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Megan [00:00:06] Hi everyone, it's Megan Ramos and we're back with another episode of The Fasting Method podcast. Today, myself and my lovely co-host, Dr. Nadia Pateguana, are joined by one of our incredible and inspiring Community members, Sonja. Sonja, welcome to our show.

Sonja [00:00:25] Hi, very pleased to be here. Thank you.

Nadia [00:00:29] I'm super excited. So this is one of those Community members that at some point I said, "Come on. I'm sorry, but we're just going to have to get you on over here." How comfortable are you with this? It's just one of those stories that I'm so excited to share because I think you've been an inspiration, the Community loves you, and I think it would be really nice for people to hear your story. It's really just, I would like to say that it's lighthearted. Sometimes we talk about some very serious things here. Like just now, we were doing a recording on heart disease. And often we talk about diabetes and all these doom and gloom sort of things with the goal of bringing people hope and healing. But I don't know, you are just a bright light in our Community. I'm sure that there are things about your health journey that you might share with us, but, to be honest, I only know a little bit. I know Megan doesn't know a whole lot about your journey either, but the little bit that I know has just been so inspiring and you're such a big part of our Community at this point that I just thought, "Let's have a conversation."

Sonja [00:01:38] Okay. Well, again, thank you for having me. I have shared bits and pieces of my journey in various meetings and/or forum messages.

[00:01:51] It started out with me becoming diagnosed with diabetes back in, probably, 2014, around that time. At the time, I told my then doctor, my then physician, that I wanted to manage my diabetes with diet and exercise. I started out doing very well, so well that (and I've shared this with other people) I almost forgot that I had diabetes. And I went about my life and sometime in 2017 I started a new job and it was very stressful. I would medicate myself with gummy bears. I would eat them by the fistfuls just to, you know, manage my stress during the day. I would keep a five-pound bag in my office desk drawer. And I was, you know, doing this when I was on a special project. And this went on for weeks, maybe a couple of months.

[00:02:59] At the time, I was trying to find a new physician because my doctor had retired. I found a doctor and he sent me paperwork to have blood work done before he met me. I hadn't even met him in person yet. So I had the blood work done, and set up an appointment to meet him. As I went to the doctor's office, he had just received my lab work from the lab. So I walked in and I was sitting in the examination room and he walks in (first time we'd met each other) and he opens up my folder and he's reading it. He reaches into his pocket. He takes out a pen, takes out his prescription pad, and writes a prescription. And he says to me, "I want you to go right now to the emergency room."

[00:03:57] And I'm looking at him because I'm feeling fine, you know, other than the fact that I'm overweight, but that was pretty much it. Oh, and I forgot to tell you, I had started to lose weight without trying. I had started getting different reading glasses because I was having difficulty seeing my computer screen. I had started drinking lots of water. I would drink a big, tall glass of water and go right to the bathroom and then come back to my desk and have some more water. And this went on for a couple of weeks.

[00:04:35] So anyway, he said to me, "I'm sending you to the hospital right now." It was just before Tax Day in the U.S. and I hadn't done my taxes. I'm like, "Oh, I need to, you know, do all of this. And I'm..." you know. He's like, "I don't care. You need to go."

[00:04:52] So, fast forward. I go to the hospital and what I learned was that my A1C was greater than (I remember looking at the paperwork) 15.5. My blood glucose was 400. During that hospital stay (I was there a couple of nights) they put me on insulin - long-acting and short-acting insulin - right away. And they teach you how to do the needles, what to eat, etc., etc..

[00:05:31] So as I got out of the hospital, I decided that I needed to learn about my condition because I didn't do it in the beginning. I just figured it was something I could manage, fine. One of the first books that I purchased to learn about my condition was The Diabetes Code. I read it (Well, I actually listened to it because it was an audio book and I'd started walking more so I'd get audio books so that I could go out and walk and go to the gym, etc..) and everything that Dr. Fung talked about in the book (or wrote about in the book) made sense to me, but I wanted to continue to eat the way that I was eating - all the junk foods and things that I thought were still healthy for me. So I put that on the shelf and just, you know, decided that I was going to do my own thing.

[00:06:35] So, as the years went on, I would, you know, do a little better then not do a little better. In terms of medications, I was on two types of insulin. Then they put me on metformin because, you know, my A1C (when I would go back for my checkups) would go up a little bit. So I was on two types of insulin, then metformin. Then they took away one type of insulin, the short-acting. And then I got put on rybelsus because I was still gaining weight. After I had stopped losing weight (because I had started with the insulin), I was packing on the pounds and I was just getting bigger and bigger. I would spend hours at the gym: spin classes, lifting weights, walking on a treadmill, all those things. I would lose a little weight, but I was still getting bigger.

[00:07:34] I had gotten to the point where family members who loved me, you know, I was just getting bigger. And one day near the end of the pandemic, as we got to the end, I had taken an aunt shopping and she likes to buy me things. And we had seen this cute little dress at one of the department stores. And she said, "Oh, this is really cute. Why don't you get one? I'll buy it for you." And I was like, "Oh, okay. Well, thanks." So I went searching for my size and I couldn't find what I thought was my size. She reaches in, pulls out the same dress, and it was humongous. It was like three of us could fit into it. And I said, "That's too big for me." She said, "Oh, no, no, no, it's not." [laughs] She said, "You'll fit it because your stomach is big. You're really big." And all of a sudden, the things that I... You know, we all know when we're not at our best and, you know, we just try to get along in life. But it was that particular situation, that event, that made me like, "Oh my goodness, I'm really, really not doing well."

Nadia [00:08:55] Mmm hmm. Sonja, you know me so well because we do so many meetings together, and you know that I talk a lot about this. It hits home for a lot of people. I talk a lot about clothing victories (or non-scale victories, as we call them), and often, you know, when hearing this, people might think, "Oh, that's so vain." You know, all these serious things, hospital medications, and the thing that really did it was because of a dress. When I talk about clothing victories and why I think that is so important for so many of us, it's really not vain at all. It isn't about how you look at all, it's *how* these things make you feel. It's how if a dress, pants (you know, we talk about this all the time) that you haven't been able to wear for a long time all of a sudden fit, it does make you feel a certain

way. And the opposite is also true. So, I'm so glad that you mentioned that because we often want to seem like we are alien. You know, I'm always joking that I haven't yet met an alien, only humans. But, please, continue.

Sonja [00:10:03] Thanks for bringing that up, because I have said to lots of friends and family members, they all know that I'm vain. So it's not a big secret.

[00:10:18] I belong to different online groups on social media and forums. And one of the threads on one of my forums was talking about intermittent fasting. I jumped into the thread and I started reading what the ladies were doing and I asked the person who had just written the last post, "Hey, I want to join you guys. I think I want to start doing some fasting," remembering, a little bit, reading The Diabetes Code. So she said to me (and I didn't share this), "I think it would be great for you to start. Let's get you started by sending you to YouTube. I want you to find Dr. Jason Fung. He has a lot of videos and they will help you do what you want to do." And I was like, "Oh my goodness, this is great. I read Dr. Fung's book." So I knew I was in the right church, maybe not in the right pew, but I knew I was in the right church. So, yes, I jumped on to YouTube. I started watching everything and I was like, "Yes, yes. It does make sense. I think this is what I need to do."

[00:11:35] So I jumped on the internet again and I started searching for Dr. Jason Fung. It sort of mirrors a little bit of what Wendy had gone through. Wendy is another, as you know, member of our Community, dearly loved. And I found TFM. I found TFM. I clicked on the link and I started reading and it was like, wow! I checked my checking account to make sure I had enough money to join. And September 28, 2021, was the day I joined TFM.

Nadia [00:12:20] Are you kidding me? It's exactly one year today! [laughter] You guys are going to hear this in a couple of weeks, but that's today. One year.

Sonja [00:12:32] Yes. Hallelujah. [laughter]

Nadia [00:12:35] Oh, goodness. I just got major goosebumps.

Megan [00:12:39] We didn't know that going into recording today.

Sonja [00:12:45] The day is the day.

Nadia [00:12:46] Oh, wow.

Sonja [00:12:47] Yeah. Joining TFM... And I'm going to just go out there and just say, you and Megan, as well as the other coaches, you guys, Megan and Nadia, are the Golden Girls. You are my Golden Girls because everything that I've learned, everything that has changed my life, I have gotten from you guys.

[00:13:12] So September 28th, 2021, just prior to (as I just mentioned, when I was on the forum thread with the young lady that said, "I want you to watch these videos of Jason Fung), I had done a little fast just to see how I would do. And I can tell you (I don't want to jump ahead because I don't know what questions you're going to ask, but...) I had started trying to lose weight and reverse this because I didn't want to take diabetes medications. I didn't want to take any medications. I grew up with a very dear uncle and aunt whose (when I would go visit) kitchen table was covered with medications and prescriptions. They couldn't even sit down and have a proper dinner because their kitchen table was loaded

with drugs. I didn't want to live my life that way and I felt that that was where I was headed. So I didn't want to do it.

[00:14:17] So anyway, when I started, I had started working on losing some weight and I had gotten down from 200 (I know that I was over 220 pounds). At that point, I had stopped getting on the scale. And when I joined TFM, I had gotten down (I remember taking my measurement) to 195, and it wasn't until after I started fasting... Because my why was huge. I wanted to reverse my diabetes. I wanted to eliminate those medications I had to take, including (I was on) a statin and high blood pressure medication. I wanted to eliminate all of that.

[00:15:12] And (not to jump ahead) today, a year later, not one drug do I take. No insulin, no metformin, no rybelsus, all the statins, blood-pressure medicine. I have them; they're in a shoe box in my bedroom, but I have not taken them since October of 2021.

Nadia [00:15:40] So one month after you joined us.

Sonja [00:15:43] Yes.

Nadia [00:15:44] Okay, you're going to have to tell us what you did.

Megan [00:15:46] It's just totally wild because we've had people on insulin for like 30 years and in one week, that's it. And this drug that they thought they were dependent on for life... One week, three weeks, four weeks, maybe six weeks, depending. It's just so wild. Sorry, I didn't mean to cut Nadia off there, but Nadia was going exactly where my mind was going and where every single person listening is going. What did you do? So you say fasting and changing the diet. You've got to help our listeners here. They want to know exactly what you did. [laughter]

Sonja [00:16:29] Well, I would say, you know, because my mind was made up, and I'm the type of person when I put my mind to something, my mind is there. I started out with TRE - 16/8 then 18/6 - for about two weeks. And then I put the pedal to the metal. I increased my fasting hours from 20 hours to 24, and that was about two weeks. And then in October, I jumped right into 30/16, which was recommended to me by Coach Larry. I think I did it for like two days and it just didn't... I said, "I think I could do a little more." And then I jumped into 42s and then 66s and then 77s. And I just did that.

[00:17:28] I was already doing pretty well with my food. I had cut out the flour. I had cut out grains. I didn't eat bread. I cut all sugar out of my diet. All of it. No processed food at all. When I went into a grocery store, I stayed in the, you know, the produce section. And that was it. I pretty much adopted the way of eating - whole foods and good, healthy fats. It didn't take me long to get used to that way of eating and, when I wasn't fasting, I ate. I ate good, full, satiating meals. I learned from TFM that it wasn't about counting calories. And that was great for me because I like to eat! And I just ate. I kept to my meals, you know, meals, no snacking, no grazing. I was really good. You guys would be really proud of me because I listened to what you all had to say, and I followed it. I stayed consistent.

[00:18:45] Family members couldn't... You know, they'd ask questions, [I said] "Hey, this is what I'm doing. You've got a problem? That's not my problem. That's your problem." And I knew that, you know, going out to dinner and social situations was not what I needed to do while I was trying to heal. So I cooked at home, followed the protocols, and stayed consistent.

[00:19:12] And that's how I got to where I was. My first A1C test (I bought a little home kit and that was in March.) - I had gone from 6 (The last blood work that my doctor had done was a 6) down to 5.5.

Nadia [00:19:39] [laughs] I'm laughing a little bit here because it's so funny how... First of all, I can attest to your statement of consistency because I've known you for a year. You were consistently there. I always talk about how nobody's journey is linear. And so sometimes when you hear people like Sonja, you know how I say this all the time, right? People go, "Oh, she's one of those," as in like, "I would never be that perfect." You're not perfect.

Sonja [00:20:01] No.

Nadia [00:20:02] You show up when you have good days. You show up when you don't have good days. And the laughing is because just a little while ago, you were mentioning an A1C of more than 15.5, but then you're going from reversing diabetes to no longer being at risk for diabetes to now, your goal (and I know this is your goal now and this is an important topic for me, and for Megan as well), your challenge, quote-unquote (it's a challenge that you've taken on gladly), is to, first of all, optimize your health. So now we're no longer talking about reversing diabetes. We're talking about ideal health, we're talking about an A1C of below 5.5. And I know you were a little upset the other day because, I don't know, you were doing some maintenance planning, right? Like trying to figure out, "Okay, what does maintenance look like for me? What do I got to do now?" And I think, I don't know, your A1C went from 5.5 to 5.6, or something like that, and you wanted it at 5.3. Or something. I mean, and I think that is, that's where you're at right now. Do I think you're going to get there? No doubt about it.

[00:21:10] But, "Consistency," is what I hear. Tell us a little bit more about that. What does that mean to you - being consistent? And what does your maintenance journey look like now because that's what you're now facing? In a year, shockingly, how you got there in a year. And how so many people get there in a year. But tell us a little bit about this - maintenance for you right now and your consistency.

Sonja [00:21:31] Maintenance, for me, and I don't even call it maintenance. I call it... I guess you could say, "Maintenance," but it's just like living the life.

Nadia [00:21:41] I'm actually interested in hearing what you call it because I call it 'maintenance', but it's really important that it be defined by whatever it means to you. Like, what does the rest of your journey look like for you? And we hope that it's a long journey, right? What does the rest of your journey and the rest of your life look like for you? And we want to manifest that, of course. How would you define it?

Sonja [00:22:05] I would... And this is funny because I mentioned this in one of our meetings where I described this journey, this part of my life as I've gotten married. I've married this way of life and I don't believe in divorce. So I'm married to this way of life. I mean, how could I not be with what I've experienced? My lifestyle, if you will, is a part of who I am. And no matter what goes on in my life (and we all have stressors and, you know, things that happen to us), nobody really knows what goes on in my life, you just see a smiling face and, you know, happy cheeks, but, yes, I do have stress. But nothing is going to break up this marriage. And that means dealing with the bad days, the good days, and being grateful for the time that I'm given. And that means taking all of the things that I

learned through TFM, through the coaches, through Megan and Dr. Fung, and building a toolbox.

[00:23:24] You know how we talk about our toolbox? These are the things, the collection of habits, skills, and all those things, that I utilize every day. I made it part of who I am. And I also know that I can't give this up. I can't stop. How can I say this? This is a lifestyle that I'm committed to until the day I die. If I want to stay on a healthy path, this is what I have to do. And I wish I had known sooner what I know now. And, you know, maintenance to me just means showing up, and we've heard this phrase before, showing up every day for not eating at a certain amount of time. There's the time to eat and the time to fast. And in between, there's no snacking, there's no grazing. Yes, you know, I had a little thing with macadamia nuts recently, and I think that that was one of the things that made my A1C go up. I was experimenting with a few things, you know, pulling some things back into my diet that I had eliminated and seeing that that, okay, I'm not ready for that yet. And accepting it.

[00:25:01] Some people don't want to accept that they can't eat certain foods anymore. And I have. You know, yes, everyone's different and $n=1$, but I implore some of those people that struggle that sometimes it just means that what you used to do, you can't do anymore if you want to be healthy. And some people haven't gotten it yet, but I've accepted that. I like the way I look. I like the way I feel. I saw an aunt yesterday that I hadn't seen in years because she lives a far distance from me and she recently relocated back to our hometown. I went to see her yesterday. She opened the door and she said, "What happened to you? Where did you go?" [laughs] I mean, that feeling is undeniable and I want more years of that.

Megan [00:26:06] My husband and I have practiced this lifestyle for a long time now. I'd practiced it for a few years before even meeting him and he met a very healthy Megan who ate so differently. He is a scientist and the youngest child so there is that inner rebellion anyways, you know, to go against the norm or the standard of care. So he was willing to do a deep dive into all of this and that was it. He instantly started doing this. So we used to live in Toronto (We're in the Bay Area now in California) and we went out for dinner one night and there was a family next to us. He and I were talking and planning a bunch of stuff. We had just bought a house. There was a lot going on, so we only ordered our course, like our meal. And for both of us, it was our first meal of that day. So we were there for a while because we were doing a bunch of adult life stuff that we needed to do, but we watched the family next to us. They had like a five course meal. And my husband said to me, "Can you imagine that this is probably their third meal of the day, plus snacks that they've had, plus sugary beverages (just adding sugar or sweetener to coffee, any sodas or pops, any juices that are sweetened) on top of that." He was like, "Can you imagine us ever eating that way again?" Because we did eat that way. That's how we both ate for a very long, long time. The thought of ever doing that again is just so... I'm like, "It is just so out of the question." Like, we could never go back to that.

[00:27:50] So for new people that are listening and you're hearing Sonja and you're hearing me say that, fasting is like a muscle. It's a big theme of our Group Fasting challenge in October. It is like a muscle and you build it up with all of that great consistency. And then with that, then you get this strong fasting muscle and you just can't imagine going back.

[00:28:13] Now, Sonja, I want to ask you, Coach Terri in our Community, Dr. Terri Lance, she talks to people about looking at certain, quote-unquote, 'foods' from our, perhaps, past lives and putting them sort of in this category that they're, "No longer my foods." And

something that I've started doing in my journey is there are certain things that I primarily lived off of and when I look at them now, I don't see food, I see disease. I don't see nutrients. So like when I see an egg, I see all of the great vitamins, all the other great nutrients, just this thing that's going to super-power my body, build it, and keep it healthy. And it makes me so want to crave those egg sources when I see a fast-food meal. I'm just like, "Yeah, okay." You know what? I do know that that tastes good because I've had it 99, 100 times, but it's just like, I just look at it kind of like I would look at drinking bleach or [laughs] eating dishwasher detergent. Like, I don't look at it that way.

[00:29:16] Has anything shifted for you like that, when it comes to, you know, you said that there are certain foods that you've just come to the acceptance don't serve you and that aren't going to be part of your routine. How has the mindset adjusted with that?

Sonja [00:29:30] Well, where I'm at with my mindset, just recently, I work at a farm on the weekends and they do a lot of events, things like that. And last past weekend I was on concessions, right, where all the foods and all the things that people like to eat - food trucks and things like that. And I just, you know, it's not like, don't get me wrong, I can smell it, I can see it. You know, the smells are there. I can... You know, it's there, but it's something in me (and I can only speak for myself) that says, "This is the stuff that got you to the point where you had an A1C of 15.5." And in my mind it clicked, "I can't eat that. It's not my food. It's not healthy for me." And for me, I just... I stopped.

[00:30:35] I can tell you, I used to like... You remember I said I had the gummy bear addiction, the fructose?

Megan [00:30:44] Yeah.

Sonja [00:30:44] I also liked lollipops, candy, things like that. Do you know? I had a house full of stuff like that. I still have it. It's still in the cabinet. Why do I still have it? I don't know whether in my mind do I want to remind myself? Or I said, "Well, maybe if some nieces and nephews or grandkids... You know, not grandkids. If friends come by, I can give it to them." Do you know, I have not touched that?

Nadia [00:31:13] This is not shocking to me because I had a family of smokers. I grew up with a family of smokers. They all quit smoking at some point. But you know that when my grandfather quit smoking, when my aunt quit smoking, when my mother quit smoking, they all had a pack of cigarettes stored somewhere. So I'm not an addiction specialist by any means, but this is a recurring theme.

[00:31:34] And I did want to add something just from a very practical point, because for sure, Coach Terri, Dr. Terri Lance, within our team, I mean, this is, she's busy with our Community addressing this because no doubt this is the biggest component of all of this, right? Mindset, paradigm shift, just relearning, having a growth mindset. There's so much that we learn from her during her masterclasses and her meetings and whatnot. But, you know, if we can apply some of this because when people that are currently controlled by processed food, because it's not real food. Real food does not create any of this, right? Whole foods - there's no fear, there's no need to have any sort of fear or control around real food. I was saying this in a meeting today. I think you were in the meeting, Sonja. I was saying, you know, you never have to worry about how much salmon or how much broccoli you eat because you just don't. You know, you never feel like you've overdone it because these are real foods that send real signals and have real hormonal responses in your body. It's the junk food that we're talking about.

[00:32:30] So when we're talking to you guys listening in today. When Sonja's talking to you guys about giving up these, quote-unquote, 'foods', she's not talking about giving up real food. She's talking about the junk that has taken total control over your life and ruined your life. That's the reality is, you know, people are not walking around super happy that they have diabetes and all these repercussions of it. They are not happy and they are miserable, but yet they don't want to let go of these things because it does feel like it's stronger than us. I often talk about the whole David and Goliath thing. And that's what it feels like. But you can do it. There are ways - through proper information and support - there are ways to really let go of these things.

[00:33:24] This reminds me of... I'm not even going to go so far as to talk about alcoholism and I mentioned smoking addiction, of course. But this reminds me of basic things in our lives. You know, remember when you were in university or college for you American dudes? You know, it's like drinking heavily was probably a big part of your partying, of your going out, of your weekly traditions. And most of us partook in that during that time of our lives. And if somebody had said to you at that time, "Drinking is bad for you," or whatever, you maybe were not in the mindset to listen, and that might have sounded like deprivation. Except right now I can't even think (This is kind of what Megan was saying, you know? My husband and I have been following this lifestyle for ten years - intermittent fasting and whole, real foods) of going back to anything else, nor do I want to. It's kind of like, do I want to go out partying with university kids and sort of partake in that lifestyle? No, I'm not there. So it isn't a negative thing at all. It's quite empowering.

Sonja [00:34:27] It's freedom.

Nadia [00:34:27] And I see it in you. It's freedom, yeah. People talk about this food freedom.

Sonja [00:34:32] Yes, it's freedom. I feel free. I don't feel encumbered. I'm not, you know, whatever come what may tomorrow (You know, our tomorrows are not promised.), I don't feel encumbered with worrying about my health. That heavy feeling is gone. I'm lifted. I know how to, you know, be healthy, eat great food, be around wonderful people in the TFM Community. I mean, it's almost like nirvana. And I feel so free and I feel wonderful. And it's, you know, it's not just about the pain, like joint pain or anything like this. It's in my head. I feel free and I feel wonderful. I don't know how to describe it, but it's just freedom. Freedom to live and not be overweight. Freedom without having to take medications. I'm not saying that I will never have to take a drug again, but I'm at a point, a year later, where I have never felt better in my life. And, you know, some people may not know, but I'll be 65 in January. This is the best that I've felt that I can remember and I'm looking forward to the rest of my life following this way of life.

Megan [00:36:09] It's been so cool to go through this so young in some weird ways since I've been so empowered with all these lifestyle interventions to make sure that at 30 I was healthier than 20. And 40 is very much right around the corner, and I'm going to be healthier than I was at 30 and at 20. And that just makes me so excited. It makes me excited for these kids that we're working on having. It makes me excited for the grandkids. It makes me excited about those retirement days. Like, I don't necessarily... You can't stop everything, but you can really minimize a lot of health risks through lifestyle. And it's just a huge burden off.

[00:36:57] Then there's so much stress in the world right now. Health care is just questionable everywhere. You know, I hail from Canada (Ontario, Canada) and public health care is kind of falling apart there right now. And I now live in the US and I see what is to come as terrifying, you know? And we have, like, the privilege that I have been blessed with in my life is just off the fricking charts. So, you know, that's carried onto me here with health insurance. It's just so heartbreaking. And then you just never know what can happen in life, too. Like, I have health insurance through my husband's employer. But what happens, you know, it just... You can't control everything. And what if we lost that tomorrow? Well, you know, I'm not going to be panicking. I don't have, you know, \$10,000 worth of medications that I need to take. I don't have a looming \$500,000 procedure around the corner. You know, so there is a little bit of a sigh of relief. Okay, you can't stop everything, but you're really minimizing a lot of potentially what could happen till you're able to figure out, you know, get your own insurance in place, and whatnot, for those situations. So it's just so empowering. I mean, you're in control of your future, largely. You're in control of these other variables like health insurance, to a certain extent, that you can control. Your aging, your health, your waistline. All of it. It's just so, so wild. And it just makes it so easy to look back at some of those old lifestyle habits and say, "Hey, you know, this is not just a diet I'm doing. This is the lifestyle that I'm going to adopt."

Sonja [00:38:40] Yes.

Nadia [00:38:41] There's just so many layers to this, right? There's a financial layer. There's, you know, everything else that we talked about today.

Sonja [00:38:47] It is. And I just want to jump in there, Megan, to tell you. Yes, that's another part of that freedom. I'm a consultant contractor and, you know, here in the US, if you don't have health insurance, you can't do anything. And with this way of life and reversing my diabetes, losing the weight, moving more, eating great food, that's that part of that freedom that if I go from one job to the next and I don't have health insurance, I feel fine because I know that I have taken control of my health and what I need to do to make sure that that's not an issue in my life. You know as much as I can. But yeah, you know, when you're sick and it's just not, you know, the vanity, the weight and things like that, but when you have a chronic disease or an illness, that weighs heavily on your mind and how you respond to other things in your life. So this has allowed me to be, and I'll say it again, free.

Nadia [00:40:00] Absolutely. And the aging in reverse that I think you both touched upon, right? One of our big, big things in our Community is every time Sonja turns on her video, everybody goes, "Oh, look at that skin." [laughter] And so I just cannot let that one go. You knew I was going to bring that up! But the aging in reverse, right? You told us your biological age, but, you know I have a lot of interest in finding out more about metabolic age. And in our Community, a lot of the women are beginning to be interested in this particular topic. So this is a big one. You should be the face [laughter] of our metabolic-age-reversal presentations and talks in the future.

Sonja [00:40:39] I'm trying to work on that too. I have a current goal and that is to (on the body composition scales that we're all using now) turn all of those indicators green. You know, metabolic age, BMI, some other things. And I'm working toward that. So yeah, I'm working toward lowering that metabolic age. So yeah.

Nadia [00:41:06] Even more. Great. Me too. [laughter]

Megan [00:41:10] Sonja, thank you so much. Just for everything. I mean, you are a true light, a true mentor in our Community. And you just have totally embraced everything that we embody. You know, our goal is really to help people get better, and we're fortunate that we're able to do so. And then they ask us how they can help. And it's lead by example. And you've been an incredible example, both in our Community and in your own community. And now today, you know, this podcast, it does get quite a lot of traction and I have no doubt that you sharing your story to someone who is new to this or someone who is struggling with this is going to radically empower them to change their lives and really make a big difference. So thank you so much for being so open and so honest with your journey and sharing with us today.

Sonja [00:42:03] Thank you, Megan. Thank you, Nadia. Thank you so much for having me. It's been a real honor in my life to sit and talk to you both. I admire and love you very much. Never, ever, ever, ever leave me.

Nadia [00:42:18] We love you, too, Sonja. Thank you so much for being part of our fasting family.

Sonja [00:42:23] Thanks so much.

Nadia [00:42:24] Well, for me, this is not a goodbye. It's a see you tomorrow, Sonja. [laughter] Thank you for agreeing to speak with us today. I knew you would, but it's really been an honor. Thank you.

Sonja [00:42:37] Thank you.

Megan [00:42:39] And for everybody listening, we'll see you back here with another episode next week. Bye for now and happy fasting.

Nadia [00:42:45] Bye, everyone.

Sonja [00:42:46] Bye.