



974: Things I'm Loving Right Now
(August Favorites Solo Episode)

Child: Welcome to my mommy's podcast!

This podcast is brought to you by BIOptimizers and in particular, their product that holds my heart, which is their Magnesium Breakthrough. My goal this year is to continue to focus on my wellness and to create more harmony and resonance, and we all know that the foundation of health is a good night's sleep.

I talk about that so much on this podcast. And magnesium is the one nutrient that helps my sleep so much as well as so many other aspects of my health because magnesium is vital for so many things within the body, and it is nearly impossible to get enough from food anymore. And Magnesium Breakthrough from BIOptimizers is in a category of its own.

They have seven different forms of magnesium in one supplement, and since magnesium is involved in over 600 different biochemical reactions in the body, no other supplement on the market offers all seven types of magnesium in one bottle. Pretty much every function of your body is upgraded when you take magnesium regularly from the quality of your sleep to your brain function, from metabolism to stress levels, and so much more.

This is one of the few supplements that lives on my nightstand and I'm a little odd, but I take every morning because I actually get energy from it though most people notice that it's better at night. Now studies point to a lot of benefits of magnesium, including that it may help improve sleep quality, especially by supporting healthy sleep onset and have more peaceful nights.

Magnesium is also involved in stress management support and it may help maintain energy levels and positive mood while also supporting mental clearness and relaxation.

Magnesium is also important for healthy and balanced muscle tone and providing the building blocks to strong bones, and it promotes a balanced stress response, supports relaxation.

And I feel much calmer when I'm regularly taking magnesium. So let's face it, even if your 2025 resolution is not all about focusing on your health like mine is, how are you going to be able to achieve your goals in any area without enough quality sleep and stress management? Check out Magnesium Breakthrough and make it part of your daily routine this year as well.

For better sleep, better stress response, and much more. They have a 365 day money back guarantee and you can find it at bioptimizers.com/wellnessmama and use the code Wellnessmama for a discount.

This podcast is brought to you by Hiya for children and especially I love to talk about their

new greens line for children. Now, I have tasted these vitamins and they're delicious, and my kids are the ones who really love them though. And I love that they're getting the nutrients they need without the sugar because most children's vitamins are basically candy in disguise with up to two teaspoons of sugar and dyes and unhealthy chemicals or gummy additives that we don't want our kids to have.

So Hiya created a superpowered children's vitamin that's chewable, without the sugar or the nasty additives and it tastes great. My little ones love it. They especially are designed to fill the most common gaps in modern children's diets to provide full body nourishment with a taste kids love. And it was formulated with the help of pediatricians and nutritional experts and pressed with a blend of 12 organic fruits and vegetables, then supercharged with 15 essential vitamins and minerals, including vitamin D, B12, C, zinc and folate among others.

It's also non-GMO, vegan, dairy free, allergy free, gelatin free, nut free, and everything else you can imagine. I love that they test every single batch with third party testing for heavy heavy metals and microbials in a qualified GMP compliant lab using scientifically validated testing methods so you can be completely at ease knowing it's safe and nutritious and it's designed for kids and sent straight to your door so you don't have to worry about ordering.

My kids really like these and I love that refills show up on schedule with no stress. Also, again, honorable mention to their new greens because if you are tired of battling your kids to eat more greens, their Daily Greens Plus Superfoods is a chocolate flavored greens powder designed specifically for kids and packed with 55+ whole food ingredients to support kids' brains, their development, their digestion, and kids actually like it. We've worked out a special deal with Hiya for the bestselling children's vitamin. Receive 50% off your first order. To claim this deal you must go to hiyahealth.com/wellnessmama. This deal is not available on their regular website. To get your kids the full body nourishment they need.

Hello, welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com, and this short, I will try to keep it very brief, solo episode will be part of a new series I'm doing with monthly kind of high level favorites and highlights, things I'm loving at the moment. As with any part of my podcast, of course, none of these things are medical advice or health advice.

This is speaking from my own experience and experimentation. As an inspiration point for your own experimentation and research, never is prescriptive or directional. And as always, I would love to also hear from you what are the things you have found most pleasant, most impactful, most helpful in your life this month?

I would love if you would respond and let me know. As well as share any things that you would love for me to talk about in the future, or guests that you would love for me to chat with. In this particular episode of August things I'm loving right now, I'm gonna briefly go through a few things that I am enjoying and making use of, especially this month. Starting this short, solo, monthly recurring podcast as a way to just share briefly tools, products and habits that I am experimenting with or that are making a difference in my life.

And as a note, these are not sponsored unless otherwise noted. They're just things I'm personally using and enjoying right now, and I will put more links and more information about all of them in the show at wellnessmama.com if you are listening on the go or want to find out more about any of them. The first one, while it is August and it is still sunny, no affiliation, but I'm really using an app often called D minder, like D as in vitamin D minder.

And this app lets you track your sun exposure specifically to relate, optimize and dial in your vitamin D production. I found it's not completely accurate to blood testing, but pretty close and at least tracks over time. It also has helped me to dial in how much sun exposure I need safely without burning because the most recent data we have available shows that it is not sun exposure that correlates with increased risk of skin cancer, but sunburn.

So of course, I want to avoid the skin damage of sunburn while maximizing the benefits of sun exposure, which does so much more than just Vitamin D production. Though this app helps me track the vitamin D portion as well and get enough midday sun exposure without burning. It lets you input your location, your skin tone, your season, how much exposed skin to get a relatively accurate measure of your vitamin D.

And I use this kind of to keep track of my sunlight exposure and maintaining my vitamin D levels without doing it, overdoing it. Like I said, vitamin D is by no means the only thing I pay attention to or the only benefit of the sun. But this is a free app that lets you track that relatively easily.

I also, just as a quick note, anytime I talk about sunlight. I also find it very helpful and important to get morning sunlight, especially on days I'm gonna get bright midday sun as this primes my body for that sun exposure. As well as when possible evening sun, so that Dr. Courtney Hunt's idea of sunrise sun time during the day is sunset, repeat, and getting those specific light cues throughout the day.

Another thing I'm loving and I will link to in the show notes something I just got off Amazon, but I found this beautiful salt lamp that is white. It still has an amber bulb, but it's not orange or red. It's a beautiful white square salt lamp, and I've been loving having this in my room. And it's got like a soft white glow versus an orange or pink hue. And I found this as

perfect warm lighting for evening reading that doesn't seem to suppress my melatonin function.

I pair it with blue light blocking glasses after sunset as well, and I just love the ambiance and the vibe of this in my room right now. And I'll link to it in the show notes. This is a small shift that I've loved having as part of my evening wind down routine. So I have the salt lamp on. I will read, I will do lymphatic facial massage work, like breathing practices and just kind of shift into calmer.

And this kind of also is part of, I've talked a lot about our light environment, natural light being a big part of that, and also the light environment of our home being important. And the natural lighting I now use that mimics the natural spectrum of outside that is flicker free. I'll link to the ones in my house as well in the show notes.

I do have an affiliate discount code for you guys with that one. It's not sponsored, but I do have a discount code for you. I will include that as well. I've talked about this before, but I think paying attention to our light environment can actually be as impactful as paying attention to what we eat or to supplements we take because we are light beings and are, we're so influenced by light cues, especially natural light.

But very small thing with that little salt lamp in my room, bringing me so much joy lately. Another one I just got to try is a drink called Slacko, which I will link to in the show notes, no affiliate relationship there. It was created by a friend of mine, David, but it's a functional drink that has electrolytes, 5HTP, and paraxanthine, which is starting to get a lot of talk time right now.

It's a clean caffeine alternative, so it's a metabolite basically. Seemingly gives a lot of the upsides of caffeine without the potential downsides. It's also milder. I notice that I get clean burst of energy from this without any jitteriness that doesn't seem to be a crash from this as well, and it tastes delicious.

I think the 5HTP also helps with mood and that's known to support serotonin levels. And then electrolytes, which of course I've talked about so much on here before. But I think paraxanthine is a fascinating ingredient, one that's not super popular yet, but I see it probably getting very popular soon.

It's light caffeine, but it's cleaner and more focused. So this can be great for morning or mid-afternoon, pick me up without disrupting sleep. And another unique part of this, it contains some ingredients that naturally seem to support the body's natural GLP production as an alternative to injectables in this area.

So some people report things like this, help them with cravings. Again, like I said, no affiliation with these guys. I just enjoy it, think they're delicious. I will link to those in the show notes as well. All right another one that I have been super nerding out on lately is supporting my fascia in my face. And I've been learning about this from someone named Savannah, and I'll link to her website and as well as her tools that I've been using in the show notes, no affiliation here either.

But basically this is a facial fascia release program or system that helps kind of sculpt and release tension in the face naturally. And even in the little bit I've learned from her so far, I've identified places where I have stuck fascia in my face and I'm working on releasing that, and I'm noticing a difference in my jaw tension, in the lines around my face.

Still very much working on it, but the tension line between my eyebrows as well. What I love about this is I'm noticing subtle but noticeable changes in my face. Like more of a little bit of a lift, less tension lines in my face and no needles or Botox needed. Just deep tissue support and fascial unwinding.

I've been really nerding out about fascia lately and I feel like she has a great system specific to the face. And I'm learning also about this in other areas of the body as well. Purely surface level, I love how good this feels as well. I've been doing it often at night with my little salt lamp before bed, and I find it so relaxing and calming before bed.

So I'll link to her website and her tools for anyone of you guys who wanna try it. It also seems to help with sinus drainage and tension release. I know there's a lot of things circulating about different things we can do, kind of face massage for our face. I've personally tried and like her system the best, and she seems to really know what she's talking about.

So I will link to it so you can check it out. Another one that is currently, but for limited time and for a limited number of people, a no cost tool. Perhaps if you are on my email list, you've heard me say these last few months have actually been the toughest of my life and I seem to be hopefully emerging from that now.

But absolutely it has been very intense few months, and something that has helped me is something called rapid emotional rewiring. And I'll link to this in the show notes because at least a few people, like there will be limited number of people, but you guys can get a free 30 minute session of this as well as a bonus toolkit, a five day program you can do at home that really helps.

What I like about this is it's not complicated or long. It doesn't take a lot of effort. When I was really in the thick of what I was working through, I didn't have the bandwidth for anything complicated or that required a lot of effort. And it helps people who are feeling

stuck in old patterns, emotional burnout or are in like looping spirals, which is kind of where I was.

And I've talked about before I've done in the past lots of different things with therapy, with journaling, with other tools, but a lot of these take a long time and I didn't, like I said, I didn't have the bandwidth for those over these past few months. So these are a proven neurological reset process that is rapid.

It's not therapy, it's not psychology, it's helping you to reprogram. So it's essentially just supporting you in this system. It's not anything done from the outside. It's something done internally. And the person who facilitates these has worked with thousands of people in trauma therapy clinics and found these sort of most effective tools that are triaged, kind of most helpful when someone is really in the thick of it, and that's why I turned to it.

In one session, a lot of people feel significant emotional weight lifted. Some compare it to months of talk therapy or traditional therapy. So if you have, like me been going through something tough or feel stuck or reactive or overwhelmed or have something that just won't clear, this might be helpful for you as well.

As I said, I was able to get it to where a limited number of you guys can get a completely free 30 minute session of this along with a bonus program, five day program that you can do at home to help you. So I'm gonna put that link in the show notes if you're interested, go there, see if you can grab one of those free spots, and I would love to hear how it works for you if you do end up trying it as well.

I might have actually succeeded in keeping this as a relatively short podcast. I'll do rapid fire summary and key takeaways. These are all very small things that have had positive ripples into how I feel or my day-to-day experience. I feel like often our small, consistent things can make a bigger difference than the big expensive things. And I would love to hear what those things have been for you.

I will keep sharing in these monthly episodes. I would love to hear from you, feedback on what you would like me to talk about in future podcast. And either way, I'm grateful for you for listening today. If you try any of these things, I would love to hear how they work for you.

And if you have 30 seconds, I would be deeply grateful if you would leave an honest rating and review wherever you listen to podcast, which helps people find and listen to this podcast. But for today and for this episode, thank you so much for your time, for being here, for being part of the community, for sharing your time with me, and I hope you'll join me again on the next episode of The Wellness Mama Podcast.