

00:24:00 Susan Jarema - Grand Connection & New Earth Marketing: i disabled waiting room, will show you after

00:27:50 Susan Jarema - Grand Connection & New Earth Marketing: ill be seeing steve and jen in Barcelona for their cruise, a few spots left - Jessica you should come! <https://sailtospeakandscale.com/>

00:30:29 Susan Jarema - Grand Connection & New Earth Marketing: always! i dont tell people im home till 2 days later.

00:31:28 Susan Jarema - Grand Connection & New Earth Marketing: ive also gained 20 pounds on a cruise!

00:31:41 Natalie Clack | JustBE Coaching & Consulting: Reacted to "ive also gained 20 p..." with ❤️

00:35:31 Susan Jarema - Grand Connection & New Earth Marketing: my new trick is to bring protein water in my water bottle so i can get protein frist. (im vegetarian so often no options at the BBQ)

00:37:58 Natalie Clack | JustBE Coaching & Consulting: I went on a fanatical move a number years back doing everything right ALL the time and ended up feeling left out and super depressed. So I find if I behave like you say 80% pf the time, I maintain my cheerful disposition and can still cheat though it is controlled anyway

00:44:06 Susan Jarema - Grand Connection & New Earth Marketing: what are you thoughts on fasting?

00:54:48 Susan Jarema - Grand Connection & New Earth Marketing: https://www.amazon.ca/Fast-Like-Girl-Healing-Hormones/dp/1401969925/ref=sr_1_1

00:55:37 Susan Jarema - Grand Connection & New Earth Marketing: Mindy has a lot of good books for women <https://www.amazon.ca/stores/Mindy-Pelz/author/B018RM0ELM?r>

00:58:03 Susan Jarema - Grand Connection & New Earth Marketing: Cooling starchy foods for 12 to 24 hours after cooking changes some of the starch into what is called resistant starch through a process called retrogradation.

Foods that respond well include:

- Potatoes
- Rice
- Oats
- Pasta
- Barley
- Beans and lentils (to a lesser extent)

Benefits of resistant starch

00:58:05 Susan Jarema - Grand Connection & New Earth Marketing: 1. Lowers blood sugar spikes

Less starch is digested into glucose.

Blood sugar and insulin responses are often lower than when the food is eaten freshly cooked.

2. Feeds your gut microbiome

Resistant starch isn't digested in the small intestine.

It reaches the colon where beneficial bacteria ferment it.

This produces short-chain fatty acids, especially butyrate, which:

- Nourishes the cells lining your colon
- May reduce inflammation
- Supports gut health

3. May improve insulin sensitivity

Studies suggest eating resistant starch regularly can improve insulin sensitivity over time, especially in people with insulin resistance or prediabetes.

4. Increases fullness

Many people find cooled starches more satisfying, which may help reduce overall calorie intake.

01:08:44 Sheri Mills: Sheri Mills YourWellnessRedefined.com
01:09:39 Susan Jarema - Grand Connection & New Earth Marketing: sheri i signed up for the gift, and didnt receive anything?
01:11:20 Susan Jarema - Grand Connection & New Earth Marketing: another hack i have is i try to plate my own servings. good reminder about half portions!
01:13:05 Jessica Koch: share some of your recipes @Natalie Clack | JustBE Coaching & Consulting
01:13:14 Jessica Koch: Jessica@jessicaLkoch.com
01:14:44 Natalie Clack | JustBE Coaching & Consulting: Will do, connect with me on linkedin and I can share with pleasure :-)
01:14:55 Jessica Koch: Reacted to "Will do, connect with me on linkedin and I can share with pleasure :-)" with ❤️
01:15:01 Susan Jarema - Grand Connection & New Earth Marketing: Reacted to "Will do, connect wit..." with ❤️
01:15:51 Natalie Clack | JustBE Coaching & Consulting: <https://www.linkedin.com/in/natalie-clack-b7884725/>
01:17:03 Jessica Koch: connected already since 2022
01:17:13 Natalie Clack | JustBE Coaching & Consulting: Ahhhh perfect :-)
01:18:33 Sheri Mills: Replying to "sheri i signed up fo..."

I did a test email to myself and it came over in the email

01:25:11 Jessica Koch: beautiful !
01:25:20 Sheri Mills: love it
01:26:23 Sheri Mills: sheri@yourwellnessredefined.com
01:27:40 Jeff McQuilkin:Book a strategy session:
<https://api.productivityhub.tech/widget/bookings/sbstrategy>
01:27:51 Natalie Clack | JustBE Coaching & Consulting: Thank youuuuuwww
01:28:39 Sheri Mills: <https://go.yourwellnessredefined.com/livingonthemove>
01:28:49 Jessica Koch: 410-349-6016
01:29:25 Sheri Mills: THRIVEMOVE
01:31:49 Sheri Mills:
<https://tidycal.com/sheri/health-wellness-consult20250313211733>