

122 - Monica Norcross Final

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SPEAKERS

Monica Norcross, David Sandstrom

- M** Monica Norcross 00:00
A everything affects everything else, right the brain and the body and the soul. They're all connected. So if you have anxiety, it isn't just a mental health issue. It is a physical issue is a spiritual issue.
- D** David Sandstrom 00:12
Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, naturopathic doctor and biblical health coach. This is episode number 122.
- D** David Sandstrom 00:25
Today we have in the show, Monica Norcross Monica has been in the fitness wellness industry for 13 years and counting. She's cope certified, and a licensed Zumba instructor. She has developed The Still Workout from her years of studying The Bible and the body. Monica, Welcome to Natural Health Matters.
- M** Monica Norcross 00:50
Thank you so much, David, I'm so glad to be here.
- D** David Sandstrom 00:54
It's a pleasure to have you on you know, I've always enjoyed speaking with a practitioner that is a follower of Jesus Christ, and doesn't mind talking about blending their faith into what they do is I firmly believe that when we're doing things God's way, that's what we're most effective. So I

really appreciate your approach to things.

M Monica Norcross 01:14

Thank you. Thank you.

D David Sandstrom 01:15

So tell us a little bit about what you do today.

M Monica Norcross 01:18

Sure, so I am a well, I help people find freedom from chronic pain and chronic anxiety. And mainly Christians, because they are the ones who love to also forge a relationship and authentic relationship with God. And I've developed a program called the still workout. It's based on Psalm 46:10. Be still and know that I am God. And it's designed to retrain your brain, renew your body and restore your soul. And we're finding results similar to physical therapy, cognitive behavioral therapy, worship, prayer, weight training, kind of all rolled up into one. And when you treat the body that way as a whole, the results are actually miraculous.

D David Sandstrom 01:59

Yeah, that's really good. So tell us a little bit about how you what your background is in all of those areas, because you're blending a lot of things together here. So you know, how did you how'd you get there?

M Monica Norcross 02:11

That's a great question. So I have education in the fitness and wellness industries. I've been there for about 13 years. And I have a certified personal trainer, I am a fitness nutrition specialist. I'm COPE certified, which is the Center for obesity prevention and education. And I'm a licensed Zumba instructor, which is very fun. But along with those things, I have spent years studying and researching from all sorts of different experts in different areas of the body. And I've also, of course, been a believer since I was eight. So I've been studying the Bible for years as well. And as I kind of began to see those look at those things together. I really found an amazing correlation. And it became very exciting.

D David Sandstrom 02:55

Yeah, excellent. Really good. Well, you know, I hadn't I hadn't thought I was going to ask this. But I really feel that to do this right now. And that is could you talk a little bit before we get into the details of what of what you're doing? And how you're helping people? Can you talk a little

bit about the spirit mind body connection, we have a lot of practitioners out there talking about the mind body connection. But there is a spirit mind body connection, because we're three part beings, right. And I believe it all starts with the Spirit. So I'd love to hear your thoughts on that.

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Monica Norcross 03:23

I'd love to say with that about that. So I wholeheartedly believe that the Lord was brilliant. When He created us, he did not just create us as a brain, he did not just create us as a body. He did not just create us as a soul as a spirit. He created us as one unit, one organism and all of those things are inextricably connected, at least on this planet they are and later that changes but for now we are all together. In fact, if you think about it, the body the brain, the soul, this is a one thing that we have to steward here on this planet from the day we're born until the day we die, there is nothing else that is it. That is the one thing that's with us 24/7 From the beginning, and I just I when I read the Bible, and I hear him talk about things like Love the Lord your God with all your heart and soul and mind and strength, that is the whole person that is the whole person that's not just one part of you or one part of the the idea is that there's wholeness there. So I love that whole mind body connection, Mind Body Spirit connection. I think that's biblical. I think it's fascinating in it when the body is treated that way. I think the the results in the things that come from it are incredible.

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David Sandstrom 04:41

Yeah, I couldn't agree more. And the regular listeners of the show will know this is gonna sound familiar to them. But if you're new to the show, or you're, you're one of monitors fans, I believe that you know, health will start in the Spirit. And when we have a spirit that's connected to God, it will be healthier. And when a healthy spirit animates our mind it they'll be animating our minds in a healthy way. And our mind animated by the Spirit will animate the brain in healthy ways. And the brain runs the body. So, but it all starts with the Spirit. And it's all interconnected and interdependent, what affects one part of our being, will, by necessity alter the others, it just has to be that way. And it works both ways. Its spirit mind, body, and its body mind spirit as well. You know, if I, if I had a pebble in my shoe, and a physical thing, and you made me keep it there all day long, would that impact my mood by the end of the day? Yes, of course it would. Right. So it goes both ways. So as you said earlier, so aptly said is you when you dress the whole person, not just the body, or not just the mind or not just the spirit, but all together, that's when you really experience a synergy. And that's how we maximize our health potential. And again, the regular listeners on the show are going to know this, I believe we maximize our health potential by aligning our lives more fully, with God's natural design for spirit, mind and body. And of course, it's it's guiding you, you started a program called a bee still. And that comes from Psalms, but God doesn't want us going through life with anxiety and worry does He? So that can really be a major hindrance or a stumbling block to our health and well being most mental emotional level, but also a physical level. So could you speak to that a little bit about how anxiety is impacting people today?

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Monica Norcross 06:28

Sure. So I have found in my studies, and in my work, that anxiety is not just a mental health issue, we think of it that way. We've sort of put it in that box, if it's mental health issue, it's up here. But what we just said, what did we just say? Everything affects everything else, right? The

brain and the body and the soul, they're all connected. So if you have anxiety, it isn't just a mental health issue, it is a physical issue is a spiritual issue. And so I have really done some studying on this and realized that there are three parts to anxiety, there's the cognitive, there's the physical, and there's the spiritual. And when we think of the cognitive, because it is a mental health issue, it's not just a mental health issue. The cognitive side of things, really starts with the limbic system. And the limbic system is the part of the brain that responds emotionally to trauma and stress and bad news coming at us. So think of COVID Think of some of the bad news that we hear in our world or on the news and that happening over and over and over and

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David Sandstrom 07:33

Do you hear bad things on the news you do really?

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Monica Norcross 07:35

Shocking, isn't it? I know. Timely right now, I know. So that what happens to the limbic system with that point is it becomes chronically activated, and it's designed, it's designed to help us manage and handle things that happen to us. But we were never designed to have the level of stress and anxiety that we have levelled at us right now. And so that limbic system can become chronically activated. And when that happens, it's overactive. And then even the smallest thing can send someone into a tailspin. And that is a problem and not what we want. The beauty is, praise God for his incredible design, because the Bible tells us do not be conformed to this world, but be transformed by the renewing of your mind, your mind is a renewable resource is that amazing? Which means that I know right? Which means that the brain can be retrained the brain can be rewired. And there are some simple things that we can do to actually calm that limbic system down, and then teach it again, to handle adversity in a healthier way. So that's the cognitive side of anxiety that we work with and that I've seen amazing results with. Yeah,

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David Sandstrom 08:51

You're right. There wasn't too long ago that psychologists believed that we could not repair the brain. So if you had a stroke, or you were had some brain damage from a car accident or something like that, they weren't even trying to recover what you've lost. They just were trying to help you compensate in cope with this disability now, and we now know, through brain science, that that's not true. One of the pioneers in that field is Dr. Caroline leaf. She's a follower of Jesus. You're familiar with her work?

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Monica Norcross 09:21

Absolutely.

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David Sandstrom 09:21

She's incredible. And she is one of the pioneers that said, no, no, no, you can repair the brain and and so it's so gratifying to see science catching up with what the Bible has been teaching

for 1000s of years. Yes, by the renewing of your mind, it's so you know, it brings me a great deal of peace to know that that is true.

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Monica Norcross 09:45

I totally agree. So, of course, and I love her. I think she's amazing and have studied much of what she's written. And I just I think she's wonderful. So the next element really of anxiety that I've discovered that I think is so fast Eating is the physical side of things. And that really brings into play the fascial system. Now fascia is the connective tissue in the body. And when it's healthy, it's smooth and pliable. But when it gets unhealthy, which can happen through injury, through surgery, through poor posture, through all trauma, and all kinds of other things, it can get tangled, and adhered and constricted and adhere to the bone, 2000 pounds per square inch. When that happens, that tissue gets stuck, dry, stale, dehydrated, and painful. That can create a lot of problems in the body because this happens everywhere. So the the amazing thing too about the fashion, we talked about the body being one whole thing, the fascial system weaves in and out of every one of the 70 Plus trillion cells that we have in the body. It's a one body organism that touches everything, and it holds and moves water and lymph. And all of those things, and it's vitally important can communicate with itself. And so when it gets unhealthy, and it has causes us all of those problems, then it's amazing to think that it actually holds emotion.. And you can think about that you can feel stress in your shoulders, you can feel stress in your head, you can feel stress in the churning of your stomach, you can feel that prickly up the back of your neck, those things are the fascia and holding on to the trauma and the stress that we've endured and handled in our lives. Yeah, so those those techniques that that I've studied and developed, those techniques actually help release those fascial adhesions and allow that tissue to move properly. Again, freeing up frozen limbs freeing up chronic pain, and releasing trauma and those emotions that can hold us captive in the body. And it's fascinating. It's fascinating to me to see that happen. And that actually healed a issue that I was having in my lower right abdomen, I had had this blinding pain, and I could not figure out what it was. And I went to long story short five doctors and all kinds every test under the sun, and the only thing they could offer me was exploratory surgery, and maybe we can figure out what's wrong. And so as I really dig into

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David Sandstrom 12:12

Did they give you antiinflammatory pills before that?

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Monica Norcross 12:15

No, I didn't take I'm not gonna do it.

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David Sandstrom 12:18

But it is a pill for reveal. Right? That's ah

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Monica Norcross 12:20

Of course. Yes. Right. Right. Totally. That's typical. And so I as I studied fashion, I began to work with it that cleared up quickly. And I was blown away by that. And I've watched it do things in people's lives that have been amazing. And part of that has been the the release of anxiety in people's lives. It's in my mind to it's been fabulous. And I've just been amazed by that.

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David Sandstrom 12:42

Well, you know, natural ation I want you to know this, what Monica is talking about here really, really resonates with me, because I have a back issue. I have a couple of discs that are the doctors call it the didn't degenerative disc disease. But you know, it's a herniated disc. And most of the time I cope with it pretty well. But there are times when the pain is absolutely debilitating. And the fascia becomes involved here. Because those those it's supposed to slide this membrane is supposed to slide and make things fluid and work well with your joint movement. But when that's tight, when you get a knot in there, it's it's going to be starting to pull where it's not supposed to pull. Imagine a bungee cord that you stretch out fully when you know in snow, it's fine, but tie a couple of knots in it. And now pull it in, it's going to be it's not going to stretch as far and it's not going to stretch as easily. Well, the pain will be associated where that that wherever you hook that thing up, that's where it's going to start pulling. So you might have a problem with your fascia in this area. But actually the pain is going to be emanating from where it's attached to tendon or muscle is attached somewhere. So it can be complicated in the I have a practitioner that I go to this helped me a lot. It's called Active Release Technique. But I'm curious to know what you do with with people when it comes to that.

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Monica Norcross 13:58

So we use, it's actually been a lot of study on my part and learning from different modalities of people that work with fascia. And so I use heat, I use deep breathing, we use pressure firm, solid, static pressure, not rolling, we don't try to roll and we use rinsing and flushing. And those things have been incredibly effective to help people release that fascia and then allow that fluid that's been stagnant and stuck in those tissues to actually move through and be released and be replaced with proper hydration.

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David Sandstrom 14:34

So what does that look like in practical terms? What you know if somebody's listening say Man, that sounds like me, what can I do?

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Monica Norcross 14:41

So well the first thing is Come join us at the still workout. I would love to teach you those things. But there's we use a roller we use a ball and we use them in that specific wave of deep pressure and deep breathing in a certain way. I've developed a breathing technique and we use that on a regular basis and finding that like you You said it's interesting what you said about how you might have pain in one spot. But the cost side of that pain, the actual inflammation or

issue is not in where the pain is. It's not where the pain starts. For example, I had a girl who came to me and she had had her wisdom teeth removed and her jaw something went wrong and her jaw was locked shut. And she could not open her jaw. We're working on our feet, our feet, and in the middle of our feet, her jaw unlocked. Wow. Fascinating. You know, especially with that just goes to show you how well connected that fascia system really is and how it can. It can do wonders in spots, you might not realize that it would.

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David Sandstrom 15:43

Wow, that's really cool. Yeah. So tell us more about the about the classes that you do. Sure. So

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Monica Norcross 15:50

then wanted to go quickly into the last part of anxiety, that third that third prong, which is the spiritual side of things. And this is where I really think it all comes together. Because like you said, it starts in the Spirit. And I believe that's true. And I think when you realize that, that T Bible is meant to be studied in stillness, the Bible is meant to be studied with focus. And it's really difficult to study it and know it, when your mind is in 12 places and you have all this, you're just everywhere, and you have too much going on. Very difficult to study and really understand what the Bible was trying to say, and what the message of it really is. So it's interesting to note that the Bible says 365 times do not be afraid. That's one for every single day of the year, think about how loving our Heavenly Father is to want to let us know every day you do not need to be afraid. But when you have when your limbic system is overactive, when you have emotion trapped in your tissues, and your trauma and the trauma in your tissues, it's really difficult to hear that and see it. So when you combine all of those things together, and you treat the limbic system, and you work with the fascia, and you read scripture, and you hear scripture, and you let your heart and mind be open to meditating on scripture, which really is the idea of like chewing your food. I love that the imagery in Scripture, when it talks about meditation in Scripture, it's not talking about that Eastern meditation where you empty your mind and whatever else that they do. The idea is you fill your mind with Scripture and you like to it, you digest it, you ponder it, you turn it around, and you look at it. And so when we combine all of those things together in class, those pack a powerful punch to anxiety, because the Lord is going to meet you there in those in that stillness. Yeah, absolutely. Lee does. So in a typical class, we would have seven components to the class, we have scripture meditation, we have deep breathing, cognitive training, strength training, postural alignment, stretching, and fascia release. And so we use those in different combinations. And again, I have that signature breathing technique that I developed called the neshamah signature breathing technique. Neshama means breath of life in Hebrew. And I chose Hebrew, because I wanted to make sure we knew we were talking about the Bible here. This is a biblical element of things. And so we use those seven components in class in different combinations. And the class is usually around 15 minutes. And it's just been remarkable to see what God has done there.

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David Sandstrom 18:29

Wow, that's really good. You know, that reminds me of something here that, you know, this is this is all biblically based. And I'm thinking about some of my Christian friends that will tell you, Well, you know, I'm strong spiritually. I'm not where I'm supposed to be physically, you know,

but that's okay. You know, I just, I'm just, if you could speak to that for a minute about this idea of, well, you know, the physical is fading. And, you know, it's really all about the spirit. And, you know, you know, I've just really truth is, I'm just hanging in there until Jesus returns, you know, I think he's gonna have to come and clean up this mess one day soon. And, you know, that's really what I'm just hunkering down waiting for that day. Which could you speak to that mentality?

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Monica Norcross 19:14

Sure. I understand it, I get the temptation to want to go there. But I just so much believed that the Lord has called us to be good stewards of the body. And he's called us to self stewardship. And again, we have only been given one thing to steward from the day we're born until the day we die. And that's not our children, and that's not our spouse, and it's not our money, and it's not, it's our body, it's the body. And there's a huge difference between having an illness or having something that happens outside of your control and having issues that come because we've been neglectful to the body. And I really believe that if you really sit down and think about it, what are we called to be doing right now we're called to be serving the Lord with all of our heart and soul. Fill in mind and strength are called to be fit physically, spiritually, emotionally, and mentally, really hard to do all of those things when we're sluggish, or when we're exhausted, or when we're dealing with 15 medications every day, or when we have problems that we can't seem to get around when we're injured, and we're, we're struggling with surgeries, and all the things that happen, I just I that my heart hurts there, because I think there's so much more for people than to just kind of live life out and hope that they can get through the quality of life, that we are called to have an abundant, we're called to have an abundant life difficult to have an abundant life, when we're exhausted, and when we're sluggish, and when we are not caring for the body. So my heart goes out to people in that that position. And I know I've been there on occasion, too, I have no stones to throw. But at the same time, I certainly want to encourage people there, it is not over and there's so much that can be done to care and challenge and nurture the body that will bring great results. And I just I just encourage you to jump back in and don't let that just slide.

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David Sandstrom 21:11

Yeah, get in the game. I love it. That's a really good message. You know, Ephesians 2:10 says, we are we are God's workmanship created for good works that God prepared beforehand, that we may walk in them. Well, if God has good works for you, then I think it's not a stretch to say, well, he wants health for you. He wants vitality. He wants you to have energy and mood and good sleep and all that why so that we can serve others and expand his kingdom here on earth? Yes. You know, it just it all makes perfect sense to me. It's not a matter of, oh, I have to do this. I have to eat healthy. You know, all that healthy food doesn't taste good. Not true. Right. That's what people think. And, you know, when I had my practice, I would did mostly nutritional counseling with people. And they I'd give them get them on the new eating plan and usually be good for a couple of days, then there'd be a party, you know, or the the office was going out for drinks on Friday night. And then they say, Yeah, you know, and I had a couple glasses of wine. And I figured that was it. So the you know, two weeks before I saw him again, they're like, Yeah, I just I got totally off the bandwagon, and I didn't do it. It's like, no, no, that's that's really not the approach here. We're all imperfect, no one executes perfectly. But we want to, to do what we can, you know, and again, if you look at God, as a loving Father, God will use

trials to teach us something from time to time, he is sovereign, and he'll do that he'll help permit those things. However, I just like any loving parent would prefer to the child learn their lessons without the trial, I say God would prefer that we learn our lessons in life without a physical trial. And so I don't want to let any any lifestyle choices that I make, cause a physical trial that God would prefer to spare me from.

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Monica Norcross 23:06

Beautiful way to say it. Yeah,

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David Sandstrom 23:07

it's not prosperity gospel. This is just This is what the Bible teaches. And if you think about it, you take a step back and say, yeah, that, you know, that makes sense. God does want us healthy. This is not a matter of, you know, eaten doughnuts and fast food all your life and said, Just wait until you get sick and ask God to for healing. No, it's not God's perfect will to heal you. It's it's perfect. Well, the you don't get sick in the first place.

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Monica Norcross 23:30

Yes, yes. And that is such an important piece of, of stewardship, taking care of challenging nurturing the body taking care of the body. And it's important to do that. The Bible tells us that physical training is good. It says spiritual training is better. But physical training is good. That means you can't ignore it, you've got to do it, you've got to take that time. Because do those things together, do them at the same time. And then you can move forward, you'll be able to do more spiritual training if your physical training is solid, because your brain and body will be in line with your spirit.

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David Sandstrom 24:05

Yeah, yeah, absolutely. And, you know, I think there's a lot of people out there that, you know, think they can compartmentalize, and say, Well, my fiscal health is different from my spiritual health, but there's too much overlap there. You you can't separate the two.

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Monica Norcross 24:19

That's right. And I think we've become accustomed to outsourcing things when okay to go to the gym for physical fitness, and I go to physical therapy for injury and I go to the doctor for illness and I go, you know, to hear from my spiritual work at a church, you know, and we have these we've compartmentalized everything go to this doctor for this issue and this doctor for that issue and this medication for this tissue in this clinic for that issue. I mean, there's so much value in stopping and saying let me get a baseline here of some really good things that I can do for my whole being and then go and and, you know, deal with any issues that crop up. By the way, let me know Make a point here. I am not suggesting that anyone don't go to church.

Absolutely go to church, find a church body and get in there and stay with it. But don't let that be the only source of spiritual input. You can certainly do some reading and studying on your own, which I think

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David Sandstrom 25:15

yeah, absolutely. Well, I believe when you're a follower of Jesus Christ, everything in life becomes sacred.

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Monica Norcross 25:21

That's a good point. Yeah,

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David Sandstrom 25:23

it's your family, your career, your your involvement in the community, your relationships, it's all sacred. When you when you really have surrendered your life, to the Lordship of Jesus Christ. You know, just along those lines. Again, when I do my nutritional counseling, some people from time to time would say to me, you know, this is a lot of work, Dave, you know, I'm not really that bad off, you know, I don't have cancer in the Do I really need to do this. And I tell them look, yes. What I'm recommending is a lot of work. But what you know, what's more work, going through life with compromised health. That's a lot harder. And, you know, I heard I told you, in our pre interview chat that I listen to John Lee Dumas, he has a business podcast, but I'm gonna have to credit him this is where I heard this. But he said, you know, a healthy person wants 1000 things. They want to do the epic hike, they want to go skiing in the Rockies, they want to play with the grandkids, you name it, just fill in the blank. There's 1000 reasons people want to things people want to do when they're healthy. But when someone has lost their health, they want one thing. They want to get their health back. Thanks. So it's easier to keep up and it is to catch up. So you know, the best time to work on your health is when you're feeling good. Build some margin into your health. And then you're going to be able to absorb those shocks, those bumps in the road when they come a sickness or an accident and you name it. You can have a little margin there and say, okay, you know, I can I'm strong enough to handle this.

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Monica Norcross 26:52

Yes, I've heard it said invest in your wellness, or pay for your illness. Invest in your wellness, or pay for your illness, because one way or the other, that's money, time, everything, invest in your wellness, or pay for your illness. The other thing is don't let don't let perfection be the enemy of good. Never let perfection be like you said when you people would would come on to your program and then a couple days later, they would just kind of fall off. Never let perfection be the enemy of good never. We're never going to be perfect at this. But we also always designed to keep trying keep going forward forward motion righth?

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David Sandstrom 27:29

DAVID SANDSTROM 27:12

Yeah, absolutely, you know, you remind me of another another. I guess it's a truism. You can pay the farmer now with a doctor later.

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Monica Norcross 27:39

There's so many good ones. There's just so many good ones. And they're all true. Yeah, that's so true. Yeah.

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David Sandstrom 27:49

So what else? Would you like people to know about your work? What's What's some of the low hanging fruit that you might be able to share with people via as a result of listening this conversation?

M

Monica Norcross 28:02

Sure. So this one's kind of fun. I used to be a teacher back in the day I was a second grade teacher. And one of the things I actually hated given was homework. But at the still workout, I love to give homework because it's very fun. And that homework is to belly laugh every single day, every single day, find a reason to laugh hysterically. Because it's so good for you. It releases endorphins and oxytocin and serotonin and the Lord did that on purpose. He wanted us to have those experiences and it says in Proverbs 22, a married joyful, cheerful heart is like good medicine. And so that's one of the best things we can do. So I encourage people to belly laugh every single day because if I challenge you to go Google it, benefits of belly laughing. It'll kind of blow your mind. Blow Your Mind. How much could that does for the body? Yeah, so that is one of my biggest tips for people is find a way to belly laugh every single day.

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David Sandstrom 28:58

You know, I bought his book five or six years ago now I did a foolish thing. I was up on a ladder on a tree trimming branches was 26 feet in the air branch came down, knocked the ladder off tree. And I came down with it and I shattered my calcaneus my right heel. And it wasn't just cracked or broken. It was shattered. I drove my tibia through my calcaneus and it was a long recovery had surgery. Got it. Thank God I found a good surgeon here in Atlanta, and at Emory. He was really good with what he literally put Humpty Dumpty back together again. Literally. And when I saw the X ray after the surgery, I just I couldn't help but just cry as tears in my eyes at see my bone back together. I've played a lot of screws in there now but when I was recovering, I knew that when I laughed, my pain went down. So I went and bought the whole series of Tim Hawkins videos. And I wore those things out. Because I was like, it just feels good to laugh.

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Monica Norcross 29:58

It does It's incredible. It's one of the best things you can do. You know, I also recently learned that prayer, praying can release endorphins and enkephalins, which are 100 to 200%, more

powerful than morphine. So those again, those low hanging fruit, those small laugh, pray, I mean, the things that are easy and free and can be done right now. You know, Dylan, you'd be shocked at what they can do for the body.

D David Sandstrom 30:24

Yeah, you know, I was talking with a guy, a psychologist on, he's an expert on binge eating. His name is Glenn Livingston. And anyway, his episodes gonna be coming out after this one. But what he said a really good pointer on breathing. And he said, When you exhale for longer than you inhale, you're telling your body that it's okay. We can be at peace. We're not preparing to run away from the lion or the bear. Right? Because we're not away from a bear. We want to we want oxygen, we want air, right? Yeah. But when you exhale for longer than you inhale, you're telling your body and your mind and your soul? It's okay, we're safe. And that's the place we want to be?

M Monica Norcross 31:11

Absolutely, absolutely, that's another great thing to do, just take a few minutes and deep breathe through your nose, just in and out through the nose. It's amazing what that can do for your blood pressure. And for a host of other things.

D David Sandstrom 31:23

Yeah, very good. So I want to give you a little opportunity to share a little bit more about your your group classes and the online stuff that you're doing.

M Monica Norcross 31:31

Sure. So the first thing really would be the 10 day anxiety solution that we have going right now. And that is 10 days designed to be done over 30. So it's 10 dedicated days of the still workout designed to be done over 30. So you have lots of time in there to get all those 10 days done. And it's of course designed to retrain the brain and renew your body and restore your soul. So and I have a discount for your listeners on that particular program, which I would love to share. And that is I've got it right, it is an NHM20. That's Natural Health Matters 20 That's 20% off that program. So you can find that through our website, the group classes and the online things that we have going now we have a content library just loaded with all kinds of different classes that we do we have the deeper still series which is a full offering of all the the modalities and components of each class that we have, we have the free are still series designed to look just at fascia, just the faster release portion, we have stronger steel series, which is designed just for the strength training. And we have the straighter still series, which is the postural alignment section. And so we have, we have videos designed to help you wake up in the morning videos designed for you to do before you go to sleep at night, some scientific and educational videos. So whole big, massive robust video content library that is available on demand for any level of membership that we offer. And then we have different levels of membership. We have some some that involve q&a group q&a calls with me some more

personalized attention from me, Zoom calls, things like that. So there's lots of levels of membership. And people can just go and look and see which one works best for their schedule and their budget.

D David Sandstrom 33:17

And what's your website?

M Monica Norcross 33:18

The still workout.com TheStillWorkout.com.

D David Sandstrom 33:23

All right, very good. And if someone wants to reach out and get ahold of you personally, what's the best way to do that?

M Monica Norcross 33:30

at info@stillworkout.com That's emailing me at info@thestillworkout.com. You can also like us and follow us on Facebook and Instagram attjestillworkout. By the way, I help you do your homework on those sites. I post funny things all the time. So easy to belly laugh it nice side. So that's good.

D David Sandstrom 33:49

That's awesome. Well, Monica, thank you for doing what you do. I know you're helping a lot of people. And I appreciate you sharing your wisdom with the natural nation today.

M Monica Norcross 33:57

Thank you so much for having me, it's been such an honor.

D David Sandstrom 33:59

For more, go to the show notes page at davidsandstrom.com forward slash 122. There you can find a video as well as an audio version of the podcast. And by the way, if you haven't checked out the video version, I've kind of stepped up the video production a little bit. You might enjoy watching the video version. If you have that opportunity. You can go to my website, watch it there. It's also on YouTube at DavidSandstrom health, on the show notes page at the website davidsandstrom.com. I always put links to all the resources that we mentioned. And I always put some type of a content upgrade to help you go deeper with that subject. If you're enjoying the show, I sure would appreciate you telling a like minded friend about it. I believe they'll

appreciate it and they'll think you're brilliant for finding the information and they'll get something out of this. Well it's a it's a win win for everybody. So I sure would appreciate you sharing the show with your friends. Thank you for listening. I appreciate you give me your time today, and I'll talk with you next time be blessed.