

Women's Vitality Summit

Dr. Keesha Ewers Interviews Jennifer Fugo

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Dr. Keesha Ewers: Hi everybody. This is Dr. Keesha Ewers and joining me again for the Woman's Vitality Summit, Caring for Yourself Body and Soul and it is my delight to be interviewing Jennifer Fugo today who is a functional clinical nutritionist and the founder of Gluten Free School. She teaches gluten sensitive women simple, savvy and empowering steps to get healthy. Living gluten free since early 2008, after a gluten sensitivity diagnosis herself, she knows what it's like to feel overwhelmed by the cost and seemingly complicated aspects of going gluten free. She's a sought after expert, advocate, and speaker about healthy gluten free living. She's been featured on Dr. Oz, Yahoo News, [inaudible 00: 00: 46], CNN, and Philadelphia Magazine, and was the host of the Women's Gluten Free Health Summit. She's also the best-selling author behind the groundbreaking book, *The Savvy Gluten Free Shopper, How to Eat Healthy Without Breaking the Bank*. Welcome to the Summit, Jennifer.

Jennifer Fugo: Thank you for having me. I'm excited to be here.

Dr. Keesha Ewers: You know, this is such a big subject I think, because I think, I don't know. I have patients that come in to see me all the time and they say, "Why all of a sudden is everybody gluten free?" Right? Why all of a sudden? That's an interesting question because the perception I think by the general public is that this is kind of a new thing when in fact it's not. When we try and encourage people for whatever reason, autoimmune disease, inflammation, all of the various reasons we're going to talk about, for going gluten free, to change their diets they get overwhelmed because the standard American diet doesn't really match this style of living. What are some ways that you answer that question? I'm sure you hear it as often as I do.

Jennifer Fugo: One of the things that I want your listeners today to know is that if you're in the boat of not maybe having taken that step of going gluten free, I know personally what it is like. You did share my bio which I appreciate but I think a lot of times people don't realize that a clinician or a coach or someone else can actually know what it's like to literally have been completely confused, had this diagnosis thrown at them that came out of left field and to have done it the wrong way, because maybe you were told information that wasn't correct or you didn't receive the correct guidance. In some respects, you believed too much of what you read online that wasn't really accurate or helpful, and maybe old or out of date. I always encourage people to have a positive outlook when they got through this process because there's so much positive that can come out of it. Not just in how you feel physically, but also to, I think it changes your relationship in a

positive way. Sorry if you hear my cats wrestling. I'm trying not, near the door like boom, boom, boom.

Dr. Keesha Ewers: Okay, people get on YouTube to watch cat videos all the time. We've got them right here on the Summit.

Jennifer Fugo: Fortunately my cats are not gluten free and it's one of the biggest things that drives me nuts because they're on a specialty diet. It's one thing that I can certainly talk about. I do think it's important for anybody listening to transition your pets, specifically dogs and cats to a gluten free diet, especially if you have Celiac disease because they have gluten all over them when eat food. Gluten is throughout a lot used heavily in pet food and that can be one way you can get gluten so pet food is a good thing to think about transitioning.

To get things off, sorry for the cats taking over the interview. I would say a few basic things that people need to know if you haven't gone that route is I always like to recommend to people to think of gluten from this perspective. If you're like, what is gluten? Where is it found? Look for the acronym or think of the acronym BROWS, B-R-O-W-S. It stands for barley, rye, oats that are contaminated, wheat and spelt. Yes, there are other grains that contain gluten like einkorn, and farro but those aren't popular and they're becoming more popular in the health world. In the general diet you're not going to see them all that often. For most people who go to list off 20 or 30 different names of where gluten shows up is not really going to be helpful. That's a really easy key thing to remember. Barley, rye, oats that are contaminated, wheat and spelt. Oats specifically do not contain gluten but they are typically grown on fields next to gluten and processed on the same equipment and so they get contaminated. If you are going to eat oats, you have to make sure that they are certified gluten free.

Just as a quick aside, some people with Celiac disease find that they cannot tolerate oats. You'll have to find out for yourself whether that's going to work for you. One of the biggest issues is people believe that gluten is in everything, and it's not. There's plenty of food, if you keep an open mind and you're positive that you can eat. Things like vegetables. If you walk into the grocery store and you go to the veggie and fruit section, almost everything in that area you can eat safely. Vegetables, fruit, unadulterated cuts of meat, or fish, nuts, seeds, even I'm not a big fan of dairy but like milk and cheeses that don't have spicing and weird things or like beer added to them. Sometimes they use beer, these new artisan cheeses will use beer as a way to make the cheese have an interesting flavor. Eggs are typically fine unless you have a sensitivity to them. Potatoes, sweet potatoes, there's plenty of options that you can have out there. There is really more food that is naturally gluten free than that which contains gluten.

If you begin to focus your diet around eating real food, that will eliminate a huge source of gluten in your diet easily. That way you're not always having to worry about reading labels. Go ahead.

- Dr. Keesha Ewers: Really important because I want people to back up on what you just said and you said real food.
- Jennifer Fugo: Real food.
- Dr. Keesha Ewers: In the grocery store, if you go down the aisle, even in your health food market, and I'm going to even say especially in your health food market where it has gluten free. If it has to say that it means it's a packaged food. That is not healthier for you than something that contains gluten because they replace all these baked gluten free things with sugar.
- Jennifer Fugo: Yes.
- Dr. Keesha Ewers: It's terrible for you. This is not a health food. I just want to make sure everyone got that part about real food.
- Jennifer Fugo: It's important because real food, I have these programs women who are either learning how to be gluten free or transitioning from a product driven or product heavy gluten free diet over to a more natural real food diet.
- Dr. Keesha Ewers: Whole foods.
- Jennifer Fugo: Whole foods. It's interesting. They have no idea that all the labels placed on packaging are meant to entice them to buy something. They didn't know that that was skewed, construed in such a way to, oh well it has Omega-3s. It must be healthy for you, except it's got like 10 teaspoons of sugar in one serving. They're only telling you the bullet points. They're like, "Oh it has flax seeds in it. That's great." I'm like, "Are those flax seeds whole?" Yeah they're whole. I was like "Okay well you know you're going to poop them out so they don't really do anything."
- Dr. Keesha Ewers: Exactly yeah.
- Jennifer Fugo: That's the problem. The food companies play on the fact that you don't know any better. If you switched to real food, you're going to be better off in general. It's not to say you have to go live in a cabin someplace. We're all real people here. You do the best you can. I do think it's important that listeners understand that gluten contamination within our food supply, not just in the US, but in Canada, in Europe, in Australia, is a real serious issue. You do have to learn how to read food labels appropriately. If you don't, and you're just looking for wheat in the label, you're going to be sorely disappointed because a lot of food products, and even things. We might not even think of a food product, as say rice in a bag. Oh I'm eating brown rice. I'm doing it. I'm really doing it.
- Dr. Keesha Ewers: Right.

Jennifer Fugo: Except if that bag of brown rice isn't labeled with a gluten free label, it means that there is a chance, because the company is not testing the product that it could be contaminated. In fact, about 30% of all naturally gluten free grains, including rice, were found. They did a study on this and found that they were contaminated with levels of gluten to the point that would no longer make them gluten free. Even real food, like you can't go to the bulk bins anymore. That's not your friend. Unless you walk into 100% gluten free grocery store, the bulk bins don't exist for you. You have to buy dried goods like rice, like legumes, or beans in bags that are marked gluten free. It's actually very important and if you're confused and not sure, flip the product over. Call the company's number on the back and ask them clearly, does this product contain gluten? What are your processes when you're making this? Is there any chance that gluten could have gotten in there? Are you testing? Some companies just haven't labeled their products yet. They're in the process of doing it or they do test, they just, they're getting there.

Dr. Keesha Ewers: Right.

Jennifer Fugo: You always want to ask. Also, too in the household, there's certain things that you can't share anymore. Things like condiments in a jar. As soon as your brother sticks a knife in the jar of peanut butter, that ends up on a piece of wheat bread, the whole jar becomes contaminated so you do have to have your own separate set of condiments, and mark them clearly with a Sharpie or masking tape or something. Can't share a toaster anymore because obviously there's a lot of contamination risk there. Wooden cutting boards area also a problem because you can't get the particles of gluten which you can't see, they're microscopic, out from the cuts within wood, bamboo, anything that's a real porous surface where you can clearly see the cuts. Even like plastic cutting boards, I just replace. They're so inexpensive now. Then pasta strainers. You should get your own and make sure that that remains gluten free.

Another thing that people don't realize is you cannot bake. Say we're baking two pies. One is a gluten free apple pie and one is a regular apple pie. We bake them at the same time in the oven, the gluten free apple pie is no longer gluten free. The reason is, that flour wafts through the air in the oven and will contaminate that other dish. That is something to be aware of that you can't bake things at the same time that when wheat is present in that oven, nothing. You can't eat out of that oven. That is something to think about.

Last but not least, and I'll say this again, because people always ask me about gluten free labeling. Gluten free label, if it says gluten free or free of gluten, without gluten. Those are legally defined terms according, at least in the United States to the FDA. A gluten free label is better than nothing, but a certified gluten free label is best because they're really testing their product. They have standards in place to make sure that the product is complying with at least the 20 parts per million threshold. May, depending on the certification, and who's certifying those products, it may actually meet lower standards which is great to know.

Dr. Keesha Ewers: Tell us your story, Jennifer. Are you Celiac? What happened with you. I had an autoimmune disease when I was 30 that flipped me into being gluten free and have been since then. We can talk about that process of when you first get diagnosed and two steps forward, one step back. Oh does it have to be 100% or is there an 80-20 rule? That whole thing that happens inside your head until finally you go, oh no it's 100%. What's your story of how you arrived here?

Jennifer Fugo: Basically I was, I thought a pretty healthy 20 something year old. I always had stomach issues. A lot of the symptoms that I discovered after the fact that I had had my whole life like chronic headaches every day. I had no idea was the result of gluten.

Dr. Keesha Ewers: I have to say something right there. That chronic headaches every day. People have that all the time when they come to see me and it's just their normal and that bar is kind of set there. That's not normal. Same with bloating after every meal. Not normal.

Jennifer Fugo: It's terrible with the headaches because you tend to take acetaminophen or aspirin or an enema every day. That's so hard on your liver, on your digestive system so you really want to be careful. If you're popping those pills every day it might be a sign that you should go and find out what's exactly going on. For me, the thing that really drove me to the doctors was that I couldn't wake up in the morning. I was about 26, 27 at the time and I was struggling to wake up. I would sleep 11 hours and my husband was shaking me to wake me up out of bed. As a 26, 27 year old, that's not normal to have to sleep 11 hours and I probably could have kept on going if he hadn't stepped in.

I went to the doctors. They ran blood work and everything and they're like, "Do you want to take some B vitamins. I don't know. You seem pretty healthy to me." That just wasn't good enough. My father's an ophthalmologist and an eye surgeon and he had no idea. He thought it was just something weird was going on and figured it would probably be best if I did continue to look into things.

My cousin worked in LA for all these more natural clinicians and such and she's like, "Hey my friend's a nutritionist. You should come out here and visit and go see her and talk to her." As soon as she looked at my diet, I come from a 100% Italian family. I grew up with pasta and bread and not pizza. Pizza was an occasional thing. Definitely pasta. I was a bread-aholic. That was the majority of my diet. She's just like, "You know. With all these symptoms, you've had diarrhea. You've had gas. You have bloating," which I thought was normal because I thought it was normal to have stomach problems.

Dr. Keesha Ewers: Your normal. It was your normal. That's the problem I think people run into is if you have a gluten sensitivity, often times it's from childhood and that becomes your normal. You just don't even realize that this isn't actually normal.

- Jennifer Fugo: Right. No, not at all. She's like, "I want you to go off gluten for two weeks and let me know how you feel." Within three days, and I just want to specify this comment. This is not typical of everyone's experience. Please don't think that in three days you're going to have the same experience I did. In three days, I woke up. I did not feel 100% better, but I was noticeably more energized. I wasn't sleeping the 11 hours. I could wake up with an alarm at eight hours. That was a huge improvement just right there. I wasn't having the terrible, really horribly smelling gas that would be painful because I'd be out and didn't want to gross people out.
- Dr. Keesha Ewers: Gross everybody out. Yeah.
- Jennifer Fugo: Yeah. I wasn't running to the bathroom with explosive diarrhea. My husband was just like, something's changed. It's really good but something is definitely different. I let her know and she said, "Okay I think we should do some testing and figure out what it is." After two weeks, I was still having these occasional bouts of like I'd get really sick to my stomach. We did the IGG food sensitivity panel. It came back saying that I was highly sensitive to eggs, moderately sensitive to gluten, the casein protein, the cruciferous family, and the cashew family. That began my journey down this road of having to really change my diet. Having to learn how to cook because I didn't know how to cook. My dear mother was always cooking for me. I really had to put my big girl pants on.
- Dr. Keesha Ewers: Good Italian mama huh?
- Jennifer Fugo: I know. She's done a lot to help me just eat well, but gluten free. She's changed a lot of her recipes and such. That really started my journey and then about a year later, because I had, I admit I ate way too many gluten free products, I got really sick and ended up with adrenal fatigue and candida. That is why when you pause and you're like stop. We need to highlight this point about real food. I got sick again because the poor choices that I made because my nutritionist didn't specify to me that I shouldn't gravitate and rely heavily on gluten free products. I thought, because it was marked gluten free, oh I could have like the whole package of gluten free brownies and it's fine.
- Dr. Keesha Ewers: It's healthy. It says gluten free on it and I got it at my health food store.
- Jennifer Fugo: Right I had no sense of how much sugar was added, how high glycemic even brown rice flour is still a high glycemic flour. People are like, "Oh but it's brown rice." I'm like, "It doesn't matter. It's refined."
- Dr. Keesha Ewers: Right.
- Jennifer Fugo: I think that there's again, this knowledge gap that a lot of people have about what is healthy and what's not. Unfortunately, it's skewed in the benefit of food companies who know that we don't know any better.

Dr. Keesha Ewers: Right.

Jennifer Fugo: They play to that. To answer your question about whether I have Celiac disease. I don't know. I was never tested for it. I've been gluten free for so long at this point. I even asked Dr. [inaudible 00: 18: 23] when I interviewed him a couple years ago. I said, "Do you think I should go back and get checked for Celiac?" He's like, "I think you should assume you just have it and continue on." I mean, I lost almost 20 pounds after taking. Again, I was eating junk. Okay.

Dr. Keesha Ewers: As you know, and I'm just going to illustrate this for our listeners. There's a spectrum. Right? There's a spectrum of gluten intolerance, to Celiac. Sensitivity, all of that lies between. People will have somewhere in there. It's really easy to find out these days if you're Celiac. You just do a 23ME genetic test and run it through MTHFR support. It has a little gluten panel on there. If all of those are red, you're Celiac. I had the same thing with my mom. I took her off of gluten because I'd had very similar, but I didn't lose 15 pounds. She lost 30 pounds in a month. I said, "Mom, you're Celiac." That kind of dramatic difference.

Jennifer Fugo: Inflammation.

Dr. Keesha Ewers: I just want to say, that as you already pointed out, this is not typical. When people go off of gluten for two weeks and say I didn't feel any different, I want to address that. That doesn't matter. This is a very slow death that's happening on the inside and two weeks is nothing. Your story is very dramatic. My mom's story is very dramatic. I would say that's probably the one in 100 that I see. The rest of us had to really notice. In three months and go, my energy has gone from a two to an eight. This is great. I'm moving in the right direction and have to heal that gut slowly, slowly, slowly and it wasn't just about gluten. It was about all the other sensitivities that came because that leaky gut was there. I just want to make sure people know that three days is not normal either.

Jennifer Fugo: No. That's why I say that because so many people will go, "I didn't have the same response as you. My weight loss hasn't."

Dr. Keesha Ewers: Well, they're looking for 30 pounds to come off and they're sorely disappointed.

Jennifer Fugo: They're looking for my success story to be theirs. You have to be very careful on looking around on the internet because while it can be inspiring, you don't have the same experience, you then feel like a failure. My goal is to always remind people that this is a journey. Your journey is unique. It might not just be gluten. I can't exactly say that gluten is directly responsible for me losing almost 20 pounds. I also had taken out eggs, and dairy and other foods that were causing the issue. I had to do a slew of other things to help resolve some of the gut issues that I had going on.

Dr. Keesha Ewers: Right.

Jennifer Fugo: It takes work. It took, think about how many years it took me to end up at that point.

Dr. Keesha Ewers: Right.

Jennifer Fugo: Fill the well back up slowly. I think it's important to keep that in mind. If you're not seeing results if you're doing this on your own, then it may be time to reach out to somebody who has more experience in a clinical area that can really help you figure it out. Sometimes food isn't the only factor. I do get concerned that, and I don't know if you see this your practice, is that women usually will take out more and more and more and more foods ending up on an extremely restrictive diet and all along they had some sort of gut infection that taking out all those foods was not going to resolve. There's so much inflammation within that needed to be addressed in a different way.

Dr. Keesha Ewers: I call it the shrinking iceberg effect.

Jennifer Fugo: Yes.

Dr. Keesha Ewers: You're standing on this ice in the ocean and you've got all this great ice and then as you start taking the foods out it starts to shrink and shrink and shrink. I see people literally, this is no exaggeration, that are down to five foods by the time they see me. They have these five safe foods. I just tell them, within a few months, those aren't going to be safe anymore either because we're not getting to the root cause of this. It's not about your food. It's about your gut. I just released a book, Solving the Autoimmune Puzzle and that has four corners of the puzzle. Right? Leaky gut is one but trauma is another one. A lot of times people are sensitive to their foods because of past trauma that has ripped their gut lining apart because of the stress, the cortisol that gets released when they've been stressed out for so long from childhood. I always call that the missing piece of the puzzle. I want people to really look at how are they dealing with their stress. How early did the stress response start for them? What are their beliefs that create this issue? If you start creating a belief that food is bad, you're never going to get better. I see this all the time. I don't know if you see this. Orthorexia, where people start to be afraid of food and it creates an eating disorder.

Jennifer Fugo: Yeah.

Dr. Keesha Ewers: Start that as clinicians and people.

Jennifer Fugo: As I said, I lead these groups of women down these process of dietary change and last night, I could sense, within a week or two you start to hear this, well what's good. What's safe?

Dr. Keesha Ewers: Exactly.

Jennifer Fugo: I was like, hold on.

Dr. Keesha Ewers: Nothing is good. Nothing is bad.

Jennifer Fugo: Nothing is good. Nothing is bad. I will never be one of those people to say that wheat is the devil. I'm not going to go there because I think that the mindset that it creates is very negative. It creates more stress. It makes you afraid of your food. Then all of a sudden, I get emails from people every day asking questions about is this safe. Is this contaminated? What should I do about this or that?

Dr. Keesha Ewers: Right.

Jennifer Fugo: I've gotten questions like, well, if I go to a restaurant is it safe for me to use their utensils because they serve gluten in the restaurant? While I understand it's a practical question, but they're now so afraid to touch anything that has potentially come in contact. I'm like, you know I think there's a problem here larger than just gluten. You're becoming so afraid to eat, to touch a fork that you're not having an anaphylactic response, but we've convinced someone to a point that they're so terrified of a spec of gluten, the potential of a spec of gluten, that now they're not just not going to eat anything. I can't drink out of this water because somebody who was eating a piece of bread like three weeks ago drank out of this glass of water and how can I trust that it was washed well enough. I've gotten questions like that.

I honestly I feel for them. It's the fault, some of it is the fault of our community, the wellness community and the way that we have language and made people afraid of gluten. I don't think gluten is something to be afraid of. I think there's a whole world out there of amazing delicious food, for you to explore, that just happens to be gluten free. When you put that mindset on, you then realize that there's a whole lot of restaurants and amazing restaurants all over the United States. I just booked a trip to Italy. I've had friends come back from Italy saying that it was the most amazing experience and you can eat out gluten free basically everywhere. Everyone gets it and they don't give you a hard time.

My traveling now is like where can I go eat? What fun places can I find in this new environment that's not in my home? I used my diet as a way to expand my horizons and to travel and to have fun and meet new people. I think that's a big part of this, is always staying open to that. No matter where you are, and knowing that Rome wasn't built in a day. I think that's a big piece of this. A lot of people expect three days, two weeks. I'm going to feel better.

Dr. Keesha Ewers: Right.

Jennifer Fugo: It's not. Learning the training wheels of this diet is going to take you time. We learn the best through mistakes, but what I would suggest is be cautious of the sources that you look to online for your information. Make sure that they are backing things up with documentation or references or studies. It's not just I heard from my friend or an old blog from many, many years ago. You want to look for a really reputable source which is why I started Gluten Free School

because I was really tired of guessing. A lot of the things that I found online were just blatantly wrong. Don't be so reliant on Facebook groups to get information about what's safe. It's great for community. It's great for morale. It's wonderful for comradery and to feel like you're not alone. Those people don't work for food companies. They can't tell you whether a product is actually gluten free or not. They can't tell you that just because they ate at a restaurant where they don't specifically do gluten free, but the didn't get sick means that the restaurant is safe. We don't have some feel fine-o-meter in our bellies that automatically goes off or on when we've had a meal.

I may get glutened on rare occasion it happens. I may not know until the next morning because I get a rash across my face but I may not have any digestive symptoms.

Dr. Keesha Ewers: I get one right here.

Jennifer Fugo: Yeah. That's the thing. I'm always cautious in what I recommend to people. I think that's a big piece of this is we're always looking to find the easy way out, to crowd source our information and sometimes it's great. Sometimes it's not.

Dr. Keesha Ewers: Tell us about Gluten Free School.

Jennifer Fugo: Gluten Free School was sort of a brain child of mine because I ended up, I have this history and experience with gluten and I got sent a ton of clients that all ended up either Celiac or some sort of autoimmune disease where they needed to be gluten free. The women that were sent to me were like, "You really get this. You were able to explain to me what I needed to do and you were able to find the problems and guide me through the process in a way that made sense." Instead of just being a health and wellness coach at the time, I decided to just focus on the gluten free lifestyle and helping women specifically, but I have plenty of men too that follow Gluten Free School as well and they're wonderful. I wanted to do it from a really practical and pragmatic standpoint of how do we make this lifestyle easy? How do we make it fun? How do I feel like I'm not giving anything up? Where I feel empowered. Where I feel excited to eat the food that I'm eating. You know what? My friends and family are excited to be on the journey with me, whether they eat gluten free or not.

Gluten Free School became this, I never thought it would become what it has become, and that pushed me then to go back for a master's degree in clinical nutrition. I really like that my passion to helping people feel better by finding that root cause, gluten being one of the little facets of it, has turned into what it is today, and it's given me this amazing opportunity to talk to you and meet you and then also to share what I know and my experiences with people to hopefully encourage and inspire them to do it.

Dr. Keesha Ewers: Wonderful. We have on our speakers page for you, your link and a bonus gift that you've provided for our viewers. I so appreciate you sharing all your

wisdom, a small part of your wisdom with us today. I would like to say. I always ask every expert that comes on to the Summit what their definition of vitality is because this is the Woman's Vitality Summit. It's an interesting word. I live to find out, what that means to each of us individually.

Jennifer Fugo: I would say to me vitality means waking up with a sense of purpose and living that with real joy and love. I honestly did this because I firmly believe in leaving the world in a better state than which I found it.

Dr. Keesha Ewers: Beautiful.

Jennifer Fugo: For me, living a vital life is really living in alignment with that. That's why I do what I do. For other women it might be different but life doesn't have to be complicated. I think if we can get down to the simplicity of life, love, your family, your faith, good healthy food, and resolving whatever health imbalances have resulted over the years. Like you said, maybe through trauma, maybe through stress that hasn't been dealt with, there's amazing possibility and potential for living a healthy life no matter where you are, no matter what your financial status is. You can do gluten free being on a limited budget. It is possible. I think we just have to stay connected to those finer points in life. I don't know. That might be a long rambling way to say that's what vitality is.

Dr. Keesha Ewers: That was great.

Jennifer Fugo: Keeping it simple.

Dr. Keesha Ewers: It's also the subtitle of the Summit is Caring for Yourself, Body and Soul. You care for yourself by staying away from gluten obviously. What else do you do for self care activities Jennifer? How do you take care of you?

Jennifer Fugo: One thing that I do is I spend a lot of time with my husband number one. He also is, he works from home. I get to see him a lot. We do make a point to really spend time together. Then also too with my three cats that were banging at the door earlier. Part of the reason that that helps me is because that's a real stress reliever for me. Making sure that I tell people that I'm close to, and even my parents, I see them almost every day, is to hug them. To tell them that I love them, to tell people that I care about them because I honestly was not raised in a family. We didn't normally say I love you mom. I love you dad. That wasn't a thing that we did. I know in some families it is. For me, in the last couple of years, it's become a real conscious effort to be more present to the living beings in my life that bring me joy. To give them time and space and I can't even tell you. It might sound silly but it is a huge, huge stress reliever for me. Just to be present to them, to laugh, to listen to them, to be interested in them.

Dr. Keesha Ewers: Nice.

Jennifer Fugo: To acknowledge them for the wonderful things that they've done for me or the ways that they support me or inspire me or make me laugh or whatever it may be. Making a conscious effort to block out that time had been really beneficial for me and it's also made me realize that I don't need. A lot of people say, don't you want to go speak? Don't you want to go do this? I'm like honestly I want to live a simple life. I really do. I try and keep things simple and that's how I stay grounded and I stay real is by being always connected to them. That's one big change for me. I could sit here and say I meditate, and I do this, but a lot of people do those things. This has been a major significant, very simple thing that has allowed me to not only shift my relationships but also to better deal with stress. To let it go because often times we dwell on stress and when you laugh, when you hug, when you tell people you love them, you're not in that stress space. You're in that love space.

Dr. Keesha Ewers: Right. The blue zones book about the longest lived people in the world. The different populations. One of them was in Italy and one of the things that they discovered in these common denominators between all the longest lived people is being intergenerational. Staying around your family, seeing them all the time, laughing and loving just as you said, other than meditating. Some of this good Italian family kind of value system is what longevity is made from. Wonderful. I'm so glad that you have that. Thank you for sharing that.

Jennifer Fugo: Thank you for having me. I really appreciate it. This has been a lot of fun.

Dr. Keesha Ewers: Yes thanks so much for everything that you've been sharing with us and it's the Gluten Free School again everybody. This has been Jennifer Fugo and her information is on the Summit website. Thanks so much Jennifer.

Jennifer Fugo: Bye.