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I've loved food all my life. I have memories of being in 6th degree and walking to the local grocery store to take the ingredients to make my creations in the kitchen. I would binge watch food network and browse food blogs for inspiration. Once I went to college, I knew my way would lead me to food. This is how I found myself registering as a nutrition and dietary major and studying organic chemistry, physiology, biochemistry and biology. during my high school and college years, I also suffered from severe anxiety. I've had it great panic attacks during that time and sleep was often difficult to reach due to mystate of anxiety. During the study of Nutrition at school, I began to understand that properties in food can have a direct impact not only your physical state, but also your mental state - including anxiety. Using new research and strategies on nutrition psychology, I was able to significantly reduce my anxiety. That's when I really understood the power of the food you put in your body every day. Yes, the food you eat can cause you to gain or lose weight. But much more than this - food can increase / decrease anxiety, turn on/off cancer genes, increase / decrease inflammation and cause / cure GI disorders. Food is the most powerful and less expensive tool when it comes to your health and wellness dreams. I worked with customers who get rid of acne. I got rid of swelling, decreased symptoms of rheumatoid arthritis, normalized their thyroid hormones and yes - lose weight. It is with this understanding of the power of food that I started Autumn Elle Nutrition where I can teach men and women locally in the South Bay and around the world (via FaceTime/Skype appointments) to heal their bodies while eating tasty and nutritious meals. We are always bombarded by how great it is to pursue your passion, etc. - but we talked to enough people to know that it is not always easy. In general, would you say things were easy for you? As with whatever it's worth, it wasn't a smooth road. I always knew I'd have my business. Especially in the field of Nutrition, there are so many bad information out there that I wanted to make sure that I had control to provide the best, up-to-date and search for supported strategies that I used with my clients to achieve their wellness dreams. My first job out of college was like the main nutritionist for a great fitness company! worked there for 2.5 years where I created meal plans and recipes for hundreds of women around the world. And even though I enjoyed everything I learned while I was there, I knew! wasn't helping people my full potential. I wanted to help people achieve well-being and weight loss goals. Because you can lose weight and not be your healthier self. Once I left to start my company, Autumn Elle Nutrition, I didn't have many challenges at first. Customers came quite easily and I started developing online programs (such as my 21 Day Intermittent Fasting Program) that were and are still extremely successful. To be honest, the biggest fight came from being my critic. All I want to do is help people feel good through their food choices. So, sometimes, I feel like I'm not creating enough content (via my blog, YouTube, Facebook group and Instagram) to share the very necessary information for my Peep AEN. In my opinion, it is this negative voice in your head that is the main cause of business failure. Not finance, location, marketing, etc. This negative voice that says "you're not good enough" makes you hold back. It makes you question your mission. It forces you to stop being yourself. I don't want to lie, a few days this voice can go beyond me completely. Something I learned to help fight this voice is to give you a name. I give my name "Amber" because this is the name that I often get people accidentally calling me! When I have a negative thought, mentally I say "Amber, stop acting." This little technique helped me to drag myself out of a negative state because it allows me to dissociate myself from negative thinking and continue in my mission. We would like to hear more about Autumn Elle Nutrition. My customers generally come to me for a variety of reasons, whether it is weight loss, reduction of inflammation, healing of the body for fertility purposes, reducing acne or decreasing anxiety. But it's lesswhat come to me, rather because they do. Autumn Elle Nutrition is rooted in the healing science of the body with food. This does not mean taking 20 different differentper day to balance a lack of nutrients. This means using real food with real science to heal the body. Customize the approach of each person. There is no size fits the whole solution! I take the way someone already eats and makes the minimum amount of changes possible to help them achieve their wellness goal. This makes it so every customer of mine is sure of changes, loves food and feels good in the process! In addition to my one-on-one customers, I also created a series of online eBooks and programs to help men and women around the world use an incredible healing strategy - fast intermittent. With the Ultimate 21-day intermittent fasting program, I burst research, mechanisms and exactly how to do it. It also includes a three-week meal and exercise program along with delicious recipes to implement intermittent fasting correctly. The results were really amazing. AEN peeps reported reduced swelling, reduced inflammation, decreased blood pressure, decreased blood glucose levels, increased energy levels, decreased heart rate rest, improved sleep, weight loss and lean muscle increase! We are interested in hearing your thoughts about female leadership - in particular, what do you feel are the greatest barriers or obstacles? The biggest barrier I met as a female entrepreneur is other females. Allow me to be clear, I have had really incisive women in my life who have been beyond those supporters. I've been in women's corporate support groups, my female friends provide emotional and physical support when I need it. I've held inspirational events with other female entrepreneurs who are kicking their ass, and AEN peeps have been some of my best friends.during the process. But there are still women I've met who feel very difficult to take down. I don't think this is an isolated incidence. I know this happens with men and women. Both of them. Both of you, and people not supported in the food industry / wealth, as there are in life. The most important thing to keep in mind is that you are the average of the 5 people you spend more time with. If you discover that you are surrounding yourself with others who are not suspensive or generally not beautiful, then it can be a good idea to get away from that energy. Contact Info: Image Credit: Autumn Elle Nutrition Contact: Journey LA is built on community recommendations; It's like discovering hidden gems, so if you know someone who deserves recognition please let us know here. Lora chatted with Autumn Elle Bates, Certified Clinical Nutritionist | Sports Nutritionist | Detox Specialist + Recipe Developer to discover everything you want to know about intermittent fasting (or IF for short). In this episode, they explore the different types of IF, stand out for science behind why it works, chat about how to best implement this method in your daily life, and reveal the best time to train while on this program. Listen to an Intermittent Fasting 101! Autumn // @autummelle nutrition Autumn Bates is a certified clinical nutritionist and Personal Trainer certified with a Bachelor in Nutrition and Dietetics. Food and well-being is his life! Its area of expertise is working with athletes to optimize their performance through delicious and scientifically proven methods. It also has a passion to increase health in every aspect of life through nutritious foods and advanced strategies. Autumn worked with DI athletes from the University of Arizona to increase performance through food. He also spent a summer in 2014 studying and researching the Mediterranean Diet with his professor and a small Italian lady who taught her authentic Italian cuisine. Needless to say it was one of the greatest experienceshis life! After his school, he worked for 2.5 years at Tone It Up, a fitness and nutrition company online,meal plans and recipes for thousands of women to help them achieve their weight loss and fitness goals. He learned a lot over the years - that is, he loves helping others become their best self. Now, he dedicated his life to one-on-one work to achieve optimal health, energy and well-being through a variety of individualized methods and strategies that fit best for you! Show Notes Autumn new Ultimate 21 Day Intermittent Fasting program officially launched and can be found here! I was lucky to see an exclusive sneak peek - and it's a beautiful and well-written plan!! Not only does it reveal the science behind why intermittent fasting works, but it also includes delicious recipes and a training guide to help you achieve optimal results. P.S. I, too, decided to give IF a test and will follow its program for 3 weeks starting from June 11! Autumn has other great resources on its blog page that you can be interested. This article, What is Intermittent Fasting & Should You Be Doing It?, is so relevant for today's episode and is a 2-minute quick reading. The THRIVING Cookbook we mention is available for purchase (at a very reasonable price!!) ...and the article that everyone needs to have bookmark ☺ -> The best Hangover wellness routine. ebook, digital download. See below for information on returns/reforestations. Prices are listed in USD. ** NEW ADVANCED VERSION!!! EVEN MORE SCIENCE, STRATEGIES and TYPE to help you survive!*** Intermittent Fasting (IF) is a healing technique that has seen huge success when used correctly for weight loss, muscle gain, intestinal healing, decreased swelling and increased energy levels. With this program, you will learn how to incorporate IF without feeling hungry using nutritional strategies to turn off hormoneshunger and increase the mechanisms of fat burning! Included: 80 search pages, meals, workouts, steps and tools to use Intermittent Fasting 3 weekGuide for Intermittent Fasting 3 week total body training plan designed to take advantage of Intermittent Fasting step by step instructions on how to follow the Delicious program, easy to make recipes to use during the Tools program to customize your plan if you want to heal your bowel, lose weight, increase muscle mass, or increase your longevity Daily Fasting Journal to print and use during the Fastbirna program Due to the nature of a digital download, ebooks(s) are inadmissible for the return/refund once purchased. For questions, please send an email to info@autummellenutrition.com. This program is a digital eBook. Unauthorized sharing, copying or distribution of the last 21 days intermittent fasting program is prohibited as violation of copyright law and can cause a fine of up to \$250,000. 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