

1105: How Your Liver Affects Hormones, Metabolism, and Sleep & How to Support It With Sara Banta

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Most supplements, even the high quality, expensive ones only contain one to two forms at best, and that's like trying to build a house with just a hammer and a screwdriver. You need the complete toolkit, and that's why I started taking Magnesium Breakthrough from BIOptimizers, which contains all seven forms.

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Today's episode is brought to you by LMNT, which is my go-to electrolyte drink for staying hydrated and feeling my best every day. I have used this for years, and unlike many sports drinks which are loaded with sugar, LMNT delivers a science-backed blend of electrolytes with the sodium your body actually needs, especially if, like me, you live in a hot climate, sauna regularly, or work out regularly.

Whether you are working out, walking the dog, traveling, or simply trying to keep your minerals and your energy levels up, LMNT makes this simple and delicious. I keep their canned ones in my fridge all the time now, and their convenient salt packets are perfect for tossing in your purse, your gym bag, or your carry-on, so you are never without electrolytes when you need them.

My kids are also a huge fan, especially of their new pink lemonade. What I especially love about LMNT that they have so many flavors now, so it's easier to drink throughout the day. If mixing isn't your thing, they also now have what I love, their new sparkling canned beverages that give you the same electrolyte benefits but in a ready-to-drink format. And those are a favorite among people who visit my wellness center as well. Adding LMNT to your daily routine is one of the easiest ways to support hydration and help your body perform at its best. I also find very helpful if you're a breastfeeding mom.

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So if you're looking for a simple upgrade to your wellness routine, give LMNT a try and experience it for yourself. They have some delicious new flavors like lemonade iced tea and pink lemonade, and they always have their happiness guarantee. Go to drinklmnt.com/wellnessmama for a special offer.

Katie: Hello, and welcome to the Wellness Mama podcast. I am Katie from wellnessmama.com, and I am so excited to be back with repeat guest Sarah Banta today. She is an absolute wealth of knowledge, as you will hear in this episode, and we're going to tackle some topics that I think are super, super important, especially for women's health, and that I get a lot of questions about.

And while I know some, just enough to be dangerous, Sara really knows how to go deep on this. So I'm deeply excited to learn from her wisdom today. Sara, welcome, and thank you so much for being here.

Sara: I'm so excited to be here. Your audience is my favorite population. They, are my audience as well, and it's the people and the women that are trying to do all the right things, and they're stuck.

Katie: Absolutely, and I know we've done podcasts before. I'll link to that in the show notes, as well as you have a special offer for all of your products just for people who are listening. Those will both be in the show notes. But the reason these things are so important, we... You and I have talked before about a range of topics.

We agree on so much. We love minerals, we love light. We've got all these topics in common, but the one I really wanna learn from you on today is the importance of our livers and how to actually support them, because it seems like there's a lot of misinformation floating around, including some that I think personally might be actually dangerous.

And at the same time, hopefully we all know how important our liver is and why it's so important to make sure it's functioning well. So this is, I know, a huge topic we'll get to go deep on, but to start, can you kind of walk us through, what our liver actually needs to function well, and why modern life kind of makes that harder than it needs to be?

Sara: I always say you gotta love on your liver. It is the most important organ because it sets the pace for your metabolism. It is y- where your fat burning happens. It can cause, sleepless nights, waking up at 1:00 to 3:00 in the m- in the morning, your inability to process fats, to assimilate protein into muscles.

It is where your hormones are processed. So I just wanna take a step back and give you a little personal story. In the last year or two that, since we've talked, Katie, is I had this spike

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protein exposure, I had the shingles, I had a toxic supplement that I was taking, and my liver enzymes went through the roof.

They were at the 700. You want them under 20. So you can imagine what a liver doctor would've done with me if I was in his office. He wouldn't have let me leave. But what I want to point to is my nervous system was dysregulated. My thyroid and metabolism were shut down because if you're in survival mode and you're being, your liver is under so much stress, your body's like, "Hey, we've gotta shut everything down. We're worried about our, our most important organs, our kidneys, our liver, our gut." And so my thyroid numbers went in the tank. Now, I had a thyroid practitioner saying, "Oh, you just need free... You need T3 medication, or you need NP thyroid."

And no, my liver just needed some help. My body was doing exactly what it was supposed to do. And then, my testosterone was in the tank. All of my female hormones were in the tank 'cause that's where it all happens is in the liver. Now, a side story, well, with, with that, that experience, was at the same time that we launched our new Accelerated Liver Care.

And I thought to myself, "Okay, God, I'm gonna see if my own product works on me." And within two weeks, my liver enzymes came down, and my thyroid numbers came back, and my hormones felt better, and I felt back to normal. Now, another side story is my daughter, 19 years old, she was exposed to COVID, and now COVID really took the liver function down.

It suppressed something called the, the ACE2 receptor, causes increased inflammation, increased, histamine intolerance, just a whole bunch of, the... It makes the liver not work optimally, okay? So we've got the spike protein on top of all of the pollutants that we're exposed to in the environment, the water, the, the air, our food.

Even if we're trying to eat all organic, it's still carrying some toxins. So my daughter, exposed to COVID, didn't get sick, but all of the sudden, her periods, the pain went from a four to a 12, to the point where she spent a summer in bed. And she's an athlete, and she was really anxious. She was, not able to eat.

She is an athlete that wants to build muscle and be bigger. She's not the typical teenager that's wanting to shrink her body. And so she was freaking out 'cause she was losing weight, and she didn't have any weight to lose. And so the doctor wanted to put her on hormones. So what happened was her hormones actually got worse.

She got more nauseous. She got more, her appetite went down even more. She couldn't drink water. And why? Because the liver has to process exogenous hormones. So whether you're on HRT or you're trying to do peptides or you're trying to do these exogenous things, if your liver can't handle it, those things are gonna backfire.

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So I always say you wanna address your liver health and your thyroid health before you add in any of these exogenous, things that everyone's pointing to. HRT, it's out there. Yes, it can be right for the right person at the right time, but you need to make sure your thyroid and liver are in the, in the right spot.

And today, in the United States, 45% of adults have fatty liver disease. 25% of our children have fatty liver disease. Our children are not drinking alcohol. Fatty liver disease is no longer just an alcoholic disease, and the largest number of affected people is younger than you would expect, around 35 to 39 years old for men and 55 to 59 year old for women.

And in that same research, high blood sugar and high BMI were the leading drivers, but you can be thin and think that you're healthy and your liver's sluggish. So it is now called the most common chronic liver condition in the world. And when you look at signs, you're like, "Well, wait a second. Okay, so I don't know.

I think I'm fine. My doctor hasn't said anything." Well, your lab numbers are based on what's normal or what the, the sick population is. So I like to see my ALT and AST numbers under 20. I think the normal lab range is up to 40 or 45. So but you wanna look at that and your thyroid numbers and some of the other numbers on your blood test as well.

I'm always happy to look at people's, labs, so they can send them to me. I know this is overwhelming. It's kind of an area where people really are not educated in, and I'm happy to walk through anybody, through a free supplement protocol, looking at their labs and that sort of thing. But, but some things that you can look at, you're fatigued.

It doesn't match how much you sleep. You're waking up between 1:00 and 3:00 in the, in the morning. That's your liver waking you up. You have discomfort under your right rib. You have reversed, re, some pain in your right shoulder. That's linked to your gallbladder. And by the way, I have a very healthy 21-year-old friend who just got her gallbladder out.

That is how serious this is, and she's young. So this is something that we need to be addressing not just for us but for our families. And you can also know that your liver is suffering if you get nauseous after a fatty meal or if you're on a low carb high fat diet and you're gaining weight. Your body's not able to break down that fat.

It's just storing it. You have extra weight around the middle, wider waist, stubborn belly fat, and then you also might have normal enzymes, but that doesn't necessarily mean your, your liver is not struggling. So other markers that you wanna look for, not just fasting glucose, but you wanna ask for that fasting insulin level, triglycerides, A1c, all of those.

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So this is als- I wanna go into the unexplained weight gain and how that is related to fatty liver because I'm hearing that every day. It doesn't make sense, Sara. I'm on a low carb diet. I'm working out. I'm strength training. I'm doing all the stuff. Okay. The link runs in both directions. Extra weight around the middle raises the odds of fatty liver, and a liver loaded with fat may make the weight harder to shift.

And when insulin stays high, the body gets the message to store fat and to hold onto it, and the liver is the one, one of the first places it lands. Then the liver helps convert thyroid hormone T4 into free T3. So you might be on thyroid medication T4, Levo, even Nature, or Armour thyroid. So those have more T4 than what the body needs in relationship to the free T3, so even those medications can give you too much T4.

So what happens when you take too much T4 and your liver's sluggish? Your, your liver is going to convert that T4 into reverse T3. That is the, "I'm on high alert, I'm in survival mode, I need to take every morsel of food that you are taking in your body and store it as fat." So you're doing nothing different, but your liver is screaming for help.

And then you've got the bile flow. I always look at the bile as the detergent to clean out everything and get it out of the body. So it is how the liver sends out what it has processed, and when the bile flow is sluggish, then the liver is sluggish, and it's gonna have a hard time keeping up. The bile also is stored in the gallbladder.

And when doctors say, "Oh, you don't need your gallbladder, we'll just take it out," just like they did to my friend. You need your gallbladder. God gave you every part of your body for a reason, so try to keep it. Because if you take out that gallbladder, now you don't have a storage container for that bile to be released when it needs to be released, so then you have your liver just producing bile whenever it feels like it, and you're gonna be on the toilet a lot going from diarrhea to constipation, and it's a lifelong struggle.

So try to keep your gallbladder. I always look at the liver and the thyroid, because those two organs are the cornerstone of most symptoms that people are, experiencing.

Katie: And like I said, you're such a wealth of knowledge. And as you were saying that, I was thinking of both my parents and my kids as well.

I know we're talking mostly to kind of women in our age range, but with my kids as teenage athletes as well, like, there's a huge piece of liver function for recovery after athletic performance for their hormones in the teenage years. And I feel like the one people don't often realize is skin health.

Like, often from my understanding, if you've got something going on with your skin, there's almost always at least something you can do to support your liver. But can you talk about

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that as well? 'Cause I feel like people maybe don't understand when the liver's not supported, it can show up in the skin.

Sara: I love that you brought this up. So back, rewind to my story when my liver enzymes were through the roof, what was my skin like? I was having, in addition to the shingles, I was fighting a parasite infection, and the parasites were literally crawling out of my skin. I had thousands of worms come out of my skin. It was absolutely disgusting.

But my skin was also breaking out. I was having rashes. I... And you can see psoriasis and eczema and rosacea and acne. Whenever teenagers or moms of teenagers come to me with acne issues, and they say, "Well, do you have anything topical for it?" Yes, but what's their diet like? Are they eating gluten and dairy?

And how's their liver health? Because the liver's the, the, the detox organ, right? The main detox organ. But the skin is the largest detox organ. So if the liver says, "Hey, I'm overloaded. I'm overloaded. Hey, skin, I need your help. Get rid of these toxins." And that's why things like sweating and exercise and sauna are so great to get the toxins out and help alleviate the pressure of the liver.

But you need to support your liver on the inside as well as, you know, your skin on the outside. And you know, we've talked about the, the... I mentioned the new Accelerated Liver Care. This has been a game changer. This, what I... why I came out with this supplement, most supplements for the liver have things called sulfur or oxalate, ingredients, and those actually back up the liver.

So they're, they're told to you that they are actually helping your liver, but they can make you feel worse. Water retention, sluggish thyroid, they're putting more pressure on your liver. And when we came out with the Accelerated Liver Care, we combined 13 very specific herbs that work synergistically together to help reduce fatty liver disease, to help with cirrhosis, to even help, there's an ingredient in there that has studies against liver cancer.

But it is helping increase that bile flow. Your digestion, people always think, "Oh, well, I'm bloated. I just need to take a probiotic." Actually, digestion starts in your liver. So if your liver is backed up, you could feel bloated. It's kind of like a higher bloat in your, in your, abdomen area. But th- this- supplement helps with the bile flow as well.

And then there's an ingredient in there called calcium D-glucarate. What that is so great for is it binds that bad estrogen that's causing your estrogen dominant symptoms. Estrogen dominance is the bad estrogen, so it's not the good estrogens. It's the bad estrogens coming from our environment that we are taking in that look like estrogen, causing the weight gain around the belly and the hips, and that you don't understand why they're there.

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So the calcium D-glucarate binds that, those estrogens up and carries them out, out of the body so that they don't get re- recirculated. So when you combine the Accelerated Liver Care with a binder like the Accelerated Cellular Detox powder that soaks up those toxins and reduces inflammation through your whole intestinal tract, helps with constipation and, bloat and diarrhea.

So wherever you are, whether you run loose or you run, and you know, you're not going to the bathroom very often, this will balance out your digestive system and help you move those toxins out. You'll have better bowel movements, and I always laugh because my husband loves to tell me when supplements don't work for him.

And he said, "Sara, I gotta, I gotta admit, the Accelerated Liver Care and the detox powder, I think they work." And he's like, "I... My bowel movements have been so much better, and really complete in getting things out." Because you're increasing that bile, you're increasing that detergent to get things out. Now, you also want to address the thyroid, right?

And we've talked about the importance of iodine. And iodine, you know, you think of iodine for the thyroid, the T4 and T3, that stands for four and three molecules of iodine. Well, you can't have thyroid hormones without the raw materials. And iodine is, is the Acceleradine iodine is the most bioavailable form, on the market.

But it's not just needed for the thyroid. It is actually needed for every cell in the body. The cell membrane, okay? Our cells in our body are, are meant to keep us safe, right? Our nervous system, we wanna be safe. Well, the cell membrane is made up of iodine and fat. And so if you don't have the right fats like phosphatidylcholine and iodine to make that cell membrane flexible, then your cells don't feel safe to allow the toxins out and the nutrients in.

So it doesn't matter what you're eating, and it doesn't matter what you're doing, you're not going to release the toxins or get the nutrients into the cells if your cell membrane is not supported. But you also need that iodine to increase the cell's ATP within the mitochondria. Well, one of the heaviest or most, mitochondrial heavy organs or parts of your body is your liver.

So if you don't have enough iodine to increase the ATP or the cellular energy in the liver, your liver doesn't have the energy to do its functions, right? And the iodine also is helping kick out the toxins that we have been bombarded with, the fluoride, the bromide, the chlorine, the things that our grandparents did not experience at the level we're experiencing now.

They compete with iodine. They look like iodine on the periodic table. So when you don't have enough iodine in every cell, then those toxins just go right in and fit those parking

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spots, and then that's where you get disease and dysfunction. Most women with breast cancer are iodine deficient, and their breast tissues are filled with the fluoride, bromide, and chlorine.

And the... Dr. David Brownstein is the OG on thyroid and iodine, and he s- he deals with a lot of breast cancer patients. And breast cancer, by the way, has increased exponentially since COVID. So just like some of the other cancers. The other thing iodine does, and this is post-COVID. So the spike protein suppresses a dr- a gene called the P53 gene.

That gene is, its job is to go around and say, "Hey, I see a diseased cell. I see some cancer cells. I'm gonna go after it," right? Well, the, that's suppressed because of spike protein, so that's why we're seeing a rise in all of this autoimmunity and these cancers. Well, what is the one thing that turns that P53 back on is iodine.

So it is really important for your immune system. It's antiviral, antibacterial, anti-pathogenic. And when you are fighting the cold, when you are fighting any bacteria, any fungus, any parasite, your liver is being taxed. It's being asked to do more than normal. It is dealing with the die-off. It is dealing...

The immune system is, is working hard over here, so every other function in your body gets put on the back burner And so your, your liver is, is managing all of this, right? So that is where the iodine is very important for liver health, and then the liver health is very important for the thyroid, the metabolism, and the fat burning.

And you want to be supporting that thyroid as well. Now, one thing I also recommend for most women, because, you know, you have some babies, your thyroid's gonna be suppressed. I mean, Katie, you and I both have dealt with Hashimoto's, hypothyroidism, and all of it, and things just didn't make sense until we got diagnoses.

But those diagnoses are not our identity. So I wanna get us out of that and go, "Okay, now I know how to fix it." There is a solution. The body is a miracle. The body is doing its job. It's, it's r- it's reacting to its current state of health. And so we have the Accelerated Thyroid, which is a natural supplement.

It is, it can go along with your medication, but most people are able to get off of their medication as their practitioner is looking at their labs improve, improve, improve with the Accelerated Thyroid, because the T3 and T4 ratio is the way you... is in the ratio that your thyroid needs. It is in the natural ratio.

And then we have ingredients in there that detox the thyroid and that actually help with the water retention and the thyroid nodules that people suffer from as well. So those two, with the Accelerated Liver Care, those three supplements are my foundation for everybody,

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whether they are trying to lose weight, whether they're trying to figure out if they need HRT, whether they just wanna get rid of the brain fog and help their hair start growing.

Thyroid is the number one cause... Sluggish thyroid is the number one cause of hair loss, and you're trying to use all of these shampoos and potions, and believe me, I've spent thousands of dollars on all of 'em. When I was 25 years old, I remember looking in the mirror going, "I'm gonna be wearing a wig by, by the age of 30."

I had no hair. And I went through three pregnancies. I'm now 50 years old. My hair isn't glorious, but it's thicker than it was when I was in high school. So there is a way to get your hair back, but that is thyroid-related, it's protein-related, there's a lot of, i- ingredients and vitamins and minerals that go into it, and stress-related, of course.

So that is my foundation. And then you can look at, you know, do you need to add in some supplements or a weight loss protocol or a GLP or what have you? I... And then you actually know what your... where your body is.

Katie: Yeah, and I think it's really important you tied so many pieces together, and it seems to me like this is maybe often the overlooked piece, especially in perimenopause and menopause, because we hear so much about those topics right now. I know HRT is a popular kind of suggestion when people are navigating that, but as you just explained, if you don't have the foundation, it's not gonna do what it could, and it could actually stress your body out more.

And so it seems to me, from everything you just explained, especially if a woman is navigating perimenopause or menopause, the liver piece becomes extra important because that alone is going to require more of your liver, and that perhaps a lot of these symptoms that we consider normal during perimenopause and menopause are actually just our body telling us that it needs some additional liver support.

Because we- what are some of the common ones? We hear about weight loss resistance or more visceral fat or fat around the middle. We hear about the skin changes, the hair changes, the sleep changes, all of those things. So even if you're going to do the other stuff, like I always say, it's like a both and. I you don't have the solid foundation, you're gonna be spending a lot of money on things that aren't gonna work optimally.

But I would love to just touch briefly specifically on perimenopause and menopause, 'cause I suspect for a lot of people listening, this is kind of their missing piece of all the things they're trying.

Sara: Yeah. Okay, so let's think about what happens during that period. Our hormones are out, are, are, are just on a rollercoaster. Well, we've got an, we've got an organ that's dying.

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Our ovaries are dying, and the job of producing those hormones that the ovaries were doing gets, gets tagged to the adrenals. Now it's time for the adrenals to take on that job on, on top of what the adrenals were already doing. Now, this is why my 20-year-old daughter can work out for four hours and be okay, and I can't, because it's gonna stress out my adrenals and my hormones are gonna plummet, right?

So the adrenals are the battery pack to your thyroid. Now, if your adrenals are stressed out on top of the, the, the environmental stressors and the stressors of financials and the, stressors of our children and our, our aging adul- adult parents that we are taking care of, we are overloaded with stressors in that 40 to 70-year-old age range as women.

And as we are stressed, what do the adrenals need more of? Iodine and salt. Well, we don't even have enough iodine to help with our thyroid, so that little iodine in our body is going to the adrenals to support the adrenals. Now, the thyroid's even in a worse spot, the weight is coming on, and our cortisol is high and, and unregulated, so that is causing us to put on the belly fat.

And there's this adrenal body type that, you have a bigger belly, you start burning the, the leg muscle and the booty, so your booty shrinks and your legs get skinny, and you get kind of a humpback. And I always think of a football player. Why do you, why do you need a humpback? Well, I'm in survival mode.

I need to protect myself, and I need to protect my belly and all of my expensive organs around my, my gut, so I'm gonna put a lot of fat out there for survival. Well, that is part of the adrenals being overworked and not getting enough iodine and not enough salt. And during perimenopause, we're just adding to the job list of the adrenals.

And by the way, our livers are already struggling, and they're, they're backed up, and so our body is just not that fine-tuned machine anymore. And then that's where you get all of the, the symptoms. I'm wired and tired at night, I'm exhausted during the day, I'm reaching for the sugar and the alcohol just to get one foot in front of the other, but then I'm staring at the ceiling at night. And so you, you just feel completely off.

You feel like you're in reaction mode. And then of course, that's gonna add to your stress on top of all of your other stressors 'cause you don't feel good. Your, your mental brain fog is getting worse. Your motivation's getting worse. You're more depressed. You're more anxious. The number one cause of anxiety and depression is iodine deficiency.

So here we are, we're not... We're iodine deficient. We've got all of these things going on. Our adrenals are stealing our iodine and our sup- our support that's needed for the thyroid, it's stealing that. So there's less energy, less ATP going to the brain. Our brain, you know, it's 2% of our body weight, but it uses 20% of our energy throughout the day.

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So you have so many things going on, and now you're just in reaction mode, and nothing makes sense.

Katie: Yeah, you explained that so beautifully, and I love that you also talk about minerals and salt, 'cause I think a lot of people are still afraid of those, and hopefully people are coming around. We've known for years, of course, magnesium is the darling of the mineral world, but all the other ones are so important too.

I'll, I'll make sure I link to all the different ones in our past conversation that touched on that as well. but now I feel like we've built to a place where I would love to talk about peptides in general, and also especially GLPs, because I don't have any personal experience with these, but I do hear a lot of people who are using them, get questions about them.

It seems like they can be a very effective tool, and they can also be misused in a dangerous way. So I'd love to start with GLPs, and also eventually get into there are many other peptides that support longevity that don't get the press that GLPs get. So walk us into peptides, assuming we've done all the steps to support our liver and our thyroid and our mineral levels and all those things, what do we need to understand and know about peptides, especially GLPs?

Sara: So GLPs are a, an amazing tool. They're probably the most, groundbreaking tool that we've ever seen, right? But there are some side effects, and there are some considerations. And I have family members, I have friends that have chosen to do GLPs, and with that, I say it is mandatory that you're on accelerated iodine, accelerated thyroid, accelerated liver care.

Now, I would love to throw, like, 10 other things at them, but those three are mandatory or they have ... They do not have my, my vote for it. So this is the problem. GLPs shut down the appetite. They shut down the food noise, and that is a big problem in society today because of the way the food system is set up.

We eat processed foods. We think that processed food is going to give us energy. It doesn't, so we eat more. Well, the GLP shuts that down, so now people are eating less, so the scale's going down. But this is the problem. It doesn't fix the metabolism. It doesn't fix the li- the liver. So for semaglutide and tirzepatide, the average regain was fast, four times faster than if you lost weight with diet and exercise alone.

Four times faster. I've got friends that are on the, the GLPs, and they're looking at me, "Sara, how do I get off of it?" I live in Newport Beach, which i- put rivals, Beverly Hills as far as vanity. Two years ago, when Ozempic came out, I saw my whole community shrink. They just shrunk, and I'm like, "Oh, my gosh.

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What is going on here?" Now, two years later, 'cause no one wants to stay it, on it forever, these women look older. They've gained the weight back, and they, they... The weight is, is fat. It's not muscle. So they've lost fat and muscle, and they're gaining the fat back. Muscle is an organ of longevity. Muscle is part of your metabolism.

You lose muscle, you're gonna have a slower metabolism. So in the, in one of the trials, people re- regained two-thirds of the weight they had lost within one year of stopping, and you do see improvements in insulin resistance and, you know, you'll, you'll hear things about heart disease going down. Well, is it the drug, or is it the fact that you're not eating the crap that is causing the issues in the first place?

Now, the muscle loss. In large, in a large semaglutide trial, which is Ozempic, showed that about 40% of the weight loss was lean mass, and with the tirzepatide study, 25% of the, the weight that was lost was lean mass. Now, lean mass includes water, and includes organ and bone and all of these other things, but it includes muscle.

So you, when you lose muscle, you are losing water, so not all of it is just muscle, but you are losing muscle. Because people are not able to eat the amount of protein that they are, that they should eat when they're on a weight loss regimen, whether it's a GLP or not. Their appetite is killed. And I've sat at the dinner table with someone on a, a GLP, and they look at their plate, they see a steak and some rice and some vegetables, and they look at the steak and they go, "I can't eat that."

Because the appetite for protein is even more suppressed. So number one, you wanna make sure your dose is not high enough where you're not able to eat enough protein, right? So this is, this is really important. You also can support that protein and the muscle with something like the Accelerated Aminos, which is an amino acid supplement, and that, you know, if you, if you can't fill in the amount of protein you're supposed to eat, you take a dose of the Accelerated Aminos.

That counts as 25 to 30 grams of your protein requirements for the day. And for protein, I like to get one pou- one gram of protein per pound of ideal body weight. So if you're 150 pounds, you need to get 150 grams of protein. Now, four ounces of chicken is about 30 grams of protein. So you have to do the math.

Can I really eat enough protein to, to sustain my muscle while I'm trying to lose fat? So this is the other thing. Number one, those GLPs are not fixing your metabolism, they're not fixing your liver, and they're not fixing your, your, your... When you, when... Let me say that again. They're not fixing your thyroid and metabolism, but the liver, you're probably wanting a GLP because you have fatty liver and you, you have unexplained weight gain or you're, you're... it's very difficult to lose weight, right?

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So when you lose fat at an accelerated rate, you are asking your compromised liver to process more fat than it would normally with just diet and exercise alone.

And with those fat cells, as those fat cells shrink, they're also releasing toxins that are stored in those fat cells. So those toxins are overloading the liver as well. Now your liver's like, "Hey, I can't do this." And that's when you see people with high histamine reactions, welts on their bodies from the injection sites of any of the peptides.

You see nausea. You see an inability to lose weight. Maybe you lost weight for a month or two, and now you've plateaued. Two of my best friends have start, tried the GLPs and actually gained weight because they didn't address their liver, they did not address their thyroid. That is the cornerstone. So your body needs that foundation and the amino acids to, to hold onto the muscle while you're losing weight. Does that make sense?

Katie: Yeah, it does. And I feel like those pieces are not talked about. People kind of look at it as like a silver bullet, and certainly I know people have incredible results on it. But like you said, if you're not addressing these other things, you're potentially creating downstream stuff that's gonna be a bigger problem later.

And I also know that while they're certainly the most popular, GLPs are by no means the only peptides. So I would love to just hear kind of your short list of other ones that you think are, worth researching and understanding, ones that you think could potentially have a place in the future as we learn more and more about peptides and/or any that you've personally tried or recommend.

Sara: And I have tried, quite a few because I needed to be able to speak from personal experience. I hate talking about things that I don't know anything about or I haven't tried myself. So number one, GHK copper peptide, great. It's for, you know, structural integrity, health, our hair, skin, a lot of things, but it does not provide the amount of copper you need.

And just like we're deficient in iodine and magnesium we are now deficient in copper, and that's where I always recommend the accelerated, colloidal copper alongside a GHK copper peptide protocol. But that is one that, that I like. BPC-157 helps with injuries, helps with gut health, that sort of thing.

Now, have I seen a big difference in it? Eh, maybe a little bit. It is a high histamine, so you can have an inject- injection site welt or reaction. That is also showing you that you... your histamine bucket is full. And like I mentioned in the beginning, the spike protein in COVID has taxed our histamine buckets.

That's why you're seeing a lot, a lot of people who have never reacted to histamine before having reactions, and I have protocols for that as well. Iodine is the, is the number one

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antihistamine, so that is, the foundation for that as well. MOTc, MOTc is a mitochondrial, peptide. It gets big welts. If you have not controlled your histamine reaction, that is one that I hear from everyone saying, "I can't do it.

It's... It... I... It hurts." And if you... And I... I'm able to take it because I control my histamine, and I do my iodine on a daily basis, non-negotiable. But people can also feel worse on MOTc because it's a signal. These peptides are signals. They are not the building blocks. So it is the architect trying to build your house without the wood and the raw materials.

You can't do it. These are tools. You have to have the diet, the exercise, the sleep, and, and, the, the supplements in place for these things to work. So I actually had a good friend text me, two days ago saying, "I'm nauseous, I'm fatigued, and I just did the MOTc. Why?" And I said, "Well, you haven't addressed the, the foundation, and that's what will happen."

Let me think here. Is there an- any... You know, KPV's a great one 'cause it is anti-inflammatory. Those are the ones that I have experienced with, but what I have noticed is they don't work on people unless you have the foundation. A lot of people can have really bad histamine reactions because the, the body and the bucket is full.

The liver is overloaded. The histamine response is just too, too intense, and then people tend to get off of them because they're not doing what they're supposed to do.

Katie: Yeah, I think everything points back to, like, build that foundation, and I talk about that similarly with, the things I know you've also talked about.

But, like, add on the getting natural light, go for a walk after meals, turn off the bright lights after sunset, don't eat right before bed. Like, all those free tools are also so important. And then because we live in a modern world where food supply is depleted and toxin exposures are increased, I feel like these other foundational elements you're talking about help our actual literal organs keep up with the job that they're being asked to do.

And I know you work with people in all kinds of cases and scenarios. What do you see as kind of the average, understanding everyone's gonna be a little bit individual, but as the average of if someone is recognizing from what you've said that they might have a sluggish liver, or they might just need some extra support through thyroid or iodine or liver support, before they really start seeing differences?

I know you said yours was very rapid, but you probably also were already doing a lot of the other things as well. So how... What would you guide someone on how long to expect for the body to start catching back up once you support it correctly?

Sara: You know, with some of the supplements, like the iodine, people feel right away. If they're doing the iodine and the salt, the Accelerated Ancient Salt, which, which covers 60

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minerals, so it's the way ... It's the m- the minerals packaged the way God intended, and all of the supplements are enhanced with scalar frequencies. So they're designed to detox the body while giving the body what it needs.

When they start with that as a foundation, plus the Accelerated Liver Care, people feel a difference within a week. Now, if you are detoxing really fast, you might have some side effects. And so to soak up those toxins and to make sure that you don't have the, the detox flu symptoms, that's where the salt comes in and the, the Accelerated Cellular Detox Powder 'cause the salt plumps up the blood to flush out the, the toxins, and the detox powder grabs them and gets them out of the body.

So that is foundation, and, and honestly, people can start feeling good at week one. Now, when will the weight come off? When will, the, the, the your practitioner say you don't need your thyroid medication? Everyone's different, but when you start feeling better in the brain, you're gonna start moving more.

You're gonna start doing all the things you talk about, Katie. You're gonna start taking care of your body and waking up with the sunrise and taking walks throughout the day and working on your nervous system. You can't do any of that when you don't have energy to put one foot in front of the other, right?

So you have to give yourself that foundation so that you have the motivation to then take the next steps for the lifestyle and choose what's the right foods on your plate. I have a, a free Accelerated Food Guide that also walks through the healthy foods that might be backfiring. Broccoli might make you bloated and, and give you brain fog.

It, you know, cauliflower, kale, those might actually slow down your thyroid, and they're they're not full of calories. So my food guide walks you through that. Eating mushrooms or grapes if you're fighting a mold toxicity or parasites or candida, that might feed those pathogens, and they're supposedly healthy foods, right?

And then high-histamine foods that people might be eating thinking they're healthy, bone broth, bananas, avocado. Avocado's supposed to be a superfood. It could be adding to your histamine bucket. So I always say you wanna make sure you're also, eliminating the healthy foods that could be backfiring on you as well.

So back to your question, people can start feeling a difference right away, and for some other symptoms it might take, you know, weeks to months. Now, when ... one thing I wanted to mention because a lot of people listening about the GLPs are like, "Yeah, that sounds interesting, but I'm not there yet." There is a supplement that is my alternative to GLPs or the off-ramp to GLPs, and that's the Accelerated Fast.

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That helps shut down your appetite like a GLP is supposed to, but it also has an ingredient called L-threonine that helps mobilize the liver fat, turn that liver fat from saturated into unsaturated, and burn it easily. It's teaching your body to burn its own body fat. It's also a great tool to use if you wanna intermittent fast without stressing your body.

I love it because it gives me energy as well. It's upregulating your metabolism alongside of, of working on your thyroid with the, the Acceleradine iodine and the Accelerated Thyroid. So if, if you're looking for that weight loss but you're not ready for a GLP, or you're on a GLP and afraid of that weight to come back, that's where the Accelerated Fast comes in.

And I've had people going, "Sara, I eat all day long. My appetite and my cravings are out of control." And then they get on it, and they go, "This is really weird. It's 2:00 PM, and I, I'm not hungry still." Now, I don't recommend fasting like that for everybody. It depends on your lifestyle and who you are, whether you're female or male.

But, it is a way to, to incorporate fasting without stressing your body because your body is trusting you while it's on the supplement.

Katie: Amazing. I feel like we covered so much ground in a short amount of time. I will make sure, we've talked about a lot of different things. I will link to all of them in the show notes, as well as your online presence so people can find you.

You make all kinds of content to help people there. Is there anything that I did not ask that relates to these topics that you think is important to mention before we wrap up?

Sara: I would just, reiterate that the body's a miracle, and regardless of what your symptoms are, you can heal yourself. And don't let your diagnosis be your identity, and really listen to your body.

You are your best doctor, right? And, and your nervous system is the cornerstone of all of this, as we've talked about in the past, bbut there, there are answers. I am an open book. I'm available. If you are listening, you're overwhelmed, you don't know where to start, just email me through the website or fill out the, the free supplement protocol form, and I'm happy to put together a protocol for you, just for you.

I do them all personally. No one else. No assistant. And there's, there is an answer out there for each one of you.

Katie: Amazing. That's so generous, and I really enjoyed this episode. I know I learned a lot, and these were topics I already knew a little bit about. Thank you so much for your time and for all that you've shared, and of course, all the content you create.

Those links will be in the show notes. Thank you for being here.

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Sara: Thanks, Katie.

Katie: And thank you as always for listening, for sharing your most valuable resources, your time, your energy, and your attention with us today. We're both so grateful that you did, and I hope that you will join me again on the next episode of the Wellness Mama podcast.

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