of darkness and curating this in a way that's aligned with nature and how we would naturally encounter it. So things like having a dark and low light of an environment after sunset is possible. I would couple with that if possible. Not eating after sunset because eating is also a circadian cue.

But like I said, because melatonin is a mitochondrial antioxidant and does much more besides just signal sleep, this can make a big difference. And it's why darkness can be so healing. If you haven't tried this, I would encourage you for 30 days, just experiment with, after sunset, switching off as much as possible bright overhead lights, LED lights, artificial lights, screens. Try to use either amber or red light bulbs at eye level or below in your house and or wear blue block blocking glasses and just get low light, low stimulation and see how you feel after 30 days. And then minerals. Again, I talked about them in the context of hydration.

But I actually come back to again and again. I don't think we can be truly healthy and optimally thrive without the right mineral balance, especially salt, magnesium, potassium, and then other trace minerals beyond that. And I'll link to that whole series if you want to go deep on that. Only from there when we get those free things dialed in, then I can see a place for adding in more device-based strategies, sometimes.

I don't think these can ever replace the nature component. But, and if we get those foundational things in place and then want to additionally support the body with things like near and infrared or red and infrared light panels, sauna, which I'm a big fan of as well, the heat component, cold therapy, which can improve mitochondrial biogenesis if our nervous system is not already too stressed.

Potentially things like PEMF devices, things that contribute to piezoelectricity, like the Juvent or vibration plates or rebounding, and I can link to some resources for all of those things in the show notes.

To quickly recap as we get to the end of our time, some simple first steps. If I were learning this all over again and I wanted an easy starting point, I would focus on these kind of simple interventions. Stepping outside at sunrise. Bonus points of hydrating and barefoot while doing it. Adding minerals to water and making sure we're getting enough, especially, sodium, magnesium and potassium.

Getting 10 to 20 minutes or more of natural light and sunshine on skin daily. Going for a walk outside as much as possible at least once daily. Ideally post meal, avoiding artificial light after sunset. Sleeping in a totally dark room whenever possible. Ideally, also a little cooler. Use grounding or earth contact daily if possible.

And then adding in more mineral rich foods. The good thing is we don't have to get this perfect to see a big effect. Voltage rises, even with a couple small changes. And what I found was at the time when I was healing, I didn't even understand the voltage component. I just knew that I was getting more energy from some of these habits and they gave me more capacity to kind of add more things in.

So to tie it all together, the body's not just a bank account. As my friend JJ says, she says the body's not a bank account it's a chemistry lab. And I agree with that. And I would say it is also not just a chemistry lab. It's a free energy power plant. And when we understand how to support our body electrically, it opens up a whole new paradigm for health.

Mitochondria are kind of the electrical engine repair centers and quantum batteries. And when we understand how to support mitochondria, we get a whole new lens of health. If voltage is low, every system suffers. Even if we're eating enough nutrients and addressing the biochemical. And if our voltage rises, healing becomes possible naturally and effortlessly. So I would say supporting your voltage is one of the most powerful things we can do for our health. Many of the things that are supportive are free, so this makes it very accessible and it changes everything. And I feel like this lens also helps to explain why some of the things I talk about so much on here, like minerals and light, yet another way that those are so important.

So hopefully this didn't get too boring and sciencey. I actually find this topic absolutely fascinating. And if you would like me to talk more about it in the future, please let me know. I will put resources, if you actually wanna go deeper on this topic in the show notes, you can find those at [wellnessmama.com](https://wellnessmama.com).

But for today, thank you for joining me, for sharing your time, your attention, and your presence. It truly means the world that you are here and that we got to learn and grow together. If you found this episode helpful, the very best way you can support Wellness Mama and support this podcast is to leave an honest review wherever you listen to podcasts.

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