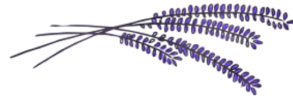


No Fuss Natural Podcast

with Stacy Karen



Episode 1: Let's Simplify Natural Living

Hello and welcome to the No Fuss Natural podcast Where we simplify natural living, so you can live healthy without the overwhelm.

I'm your host Stacy Karen, mom of three, natural living advocate, and holistic health practitioner.

You're listening to episode 1.

In today's episode we'll discuss the foundation and philosophy behind this podcast. We also talk about how stress impacts our health and what we can do about it. So let's jump right in.

First things first - what is the No Fuss Natural Podcast?

In practical terms, each week I'll share short actionable episodes packed with information you can use to make natural living easier and less overwhelming.

Episodes will generally be about 15 minutes long and focused on a single topic, with no fluff, but lots of helpful detail.

You should also know that I grew up in Australia, but have lived in the United States for almost 20 years now...I tell you this because occasionally my accent gets really strange. If you hear me pronouncing anything in an odd way, that's why!

You should also know that information in this podcast has not been evaluated by the FDA and should not be construed as medical advice.

My mission with this podcast is to help you simplify natural living. There's so much information out there nowadays, so many dos and don'ts, scare tactics flooding our

social media feeds, and advertisements telling us “the most important thing we can do for our health right now” (followed by a long list of possible side effects. Throw this all in with doctors orders, books and blogs were reading, family opinions, and our own personal standards and tendencies, and we have a mess of complication and uncertainty on our hands .

Natural healthy living can sometimes feel stressful. It’s easy to believe we are not doing enough or simply getting it wrong.

I don’t want that for you.

You see, I’ve been there. Frozen at the grocery store not knowing what to buy. Truthfully feeling like I’m was poisoning my family because I couldn’t afford organic grassfed beef. Exhausting myself trying to make every single thing from scratch - and hey, I’m not knocking from scratch, I love from scratch! - but there were times I took it to the extreme. And that was at the expense of my own health.

Sometimes we cling so tightly to our ideals that we cause ourselves unnecessary suffering and end up with the exact opposite result than we were shooting for.

I want to pose to you the question: why is natural living important to you?

Maybe your reason for choosing a natural lifestyle is because you want to live to see your kids grow up (if you have kids, you want that, no doubt), perhaps you want to feel better, more energetic, more alive. Or maybe, your goal is protecting the earth, or helping loved become healthier.

It will be different for each of us, but when it comes down to it, choosing a natural lifestyle is not about wanting to live forever. None of us are getting out of here alive. No matter what we do.

But, natural living is a way to improve the life we have while we have it. Sure it contributes to longevity, but it’s really about quality of life.

And truly, if you don’t mind me getting a little sappy here... I believe natural living helps us become our best selves.

Now, why would I say that?

Well, as you know, we live in a pretty toxic world today. Our bodies are exposed to many chemicals and other stressors constantly. Each of us has what we call, Body burden.

Body burden is essentially the accumulation of toxins in our bodies. We all have our own unique level of body burden.

This body burden comes from the chemicals and toxins we are exposed to in our daily lives, the things we inhale, the foods we eat, the stuff our skin absorbs.

Even babies are born with some level of body burden these days. One study spearheaded by the Environmental Working group “found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004 in U.S. hospitals.” I’ll link to the article in the show notes.

This sounds like scary stuff, but here’s the deal, we can reduce our body burden significantly by avoiding toxins in things we can control (like personal care products, food, and household items).

We can also help our detoxification process work best by supporting ourselves with a healthy lifestyle (that means getting enough sleep, managing stress, and eating good food).

I’m saying all that to say that by implementing natural living practices into our lives, we are reducing our body burden, meaning that our bodies then don’t have to work so hard to process and deal with toxins, that means we have more energy and freedom to devote to the things that are important to us.

And in a sense, because our body is not spending so much of its resources dealing with junk, it can support us and allow us to become the best version of ourselves.

Pretty cool, right?

It can be tricky to keep stress and overwhelm at bay when we’re striving to make healthy changes in our lives. But the problem is, the more stressed we are about the changes we are making or need to make, the less effective they become.

I’m sure you already know that stress has a major impact on our health.

Stress can actually influence how sick (or well) we are. The mind has a huge influence on the body.

In Dr. Mark Hyman's recent docu-series, *The Broken Brain*, he stated that "95 % of all illness is either caused by (or worsened by) stress."

That's a lot of illness we could avoid or at least keep from worsening by reducing our stress.

Now of course it's not easy. And it's not as though we can simply eliminate all the stressful things from our lives. Some we can get rid of, for sure, but there are plenty we just have to deal with day in and day out.

We are going to talk about a few ways to manage our stress in a minute, but before we do, I wanted to ask if you'd heard about the studies that show we do not digest our food properly when stressed?

This means that the expensive, organic meal we slaved over, might not do us much good! That's really sad, isn't it?

And when we can actually think about managing our stress, in relation to this, we can think of it as not just a way improve our health, but it's also a method of better stewarding our finances.

If we are going to spend money on healthier food, we want it to be absorbed, don't we?!

So how are we going to reduce the stress related to natural living?

- **Simplify**

It's paramount that we find ways to make natural living as simple as possible.

This will look different for each of us, but some possibilities include:

- creating systems and routines that benefits us
- batch cooking (this doesn't have to mean mammoth freezer cooking days, but

could just be cooking a few meal components ahead of time - like cooking a bunch of chicken in the crockpot and shredding it so it's ready for a variety of meals)

- making simple healthy meals instead of complicated ones
- pare down to a few multitasking cleaning products you can use for all of your cleaning tasks
- take advantage of subscription options - amazon, thrive market, and a myriad of other resources provide subscriptions for all manner of things - obviously be choosy about what you subscribe to, but it's certainly helpful to get rid of the need to reorder things you use regularly when possible
- get help! Ask family members to pitch in,
- I highly encourage to sit down and brainstorm ways you can simplify your efforts

Don't worry - we will have podcast episodes on all of these topics!

- **Take action**

One of the best ways to relieve stress when you feel anxious about health related issues is to take action. The action doesn't have to be huge, but forward momentum is one of the best ways to channel our energy.

- **Learn to accept what is and become strategy minded**

I'm not going to say this is easy! Now way. In fact, this may take the most practice of all the tips I've mentioned so far. And by accepting what is, I don't mean giving up. I don't mean stopping the fight for healing. In fact, you may not have an issue with this if you don't get as worked up about things as I used to do.

What I mean here is taking stock of reality, whether it be budget or time constraints, health issues, lack of access to healthy resources in your area... whatever is true, find ways to accept it and work with it. For example, I have a chronic illness that flares up from time to time. Those flares are really rough. But instead of fighting so hard against it, wishing it wasn't there, I am learning to accept that it is part of my life, and find ways to cope when it comes around. I used to just hope I'd do all the right things and never have a flare up again, but that is highly unlikely, since it can be completely out of my control. So, it's better to plan and prepare, so I can move through it with more ease and less strain.

These are things we will continue to work on for years to come, but embracing those things that may not change makes it easier for us to find creative solutions.

There is a way to embrace natural living without spending our life savings at Whole Foods or adopting crazy complicated processes for every single thing. Of course there are times and circumstances that require some level of complication, but in general, it is possible to live a healthy life without stress and overwhelm.

This podcast is designed to help you navigate healthy natural living in a way that keeps overwhelm at bay. I hope you'll join me on this journey to a simple healthy life.

In our next episode we will discuss tips and tricks for reducing stress in our everyday lives so we can get the most out of our healthy living efforts.

You can find the show notes for this episode as well as links for further learning at:

<http://adelightfulhome.com/1>

See you later!

Links:

<http://adelightfulhome.com/body-burden>

<http://drhyman.com/blog/2014/11/25/chronic-stress-creates-hormonal-havoc/>

<https://www.ewg.org/research/body-burden-pollution-newborns>