

Ann Mulvenna Final

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SPEAKERS

David Sandstrom, Ann Molvenna



Ann Molvenna 00:00

When I get up in the morning, I'm exhausted. I've never I can't I can't even remember last time I woke up and I felt like I had a good night's sleep.



00:09

You get a decent night's sleep, seven, eight hours, but you still wake up exhausted. Yes, yeah, okay, that's something that this should be addressed, that that's like a warning sign, right? That's your body saying, hey, there's something going on here. If you're waking up exhausted after a full night's sleep, that you probably have some mitochondrial issues going on. So our mitochondria are the power plants in our cells. That's where the energy is actually made. And if the if you're if you're not being restored by your rest, there's probably some mitochondrial weakness going on. So there's, there's various ways to strengthen that, but nutrition is foundational, for sure. Hey, Dave Sandstrom, here, I'm starting something new, and I need your help. I'm going to be doing lifestyle audit episodes. Would you like to be on the show with me? You tell me what your pain point is, and I'll offer my advice. There's no charge. You'll be helping me create some great content for the show. When you're done listening to this episode, go to ChristianHealthyLifestyle.com/audit. Answer a few questions, and you'll be good to go. I look forward to hearing from you. Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40, age gracefully, live abundantly and be thoroughly equipped for every good work. I'm your host, David Sandstrom, and this episode is the first of what I hope to be is a regular thing. I have a listener of the show, loyal listener on and we're doing a health coaching session, and we talk about digestion, and we focus in on how to get a better night's sleep. So I hope you enjoyed this style of episode. We'll do some more in the future. So let's jump right into my conversation with Anne Molvenna. Today we have in the show. Ann molvenna. Anne is a loyal listener of the show, and she's decided to be my guinea pig first health coaching session. So here she is, and welcome to the show.



Ann Molvenna 02:03

Thank you so much. So happy to be here.

 02:06


Yeah, I'm happy to speak with you. You know this is going to be exciting. I really have been looking forward to thinking about doing this for a while, and you were the first one to sign up and take me up on my offer. I'm doing this, and I really, I'm grateful that you're here.

 Ann Molvenna 02:18

Thank you.

 02:19

So what is it? What health challenge would you like to address today?

 Ann Molvenna 02:23

Well, I have, I was diagnosed with MS about 22 years ago. I'm doing wonderful. My doctor said I was his best patient, benign, taking injections for 20 plus years, just decided to go off them about a year and a half ago with a kicker now of Hashimotos, which I was just diagnosed with. So I'm wondering why I'm so I don't know inflamed or why autoimmune decides to like me.

 02:53

Yeah, okay, well, there's, there's a lot, there's a lot to talk about. So we'll probably want to dial in on diet a little bit. I know you've been listening to the show on episodes 137 138 I go into some of the things that I think that everyone should take into consideration when it comes to what we should eat, what we should be avoiding, those kinds of things. So I know that you're familiar with some of that. If the listeners are listening and they want to get more up to speed on that. Listen to episodes 137 138 but you know, when it comes to autoimmune there's a lot of theories out there, and no one really knows why our immune system starts to attack itself. But there's some good theories that I think are pretty much in alignment with Scripture and and I think that we can, we can press into this a little bit. And one is, you know, our bod our bodies have to take the food that we eat and turn it into us. And the gut lining is very, very thin, and it's designed to have things pass through. So when we're inflamed, those openings in the in the gut lining start to open up and expand. And because of that, some food that's not thoroughly digested starts making it into the bloodstream. And when those, when that happens, the body starts to say, Oh, we have an invader. Instead of, instead of the body identifying it as a nutrient, it says, we have an invader that we have to go after it. And then some of those, the that attacking, that the immune system goes after these things, it can start to get a little the water gets muddled a little bit, and it starts going after our own cells. So that's one of the theories, which I think is really good. Another one I know that you're a follower of Jesus Christ, and this is, I think, where it's worth mentioning when it comes to autoimmune and that is we want to talk about, you know, I'm a Holistic guy, and we should think about our self talk and our

self image, because a lot of the times we'll be saying things to ourselves that are the inner narrator in our own heads. We'll be saying to things to ourselves that we'd never say to another person, right? Like, I'm so stupid. Or, you know, I'm always messing things up, or, you know, you name it, fill in the blank. There's a lot of reasons why, ways we, you know, basically berate ourselves. So you might want to get with a counselor on this. But if we are constantly berating ourselves and saying things in our own mind that we don't like about ourselves because of the mind body, the spirit, mind body connection. What's the body supposed to do with that, right? Right? If we have any level of self loathing going on, how's the body going to process that? Right? So I know that you know this, but I'm gonna, I'm gonna repeat this. We are a spirit, we have a mind, and we live in a body, and our spirit is designed to be connected to Father, God and the Holy Spirit. And when it is our spirit will be animated in a healthy way, and then a healthy spirit will animate our minds in a healthy way, and a healthy mind will animate the brain in healthy ways. And the brain runs the body. So it's all interconnected, right? So it's, it's worth exploring. You know, if we, if we do have a faith in Jesus Christ, which I know you do, you know, thinking about, you know, what's going on there? You know, how do I really talk to myself? Because the body has to process all that, you know, through the mind, body connection. So anyway, let's talk about inflammation in the gut for a little bit. Do you have any digestive issues, like gas, bloating, or anything like that after meals?

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Ann Molvenna 06:27

I wouldn't say after meals. I do feel bloated recently, more so within the last several months. I think, okay. Have to do with the second diagnosis, constipation, a lot though, too.



06:39

Okay, one of the things you might want to consider right away, just for some symptom relief, is start on some digestive enzymes. I like a company called theramedics. They have a vegetarian sourced digestive enzyme, which I like. It's called theramedics, digest complete. I think they call it anyway I can, I can give you the links to the show notes. So that's that's one way to kind of help your body digest food a little bit. Another thing you might want to consider is a test called MRT, and it's called mediator release technique, and I can put a link in the show notes to that as well. I'm going to put notes here on things that I want to put in the show notes. But anyway, Meteor release technique, mediator. Release Technique is a way that they, you send your blood into a lab, and they they split the plasma, and they just look at the plasma, the clear part of the blood, and they introduce all these different foods, like maybe 100 or 150 different foods, and they look for inflammatory responses. And it's the best food sensitivity test that there is. Most labs will just look at, you know, blood work in a way that it's like a superficial way. They look to see how your immune response is going in, what direction it's going with, with just sending a regular blood sample in but mediator release is much more sophisticated, and it'll identify the foods that your body is struggling with, and it gives a really nice report, and it says, you know, these are the worst foods. These are the so so foods, and these are the foods you have no trouble with. It's really good. It's a little on the expensive side, but that's something to consider now, you if someone's really struggling with their health, I see a lot of food sensitivities on an MRT report. They they're just a long list, and it's really some people will look at that and get a little overwhelmed. They'll say, Well, how am I gonna eliminate all that? What am I gonna live on? You know, but it only be temporary when you eliminate those foods, while your body heals and while the gut starts to reset, and it's I find it to be very, very useful,

so that's something to consider as well. Now, I know that you've listened to the plant toxin episode, but you know, I know we've been told for many years that, you know, eat more vegetables. You know, your mom said, Eat your vegetables. She was right, but the truth of the matter is, there's a lot fewer food sensitivities, and I say this from experience to animal flesh, than there are vegetables. And it's because of those plant defense chemicals. Plant that's the way plants defend themselves in the wild, is they they have chemicals or poisons that discourage animals from eating them, and that includes us. So so that's something to consider as well. You know, as far as Hashimotos goes, I have a good friend. His name is Tom Rofrano, and he's he runs the natural medicine clinic down in Palm Beach Gardens Florida, and he kind of specializes in Hashimotos. He's really an authority on this subject, and he has a book called the free diet. And what he does is he puts people on an elimination diet, you know, he runs some, some lab work. He's a functional, functional practitioner, and he puts people on a pretty extreme elimination diet. And then he starts working foods back in when you when you look. Eliminate the troublesome foods. And I That's why I suggest MRT, because it's a rapid way of doing it. When you when you reduce those troublesome foods, the body and the inflammation in the body starts to calm, starts to calm down. It's kind of like, you know, a lake that's really rough with wind, and the wind, wind dies down. It takes a little while for that water to go smooth again. And it's the same is true with our bodies. We want them to just kind of get to that smooth, glassy water point, and then we can start reintroducing foods, one at a time to see which ones are really giving us trouble. That's so that's something to think about. Well, I'll put a link to his his book in the show notes too. That's called the free diet. And let's see. You know, obviously with with Hashimotos, you're going to want to support the thyroid as well. I'm assuming you're with a practitioner. You You must have had a practitioner give you that that diagnosis.

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Ann Molvenna 10:50

Well, I my regular general doctor that I hardly ever go to, she did give me the diagnosis, and I'm still waiting on my six month out appointment with the endocrinologist. So,

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Ann Molvenna 11:02

Yeah, yeah, endocrinologists are busy these days. They really are. I guess it's because a lot of people dealing with type two diabetes, and, you know, hormonal issues with with menopause is, you know, there's a lot of lot of things going on. People need that, that help. But you know this, this is Christian healthy lifestyle, and we can make some lifestyle changes, they're going to support absolutely the medical establishment. We want to do that. So do you have any questions? I said a lot already, what you have any questions for me?

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Ann Molvenna 11:30

The let me see, I do not have any questions yet. I totally agree with everything that you're saying, and diets just That's a tough one. I try really hard. I try, but I think the the MRT, that sounds like it might get to the bottom at least help me. I think I'm eliminating things, but I don't know.



11:55

Yeah, no, it's, it's a really good test. I'd recommend it for you. If I, if I was dealing with this, I absolutely would do it. So it's a good thing to do, another thing to test, to consider, and you'll have to do this with a practitioner, and that is doctor's data. Is a lab that has really good stool samples, and their kit that's called the comprehensive stool sample with a parasitology would be a test that I would recommend you're going to do you're going to poop in a bowl for three days, and you're going to send things off to the lab, and then they're going to give you a boatload of information about what's going on in the gut. You'll know what your inflammatory markers are. You'll know if you have any yeast overgrowth, you'll know if you have parasites. You'll know if you have other anti, inflammator, pro inflammatory markers going on. It's a very good test. It's not pleasant. Let's poop it in a bowl for for three days. It's not it's not fun, but the information you gain is pretty good. It's really something worthwhile. And you know, with with autoimmune I would, I would suggest doing that as well. Okay, so, and then here's something else to consider too. You know, our bodies, our metabolism, is how our bodies take up nutrients, how they make energy with that nutrients, and what it does with that energy. And although we're all similar, we're unique, right? So we have to consider that we might even be eating a food that's considered a healthy food, and our body's not even sensitive to not having any kind of a reaction to but it might not be the food our body wants. Yeah, and that's what I refer to as metabolic individuality. And I don't say this on the show much, and I think I might have mentioned it in the book, but it's, it's, I'm a certified Metabolic Typing Advisor, and basically what the idea behind Metabolic Typing is this, some people do better on a high protein, high fat diet, and other people do better on a low protein, low fat diet, high carbohydrate. Now, when I say high carb, I'm not talking about drinking, you know, five cokes a day. You know, that's not on there. It's not on the approved food list, right? But there's, there's a continuum, and there's, there's people that like, you know, Eskimos, well, you know, from Greenland, they'll do well in on a very high fat, high protein diet with very minimal carbohydrate. But people from the tropics tend to be the other way around. If their ancestry is from, you know, somewhere in equatorial region like Costa Rica or something like that, those people will tend to do better on a lower fat, high carbohydrate, higher carbohydrate diet. And then there's the middle of the road. We call them mixed or balanced. You know, you see it kind of mix things up a little bit more. So there's, there's a pretty sophisticated test you'd have to get with a practitioner and do it online. I'm not doing private coaching at the moment, but there's a there's a simple way you can, kind of get a handle on this, and that is on one day for breakfast. Do you eat breakfast sometimes? Okay, so you generally two or three meals a day,



Ann Molvenna 14:54

Usually two, sometimes three.



David Sandstrom 14:56

Okay, all right, your first meal of the day doesn't matter what time it is. Have a tall glass of orange juice and nothing else, and then record your symptoms an hour later. And you want to look at your energy, your mood, your sense of satiety. Do you do you feel hungry later, and your overall sense of well being. And if that food was good for you, all those should be uplifted, right? And then the next day, eat a sirloin steak and nothing else for that, for that meal. And then again, note how you felt before you ate. And then notice those symptoms after you ate, about an hour after you ate. And if you're like most people, you're going to see a pretty

dramatic difference between those two meals. My my father in law, my wife's dad, he does great on a tall glass of orange juice. He can drink a glass of orange juice, and that'll sustain him for hours. He'll drink that around, you know, nine or 10 in the morning. He doesn't eat again until three in the afternoon, and he's great. Uh, if I did that, I would crash and burn an hour later. I can't do that. I need a Scandinavian background. I need some more fat and protein in my in my meals. So by doing that extreme test, you'll get a feel for where you're at. Some people might say, well, I felt the same either way. Well, then they're a mixed type. They're, they're in that, they're in that middle of the road type, right? They can, they can combine. Need a lot of different foods, but if you did way better on the steak, then you're gonna, you're gonna want to restrict carbohydrate more. And we're talking about healthy foods here, right? We're talking about, you know, already, I'm assuming you're already searching out organic or no, non GMO foods. I'm assuming that you're limiting your carbohydrate, you're not putting those, those toxic creamers in your coffee and those kinds of things. I'm assuming you're there already, right? Because I know you've done some work already on this. You know, assuming you've cleaned up your diet some, and you're you're eating organic, and you're doing well. Now it's time to fine tune it a little bit more. Any questions on that?

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Ann Molvenna 17:04

No, not so far, you've been real thorough. Thank you.

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David Sandstrom 17:07

Yeah, okay, all right, great. Yeah, there is, I'm going to be, I might be able to put this together before this episode goes live, but I'm working on putting together a questionnaire that's going to have. It's a PDF. It's going to have, you know, maybe 30-40 questions on it, and you're going to be able to actually assess your metabolic type and see where you're at on that continuum. You know, are you a carb type? Are you a protein type, or are you a balanced or somewhere in the middle? So that's, it's very useful information. I've never met anyone that doesn't benefit from that knowledge. Good, good. It's really, it's really good. You know, everybody that's a dietitian or nutritionist, anybody that does any kind of coaching with diet, they all claim that, well, I'm gonna, I'm gonna individualize a diet, a program for you. But unless they're addressing that continuum on, you know, whether how well your body does on those different foods, it's just kind of a shot in the dark. They might get the diet right, and they might not, because even people in the same family, you know, brothers and sisters will have different different types, and the way they respond to foods is very, very different, even within families.

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Ann Molvenna 18:21

I did have one quick question about the MRT. Does that give you the same type of result as an allergy test that they do all the little squares on your back and they shed? Those are horrible, horrible. Does it pull up the same information?

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David Sandstrom 18:43

No, it's different. It is measuring the immune response, but it's doing it a different way, and it's looking for the actual cytokines the stress response in the blood. So it's it's it's kind of

looking for the actual cytokines, the stress response in the blood. So it's, it's it's kind of targeting the same thing. We want to know what the immune system is doing, but it's doing in a very different way from the from the scratch test. Okay, all right. Any other questions? No, okay. This is something worth talking about too. How's your sleep? Awful? Yeah. Define awful?

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Ann Molvenna 19:20

Well, I wake up. I don't have any trouble normally falling asleep. I wake up. I feel like several times at night to roll over. And I don't usually stay awake, but when I get up in the morning, I'm exhausted. I've never I can't I can't even remember last time I woke up and I felt like I had a good night's sleep. So I say terrible. I don't know what, what's actually going on, but I'm always exhausted, and I wake up and I just kind of trudge into the kitchen,

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David Sandstrom 19:53

all right. So you might toss and turn a little bit, but eventually you'll get to sleep and you'll get, you know, something like seven hours. I'm. I'm guessing, yeah, you get a decent night's sleep, seven, eight hours, but you still wake up exhausted. Yes, yeah, okay, that's something that this should be addressed, that that's like a warning sign, right? That's your body saying, hey, there's something going on here, and our part is constantly communicating to us. And, you know, the the the metabolic typing system is we're starting to tune into what our body's telling us. So your body is telling you that there's something going on. And I would suggest that if you're waking up exhausted after a full night's sleep, that you probably have some mitochondrial issues going on. So our mitochondria are the power plants in our cells. That's where the energy is actually made. And if the if you're if you're not being restored by your rest, there's probably some mitochondrial weakness going on. So there's, there's various ways to strengthen that, but nutrition is foundational, for sure, and getting off those sensitive foods with the MRT test will help a lot, but what you need to do is start stressing your body in a gentle way. Okay, right? We call it a hermetic stress. Exercise should be a hermetic stress. It's a beneficial form of stress. And when we do, the mitochondrial function is restored, and we actually make new mitochondria, and they start functioning better, and they kind of shift gears from being in the defense mode into an energy production mode. And that's that's what you need to focus on in order to recover your energy if it's if it's that bad, this has probably been, this didn't happen overnight. This has probably been creeping up on you for years, and you know, it's not going to be fixed overnight either. One of the ways I do that personally is I have a sauna, and I like to spend about 15 minutes, about four times a week, in the sauna. And then when I get out of my sauna, I jump in the cold plunge. I have a cold plunge at the house here. It's called mod plunge, and it basically looks like a giant Yeti cooler. And it has, it has a refrigerator. It cools everything down the temperature you want it. So I start out with some exercise, then I jump in the sauna, and then I go into the cold plunge, and I feel terrific afterwards. It's a, it's a form of stress. You know, when you're in a, you know, the hot environment that's stressful, the cold environment is also stressful. Your body has to adapt to that. But you do it. You start out gentle, and you do it in a gentle way. Now, if you don't have the resources to buy a sauna and a cold plunge. I get it. You can start doing that by going to the shower and taking as warm a shower as you can stand, and then quickly go to the coldest shower you can stand, and that will mimic the same idea and what it does. It actually mimics exercise in the body. It stimulates the nervous system through the vagus nerve, and it's, it's, you know, it's a poor man's way of doing the sauna, cold plunge therapy. Gotcha. Also,

exercise. Exercise is extremely beneficial for that so, but not heavy exercise. You'll you can easily overdo it if you're waking up exhausted. I'm guessing the long cardio sessions in the gym are not good for you, am I right?

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Ann Molvenna 23:30

Yes, oh, I don't have the energy to do them. So

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David Sandstrom 23:35

right, right. So probably one of the best exercises you could do is walk outdoors, yeah, just walk outdoors. And the best time to do that is after a meal. I don't know if you've looked at your blood sugar. Have you had, have you had your a 1c checked recently?

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Ann Molvenna 23:51

yes, that would be in routine blood work, correct? Yes, Um,

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David Sandstrom 23:56

Yeah, that'd be in the CBC, okay, yeah. And

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Ann Molvenna 23:57

speaking, yeah, it was in the normal limits. Yeah.

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David Sandstrom 24:01

Okay, very good. All right. Well, by exercising after a meal, you help drive that glucose into the cells where it belongs. So it's still a good habit anyway, but especially if you're dealing with blood sugar issues. So yeah, you know, a light walk, and if you can tolerate it, a brisk walk, even five minutes, is useful, okay, especially outdoors. Another thing that will here's a couple more tips on getting a better night's sleep, getting more restful sleep, and that is, get some sunlight on your face in the morning, when the sun is first coming up over the horizon and it's orange face the sun, close your eyes and you know, see if you can get three, four or five minutes of sunlight on your face because of the pineal gland, which is right here in between the eyebrows, actually helps to regulate our melatonin production, and it gets things in sync with our circadian rhythm by getting sunlight stimulated by sunlight in the morning. So that's a useful thing to do. Another thing that you might want to consider. Consider, and I'm gonna, I'm gonna put a link in the show notes on this is the blue green blocker glasses. Now most people have heard of the blue blocker glasses, but the best way to filter out light that's stimulating you at an energetic level in the evening is the blue and green blocker glasses. I wouldn't drive with these on this you know, you lose light quite a bit. All you see is red light. And, you know, think about it the way, the way God designed us. We're not designed to live in

an environment with artificial light. It's supposed to when sun goes down, it's supposed to get dark. And if we do have light, it's either moonlight or a flame, and a flame on a candle, or some type of a lamp has orange or red light. So with these glasses, you're going to see everything as orange and red, very varying shades of that. And that helps prepare your body for sleep. You're telling your body, okay, it's evening, and we're going to be going to bed soon. And I have a pair of those. I like to wear those 30 to 60 minutes before I go to bed. And I found, believe it or not, even watching television, they're very effective. And I fall asleep faster and I get more restful sleep. Yeah, I forget the name of the one I have, but I'll put a link in the show notes to it. You can pick them up on Amazon. It's they cost about 60, \$65 something like that. So this is something that's affordable and and I'd be surprised if you don't see an improvement in your restfulness. Excellent. Thank you. The restorative sleep that you get you'll get, you get more deep sleep that way. Perfect. All right, and is there anything else you want to talk about?

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Ann Molvenna 26:44

I can't think of anything. I don't want to take up too much more of your time, but I truly, truly appreciate your the opportunity to be on today and to speak with you in person.

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26:57

Yeah. Well, thank you for being a listener. I really appreciate it. I always enjoy connecting with people that are listening to the show, or fans of the show. This is really, it's encouraging to me that know, to know that someone's getting something out of what I'm doing here.

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Ann Molvenna 27:09

Absolutely. Thank you so much.

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David Sandstrom 27:12

So if, if anybody wants to be on the show here, I do the same thing, Ann just did with me. Go to [Christianhealthylifestyle.com/audit](https://christianhealthylifestyle.com/audit), and you'll be taken to my calendar scheduler. You pick a date and time that works for you and answer a few questions, we'll be good to go. Ann thanks again for being here. I appreciate you.

A

Ann Molvenna 27:29

Thank you so much. All right, so long.

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David Sandstrom 27:31

And don't forget, I need your help creating some episodes. I'm looking for people to come on the show with me and do a lifestyle audit. You tell me what your pain point is, and I'll give you my feedback and get you one step closer to experiencing all the health and vitality you're

capable of. There's no charge for this. I enjoy interacting with the natural nation. It won't be live, so no pressure there. And an added bonus is you'll get a behind the scenes look at the Christian healthy lifestyle studio for a limited time, I'll send you a copy of my book, the Christian's guide to holistic health as a thank you. Go to my website, Christianhealthylifestyle.com/audit. Answer a few questions, and you'll be good to go. I look forward to hearing from you. And if you're a regular listener to the show, you know that I've been posting episodes every other week for quite some time now, but I'm happy to announce that, based on listener feedback, had a number of requests for some more content. So we're going to be doing episodes every week from this point forward. So thank you for listening, thank you for being patient and waiting for that to come back and have you announced that it's here. We're going to be dropping episodes once a week on Wednesdays, and make sure to listen to the next episode. I'm talking with Marnie Swedberg, and she is a follower of Jesus Christ. She's got a book out called flow through vessel. And we talk about how we can surrender to God's goodness and allow him to flow through in and through our lives to impact others in a positive way. It's a great conversation. Don't miss it. That's it for now. I'll talk with you next time. Be blessed. You.