

[00:00:00] Women entrepreneurs go undernourished. We have energy problems because we actually don't eat enough. And we skip meals a lot because we don't have time. So we say, or we don't prioritize ourselves. We overbook ourselves.

[00:00:18] Hey, it's Renee. Welcome to the into the wild show, the podcast for women who want to build incredible mental strength to level up their business and lifestyle. I'm Renee Warren, the founder of We Wild Women. Author, speaker, award winning entrepreneur, and your host. Together, we will make you unapologetic about shining your light, growing your business, and turning you into a wildly confident and successful leader.

[00:00:45] This is for you, the visionary, the go getter, the entrepreneur, and for those that need a real kick in the butt to get going and to dream bigger. Each week I bring in leading experts and entrepreneurs to help you take leaps in the right direction. Because I know the best advice comes from someone who has successfully done it before.

[00:01:04] So, are you ready to level up? Welcome to Into the Wild. Hey you wild women. My next guest is a high level women transformation coach, certified health coach, integrated health practitioner, kinesiologist, and accomplished entrepreneur dedicated to supporting women in reclaiming their energy and reconnecting with their true innate power for infinite abundance.

[00:01:31] While always being passionate for health, she spent the last decade building a successful seven figure business in the skin health industry. She sold and exited this business earlier in 2023, with lots of wisdom that she's now excited to share. She has a strong intuition and ability to guide women in reconnecting with their soul's purpose, healing their bodies at the root cause to finally have timeless energy, creating a business and brand aligned to their authentic truth.

[00:02:00] All while becoming more beautiful and magnetic from the inside out, Vanessa offers a unique approach that encompasses her decade of experience as a successful entrepreneur, her deep spiritual side and profound knowledge as a holistic health coach. to biohack the life of the women she works with and help them tap into multi dimensional potential.

[00:02:22] In this episode, Vanessa and I talk about biohacking, but not in the way that we know it today from the very max masculine perspective. We look at it in terms of the root cause of most of our issues when we think. As women, it's hormones. There's actually a little bit something before that, which we'll talk about in this episode.

[00:02:42] She leaves us with some product ideas as well as some simple ways to get started to help detoxing your body so that you get more energy, you get less brain fog, you get more focused, and you become the best mother, entrepreneur, wife, community member that you can be. Please welcome the incredible Vanessa Gretman.

[00:03:03] Yay, thank you for having me. Thanks for joining us on the other side of the country. Yes. On a beautiful, is it a farm? Like, what do you call your place? You know, an acreage. Let's call it an acreage. An acreage. It looks very fancy. And you guys did a lot of renos, right? Make it look more like Parisian, kind of?

[00:03:22] We did non toxic renos. Oh. Went all for it. Yes. I mean obviously you would do that. Is that substantially more expensive? It's very expensive and complicated. Probably a cause for divorce in most cases. You can either have a healthy home or a healthy marriage. You decide. I do not recommend it. It was quite the adventure, but it just showed me how, wow.

[00:03:48] There's so much toxicity in everything around us, from the rug, to the cupboards, to the furniture we rub ourselves on, it's crazy. Okay, I don't want to know this, but also, I understand that. And what makes it a non toxic renovation? Well, for example, in our kitchen, everything is like hardwood. We don't have any MDF, presswood, no glue.

[00:04:14] We have marbles. It's all like natural stone or natural wood. Our kitchen guy was not. I'm happy because it's so much work, but the end result is incredible. Yeah. Even just furniture, being able to source that, anyway, it's a whole thing. Well, I'll definitely need to get some insights from you because we're in the middle, well, actually, we start a reno in two weeks.

[00:04:37] It's not a massive one, I call it a facelift. We're just getting like a new fireplace, new countertops, backsplash, door handles, because it just needs a little bit of sprucing up, but I know there's like a non toxic way of doing it. But it's a lot. It's a lot of work. I mean, even sourcing the stuff that are just readily available today is tough.

[00:04:56] So I can imagine that having that extra filter of it being non toxic. It's not the easy route. And I guess maybe we'll talk about this today, but so is your health journey. So is your business journey, right? Deciding to be an entrepreneur. And focusing on your energy. It's not that easy route. It's not. It really isn't.

[00:05:15] So tell us a little bit about what you do and you have a really cool history in entrepreneurship and then tell us what you're into today. Well, how can I describe myself? I'm a health coach, I guess a business coach, but Yeah, like you said, I did my first business, I've been in the skin health industry for 12 years and built a network of medical aesthetic clinics, built it to seven figures, almost eight, and then sold it in 2019.

[00:05:42] You know, I just poured everything in this first business. I had two babies along the way. I took nomad leaves to the point where I had to fire an employee with my son napping on me, that kind of thing. Bad. I'm not proud of this. I was really deeply rooted in this masculine energy of like hustling and doing and wanting to feel validated through my actions, wanting to be seen.

[00:06:04] And the day we sold, I just found myself with no identity left. I was like, who am I? Because I had been almost forgetting all these other spheres of my life. So I hit a wall. I couldn't wake up in the morning anymore until someone was like, I think you're in burnout. And I was like, what? No. No. No. Sure enough, I was in burnout and that's when I discovered the world of biohacking and I started diving really deep into okay, I'm gonna heal myself and I started taking all the supplements and all the things, spending thousands of dollars to not feel any better.

[00:06:35] And at one point, you know, doctors would be like, your labs are fine. It's all in your head. Don't worry, you're just aging. And I was like, no, no, no, no, no, I'm not taking that for an answer. So I decided to go certify myself as an integrated health practitioner and I just decided to heal myself. That was really my primary purpose.

[00:06:52] And that's when I discovered the world of detoxification. That's when I discovered also the importance of really getting back to me. I had completely forgotten my worth, who I was, my identity. So it was this deep work of like remembering who I was under all these layers of pretending and people pleasing and perfectionism.

[00:07:12] I realized there was a lot packed under there. I had to like let go of all that and that's when I started really healing and feeling better and my hormones started coming back in my body and my thyroid started functioning again and my hair started growing again and it was this whole process and through that.

[00:07:30] Women around me were like, wait, what are you doing? Tell me. And so I just started coaching on the side until, you know, I exited the business

last year in 2023 and I just launched my first offer and it just took off immediately and hit a five figure month and it just kept growing from there. So now I feel so privileged to be helping women entrepreneurs not only reconnect to their body to their energy.

[00:07:54] But also to be able to put that energy into what they're building. My history is building a business not in my authentic self. And so at one point it becomes really hard to be wearing this mask all the time. And so I help women really just shed that and be who they are, because that is the most magnetic version of you, is you.

[00:08:15] Yeah. Does the process start with more like emotional work and then to the physical work of like detoxification? Well, I always say it's all at the same time because what happens is when we clean our instrument, like I call our body, like our vessel, when we start physically cleaning it from the toxins that are slowing it down, what happens is we actually start unveiling emotional traumas that we didn't even know were there.

[00:08:40] For example, in your liver, you know, in traditional Chinese medicine, it's believed that we hold on to anger in our liver. So when we start creating flow and movement back into the liver by detoxification, you might be angry for a couple days, you might be really irritable, or you might find yourself crying a little bit more.

[00:08:58] And I always say, that's awesome. Just feel your feelings because we don't do it enough. And so there's this release because when you feel it, When you allow yourself to feel it, an emotion only takes 90 seconds to go through you, to come out. And then it's out. 90 seconds. But sometimes we hold on so much longer and then it lasts the whole day.

[00:09:19] And do you know why? It's because we attached meaning to this feeling. So if you feel the anger and then you're like, it's because of this person, and often if we don't attach meaning and we just allow ourselves to feel it, we can just feel it and then we're like, okay, I'm good now. That takes a lot of courage and also a lot of work to be able to just let it go.

[00:09:43] Because you think about those moments when you're like so pissed off about something, and you let it last 90 seconds. I'd love to get there. And it's possible, and the thing is, once you've, like I said, really got rid of the things that are slowing you down, and You're gaining this awareness, you're remembering your worth, your truth, you're remembering what's true about me,

what is the story I'm telling myself, am I in my self sabotage loop, am I in my pattern, where is this coming from?

[00:10:10] And then you're able to shift, it takes a split second to be like, wait a minute, no, no, no, no. That's not the truth, but it does require courage and awareness, because at first you have to look under the hood, and it's not pretty. People are so afraid to heal in a way, because then they know they have to face the trauma.

[00:10:29] Of course. And facing the trauma is what we try to avoid at all costs, and then we just go in this repetitive loop of like, healing but not healing, because then we haven't faced the thing. Exactly. Yeah. People ask me, okay, what do I need to take to heal? I'm like, oh gosh, do you have a few years? Yeah, it's true.

[00:10:48] And there's no like point A to point Z. It's a very roller coaster kind of experience. But what's awesome about it, every time you peel back a layer, you have more and more liberation that comes through. You can be that fuller expression of yourself and I know there's women entrepreneurs listening to this like, you know, when we have that feeling that there's more that we're ready to level up that we're ready to rise yet it's like there's something pulling us back like this duality when you heal and you transcend that suddenly it's like you're able to rise bigger and bolder.

[00:11:20] And not look backwards and not care so much about the people pleasing. So what is some of the common things you see? Like what's a through line for almost every person that you work with now? I've come up with this almost this method to trick high achieving women because like you said, we're very good at finding shortcuts and quick fixes.

[00:11:41] To not feel or slow down, you know, actually slow down for high achieving women is like excruciating and I was there when I was told I was in burnout. I remember just sitting on my couch being like, okay, I've been told I need to slow down. But like, what do I do? What do I do? Like, I kept being in this because that was my M.

[00:11:58] O. Like doing with my M. O. Now I was asked to be. I had no idea how to do that. Do you think doing is an avoidance mechanism? Well, doing is your masculine energy. Your masculine energy is needed. It's vision. It's leadership. It's like, this is where we're going. But the wounded masculine energy, so the one that comes from a place of like, I'm not enough, or the place

of lack, Is the unhealthy doing so absolutely because the more you do, the less you feel it's like the glass of wine.

[00:12:28] That's like the Netflix. It's full on numbing doing is actually a way to numb the body, but not when it's a healthy balance because we all hold the masculine and feminine energies in us. And so when you're really anchored in that, you remember your truth, you're not trying to please people, you're just doing your thing, you're honoring your gifts, and you're just sharing that to the world, then it's okay to be doing and knowing where you're going and have vision and leadership.

[00:12:55] It's actually healthy. That's what's going to get you to move forward. But when you're in doing in the hopes of like, I hope my boss is going to notice me or I hope everybody's going to love me, then It's not the same. Can you feel that? Oh, yeah. Yeah, I have a client, her name's Elise, and she's a sales coach.

[00:13:11] And she talks about the being and the doing and the hustle and the nurturing when it comes to, like, the feminine, masculine in sales. And that's actually what got her out of burnout, was the moment that she recognized that leaderboard at her corporate gig when she was working corporate, because she was always in the doing.

[00:13:30] She'd come in every day and look at the leaderboard and she's like, I got to stay on top at all costs. And she was winning, but she was anxious and miserable and had an eating disorder. And she talks about this publicly. But the moment that she realized, if we actually dipped into our feminine, as much as we dipped into our masculine in business, It actually not only helps you, but it makes the whole process way more enjoyable.

[00:13:53] Oh my gosh. Yes. And that's really what happened to me as I healed, I was like, Oh, wait a minute. There's another way to do this. I actually can have fun and receive and play and nurture and be creative and it flows. You know, I always say with ease and flow because you're at your most magnetic state when you're able to tap into both the feminine and masculine in harmony.

[00:14:18] And it used to be shunned upon in business, right? I mean, it's only as of the last, really for me, five years where there's been more women talking about this, even men, like even my husband is talking about like the feminine in business. He needs it too. For sure. Totally. And it's a beautiful thing. It's just that now we have all this pent up trauma that we have to release because in order to be a successful entrepreneur, I used to have to be hostile at all the time, a hundred percent.

[00:14:43] And now we're saying that doesn't even actually do any good for us because the growth is in the rest, just like working a muscle, right? We go to the gym, we tear that muscle, and the rest is the rebuild. That's when it actually gets stronger. And we don't think, okay, we got a couple hours off, we got a weekend off.

[00:14:59] It's like, take the time off. Cal Newport talks about this really well. And he says, like, he's all about productivity, and he's very adamant about people creating boundaries, especially those people that work from home, that you say, if you're done work at five, you're done work at five, you shut things down, you're not going to finick with anything later on, turn off your phone, because it's in the rest that you'll be able to show up in your ultimate power the next day.

[00:15:23] We don't do this. We don't do this enough. And with women, we're the default parent, we're the ones baking the bread for the bake sale, and getting all the Valentine's Day stuff together. I know, we're the CEOs of our household, and we have so many things on the go, but I always say the first thing is honoring your needs.

[00:15:40] Your needs as a grown up adult, taking responsibility, radical responsibility for what the heck do you need? How do you fill your cup first? And it's your job to do that. Okay. I'm going to pull up a post that you've shared on social media. Oh, don't worry. You listed all of these. It was kind of a funny thing.

[00:16:01] You listed all of these things about being a biohacker. Oh yeah, yeah, yeah. We're biohackers. You list a bunch of things in there and I don't want this to be like just a listicle type conversation that we're going to have right now, but you've been in this journey of, we'll say as a biohacker. To find ways for you to perform at your prime at all time, right?

[00:16:21] Because we were talking about this, how women that have hormonal issues like I do, I thought the hormones were the issue because the hormones cause the symptoms, but then something causes the issues with the hormones. Yes, that's not the result. That whole part of my education was missing. And this is important because in order for me to show up as an entrepreneur for my team, for my clients, for the internet, for my family, I need to be feeling good and trusting myself in the process.

[00:16:49] Maybe let's break down some of the things, if it's okay with you. That you think are so important, especially to like, maybe women that are over

the age of 35, 40, that will help them feel good again. Oh, you know, I wish there was like, do this and this, but I mean, I guess there are some things. Take this blue pill.

[00:17:07] Yes, exactly. You said something, you know, about hormones, I just want to go back there quickly because it's so easy again to find a quick fix, right? Okay, I'm just going to take bioidentical and I'll feel good again. But what I'm really interested in is finding the root cause, like why the heck is the body not in balance anymore?

[00:17:26] Because the body wants to be in a state of balance all the time. It's just we are so disconnected with our body. When's the last time you actually paid attention to when you had a tummy ache? Okay. And actually just sat with that and be like, what's going on with me? Most of the time, we're just like, geez, I have this and we're popping a pill and moving on.

[00:17:44] Right? So to me, biohacking, before I start giving tips, I have a bit of a different view because to me, biohacking is, yes, it's about finding your optimal health span, right? So longevity and optimization, but it's a very masculine driven movement. And one thing I've realized is, as women, we enter this movement and like, here we are, like I did, popping all the supplements and buying all the things and, you know, this is going to fix me.

[00:18:12] Cold plunges. Yeah, this is going to fix me. Oh no, wait a minute, this is going to fix me. And what I realized is, it had no foundation for women. And so the goal is to, first of all, remember that you are your ultimate biohack. Your body is already engineered. To do everything right, but you just have to start paying attention to it.

[00:18:34] So we always look for solutions outside of us. But to me, the ultimate biohack is just remembering that you are it. You are your ultimate biohack and remembering that through reconnecting with your intuition. You know how sometimes when you're about to go get a medical procedure or you go see your doctor and they give you a prescription and you're like, this doesn't feel right.

[00:18:54] Well, actually listening to that, you know, with your kids, as a mom, we have that gut feeling all the time, but we don't always act on it. The intuition's strong. It was huge. My son picked a hangnail on his toe and his toenail got infected. So for two days, we like soaked it in vinegar and baking soda and peroxide and bandaged it up.

[00:19:15] And it wasn't getting any better. And it was painful for him to put a shoe on. So I said, Oh, it's time to go to a clinic. So we're driving there. And I go, Noah, here's what's going to go down. We're going to go in. We're going to wait an hour. The doctor is going to see us for five minutes, and we're going to walk out with a prescription.

[00:19:31] And it's going to be an antibiotic that you're going to have to take for two weeks. And then I go, Noah, what do we know about antibiotics? Well, my ma, it really upsets the good bacteria in our stomach and it takes three months for us to get back to normal. So then I said, do we want to have an antibiotic?

[00:19:45] No. Okay. Sure enough. Exactly. That's what happened. So we came home. This was four doses a day for like a week or two weeks. Oh my gosh. I look at the bottle and go, no, this is really potent stuff. Like. I'm surprised it said four. I really think this can be fixed off one. He's like, let's give it a try. So gave him one teaspoon of this liquid antibiotic.

[00:20:08] The next day it was gone and had nothing to do with the antibiotic. I think it was the mind over the matter. I would 100 percent agree with that. Fill in the fridge, and I should probably bring it to get it disposed of. But anyway, that was my story, and we avoid it at all costs just because we know it's not necessarily the thing that's going to cure.

[00:20:26] Not to say that it doesn't help. Sure, there are moments where we need this. But for most things in our life, it's just so easy for us to go get a pill. And that's like a bandaid. And biohacking can be like that. That's why I'm really cautious with it because biohacking, the way it's shaping up right now, it's like that, it's like, take this miracle thing, try the ozone and this and that.

[00:20:49] And the truth is, it will work if you are connected to your body. And if you are really mindful about listening to what feels right, what doesn't feel right. Because biohacking can be another external tip, or an external way that we're fixing, and what happens is when we're giving that power away, the minute we put it outside of our body, it's not in us anymore, we've given it away, and so things don't work the same way, whereas when you're doing it in a very intentional way, you're super conscious, you are sitting in your power, you're like, okay, you're I'm clear on why I'm doing this.

[00:21:22] I know where I want to go with this. Everything shifts exactly like your son, the same thing. So I'm actually glad you brought that up because it's exactly how I present biohacking. So it's a bit of a rabbit hole and I find that

people get looped into it and then they'll be like, I've spent just like me thousands.

[00:21:40] I put a sauna in my home, all the things. And it's like, why am I not feeling better? Well, yeah. Because you don't have a foundation, we need to anchor it somewhere, and it's you. So that would be my first recommendation, is just start listening to that intuition. And what's great is your intuition is your feminine energy, so it's going to benefit you anyway.

[00:21:57] And the minute you are more in your intuition, you're going to get to create. So much more, right? And like you said, it's in that rest that you can start collapsing timelines because you start creating time with so much creativity. But in terms of like, if you want to go in tips and tricks, like things that I can easily share for everybody listening are making sure you're starting your day with a tall glass of water, pinch of sea salt, lemon.

[00:22:22] Because when you wake up in the morning, you're at your most dehydrated state, but also your most toxic state because you've been detoxing all night. And so when we start our day with a cup of coffee, for example, all we're doing is just making it worse. And there's a reason why at 2 p. m. the body is like, seriously, I'm tapped out.

[00:22:40] Peace out. So if we just shift the order of things and we start our day with a glass of water, not only are we flushing the toxins out, but we're also replenishing electrolytes and we are rehydrating the body. So that is a huge one. I'm not taking the coffee away, but the coffee, I always say. The sweet spot for it is after your morning smoothie, ideally, I like breakfasts that are liquid because you get 30 percent energy back to your brain instead of going to your digestion.

[00:23:10] So I'm all about energy optimization and ROI, which I know you are too. If drinking a liquid breakfast is going to give me 30 percent more energy to be productive and be sharp, I'll take it. I don't know about you, but I'll take it. Same, same. I'm always so much more productive off an empty stomach. Yeah, but that's interesting.

[00:23:30] That's another thing. Another episode. It's going to bring me to my next thing. But let's just close the loop on the coffee. So ideal time to have your coffee would be after you've nourished your body. Because women entrepreneurs go undernourished. It's one of the main reason why we have energy problems is because we actually don't eat enough and we skip meals a

lot because we don't have time, so we say, or we don't prioritize ourselves, we overbook ourselves.

[00:23:57] Let me tell you, that is detrimental. If you want to gain muscle, so if you already have like a good workout routine, not eating is the worst thing you can do, and I've been on this, so I'm a six foot tall woman, and my muscle mass right now is probably on the lower end of what it's been for a while, and it's largely because I have not been eating enough good calories, and I know this now, to gain muscles a lot, I totally get it.

[00:24:22] I totally get the not eating enough, and we think of it as we'll lose weight and for some people that's fine. But for most people, not eating enough is actually a terrible thing.

[00:24:39] Are you ready to take your personal brand to the next level? Do you dream of making a bigger impact and reaching a wider audience? What about becoming the third? Thought leader in your industry and the authority on your topic. Imagine having our team of world class PR strategists and writers spending an entire day immersed in creating your unique PR strategy, where you'll get the most up to date strategies and tactics to help you amplify your message, attract your dream clients, and.

[00:25:10] Skyrocket your visibility. Our Authority Booster Intensive is designed specifically for women like you. Women who are ready to conquer the PR game and take control of their narrative. Whether you're an entrepreneur, an author, a coach, or anyone with a story to tell, this day is for you. All about you, we'll create everything for you from crafting your unique story to writing click worthy emails to building a hyper relevant, meaningful and complete media list.

[00:25:40] Plus, we'll show you how to leverage social media and online platforms to boost your credibility and expand your reach. But that's not all the authority booster intensive isn't just about the strategy. It's about taking action. You'll leave with a clear plan, ready to put your newfound skills into practice and set your brand on the path to success.

[00:26:02] Plus, we have a few special surprises, including exclusive bonuses and resources that you will not find anywhere else. The coolest thing about this program is that you don't even have to be here with us. We have you complete a detailed intake form, plop all of your info into a Google folder. Hop on a quick discovery call and we get to work.

[00:26:25] It's strategy over breakfast and PR ready by dinner. So what are you waiting for? It's time to embrace your wild side and seize the spotlight that you deserve. Head on over to wewildwomen.com forward slash VIP day to book a call with Renee Warren. That's me. Then that's at wewildwomen.com forward slash VIP day.

[00:26:50] So here's the thing. And that brings me to my next point, which is over fasting. This all intermittent fasting, like I call this a trap because especially for women, it works really, really well the first couple months. until you start losing hair and until your hormones start tanking and you're like, Oh, wait a minute.

[00:27:09] Right? Because this fasting works like men are better able to go through long bouts of fasting, but even for them, it's detrimental over time. So I use fasting in a very different way. I'll use it more clinically when we're doing protocols, like a liver detox. I'll use it with the right supplements and the right support.

[00:27:29] ongoing, what happens is you are undernourished. And I want to talk about, you've talked about the impact on your muscle, but I'd love to just shed light on what happens with your nervous system because that's kind of at the core of it all. When you're not eating enough, so let's say when you're starting your day and you're not eating, Your nervous system is just like, okay, not only did I do all this work, you're toxic when you wake up, I need to be nourished because I need to feel safe, right?

[00:27:56] That is like a very important human basic need. So when we're like, no, you know, I'm just going to have lunch. By the time we have lunch, it's like 3 p. m., you know, the classic. Then what happens is all morning, the output, so you're wanting the cortisol, which is your stress hormone that allows you to have energy.

[00:28:12] You're like, through the roof, I need cortisol, I need cortisol, and your nervous system at one point is like, what's going on? Are we in famine here? Like I'm scared. Like, is food coming? Cause like it's late and I'm hungry. What it does is it starts hoarding energy and it starts hoarding calories. And it starts being predictive because the primary goal of the nervous system is to keep you alive, right?

[00:28:35] It's pure survival. We all know this. And so if you're not feeding your body because you're wanting to lose weight, well, guess what happens over time? You actually start gaining weight. And I'll have clients be like, I don't

know, I'm doing all the things. And then we figure out that they're not having lunch until three in the afternoon, yet they're back to back, like huge output of energy.

[00:28:55] And it's like, well, you got to feed your body. But this is such a strong misconception. And I think it's as old as like the Weight Watchers, like calories in, calories out. It's just not the way it works anymore. And that's really what I'm preaching is I want the women entrepreneurs I work with to raise their impact in the world.

[00:29:14] And to be able to do that, they need energy, like no small things, like they need energy. We're on to doing big things and, you know, helping the collective. And to do that, we need to be nourished. So yeah, 30 grams of protein per meal minimum, 25 grams of fibers per day. So that comes from your vegetables.

[00:29:32] You know how we said before, like, it actually is a lot simpler than we think, like, we make it so complicated. It's back to basic. Here's the way to do it, is if you don't own an instant pot, go get an instant pot. It has been the solution to me eating more protein, because you can pressure cook food in it, and by the way, it makes the best chicken.

[00:29:51] You can make chilies and soups and stews. And it takes like two seconds to put it all together. So the meal prep is like, you just calculate how many grams of protein you need per meal and you get your meal prep containers, by the way, they sell beautiful ones at Costco. And then you just plunk the food you need in there and you put it in the fridge and there's no excuse.

[00:30:11] And that meal prep takes like an hour and a half. On a Sunday. Or in the middle of the day, if you work from home and you're like, I got an hour free to myself, let's go do this thing. That's when I do my meal prep between meetings. Yeah. When you know better, you do better. It's our job to share this information because it's so, so important.

[00:30:30] Is there any more steps? Cause I want to talk about this like copper peptide thing and all that stuff. I'm so intrigued by this. There is so much I could be talking about, you know, in that video I talk about the wild stuff like coffee enemas, but obviously you don't have to do this. I don't talk to all my clients like this cause they would be running away.

[00:30:47] There's like layers to this. One of the first thing I also recommend, I was saying earlier, how I've been able to trick my clients is I start them right away with a liver detox. And what's great is the reason why I trick them in doing that. is, they're thinking, awesome, a protocol, step by step, this works really well with their high achieving mind, they're like, I can do this, I'm gonna crush this, right?

[00:31:11] Because they're also wanting to be perfect in it. And so they start, and the first two days and a half are fasted. And what happens is, when you're fasted, your body takes over. And you're forced back into your body. And that's why I say I trick them because then they'll be like, I'm so irritable. I'm so angry.

[00:31:30] I'm so sad. And I'm like, yes. So is it 48 hours? It's almost 60. But you are supported. So you're taking a shake every four hours. You have the supplements to also make sure that you're not accumulating toxins, but they're moving out. So it's very well done. And trust me, now I have more than 800 women that I've supported in doing this.

[00:31:50] I've done a 24 hour fast to go get a colonoscopy done, and I was stressed up leading up to this day. And the morning I wake up, and it's the day of my fast, I enjoyed it, because here's what I did leading up to it. Is I slowly day by day started taking out a little bit of the stuff like I stopped coffee before exactly stopped alcohol before so that the day of the fast comes.

[00:32:15] It's not like a massive attack on the body. Exactly. Where's all the stuff that I'm used to? Give it to me, please, baby. Exactly. So before we do a liver detox, I actually send you a little mini course and like there's eight days of preparation ahead of time and just like what you're saying and coffee needs to come out.

[00:32:31] Yeah. like four days before because there's three days, like 72 hours of caffeine withdrawal alone. And I don't want you to think that the headache that you're going to have is caused by the detox because it's just the coffee causing it. So yes, there's a method to the madness for sure, but I love this detox because the first couple days you're like, oh my gosh, it's like putting under a magnifying lamp, like what's been going on.

[00:32:56] And then it just keeps getting better and better and your brain becomes sharper and as toxins are moving out, you're like, I haven't felt this much energy in like years. Like that's usually the comment I have, like, oh my gosh, my brain. And what's great is the reason probably also why you enjoyed fasting is because like I said, your body is not using this energy to digest, right?

[00:33:19] And so all that energy can come back to your brain. I have my most epic creative days when I'm fasted. So now I look forward to detox and I plan accordingly. I'm like, Ooh, I know something great is going to come out of this. You know, every time my husband's doing this crazy bodybuilding plan now, and it's gnarly and there's no way a woman can do that because he's doing hard workouts on a calorie deficit, which is what you do to get on stage.

[00:33:46] He's not trying to get on stage. Just wants the physique. But man, not gonna lie, the first week and a half, he was a jerk. Oh, for sure. He was a massive jerk. Because it wasn't two days. Fasting was crazy. And then when he got to eat, it was like rabbit food. And he got to do like a shot of tomato juice every like, I don't know, three hours.

[00:34:06] I'm like, good for you if you can do this. But he was Not a very pleasant person to be around. Yeah, and I always say, you know, if you can, doing this detox, just don't overbook yourself, just allow yourself to actually feel it for once, you know, just do some breath work, go for a walk, do some yoga, don't go and do some hits, you know, just take a break.

[00:34:25] And that's probably the other ultimate biohack is exercise at the end of the day is so, so important, but it's also a stressor. So really being able to honor your body and be like, okay, how's my nervous system lately? Am I pushing it? Is this just an extra drop in the bucket? Or do I have the bandwidth to sustain this strong exercise?

[00:34:43] So very often I have my clients. I scale them back, we do just like 10,000 steps a day with maybe some incline and some hikes and things in nature. And then we slowly rebuild back up. So maybe for three weeks, you only walk and people are like, what, I'm going to gain so much weight. And in fact, it's the opposite that happens because the nervous system has a chance to bounce back.

[00:35:05] Oh yeah, there's something to be said about being in nature too. Nature was a catalyst in my healing, like huge. Yeah, my friend Jackie messaged me and she's like, Hey, I'd love to invite you to come with me to a retreat in Tulum, where we're going to do yoga and breath work and sound therapy. And I was like, Oh, that sounds so boring.

[00:35:23] I would love to go to something where there's like CrossFit every day. And we're having dance parties. And she's like, uh huh. Uh huh. And I go, oh, it's probably the work I need to be doing because, exactly. I still love

CrossFit, but I get it. You know. The nature thing is huge. Yeah. And what you're resisting will persist, right?

[00:35:42] Exactly. So there's only one way and it's through. And here's the thing is I don't know what I'm resisting, but there's something there and I'm so afraid to find out what it is. Okay. So this is another thing that I love and it's breath work. So I'm just blown away at how Mother Nature put in us this amazing built in system that allows us to reach higher states of consciousness so that we can heal on our own.

[00:36:07] It blows my mind. And I'm not talking about the two minutes of breath that you do after yoga, like it's really like a 45 minute breathwork session where you're all in, because it works with the nervous system also, but it's going to help you, you're going to get downloads and vision and be like, Oh my gosh, that is what I've been feeling.

[00:36:24] That is what I've been hanging on to. This is what I need to let go of. Every time I do a breathwork session, I'm blown away by the things I'm shown. And I always think like, this is all built in. This is all free. This is incredible. We did a journey last April with the most potent hallucinogenic known to man, and it was a Saturday, and my session was from nine till eleven, and we did three journeys in that session.

[00:36:53] And which one was it? Five MEO DMT. It was so gnarly. I can't even explain my experience, but what we did the next day was more of like an integration day and it was just more like slow and sauna and cold plunge, sauna, cold plunge, like really cool things. Then we did a hour and a half long breathwork session.

[00:37:13] So it was just four of us, but I got to, by magic, recreate the goodness of what I had experienced the day before. And it was completely drug free. Yeah. And I was just breathing. Exactly. You know what I encountered, and this is maybe too woo for some people. Is my great, great grandmother is 100 percent indigenous, she's Ojibwe from Ontario, and I felt this connection to her.

[00:37:40] But in that moment of breath work, I felt her hold my hand. Oh, I have goosebumps. This is so good. And she was there and she kept guiding me even towards the darkness and towards the light and she kept saying, it's okay. It's okay. And I'm like, what's the meaning in this? Right? The ego wants to know what the meaning is.

[00:37:58] And then she'd go away and she'd come back and she'd hold my hand. And I just felt so grounded and so connected to my ancestors. Just by breathing. Yes, because it's in your DNA. We carry our ancestors in our DNA. So it's all in you, including their traumas and the things because sometimes when you go on these journeys, you actually see and experience things that are not even your own.

[00:38:22] It's in your cells though. Oh, it's definitely there. Yeah. It's in the DNA. It's wild. I'm actually leaving on Saturday for a spiritual journey for a week. Oh my gosh. You'll have to tell me about that. My husband had done this the October before, and when he came back, he didn't really talk about it. And I didn't really know much about it because I'm not into like the whole plant medicine thing.

[00:38:43] I'm extremely sensitive person when it comes to any of that. That's why I can't do mushrooms or anything. But you went in and you did that. So is that a story you're telling yourself? I go level 10 before even starting a chapter one. And so I was like, fine, let's do it can't be that bad. It's like they say.

[00:39:03] You facing your trauma of 30 years in 7 minutes, or in 15 minutes, and it's everything's going through you, past you, and not even your trauma, other people's trauma, and it's coming through you, and you're like, what do I, oh my god, this sucks, this is so heavy, it's exhaust, I slept. The whole day from 1130 till 5 p.

[00:39:22] m. I slept. Yeah, you integrated it. But you know what's crazy is we're going to start seeing more and more of that. That is biohacking. A journey like that can be the equivalent of 10 years of therapy. So imagine now they're using psilocybin and MDMA and things like that to solve PTSD from like people in the army and the craziest stuff in like two sessions.

[00:39:45] Imagine. Yeah. So we are actually, I mean, I don't even know if this is public. I won't say it, but we're involved in a company that works with MDMA because my husband and I've done a couple sessions together. And of all the things that I've tried, this was the best for me. It's in a controlled environment.

[00:40:04] It was couples therapy, but what comes out of it has nothing to do with the couple. It comes back to you and your center. Exactly. So you see how that is the ultimate biohack. Yes. So it was like, Oh, I didn't know this of me. But essentially it's like the MDMA just dumps a bunch of dopamine on your

brain and you'd feel comfortable and safe in sharing the things you need to share.

[00:40:25] It's like all this work. It compounds in a good way. It's not like the one pill or like the one breathwork session. It's like yeah. Your investment every day. What are the micro moments that you're investing into your health, into your happiness? I think we forget that. We think it's like the one week journey or retreat in Mexico.

[00:40:43] Oh gosh. And I've been like working three years to get there. You know what I mean? Like you say, it's compounding, it's a journey and there's no end point. You're never going to be done. It's a journey. There's always something else, but here's the thing. You do the work and then so you, you, you face the trauma, hopefully heal, you gain tools on how to deal with this.

[00:41:03] And the next time you face it, you can go through it with ease and the advantage to this too. Is that now this isn't being spread to the next generation? I mean, to me, that is the ultimate why of why I'm doing this. I want to deal with this sticky stuff in me because my kids don't deserve to be carrying this.

[00:41:23] And you know what's awesome, and I've experienced this and I'm in the thick of it right now, is when you start healing yourself. I actually just did a full Mother wound healing journey where I really went back to my birth experiences and really kind of healed all those moments where I completely checked out of my body because of pain, because when you checked out of your body, your baby feels it and they can create in the baby this feeling of abandonment and it's like, wait a minute, you're not even born, but yes, they're feeling that, but just by the mere effect of healing yourself, you take your kids off the hook energetically, And it heals them at the same time.

[00:42:02] It's fascinating. So cool. I need to do that. I'd say that all the births that I know of in hospitals are traumatic for the child. I mean, you talk about trauma for the mother. Think about being comfortable, safe, warm in the womb to being cold, exposed, bright lights, new sounds, new smells. All of your senses become activated in the moment that you're born.

[00:42:25] And medicated? How stimulating is that? That messes people up. But you know, at the end of the day, the child needs a regulated mom. For as long as the mom is regulated, they're fine. And that's the problem is because we're walking around with these traumas, we're not fully regulated. And that's

why when you heal that for yourself, you automatically heal that journey for them as well.

[00:42:46] I love this. Okay. But I do want to get to the copper peptide. You've been avoiding this question. Tell me about this. And this might be like chapter 10 if you're just starting out, but that's okay. It's a really interesting thing that I've never really heard until you mentioned it a couple months ago.

[00:43:02] Yeah. So this came on my lap probably six months ago and it's this patch called X 39 and it's using photo bio modulation. So essentially it's a patch you put on your body. It uses the infrared. Infrared is the heat that comes off of our body, so it uses that to produce copper peptide. So copper peptide is the holy grail of peptides.

[00:43:26] It helps with deep, deep healing and reducing of inflammation in the body. In fact, it's even used now for healing colon cancer. It's like wild, okay? But in Canada, here where we are, it's hardly impossible to get. You need to get it. In ways that we don't know where it comes from, you got to reconstitute it at home, you got to inject yourself twice a day.

[00:43:48] And I always thought, oh gosh, I can't recommend this to my clients, even though they would need it, it's too much. And so when this patch came to me, I'm like, wait a minute, all you need to do is wear it and the body will produce what it needs? I was like, this is the dream, but it felt too good to be true.

[00:44:03] So I started trying it and after three months, I tracked my sleep. It was incredible. My energy, immune system, I just felt like overall more stamina. And then my hair, my hairdresser was like, what's going on? You have all these baby hair everywhere. Like what's happening? <https://otter.ai> Oh my gosh, it's the patch.

[00:44:22] And so now it's really part of my toolbox. It's something that I recommend to my clients that are wanting to support their healing. Again, is it going to do it all? No. But I see this as an accelerator. I use it on my kids. And funny enough, the older you are, meaning the more inflammation you are, the quicker you will see the results.

[00:44:42] Like my mom used it after five days, she was like, I feel something and I'm like, yes, it's working. So it's just this like brilliant. Technology, the company that's put it together, they've been out there for 19 years, so it's not

new. The science is incredible, like they did studies after seven days, your blood levels of copper peptides are through the roof.

[00:45:03] And to me, this is just, again, it's so in line with my vision because we're trusting the body to produce what it needs. And I just love that. And then it goes wherever is most needed. So if your liver is needing support, it'll go there first. That's how peptides work. Okay. Yeah. X39. X39. I'm going to get some peptides, baby.

[00:45:21] Last two questions, but second last question is, to summarize this, where can somebody begin this journey if they're like, I need this next step? I would say Other than going to you, of course. Yeah, yeah, yeah. I would say the liver detox is something I feel really safe recommending because, I mean, as long as you're not pregnant or breastfeeding, if you don't have eating disorder tendencies or if you don't have type 1 diabetes, type 2, you're fine.

[00:45:45] Then it's amazing. Can people go to you to get information about that? Yeah, it's on my website, vanessagrotman.com, and then they can hit in the shop section. It's all there. And when you buy it through me, it comes with this full detox mini course I did online. You're fully supported. Every day you get a video, like there's step by step, there's recipes.

[00:46:06] It's really one of those things that will create this deep reset. I'm all about creating momentum. And so I haven't been able to find something that creates as much momentum in one go. So it's totally worth the commitment. Seven days, it's like nothing. That's only a week. Yeah. To get back this energy and this clarity, and then you have the bandwidth to be able to layer one next thing, and then one next thing, right?

[00:46:30] It's all about the power of one. Totally get it. Okay, so one last question for you. When I ask you what it means to be a wild woman, what is that for you? Going back to you, remembering your true nature. Really, to me, being wild is being brave enough, bold enough to be unapologetic about who you are and really embracing those gifts that you have to share to the world.

[00:46:50] We all do. So if people want to go online to find you, where can they go? I hang out on Instagram the most at [Vanessa.Grotman](https://www.instagram.com/Vanessa.Grotman). I still am in my DMs and so you can come and find me and ask any questions. I love to connect, that's how I use social media, to connect with people. You're good and your content is great.

[00:47:09] Go check her out. Well, Vanessa, thanks so much for joining us today. This was awesome. Thank you, Renee. So there you have it. Thank you for tuning in to another episode of into the wild to make this girl happy and to help reach other women who are dreaming of starting their business. Please leave us a five star review on iTunes and everywhere you listen in.

[00:47:32] Also, if you want to find me in the wild. Check me out on Instagram at Renee underscore Warren. That's R E N E E underscore W A R R E N. And leaving you with one of my favorite tips of all time, the best advice you could ever receive is from someone who has successfully done it before you. Until next time, ladies, peace out.