[**CS\_Better\_Than\_Botox\_Nutrition\_monica\_Parodi\_Chalene\_johnson**](file:///C%3A%5CUsers%5Cgateway%5CDownloads%5CCS_Better_Than_Botox_Nutrition_monica_Parodi_Chalene_johnson.mp3)

**Jeffrey**: Welcome to The Chalene Show. Chalene is the New York Times Best Selling author, Celebrity Fitness Trainer and obsessed with helping you live your dream life.

**Chalene:** Hey there! I'm so happy you’re spending this time with me. You could definitely say, I'm obsessed with helping people live their dream life because it's possible. A really important aspect to that is our nutrition. See, I did not grow up having optimal nutrition. So, I've since had to surround myself with what I call: Nutritional Mentors, and you're about to meet one of my favorites. You're about to meet the Nutritionista.

This is Monica Parodi, and Monica’s expertise is really helping people to understand how their nutrition helps them to look younger, more youthful, to have more radiance, to not have to rely on so much make-up and fillers and other things that we're doing externally that we could be correcting the right way by putting the right foods into our body, and that's why she calls her nutrition plans, “Better Than Botox.”

Okay, spoiler alert. Monica's going to share with you one of her best beauty books. It's all about looking younger from a nutritional standpoint and the side effect is? Most people lose weight on this program too, and feel like a million bucks.

Monica is a published author and a nutrition expert. In fact, she’s just finishing up her PhD, and what I love about her approach, which I think you will too, is that it really comes from a place of knowledge. So let's get right to the interview!

Ladies and gentlemen, it is my pleasure to introduce to you my friend, Monica Parodi. Monica, are you there?

**Monica:** I'm here. Hi, Chalene.

**Chalene:** Hi. So awesome to have you. This is such a hot topic and I told people a little bit about your story before we started today. You know what I realized as I'm sitting here looking on my computer screen at a picture of you? I don't know if I've ever seen it before photo, or a photo of you, like, five years ago or more, have you always looked this hot?

**Monica:** No, not at all.

**Chalene:** So, because I know a part of your story is that you have pretty lousy nutrition. Were you fortunate enough that you have good genes and you couldn't tell?

**Monica:** Well, I was the girl that could like decent if my makeup was done and I was wearing jeans, or I was wearing shorts long enough that would hide my cellulite. I think I had cellulite as I can remember wearing my cheerleading high school uniform, and I'd cross my legs and I look down in class in horror to see just cellulites from knee up, and so, I was really conscious about what the length of my shorts, and my facial features have definitely changed. My eyes used to be puffier and my nose puffier and bags under my eyes. Things like that.

My weight hasn't fluctuated a lot, but just the way that I looked outside of close and without makeup has drastically changed, and when you wear bathing suit, people like expect you to look one way because you look one way in your jeans and you don't, so you're terrified to take that cover-up off, and go get into the ocean with your kids.

**Chalene:** Wow. If you could describe for us, what was your nutrition like, just five years ago?

**Monica:** It was sodas. I don't think I ever drank water. It was cokes all day long. I was wickedly addicted to sweets. I open my pantry and there was a box of Swiss cake rolls in there. No matter what I had to that day, we're going to the store to get some little Epis, Swiss cake rolls or zipper cakes. I ate McDonalds. I ate Lucky Charms for breakfast.

**Chalene:** Like, all the time?

**Monica:** Oh, yes.

**Chalene:** Really?

**Monica:** Absolutely.

**Chalene:** Wow.

**Monica:** I didn't know any better.

**Chalene:** Yeah, I get it. Did you have kids while you're still eating this way?

**Monica:** Absolutely.

**Chalene:** Okay. So today's starting that way too?

**Monica:** They did. They had hotdogs and munchables and lucky charms like I did, and cookies, and chicken fillet at McDonalds. That was how we ate.

**Chalene:** Okay. We're going to get back to the kids, but I want to ask, what made you decide to do things differently?

**Monica:** Well, I had a cancer scare and I had multiple tumors and I sat with the doctor, his name is Dr. Fred Shessel (??) and I was having a pity party, and I said, "How can this happen to me? I don't drink. I don't smoke. I'm healthy." And he looked right at me and he said, "I have seen you come in here with your bags of fast food and your biggy cokes or your coke from McDonalds, and I would rather you smoke a pack of cigarettes than eat the way that you eat. It matters.”

**Chalene:** And so he said that to you in his office, and was that the day you made the decision?

**Monica:** It wasn't. It was the day that I started feeling tremendous guilt. I started thinking, "What if I had eaten better? What if I had taken care of myself?" So, I was definitely consumed with guilt.

**Chalene:** And so, you decide, then you, this guilt kicking him in like, “Oh my gosh, is it at this point that you think you have cancer, or have you already figured out that your tumors were benign?”

**Monica:** No. They thought that they were cancer based on me having tumors on multiple locations, so when I went in for my surgery, and my OB and Dr. Shessel came in and talked with me afterwards, and he said, "The tumors initially, they came back benign, and looks good, kid." I'll never forget what he said and when they walked out and shut the door, I led out a sigh that I know the entire hospital must have heard, and I said, “Oh my gosh. If I'm really given this second chance, I'm going to take care of myself from this day forward. I'm going to eat better. I'm going to exercise. I'm going to do all the things that I kept thinking I would do.”, but I just haven't gotten around to making this change just yet.

**Chalene:** Okay. Got it. So that's the day you make the decision and do you quit the junk cold turkey, or was this a process?

**Monica:** No, it was a process. I'm a researcher which totally fits me getting my PhD now, so I started researching and he put the thought in my head that eating poorly could make a difference in my health, so I wanted to learn, maybe the reverse of that as true. Maybe, if I start eating better, I can prevent this. So I started researching and trying to figure out what I needed to give up, but it is. It’s overwhelming, and my version of healthy was not anything the way that it is today.

So, it started with educating myself and making small changes, and the first thing I did was give up the sodas. When you do one thing at a time, and it's not overwhelming for you, but you see the benefits and you're encouraged to try with the next things, and then the next thing for me was fastfoods. Wow! Do you feel so much better when you don't eat McDonalds for dinners?

**Chalene:** Were you doing some research to understand what it was you should be giving up, or were you just making some like, “Well, it's

just common sense that I should stop drinking soda”, and then just going by how you felt, or was it a combination?

**Monica:** It was a combination, but mostly, research. I became obsessed with studying nutrition and the body, and the way that it worked, and that's why I made the decision to go back to school because I was doing it anyways. So I thought, I might as well start earning a degree for as much research as I'm doing.

**Chalene:** I just think that's such an empowering way for people to make change, but so much of personal development is doing the research to learn how we can, not be perfect, but be better, feel better, treat people better and when you do the research on nutrition, then it doesn't feel like something you have to do, something like: I want to do this!

**Monica:** Absolutely. And when you know the consequences that make those decisions so much easier, when you're going to a party and it's pizza and cake and sodas and all these things and you know what the long term effects are? It's easy to say no. You don't want them anymore. You get to the point and particularly, if you make a decision that once you give up something, you're not going back to it.

Some things take longer than others. Once you give up something for three weeks, even if it's something that you thought you could never live without, you can forget about it. You're on to something else.

**Chalene:** Yes. You're on to something else. When you start making these gradual changes, did your family go along with you? Did they know this was happening, or did you do it like a stealth operation?

**Monica:** No. I started with me first, and obviously it was changes and they started asking questions and particularly my kids, they would say, “How come you're not having macaroni and cheese with us tonight?”, and I explained to them why and they looked at me and they said, "Whoa. What in the heck are we eating this for?"

So, it's funny because we underestimate kids and what they can understand, and when I started explaining to them how foods can help their brains and their performance and how fast they run. All these things, I got what more of the good stuff; Give me some more greens, and when I explained to them, what are some of the ingredients and Doritos did and how there are so many chemicals in there that could even take memories away from us as we get older. Don’t ever buy that again. We don't want that.”, but we don't take the time to really explain and nor do we take the time to really learn why we shouldn't eat foods ourselves. We just hear, “Oh, that's bad for you.” And then, like, “Oh, but it tastes so good. But I love my [9:04 unintelligible].” “When you know better, you do better.”, and it is so true in all areas of life and particularly with nutrition.

**Chalene:** We’ve shared stories about our kids and from what you've described about yours, they are whole food worriers like, they want you to talk to the other parents, and they eat this way because it's their decision and it's not something that is forced upon them, and when I was growing up, we were the house where the fridge was stocked with Great Pop, we didn't even call it soda, Great Pop, homemade fudge, popsicles, Pop-Tarts, white bread and butter; just every junky type of food that you could possibly imagine, and I had a girl friend whose mom was involved in a whole foods co-op.

So, the only thing she had in her co-op was just like whole grains and whole foods and all those like really healthy stuff and so, we never wanted to go to her house after school. We're like, “No way. Your mom's got all that like brown rice stuff.”, and her kids would sneak over to our house to eat the food that my mom and dad had our pantries lined with, and almost like rebel against it, like they were eating behind her back, and later went through in high school, they completely rebelled. Is there any fear that you have that your kids are going to sneak food or that they're going to back lash against this way?

**Monica:** Not at all. In fact, they keep me in line, for sure. When you're teaching your kids anything, there's a fine line between

empowering and just being a dictator of what they're supposed to do, and so, I empower them to..

**Chalene:** I'm sorry to interrupt you, but you are so dead on because the family that I'm speaking about, their mom would label food as bad and tell them, you can't eat this and you're not eating it. It’s just, it felt like a prisoner over there. What is it about your approach that feels so empowering?

**Monica:** I try to teach that with my kids and always, but I educate them, I take the time and I include them in the process, and we make the food tastes great, and they're proud of what we eat.

In fact, Kate is – I had to drive to school twice today because Kate forgot all his ingredients to bake, but he loves sharing what we eat, and he likes having people come over, and it's so funny because we had a family one weekend, and the mom said, "I'm not quite sure what my child’s going to eat because my child doesn't eat vegetables." and we made buckwheat pancakes with this berry sauce on it, and we made pizzas, and they got to make their own pizzas, and when kids actually are part of it and they select what ingredients they want to put on it, that child that doesn't eat vegetables ate a vegetable pizza because he made it, and it was cool. He was doing with the kids and I think we had some lasagna that I had snuck a ton of sauce, vegetables in the sauce.

Everything that child had was plants for the most part and he loved it. So, we don't give our kids enough credits sometimes, and I think if we make the efforts to find recreative ways that they're going to like it, and teach them why we should we be eating things, and just in anything when you’re told you can't do something, and that is bad, bad, bad. Well, no one likes to hear that. Instead, focus on what's good and what you can have, and why you should have it.

**Chalene:** That's so true. Great, great advice. The reason why I want you to have on this show is I have this experience happened recently where I was meeting with a group of moms with the same age as me and when we left, my daughter actually mentioned how much older one of the other mom's looks, and I knew it was because she

drinks and she smokes and she eats poorly, and it made me think about all of the things that I’ve learned with working with you about beauty and nutrition.

So, I was hoping that you could share with us today a little bit about how much our nutrition affects the way that we look, not just from a weight standpoint, but like hair, skin, all of those things that affect our youth.

**Monica:** Foods play a huge part on the way we look on the outside and society plays a lot of importance on the way that we look and when we look better, we feel better. So, people are concerned with beauty and they’re missing the biggest thing they can do and that's three times a day, they make a choice and they're either going to be adding to their beauty or they're going to be taking it away, and I don't think that we really understand that.

Obviously, the mom that you met did not. I think this society as a whole for the most part, we understand that with smoking. We've seen it long enough to know that, no one when in their twenties and we have a few cigarettes, we don't instantly get wrinkles, but we do understand that over time our skin’s texture changes and we just look older than we should if we have the lifestyle of smoking. We somewhat understand that with alcohol as well.

We've seen people that excessively drink alcohol, how they look older, their skin and eyes are yellow, they have the red nose, there's definitely signs of aging that exist from people who drink alcohol than if they would not, but with food, we don't really think about it and accept that as much and it plays just as a bigger of a role, just like when Dr. Shessell said to me that eating unhealthy makes just as big of a difference as alcohol and smoking. It does with the way that we look, aging on the inside and the outside. It truly matters.

**Chalene:** And that, there's just isn't enough make-up in the world sometimes to cover it up. You just can't wear your make-up thick enough to cover up poor health.

**Monica:** And there's no pill or potion or lotion or injection or make-up or creams or any of these things that’s going to have the same results as proper nutrition, and there's three things that unnaturally speed up the aging process and that's poor digestion, chronic inflammation and damage from free radicals, and there are certain foods that are wonderful in combatting all three of those, and then certain foods like all the stuff I used to eat that actually do all three of these.

**Chalene:**  What are the three biggest? What are the three that we need to try to avoid or eliminate if not completely limit from our diet?

**Monica:** Well, I call this the "beauty robbers".

**Chalene:** I love it.

**Monica:** The first one is going to be sugar, and sugar is the most widely accepted recreational drug on the planet. We use it for comfort all the time and we have no idea, I think how aging it is and it causes an inflammation which is one of the ones that I've mentioned. It actually prevents collagen from repairing, and I wish that someone would have like put that on the label of the Swiss Cake Rolls because I was kidding buying the collagen repair creams and doing all those things, spending so much money on those, and then I was eating this Swiss Cake Rolls everyday that was preventing the collagen from repairing. Forget the cream, it wasn't going to help. Sugar is just one of the biggest ones, and there's a lot of different names that it's under but we've got to stay away from sugar, and it's difficult to give up, but it is possible. I am proof.

**Chalene:** Where is this hidden sugar, like I know in desserts, in cakes, in pies, in cookies, in brownies, I'm getting sugar, but where are we missing sugar that we need to be aware of?

**Monica:** Sauces, catsups and you have to really look when something says that it's fat-free or things like that. Usually, when they remove the fat, they have to replace the flavors somehow and usually they'll put sugar in it.

**Chalene:** Okay. So, I have to ask one more thing because I have a major sweet tooth, and I know you do too. How do you satisfy your sweet tooth without sugar?

**Monica:** I do have sweets. I don't crave sugar as much as I used to because you don't have that same addiction to whole foods as you do as process sugar, so that gets better, you're not like a prisoner to your sweet tooth the way I was, but I do have sweets on occasion, and I'll use Maple syrup or I'll use Stevia or I'll use Blackstrap molasses to make sweet. There's a lot of companies that sell sweets that are made with this whole food ingredients as well.

**Chalene:** Is Stevia safe for us?

**Monica:** It's a much better choice. Raw Stevia leaves, Maple syrup is something that I bake with a lot, and then Blackstrap molasses, and that one is a beautiful one because it has Iron and Calcium too, which are great beauty minerals.

**Chalene:** What was the last one you said? That, I've never heard of before.

**Monica:** You need it. Blackstrap molasses.

**Chalene:** Blackstrap molasses. So, can I go to my local supermarket and find Blackstrap molasses?

**Monica:** Absolutely.

**Chalene:** Really?

**Monica:** Yes. In fact, I've told you that Kate is baking today and he is making Blackstrap molasses cookies today with chocolate, not just chocolate, but chocolate in those cookies are to die for.

**Chalene:** I would like one right now. Thank you. Okay, what’s the second one?

**Monica:** Okay. This one is the one that I get probably the most arguing from clients when I tell them that dairy is such a beauty robber. It is a very inflammatory food which is one of the three things that aged you. It's really hard for us to digest, so digestion is one of the things that takes more energy on our bodies than anything else. So, we're having a hard time digesting this dairy, it's taking away from our beauty energy, and our beauty energy could be spent creating thick hair, radiant skin, glowing eyes, but it can't get to any of those things, if it's busy processing dairy which is so hard to digest and so inflammatory on the body.

**Chalene:** And I just hear from so many experts that we were not meant to be consuming dairy the way we do with this society.

**Monica:** Absolutely. And for me, I always have strep throat. I had strep throat, I can't even count how many times in a year. I just thought that I was just prone to getting it easily, and I would cringe every time we got an invite to a kid's party. I thought, "Oh gosh, is this a party I really want to go because I'm going to leave there with strep throat." I know it. And I gave up dairy five years ago, and I have not had strep throat since then, and I just thought that every morning when you wake up, you have all this phlegm in your throat that, that was just the way it was. You have to go and look at my video.

My transformation of after doing P90X, and I haven't changed my diet for years. It was probably six months. People leave comments on your videos; some are nice, some are mean, some things are kind of true, and then some things are: Why do they even say that? Well, someone left a comment, and they said: "Oh, I see P90X works on the nose.", and at first, I was like: "Huh? Why would they say such a thing?" That is just ridiculous, then I started to look at the photo and I thought, “You know what? I do look like I had a nose job.”

**Chalene:** Wow.

**Monica:** I didn't, but it's just, \_\_\_\_\_(??)And I by no means have a nose that looks like a perfect plastic surgery nose at all, even now, but it's definitely less puffy, and that was really the features of giving up dairy for me, absolutely.

**Chalene:** So, what's your number three beauty robber?

**Monica:** It is refined oils and trans fats. We understand trans fats. We've been warned about those, but refined oils are even worse. The way that they're processed and they’re designed really to have a long shelf life, and to not change the flavor of foods and the way that they're created. It creates a molecule that our body just doesn't recognize, so whenever we consume them, it actually damages ourselves, and even a tablespoon can damage. It contains like a hundred million damaging molecules to us. It is really, really damaging. Very inflammatory for us.

**Chalene:** What are these? I mean, how do we recognize if they’re in our pantry?

**Monica:** They sound, healthy, could say; Canola oil or Peanut oil or Soybean oil, any of those, Cottonseed oil and you hear some of them and you think: "Oh, Vegetable oil or Soybean oil, that's probably good for me."

**Chalene:** So, what should we be using instead?

**Monica:** If you're going to cook with oils, use coconut oil, to cook with because when it’s heated, it doesn't release those free radicals that are so damaging to us. And then if you do want to use other oils like Avocado oil or Olive oil, it's just best that you don't heat those at high temperatures, that this is where you have to be careful, is looking at the ingredients and package foods. They add a lot of these oils to it because it does extend the shelf life. And then when you're going out to eat, you have to be careful, so if I'm ordering vegetables, I just asked for them steamed. It's just little things that you can do if you're really trying to make big changes in the way that you look.

**Chalene:** Wow, that's great. So now, we know the three things that we need to avoid. Can you give us three things that are going to help us restore beauty?

**Monica:** One thing is just to try to eat more raw foods and when you hear raw foods, people think of extreme raw foodies or eating 50 bananas a day and I'm not definitely saying to do that. Just make

a conscious effort to add raw foods at every meal. So when we cooked foods, it basically destroys all the enzymes when it's heated above 118°.

So enzymes, they are the fountain of youth. Every function that the body does is a catalyst of an enzyme. It's so important to us, and we're born with a reserved of enzymes, but as we aged, that deteriorates, it declines and that results in aging and slowing down of metabolism, and neither one of those are things that any of us wants. So, raw foods contain enzymes so that it helps us digest that food so that we don't tap into that reserved that we have.

 So, it's awesome to start a snack, a meal with some celery sticks or some cucumbers or red pepper slices with a little saucer \_\_\_\_\_(??) or side salad or green smoothie. There’s so many different ways you can get raw foods, but if you just make a conscious effort to add some with every meal or snack, that's one to create a huge beauty benefits for you.

**Chalene:** Wow. So, it's definitely better to have raw broccoli or raw carrots, but not that you’re discouraging cooking vegetables?

**Monica:** No, not at all. Just add a little bit with every meal or snacks, and easy, roll a do. So before you have whatever it is you're planning on having for dinner tonight Chalene, just have some celery sticks or some cucumbers or little red pepper slices and \_\_\_\_\_(??), anything raw before you have your meal.

**Chalene:** This is great. I didn't even realize I was already doing that, but I love it. We always have cleaned, washed veggies in our fridge. So, they're ready to go and ready to snack on in that moment when you're starving, and making everybody else dinner. What's your next one for us?

**Monica:** To eat more greens. Yes, they are the most nutrient dense food on the planet. What I mean is that they're some more nutrients and a very few calories. I really don't understand plants that limit the amount of greens that you're going to consume because, I think a cup of spinach is seven calories and a cup of Kale is,

 33 calories, but there's much fiber in there that you're not going to just over ate it. There's no way you're going to eat too many calories of that, but the nutrients that they have are some of the top beauty minerals. So that, you're going to be hard-pressed to find foods that are going to have more beauty minerals than greens, and there's no surgery or supplement or anything that's going to get your digestive system back on track the way greens do. So, they are just really the best food and they're the staple of my nutrition, and it's endless. You can have green vegetables or there's so many more choices, and there's smoothies if you don't love greens, but there's always ways that you can add them.

There's so many choices of green vegetables and these you can cook. Of course, it's going to be best to have them raw but don't feel like you have to eat raw all the time. Just eat more greens.

**Chalene:** Love it. That's simple. Anyone could follow that, and how about one more?

**Monica:** The healthy fats. Information is key. So, there's some fats that are inflammatory and we want to make sure that we're eating fats that are sticking to an EFA ratio of 3 to 1. What that means is Omega 3s to Omega 6s, and the five, they are the perfect ratio for us that are not going to add any inflammation are Chia Seeds, Flax Seeds, Hemp Seeds, Avocados and Walnuts.

**Chalene:** So, I can eat Avocados because I'm addicted to Avocados.

**Monica:** Yes. Yes. Ourselves crave fat because that's what you uses to repair tissues, and so we definitely need fats, but if we can take it one step furthering eat from these healthy five that are not going to also add any type of inflammation to us, it's going to be an added bonus.

**Chalene:** That's awesome. I love that. Now, how do you have your Chia Seeds and for some people, this is the first time they've ever heard this terms before, in case some of the things that Monica is referencing you've never heard of, and you don't know where to find them, I will put links in our show notes, as well as of course, how

you can get in touch with Monica to learn more about what she's doing, and what an incredible website you've got, and you're just really a source, a very reasonable source of eating healthy and it's important to me that you're also a mom. I think it's really easy for someone who doesn't have kids or a husband or a roommate to be able to live this way. It's a little more complicated when you have other people who you've got to get in the same page, and you just do such a great job with that, I have to say.

**Monica:** Thank you. And if someone never heard of Chia Seeds, they can stick with Flax Seeds, Walnuts, Avocados, and if they feel adventurous and want to try Hemp Seeds and Chia Seeds, they can, but they can find them at any store. Chia Seeds are really easy to add to oatmeal or Buckwheat oats or sprinkled on fruit or added to a smoothie or sprinkled on a salad, very easy to implement to your diet.

**Chalene:** Love it. That's great. Now, I just want to go back from moment because we've been together in social settings. How do you handle it when there's very a particular way you're eating for your health, for your longevity, for your youth, and you're out to dinner with friends or family, and they eat completely the opposite, how is it you're able to maintain the way you eat with them, making others feel like you're judging them or that you're better than thou?

**Monica:** Right. And I think that you have to be you and be bolder you, it's something that I steal from you, and it's how all in how you deliver it, and how you say it. I am certainly not going to judge anyone that eats poorly because no one eat worse than me. You'd be hard-pressed to find someone that ate worse than me. There's no way I'm going to sit here five, six years later and just because I have degrees in Nutrition. Am I going to judge someone? I understand. I was in that position. I think if you'd take that and you just say, "No, I love this. This is my favorite foods.

My favorite foods are greens now." So, how does someone going to feel bad just because my favorite food is different from their favorite food? It's just on how you treat people, and they're just different than me. We like different things. Just as same as if you

say: You love the Steelers and I love the Cowboys. Does it make me better than you? We just like different things.

**Chalene:** I love it. That's great advice. Now, is there a way Monica that people can learn more about your beauty diets, and how people can restore a youthful look through their nutrition?

**Monica:** Absolutely. I have a whole book put together with this information, and it said, eatbeautyfoods.com.

**Chalene:** Is this an E-book?

**Monica:** It is.

**Chalene:** And is this something that you sell on your website?

**Monica:** No, it's free. It's tons of information.

**Chalene:** Yehey! We love free. And your stuff is amazing, by the way.

**Monica:** Thank you.

**Chalene:** So amazing.

**Monica:** One of the cool things that's in there is a face map because I can look at someone now that I'm educated on Nutrition, and I understand how foods affect the body. I can look at someone and think, “Whoa, they need to lay off the caffeine. They've got some adrenal exhaustion going on.” So whether you have the lines across the forehead, or dark circles under your eyes, or the \_\_\_\_\_(??) between your eyes, and the parenthesis around your mouth. All those things that you may think that you need to go and get Botox or fillers, and I'm okay if people want to go and get that.

That's their personal decision, but there's so much we can do with food to get rid of those, and so I've shown an outline on this face mapping to show what they may be eating too much of or what may be stressed, and it's nice to look at, and it's also nice to know that the body is a beautiful machine, and skin cells regenerate,

and we can make huge changes. The skin is so forgiving and so resilient. We just have to give it the opportunity.

**Chalene:** And the extra added bonus of this is not only you're going to look younger, look more youthful, look your best, but a lot of times, people tend to lose tons of weight and feel better.

**Monica:** That's the main part, but what gets people interested is talking about the beauty because it matters to us. But yes, feeling better is going to be the biggest piece of it for sure.

**Chalene:** I mean, I think so many people are missing that. They think that they can get away with it by putting in more make-up and just attributing it to: Well, I'm getting older. But everyone is just trying to get better. None of us will be perfect, but I think the important thing to know here is that you look younger, you feel younger, your hair is thicker, your skin looks better, and most importantly, you just feel like you are more yourself when your nutrition is in alignment and supporting what you're doing from a health standpoint.

**Monica:** Absolutely.

**Chalene:** I can strongly encourage those who are interested to take a look at Monica's site. And I’ll include it in the show notes. Monica, it's very generous of you. Thank you so much for providing us that E-book. Your stuff is amazing.

**Monica:** Thank you. Thank you.

**Chalene:** This has been extremely enlightening and motivational, and Monica, it's just been a pleasure to have you.

**Monica:** Thank you so much, Chalene. I appreciate it, so much.

**Chalene:** Great information. Great knowledge. With knowledge, comes change. So lifers, thank you for spending this time with myself and the Nutrionista. I'll provide links on my website at www.chalenejohnson.com/podcast, so that you can reach out to Monica. Also, in behalf of myself and my husband, Bret, we'd like to

invite you to join us at the Smart Success Seminar. Now, it's something that we only open up once a year. We only do it once a year because it's really special.

This is an event for those of you who are business minded or goal-oriented and you just feel like your life has suddenly become overwhelming like that there's just too much jam-packed into every single day, and you need a way to be able to earn more, but just stay connected to people to do the stuff that matters, to figure out a system so that your life doesn't feel so chaotic.

There is a method to learn this. I want you to learn more about the Smart Success Seminar. I want you to hear from people who've been and I want you to hear those stories and how their lives, and their businesses have changed. So, check it out. See if it's right for you. Go to www.smartsuccessseminar.com. Until we get to spend some time together again, don't forget: Be nice. Be bold. Be brave. And most importantly, be you.