

Stronger

Healthier

Happier

SUNDAY MORNING WITH JILL 26 NOVEMBER, 2023



READ

Learn More

I'm always interested in learning about health & wellness. I recognize that the things I did in my 20's and 30's to stay healthy don't really work in my 40's.

What I'm finding is that women, around my age, are lost and frustrated when it comes to menopause. They are doing everything right, yet not seeing results and are being told by their PCP that there is nothing that can be done.

Recently, I stumbled across a podcast interview with Dr. Mindy Pelz where she talked about the book she wrote, *Fast Like a Girl*. She writes about the timing of fasting, lengths of different fasts and how to time and schedule your fast.

While most fasting advice I've seen has been a one-size-fits-all approach that left me with more questions than answers, Dr.

Mindy shares proven strategies and specific protocols to use if you are trying to overcome a condition along with fasting hacks, and tools that she has used to help thousands of women thrive with their fasting lifestyles.



EAT

Get in the Know

The purple sweet potato has been on my weekly menu for the past few months. After watching Lexi's "watch" recommendation, *Live to 100 The Secrets of the Blue Zones*, I grew curious of this magical purple potato. I did some research and know understand why it is a nutritional powerhouse.

While I could go on about the health benefits, I was amazed to learn that the Okinawan sweet potato is said to have 150% more antioxidants than blueberries.

There are many ways to prepare the purple sweet potato. Weekly, you'll find me baking or air frying them with some olive oil and garlic powder. Both ways are delicious and both are kid approved!

Purple potatoes can be hard to find however, I have had luck at Whole Foods!



LISTEN

The Mel Robbins Podcast

I listen to many podcasts and am a personal development junkie.

Mel Robbins is by-far my favorite podcast. It is positive, uplifting and I always learn something about myself when I listen to her speak. I saw Mel speak at a live event 5 years ago and I was hooked.

Her podcast focuses on a variety of different topics ranging from the science of weightlifting to anxiety to believing in your dreams.

Mel releases two podcasts each week. Every episode is packed with deeply relatable topics, tactical advice, compelling conversations, and the tools and inspiration you need to create a better life. I know you will feel better after listening!

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