

Homeschool CEO Podcast Episode 42 – Biohacking Your Brain for More Energy and Focus with Dr. Amber Langley-Gill

53:27

SPEAKERS

Dr. Amber Langley-Gill, Jen Myers

Dr. Amber Langley-Gill 00:04

So, in my mind, I think of our bodies as like a laboratory and you're like this evil scientist, and you're able to, like, tweak things here and there. Everything, like what you're listening to the people that you're surrounding yourself with, what you're putting on your body and in your body, the type of water you're drinking the foods, you're consuming - everything in your environment to make you the superhero version of you.

Jen Myers 00:31

Welcome to the Homeschool CEO podcast, the podcast dedicated to entrepreneurs who want to successfully homeschool their kids while writing a profitable business. In this podcast, we'll reveal the truth of what it really looks like behind the scenes of an entrepreneur who homeschools and how to make it all work. If you're an entrepreneur who currently homeschools or you want to start, you are in the right place, my friend with 16 years experience combining entrepreneurship with homeschooling. I'm your host, Jen Myers, and this is the Homeschool CEO podcast.

Jen Myers 01:14

Have you ever wished that you had more energy, more focus? Or maybe that you just felt better? Yeah, me too. I hear you. But what if the solution to that is as simple as biohacking our bodies? If you're going, "What the heck is she talking about?", I was there to the first time I heard about biohacking, which is why today's episode is so fascinating to me. Today we are joined by Dr. Amber Langley-Gill. She's an author, coach and founder of the Biohacker Babe Academy. She used to be an emergency critical care veterinarian but that all changed when her twins were born prematurely. she switched to brain and gut health, and embarked on a personal mission to heal her own health and the health of her family. She wrote a book, which was in my stories a few weeks ago, called No Brainer. I highly recommend it. It's an easy read, and it gives you such incredible practical tips. Amber is now following her passion to help mom entrepreneurs improve the quality of their lives from the inside out. And I think you're gonna love her. So, let's get started.

Jen Myers 02:37

All right. Well, I want everybody to meet the most incredible woman, biohack genius, y'all. You're gonna learn so much in today's episode. Dr. Amber Langley-Gill, but she said we can just call her Amber today, right?

Dr. Amber Langley-Gill 02:55

Yes, perfect. Let's keep it casual. Awesome. Awesome.

Jen Myers 02:58

Welcome to the show today.

Dr. Amber Langley-Gill 03:00

Thank you. I'm so excited to be here.

Jen Myers 03:03

We start out every interview because the audience hasn't met you yet - tell us a little bit about you, your business and your family kind of what everything means for you to be a Homeschool CEO.

Dr. Amber Langley-Gill 03:15

Yeah, so I kind of think in bullet points. So, we'll go there, right because it was easy for my brain. I'm an emergency critical care veterinarian by education. I stepped down from the ER floor probably about two years ago, completely. I married my college sweetheart. I call him the hubster. We have twin seven-year-olds, that we nicknamed the Gillies. And they are currently in seventh - second grade - I almost said seventh - second grade. And I started my online, like my digital entrepreneurial life in 2014.

Dr. Amber Langley-Gill 03:56

And, um, yeah, it wasn't until I think my biohacking journey actually started when they Gilley's were born. They were born prematurely at 27 weeks, and we spent 100 days in the NICU. And during that time as a mom - kind of taking a long introduction - but as a mom, I just wanted to do something for them. Right? And there was, like, there was nothing that they needed from me, besides just speaking, like, words of affirmation on them, prayers, and because they were in these little incubators, and I realized that the only thing that I could provide was nutrition through breastfeeding. Probably TMI, but this is a homeschooling CEO mom group, so they understand. And I was very blessed to be able to breastfeed and I learned very quickly that what I ate really impacted their health. We had a focus on brain health for one of our Gillies and gut health for the other. And that's kind of how my entrepreneurial life, my journey started, because I realized the brain and gut connection, and how much it impacted everything else in my life. So, biohacking started as a result of them being the NICU, and it just kind of flourished into me helping more moms.

Jen Myers 05:27

Wow. Okay. For those of us who don't know what biohacking is, can you give us a definition of what that means?

Dr. Amber Langley-Gill 05:35

Yeah, it's just a fancy term of saying like everything in your environment, internally and externally, around you, helps you work efficiently. So, hacking your environment to be the best version of you, I say, the human, like the superhuman version of you. So, in my mind, I think of our bodies as like a laboratory and you're like this evil scientist, and you're able to like tweak things here and there. Everything like what you're listening to, the people that you're surrounding yourself with, what you're putting on your body and in your body, the type of water

you're drinking, the food you're consuming, everything in your environment to make you the superhero version of you. And that's what biohacking is. It's just making simple tweaks here and there to be the best version of you.

Jen Myers 06:25

That's amazing. And I think it is so important. I know, Amber and I were talking about this before, too, especially for homeschool CEOs, because we have a lot that we are doing. We are intense, we are driven. We are building businesses. You know, one of the things that we talk about in our community is we're not building side hustles, which really sets us apart. We run our businesses like CEOs. We delegate, we hire because we have to.

Jen Myers 06:53

One of your emails, actually, just that I got yesterday in my inbox, was talking about how often we look at business mentors, and we're busy burning dinner while we're listening to the coaching. And because we have a kid doing math and a dog needing out while we're building our business. All of these things, all of these plates spinning at the same time. And it's I think it's extra important. I mean, I think it's important for everybody, but extra important, because so often we're kind of burning the candle at both ends.

Dr. Amber Langley-Gill 07:26

Yes

Jen Myers 07:27

to really take time to build our bodies up so that we can be the best version of ourselves. So with that being that how do you see where biohacking - I kind of answered it a little bit - but where do you see where biohacking can really benefit homeschool CEOs specifically?

Dr. Amber Langley-Gill 07:45

Yeah, so homeschooling CEOs, right, so you already kind of mentioned that you have limited time. Right? And biohacking helps you use your time and your energy, which is like your precious currency. Right? It helps you use it more efficiently. So, I like to say it helps me do less, better. My husband doesn't like it when I say that he's like, it doesn't have to do less better, it helps you do less more efficient. I'm like, yeah. It doesn't just roll off the tongue as you'd like.

Dr. Amber Langley-Gill 08:19

But I know that with biohacking, I'm able to use that the two precious hours that I have working on my business to the max, I know that my brain is going to be clear. I'm not going to be distracted. I won't have the shiny object syndrome. There won't be any brain fog. I won't be in comparison mode. I'll be just laser focused on my message and who I'm serving, so that I'm able to use that time, that precious commodity that I have to the best of my ability. And then whenever my time is up, and my kids wake up, and they need me, I can switch on to mom mode. So, my kids are seven. And they are up like at 7:30 in the morning to like 7:30 at night, which I put them to bed at 7:30. But you know they serenade each other and laugh and play. It's like a slumber party every night till about 8:30 or nine o'clock and then they drift off to sleep. But for those 12 hours, I'm mom mode.

Dr. Amber Langley-Gill 09:17

And when they go to bed, I don't know about any other homeschooling CEOs, but I cannot. My brain is mush at 730, like nothing creative is coming out of me - nothing that I need to give people. So that is usually my time to replenish or recharge so that in the morning, I'm giving my best self to my audience and who I'm serving before I start in mom mode.

Jen Myers 09:44

Wow. That makes so much sense. And, you know, we talk a lot about having our priorities and being present in whatever role that we're attending to at that moment. Whether it's work or whether it's that being that mom role being present there. So, did you say you get all of your business work done in two hours every morning?

Dr. Amber Langley-Gill 10:06

I work two hours a day in my business. Yes. And then there are times where I have a few more hours here and there. Like, for instance, this podcast episode is happening on a Friday afternoon at three. But there's time in my husband's schedule. He does human medicine. I do animal medicine. So, with his job, he's away a lot. So, I - I call it solo parenting. I'm not a single parent. Praise the single parents out there. They have more strength than I have. But I do a lot of solo parenting. And so, whenever he is home, I kind of let him have time with the Gillies. And then I'm able to step away for like an hour or two here and there. But usually, about two weeks at a time, I do two hours of work a day, and then I'm on mom mode. And then whenever he's home, I get like an hour, probably an hour more each day.

Jen Myers 11:09

Wow. I'm impressed. I mean, I'm, I'm pretty systematized. I'm really focused. I've been doing this a long time. But that's, that's impressive. You know, we do homeschool in two hours a day. That's my goal there. So, if - but my kids are also older now. But for sure if I could do all my work in two hours, that would be amazing as well. So, can we talk a little bit about why you talk about the 1% philosophy in your book? Can you talk a little bit more about that? And why? For homeschool CEOs, a lot of times we look at things and we're like, "It's just one more thing we have to do." Like it's another thing to our to do lists. Can we talk a little bit about why in your opinion, improving your health doesn't have to be complicated.

Dr. Amber Langley-Gill 11:54

Yeah, so I can tell you how it started - the 1%. We were living in Texas at the time and our Gillies for around two years old. So just imagine two-year-old twins. And I was working part time as an ER veterinarian. My commute was five hours. Like two and a half hours one way, two and half hours back. I would get in in the wee hours of the morning. I was at the time having a side hustle that I was hoping to turn into a big business. And I also do physical therapy on one of our twins every day. And so, I remember, it's not a pretty picture. But I remember bringing the trash cans out with the hubby. And we're dragging the - we lived in this rural country house and we were taking our trash cans down this long road. And I remember telling him, like just how exhausted I feel, and that everybody was kind of getting, like the shell version of me, even though they didn't feel it. Like I knew I wasn't giving everything I had like I was just going through the motions. And I was like I just can't do anything, right.

Dr. Amber Langley-Gill 13:12

I don't know if ever anybody's ever felt that way. Like, I'm trying to be the best version of me. I'm just so exhausted. And I just felt drained and that I wasn't doing my best. But I had nothing else to give. And he just, he took me by my shoulders. And he said, "You don't have to do everything. You just have to be 1% better than you are today." And it was kind of bittersweet because I have like this go big or go home attitude. I'm all in or all out. Like it's a "heck yes" or "no". Like 1%, I was like, God, that's so lame. Right? I was like, like 1%. But I can give 100. He's, like, he can't. He's like, but you can do 1%. And he's like, if you give 1% every single day it's going to compound over time. And even after 100 days, you're going to be you're going to surpass 100%, because it's going to compound and I was like, "Huh, I don't know."

Dr. Amber Langley-Gill 14:13

But I that's what I focused on. Like, I don't have to be, like, do all the Pinterest things and be that mom that's making all these things. I just had to be 1% better than I was yesterday. And so that's how I started focusing on being 1% better for me. And I focused first on just my morning routine. And I focused on like, book ending my days. Because as a mom, I couldn't. I couldn't predict what my kids were going to do. I couldn't predict if they were going to get sick or have vomiting and explosive diarrhea that day or if they were going to, like cry at the swimming pool but I could control my morning and they were asleep in my evening whenever I put them down.

Dr. Amber Langley-Gill 15:02

And I was like, if I could just focus on those things and being 1% better in those that I knew I would have more, more energy and more patience for what needed me during the day. And so, I feel like by just focusing on 1%, it helps us realize that it's doable. It feels less daunting. And it does compound over time. Because right now I, like my morning routine and evening routine are solid. And I have a lot of energy throughout the day. Some days it wax and wanes, and I can feel it dipping. Because I know my kids are zapping a lot more energy, right? Kids do that. I love them to bits, but they do it. I'm pretty sure I did to my mom too. And I can feel it. And whenever I sense it my body's craving energy. So, it wants to go through, like it needs, it needs quick energy. Quick and dirty energy is what I call it, like caffeine or sugar. And I can see it. And so, once I see that's coming, I'm better able to stop that process and recharge in a more healthier way for my brain for my mood for the kids, and just be a better version of myself.

Jen Myers 16:21

So, I can hear the thoughts of the person listening right now going, "Okay, everything's zaps my energy. My business zaps my energy. My kids are sapping my energy. In some cases, my spouse is zapping my energy. Yeah, talk to the mom who right now is going, "I'm so burned out", like everything is just draining. What, what can we do when we feel like things are just pulling at us and zapping that energy like you're talking about?"

Dr. Amber Langley-Gill 16:47

So, one of the times that's coming to my mind is when my daughter was zapping my energy a lot. She was asking like 85,000 questions one day, and they weren't - to me, they weren't simple questions, either. You know, kids, like pull out questions that you feel like you're smart. And then they ask you a question. And you're like, "I don't think I paid attention that day in science class." And she was just asking me all these questions, and I could feel like, I was doing all the right things. Like I was eating the right foods, I was hydrating myself, I did my morning

routine, but it was just - a lot of it was just taxing on me. And I was like, "You know what? I'm gonna give you an epic bubble bath. I know, it's three o'clock in the afternoon. We're gonna give epic bubble bath. I'm gonna give you have some kitchen utensils", which I like to give my kids kitchen utensils in the bathtub.

Dr. Amber Langley-Gill 17:39

I was like, "I'm gonna let you play for a second. And I'm just going to, like, step away." And my body wanted ice cream. And I went to the freezer to get some and I was like, "This is not what I need." And in that moment, I was like, "You know what, I just need to kind of remove all the stimuli that's coming from me. To remove, like, all the questions that are attacking my auditory cells, all the lights." And I just sat and like, meditated for like five to 10 minutes, and let her played in the bathtub. And I was like, I just had to, like, recharge myself. And I think sometimes it's all we need to do when we feel exhausted. And I can hear people saying, "But I need to do more. I need a hustle." Right? Wait, and I think that's kind of like, contradicts, because if you continue to do hustle, you're going to continue to burn out. And sometimes we just have to sit in silence, and recharge whatever that looks like for you.

Dr. Amber Langley-Gill 18:37

If that's like, "Honey, I'm tagging out I'm going to go like lock myself in the bathroom, in the tub and read a book." Babycakes, do it, like do something that recharges your energy for you. To me, it's like I need to sit in silence. And just like not having anybody ask me any questions. I just want silence and peace. And that recharges me and so, realizing that hustle isn't going to move your business as quickly as being diligent with your habits. Something my - my husband's so wise. But he, something he always tells me is there's discipline. There's freedom in discipline. And he's like, if you're disciplined in your habits, you'll be able to create more freedom for yourself.

Dr. Amber Langley-Gill 19:27

And that was hard for me to hear because I'm like, "I don't want to be disciplined. I want to have like, I want to have freedom. I want to be able to do what I need to do." And he's like - but I realized if I'm disciplined in my habits, and that sounds very strict, but if I'm consistent with my morning routine and consistent with nourishing my body with foods that I know, help heal and nourish me and don't drain me. Then I'll be able to have more time and more energy to do what I need to do and that creates freedom.

Jen Myers 19:59

Yes. I agree. We've talked about that even, even in homeschooling too, on both sides, having that discipline and it's not all about cramming more information into our kids, sometimes it's about slowing down and focusing on the quality of what is happening.

Dr. Amber Langley-Gill 20:18

Yes.

Jen Myers 20:19

Not just go, go, go, one more thing. So, with that being said, we talked a little bit about your morning routine and your evening routine, can you share a little bit more about how you start your days off? Because it has to be a superpower routine to get all of your work done in two hours. So, what's your secrets?

Dr. Amber Langley-Gill 20:37

I do love my morning routine. And it does change with the seasons, just because it flows with the sun, right? In the summer, the sun rises here, like at 430. In the winter, right now, it's like 730. In the morning, when the sun comes up, I still get up at the same time, which is around 430 in the morning. And I want to say this though, I'm gonna say my morning routine, and I don't want it to overwhelm anyone, I don't want you to be like, "Oh my god, I can't do any of these things." This is not something that I started that day in Texas, right away. This is something that is evolved over the last that was in 2015. So, this is 2020. So, it's something that has evolved over the last five years that works for me. If you pick one of these things to start implementing, I think you'll notice some success and some energy boosting. But don't think that you have to everything I'm gonna say to you got it.

Dr. Amber Langley-Gill 21:35

Let's start it that way. So, I work I wake up in the morning, I do feel waking up with an alarm clock instead of the phone sets the tone for my day. And I don't like to have my phone on for at least one to two hours in my morning routine. The reason being, I feel very addicted to my phone, I feel like it can be and when I was using it as an alarm clock, I would automatically be triggered to, "Oh, I have so many text messages. I need to respond to these DMS. Oh, look at these emails." And I was already on the defense. And I didn't even get out of bed yet. So, I like to keep my phone on airplane mode or do not disturb for at least the first two hours of the day and wake up with like a gentle alarm clock. So, I wake up in the morning and the first thing that I do is drink water. You probably see my mason jar here. So, I drink about 12 to 16 ounces of water first thing in the morning because I've been _____ for about 17 hours. And I know my body is going to be mildly dehydrated even though I can't feel it necessarily. I know that I will be so, make sure that I stay hydrated. It helps flush out all the toxins get the lymph flowing.

Dr. Amber Langley-Gill 22:54

The next step I do is I go and take my morning supplements. Then I do some grounding outside. Normally, I like to get like a cold shower for a quick few minutes or do like a cold facials immersion, but it's winter here. So, I get my cold thermogenesis, like Wim Hof Method, outside when I'm doing my grounding. So, I get my feet in the dirt in the cold, in the snow. My husband makes fun of me. He thinks it's insane. And he's usually going to work at this time, he's like, "Go do your grounding." And I'm in my pajamas in my front yard grounding in the snow. So, I do look ridiculous. Just painting the picture for you. Um, I do that for probably about five to 10 minutes and then I go inside and try to - there's two things that I do.

Dr. Amber Langley-Gill 23:49

One is to kind of - it has to do with like your circulatory system. So, you have two circulatory systems in your body. One is the - probably what you're, you're used to is like the vein, the arteries, your blood, and big red, the pump, the heart, and the heart pumps all this blood throughout your body, right? This is basic. So, I try to get 10 to 15 minutes of some cardio movement first thing in the morning. I'm not saying like a big CrossFit workout.

Usually, it's not my main workout for the day. It's just something to like get that blood flowing and get that blood pumping to my brain, that oxygen to my brain. So, I usually do about 10 to 15 minutes and then I work on my other circulatory system which is your lymphatic system. It's like Baldy Tintin on this podcast today.

Dr. Amber Langley-Gill 24:40

So, your lymphatic system has your limbs, all your ducts, your lymph nodes, but it doesn't really have a pump that makes it flow. It relies on the contraction of muscles and tendons, and some vibration so, I usually jump on a trampoline. You can get like a vibration plate to get that lymph flowing. And so, I try to do my little jump routine, a little bit of cardio, and then I - what I call, get my heart right for the day. And I spend some quiet time doing some like, Bible journaling, while I'm also foam rolling. So, I'm a firm believer on stacking habits. So, if you have something that you're doing that's a good habit, and you can stack on another one, then you're more likely to keep it in, like anchored in place.

Dr. Amber Langley-Gill 25:32

So, whenever I read my Bible, I foam roll. And I don't foam roll like my legs. I foam roll my lymph nodes, between my armpit and my hip bone. Because we have a lot of lymph nodes underneath our armpit that we're not really contracting, right? And especially if we were tight undergarments, like bras or sports bras, then it's going to be constricted. So, I try to do a lot of foam rolling underneath my arms first in the morning while I'm reading my Bible. And then this probably, I don't know it's probably like 30, 45 minutes before my day. I send some - I have this routine that I just started doing probably the last month with a dear friend. And I send her voice memos. And I send her a voice memo that has to do with gratitude, with my vision for the day. And then my overall vision like, what is my five-year plan. Like, what is something that like my big, hairy, scary goal that I envision myself doing? And I say it in a way that I've already accomplished it. Like I'm waking up this day, this is what's happening, I can't believe I hit my goal, like, and we talk about my day. So, it kind of like gets me fired up for work, because I'm already visioning that version of myself having accomplished it.

Dr. Amber Langley-Gill 26:55

And since I've been doing that, I fell in love with voice memos. She probably doesn't like it because I'm a bit of a talker. So, they get kind of lengthy. Hers are like three minutes or less and mine are like 12. But I've also started sending voice notes to God. And that sounds a little crazy. But it just - there's something about voice recording it that just makes me verbally vomit, and just say everything that's on my heart. And so I have it, I started doing it probably a month ago, when I started voice miming – memo-ing her, I started sending voice recordings to God, just kind of like my prayers, what I'm struggling with how I'm feeling just as I would have bestie.

Dr. Amber Langley-Gill 27:43

And then at that time, I'm ready to start my day. I got my blood flowing, my lymph flowing. I'm grounded and hydrated. My brain's got oxygen. It's got supplements on board. My heart's already set in like gratitude. It's like, "Okay, I'm ready to start my day." And first thing I do when I, before I even do any work, I send three notes of gratitude to various people. And it could be someone that I just met on Instagram. It could be someone that I had a podcast interview with. You may get one tomorrow. But it can't be anyone that just like, comes to my mind as soon as I open my computer and I send them three, each one of them a little note of gratitude just

telling them, I appreciate them. Like just putting it out there in the universe. And then I get my day done. And that's it.

Jen Myers 28:38

Wow. That's awesome. Remember what you said, we only have to pick one,

Dr. Amber Langley-Gill 28:46

We only have to pick one. And if I had to pick any of them, to start with, I would say try to start your morning without any technology for the first, at least hour. Try to focus on you for that first hour of your day. Because you're going to be giving to your kids. You're going to be giving to your spouse. You're going to be giving to your clients that you're serving, all day. And I think it's very important for us to like fill, fill our cup up, as they say, the first hour and not already be on the defensive as soon as we wake up.

Jen Myers 29:30

I feel like that's a really good point that our moms need to hear because we're kind of fed this line by society, that hustle mentality, where like I've read "The Perfect Week Formula" and "Perfect Day Formula". It goes straight to work. But that doesn't account - although that's a very good book. And I've, you know, great philosophy. I'm not, not knocking the philosophy but in fact, there have been times when I have adhered to that but I found like what you just said, you start your day and you're giving. At that point you're giving to your business, to your clients, to social media, whatever, without ever stopping to fill you up first.

Dr. Amber Langley-Gill 30:12

Yeah.

Jen Myers 30:12

And then we wonder why at 10 o'clock, we're exhausted with our children. And we're like, "Why are we doing this? I don't have any energy left. I'm done."

Dr. Amber Langley-Gill 30:20

Yeah, it's hard.

Jen Myers 30:21

Yeah. Interesting. I guess I've never thought about it that way. But it that - that totally makes sense. So then, you so you have your whole day, then you homeschool the - the Gillies in the in the morning, right?

Dr. Amber Langley-Gill 30:34

Yes. Okay. Yes. So, in the morning we start off with - I call it supplements and snuggles. So, make - I'm like a huge snuggler. Um, I'll just put that out there. But I like to - I let them wake up naturally. They naturally wake up at 730 - 730, 8 o'clock. If it's a rainy day, they'll sleep till 830. And I get like another hour of work. And it's like, "Hey, praise God." So, around 730, they wake up, we have our snuggles and supplements, and they drink their water. And we just kind of talk about the game plan for the day, the itinerary. Which it kind of, you know, is the same, there's some changes here or there. But they always want to know the game plan. They kind of like to set their

minds, like "what's required of me today" kind of thing. And they're getting kind of sneaky. They're at the age of seven, where they're trying to negotiate. Like, I think it's so cute. And they present like a value - like a valid argument. I'm like, "This is so convincing." Like they convinced me today to have a snuggle morning and do our homeschooling in the afternoon, which is so bizarre. Anyway, but we do some snuggles and supplements. And then, after they get changed for the day.

Dr. Amber Langley-Gill 31:54

I do my son's physical therapy first. He does his physical therapy. And my daughter does some yoga, as she likes to claim. Is it yoga? Oh, it's okay. It's some version of it. But she does it. And we do that for an hour. And then we have breakfast, probably around 10 o'clock. And then we get started with homeschooling from 1030 to about one.

Jen Myers 32:22

So, you're spending three or four hours homeschooling. Just because sometimes it comes up, people ask - what does your homeschooling look like?

Dr. Amber Langley-Gill 32:30

We actually use the format, Timberdoodle. I - my husband and I, we did our research. And we just, we know how our kids learn, they're very hands on. And my daughter likes to read a lot, but my son likes to be hands-on. And this was kind of like the best of both for them. So, we do the Timberdoodle, and it kind of just sets it up. I like it because it has science, technology, engineering, math, and arts all built in. So, we do a lot of our homeschooling -and I put it to where I know their favorite subjects. So, I do like one of their favorite subjects then one the least, and then one of the favorites - I kinda stack it that way. And there's always like an activity in between. Like, as a third one. We do homeschooling for about 45 minutes. And then we make sure to move at every 45 minutes.

Dr. Amber Langley-Gill 33:31

Because even as entrepreneurs and CEOs, we shouldn't be sitting for more than an hour at least. After an hour, your brain's not going to be as, as quick, as sharp. You're not - your attention span is not going to be as sharp so, you got to get up and move and get that blood flowing. So, every 45 minutes, the kids know, like a timer goes off, and we just whatever we're doing, we just stop and they get to run around for like five minutes, and then we get back to work. Um, yeah. And then in the afternoons, they get to do arts and crafts. I'm trying to teach them French. We need prayers, well wishes. Send them this way. We have right now it's kind of weird because they had like a lot of activities in the afternoon, but everything got stopped this year. So, we do our own ninja course here in the house. Because Tuesdays were ninja days, Mondays were dance days. So, we still have like our ballet lesson that mom teaches in the afternoons. We still do ninja courses, but we're also trying to teach them like, music and another language.

Jen Myers 34:41

Got you. We actually we have a lot of families in the Homeschool CEO community that are teaching French as well. We'll get you plugged in. Yes, because they can give you tips, because some of them have older kids and

they've been doing it since they've been two. So, for whatever reason French is a very common language in our community to teach.

Dr. Amber Langley-Gill 35:02

Well, it's what I went to - I went to school for French, so if I know it, but my family speaks Cajun French, and we were taught it. Cajun French, which is definitely different. But that's what one of the languages my kids - one of them chose French, the other one chose Mandarin and I was like, "Let's start with French."

Jen Myers 35:24

My son speaks Mandarin. It's - it's a challenging secondary language to learn, but they can totally do it. Alright, so when you're biohacking, when you're in - are there certain foods that you eat? You know, coz you have a busy day. Is there foods that you found that energize you more? So, I mean, obviously, we want to stay away from like the processed foods and you know, the things we can't pronounce. But are there foods that really benefit our bodies?

Dr. Amber Langley-Gill 35:51

Yes. So, that's a very good question. And that is something - when I started my journey, that was what I really focused on - was nutrition. So, and that's how I started my business was just helping women with nutrition, and then it kind of branched into more things. So, with nutrition, and I always think about optimal brain health, like what's the best for my brain, it was also best for my gut. Because the two are correlated, like the two work in sync together. So, things I noticed for our family that do not work well, like you said, are processed foods. And so I tell my kids, like if it was made - if it was a plant, or it consumed a plant, it's okay. If it was made in a plant, like packaged or processed, it's not okay. And I don't say it's not okay. It's like it just doesn't heal you or nourish you, right, because I don't want them to have that negative relationship to food. But we like to eat blueberries, right? So, blueberries are great, we call them brain berries here in our house.

Dr. Amber Langley-Gill 36:58

They help with - I shoulda had some for lunch, because they help with a memory and cognitive function. They are loaded with antioxidants. They're little powerhouses. Other things for me, I have a cup of coffee, like just eight ounces. If that - it's probably less than that - of coffee. You just have to be wary of what you put in it. But one cup of coffee, especially for women, is shown to actually have some cognitive benefits and may even prevent from cognitive decline and diseases. So, I'm all about preventing my brain from going crazy later in life. Other things are like dark chocolate, healthy fats, leafy greens. So, those are the kind of foods that we focus on. I think a lot of people try to overcomplicate nutrition, right? We think like, "Oh, breakfast foods are, should be like cereals and pastries and breads, and you can't have brussels sprouts for breakfast." And who said, who said you can't have brussels sprouts for breakfast? Right? And I think it just trips people up.

Dr. Amber Langley-Gill 38:11

So, my kids, I talk to them about a protein, a fat and then a produce and that's how we kind of, we plan it out. I'm like, "Okay, what is the protein that you want today?" And for breakfast, and it's, you know, we do eat bacon in our house. And we like grass fed beef products and pasture raised chicken and venison and wild game and fish. And so, I get - they get to choose. And usually it's eggs for breakfasts, and which is great, because it's also,

the eggs also have like healthy fats. And so, then I'm like, "Okay, what is your healthy fat that you want?" Usually, it's like butter or avocados. My son is huge with cashews and walnuts, which is also a good healthy fat and then they get to choose the produce. I am blessed because - knock on wood - my kids love vegetables. And I know people are like throwing daggers with me right now but they love asparagus and broccoli and brussel sprouts. They're not big on potatoes or squashes. But they do like the green. They do - they'll sit there and eat spinach and kale. I do not know who these kids are.

Jen Myers 39:26

That's impressive.

Dr. Amber Langley-Gill 39:28

They don't like it sauteed, which I like it but they will eat those kind of foods. And they'll get to choose and if one chooses, and it's not the other one's favorite, then I'll let the other one choose the next meal. So, it's not - you don't keep it complicated. You just - what's a clean protein, a healthy fat and like some kind of produce on there. And that's our meal.

Jen Myers 39:51

So, half of me is here thinking, "Wow, that's amazing that they eat that stuff." And then the other half of me is thinking, "They're telling you this is the healthy fat I want and this is the healthy produce." Like for them to even be able to segment those foods into a category.

Dr. Amber Langley-Gill 40:10

I think it's because....

Jen Myers 40:10

I love it.

Dr. Amber Langley-Gill 40:12

their mom has talked to them about it so much. But they're - they're curious. And I think that all kids are curious. And that was one of the things that I had, like that I loved. And so, they would be like, "Well, why are we eating this?" I'm like, "Oh, well that has protein in it. And like, it's good for your bones. It builds this." And like we break it down for them, and so they'll be eating their - their leafy greens, and they'll be like, "Oh, I know, this is great. It has anti-inflammatories." Do they know what that means? Most likely not. But eventually, over time, they will. And they're like, it has antioxidants. Can they say it correctly? No. But you know, they know that it's good for them. And I think by like laying them through the whole process, like letting them go get groceries with me, like help pick out - like we love going to the farmers market is closed now because we're in a tundra, and it's winter. But they love like going to the farmers market and picking out the produce and seeing all the different ones.

Dr. Amber Langley-Gill 41:15

And they like cooking in the kitchen. And more so my daughter than my son, he likes to just make a mess. But they like to be involved. And I think whenever you let kids be more involved, even though it makes your life more messy, it makes things a lot more slow. Like some days, I just want to make the meals and be out of the

kitchen. But it's - I think it's important to slow down sometimes and have those conversations to get them to eat better. But they also are watching what you're eating. Right?

Dr. Amber Langley-Gill 41:49

So, sometimes - I like we may be going somewhere and we - Oh, I should.. We went, we went home to visit my family down in Louisiana. And it was all this Southern Cooking, right? All this Cajun cooking. And we were there for like two or three days in my daughter's like, "We did not have one stick of vegetables." Because it was, but it was just like gumbos and like fried shrimp and crawfish etouffee. And I was like, "Well," I was like, "you're right." She's like, "I need some vegetables." I was like.... and then my mom would be like, "Oh, would you like a coke to drink?" and they were like, "Coke's bad for you." I was like, "Some people drink Coke. Like everybody has their challenges. Everybody has their vices. Mama likes certain things that are not so good for her." Like...

Jen Myers 42:40

Right.

Dr. Amber Langley-Gill 42:41

See seven year old don't, like - don't make your grandma feel bad for choosing to drink Diet Coke. Um, I mean, I used to drink Diet Coke. oh, by the gallons probably in college. So, it was just them or they're just aware, because they're curious. And I think I hope that, that curiosity goes in other areas too. And it helps them because when kids are curious, and they learn more, I think they make better choices for themselves. Because they're better knowledge - like they're more knowledgeable and they're better prepared.

Jen Myers 43:14

Yeah.

Dr. Amber Langley-Gill 43:15

Am I doing all the areas? Probably not, you probably could do a lot better and all that other areas, but nutrition is one that they got down.

Jen Myers 43:23

That's awesome, though, but because that prepares them for success in life because it's building their body and it's building their brain so that they can go out and learn whatever they need to.

Dr. Amber Langley-Gill 43:34

Yes.

Jen Myers 43:35

So, it's foundational. So, good job. Sometimes whenever we're recording a podcast, we chat before we actually hit record. And we were talking about like, how do we know if we're doing a good job homeschooling our kids if we don't have somebody to compare it to? So, I was thinking, as you're talking, back to that comment, thinking - when your kids are with other kids, are they eating what the other kids are eating? Or are they bringing their vegetables and their fruits and their healthy fats?

Dr. Amber Langley-Gill 44:02

Well, so we went to a birthday party, right? We went to a birthday party about - oh, it was last weekend, actually. And it was not their first time to a birthday party, but was the first one that there was food prepared. Usually it's just like cake, right? And it was a pizza party and my kids sat there and they - all the kids were eating pizza and drinking Coke. And my kids just asked for water because I'm like, "We're at a party. I'm, you know, I'm not gonna restrict you." We're here we're gonna, you know, do whatever people want to do. And I asked them, I was like, "Do y'all want pizza?" And we're like, "No, we don't want pizza." They were like, "But we would like a cupcake." And I was like, "Okay, you can have a cupcake." And so, they waited until it was time for the birthday cake and, or their birthday cupcakes and then they chose to have that. So, in my mind, I

Dr. Amber Langley-Gill 44:58

was like, "Heck yeah. That's a win." Right? They didn't choose both of them. And they didn't choose the Coke, but they chose what they wanted. And they looked at all the options. So, they do not choose protein and fats and carbs. And they are getting better. Like we're, after multiple conversations, they're getting better if not voicing what other people are doing.

Jen Myers 45:22

Right? Yes, yeah, actually.

Dr. Amber Langley-Gill 45:25

Kids don't have a filter.

Jen Myers 45:26

Kids don't have a filter. We went through that. I tell this story sometimes. Not regarding nutrition but regarding entrepreneurship. We were sitting at a homeschool co-op. And I learned early on that I didn't really fit with the stereotypical homeschool family. And my kids were sitting there and the one little boy was basically lamenting that they really wanted this gift. I don't remember what it was, but a toy. But their mom had said, "No, honey, we can't afford that." And the little boy was basically complaining, saying, you know, "I really want that toy, and we can't afford it." And my son said, "Just go start a business." He was like, so honest. And I was like, "Oh, please, please be quiet." Like, we don't judge other people. But it was like such a foreign concept to him, though. Why would you complain that you didn't have money? If you could just go make some?

Dr. Amber Langley-Gill 46:19

Yeah, just go get some.

Jen Myers 46:21

Yeah, just go create an opp, find an opportunity, meet a need and that's it. So, it just reminds me like, I feel like teaching children, you know, like, you know, we don't judge other people, everybody gets to make their own choices, even within the homeschool CEO community, you know. I never want anybody to feel like well, because I do one thing one way I don't belong, or because we all have our own choices.

Dr. Amber Langley-Gill 46:43

Well, that and, I think, like, we all have our own journey. And we all have like, our own backgrounds and our own habits and everything that's formed us. And we may all be the same, like underneath, like bones and flesh. But we have our own experiences. I think that's the beautiful thing. It's like we all get to make different choices and those choices make us all unique and beautiful.

Jen Myers 47:05

Yes, I love that. All right. So, for one of our homeschool CEOs who might be wondering more about how they can learn about biohacking. I know you have the biohacking Academy babes. I said that wrong.

Dr. Amber Langley-Gill 47:19

That's okay.

Jen Myers 47:20

Tell me a little more about that. So that we know how they can learn more about this with you.

Dr. Amber Langley-Gill 47:25

So, Biohacker babe Academy.

Jen Myers 47:28

I was so close! I had all the words.

Dr. Amber Langley-Gill 47:31

You were so close. Um...yeah.

Jen Myers 47:33

Okay. In my defense guys, in the email, it says BBA. Right? You shortened it.

Dr. Amber Langley-Gill 47:39

I thought we were friends and I could just use an acronym. But BBA, Biohacker Babe Academy, is for the womanpreneur who is trying to balance life and balance her business but it's just, it's hearing the word "hustle", and it's like, making her want to pull her hair out, right? So, I'm helping them. It's a one-on-one coaching opportunity with me, where we dive specifically into your own bio hacks. Because what works for me may not work for you. And what works for me does not work for my husband and vice versa. So, like, I tell my husband, we're all unique unicorns. And so like, these bio hacks, you have to find what fits for you. So, we dive into which bio hacks work for you. And then we also biohack your business so that you're able to utilize those two hours as efficient as possible, so that you can unplug at the end of the day and be the person that you need for those that you love.

Dr. Amber Langley-Gill 48:36

So, I just opened it. I open it every quarter, but I just select five women to work with one on one, because one, I want to honor my family, and my kids, and my 15-hour work week. And also, I want to fully commit to these five

women. So, we're opening doors in January, we have a waitlist available. And, but I also, I created a freebie for your listeners that I guess will be in the show notes. It's the seven ways to kind of boost your energy for your business and your life in 2021. And I also do like one-on-one calls. So, if you just want like a quick session, just to kind of see what it, what we work, how we work together. I do offer one on one sessions. Just one hour session.

Jen Myers 49:30

Perfect and where's the best place that they can find you online?

Dr. Amber Langley-Gill 49:33

I live on Instagram. I don't live on Instagram. But that's usually the easiest way to reach me is on Instagram, @dr.amberlangleygill.

Jen Myers 49:49

Perfect, and we'll link all of that up in the show notes as well. All right, thank you so much. And Amber, if you were sitting down to have coffee with another homeschool CEO who was just burned out and was tired of all the hustle, what is the one bit of advice that you would give her?

Dr. Amber Langley-Gill 50:06

The one bit of advice. I would say to this person - I feel like I'm talking to myself five years ago. I would say just focus on 1%. Just focus on being 1% better, and it doesn't have to be in every single area of your life. Just figure out -how I put it as I put my priorities in boxes, right? And my kids is one box, my relationship with my husband's one box. My hobbies and my passions are in another box. And then I have my, my entrepreneurial, my BBA members are in one box, right, the community that I serve. And if something doesn't fit in those boxes, then it doesn't fit my life. And I had to make that huge, like line in the sand for me, because I was giving to all these other avenues that really at the end of the day, didn't matter. There were other people that - and I had to make some big choices even this year, I was like, "These aren't fitting in my boxes." And I had to say no to some opportunities that look really good on paper. But they didn't fit this, my priorities, my boxes. So, I would say, figure out what's in your boxes. And then choose one box to just be 1% better at a time. And if you can, as a bonus, try to book in your days and take ownership of your morning routine as well as your evening routine. It doesn't have to look like mine. It doesn't have to be an hour long like mine, but take ownership of those bookends of your day.

Jen Myers 51:51

So, good. All right. Thank you so much for being here with us today.

Dr. Amber Langley-Gill 51:56

Yeah, it was a pleasure. I'm so excited.

Jen Myers 52:00

What a great conversation. I'm curious, though. What was your biggest takeaway? Do me a favor and take a screenshot of this episode, share it to your Stories, letting me know what your biggest AHA moment was. And while you're at it, be sure to check out Amber's book, No Brainer, over on Amazon. It's an easy read and gives

you practical tips on how you can start feeling better and improving your quality of life from the inside out. I personally own the book and it is fantastic. Again, be sure to connect with Amber on Instagram. Let her know that you heard her here and I'm sure she would love to hear what your biggest takeaway was as well. Alrighty, friend. That's it for today. I will see you next week. Bye.

Jen Myers 52:52

Hey, friend, I just want to say thank you so much for tuning in today. If you loved what you heard, please be sure to head over to Apple Podcasts and leave a review. I really appreciate it. And for more information on connecting with other homeschool CEOs just like you, be sure to check out our website at www.homeschoolcoe.com and as always Team Homeschool CEO, you ladies inspire me. Thank you for always showing others what is possible. You guys are awesome. See you next week.