

April 6 Call Summary

- Recap of the April 6 call covers three trending health topics—gut health, metabolism, and inflammation—plus app updates and program guidance. [00:02](#)
- Inflammation ranks as the highest priority among the three, as it can directly cause gut health issues and disrupt metabolism. [01:32](#)
- Lab markers like A1C, CRP, fasting glucose, and fasting insulin indicate inflammation levels, but normal results don't rule it out—physical symptoms like puffiness and water retention are also key signals. [01:32](#)
- Smart scale data can help distinguish inflammation-related weight gain from fat or muscle changes, as body fat percentage and skeletal muscle mass may remain unchanged while weight rises. [02:58](#)
- Leaky gut occurs when tight junctions in the gut lining open, allowing undigested food particles into the bloodstream, often presenting as IBS, gas, bloating, constipation, or diarrhea. [05:50](#)
- Stool testing is the diagnostic tool for identifying gut bacteria imbalances, and dietary adjustments—such as eliminating food sensitivities short-term—are part of the corrective approach. [07:14](#)
- Nutrient absorption is the critical link between gut health and metabolism; poor digestion means macronutrients and micronutrients like magnesium aren't utilized, leading to fatigue and elevated cortisol. [08:42](#)
- Thyroid function is the master metabolism regulator and is often undertested; standard Western labs may show "normal" results that don't reflect optimal levels, and functional medicine testing offers a more complete picture. [10:09](#)
- Food tolerances shift in midlife as hormonal changes affect gut health; previously well-tolerated foods like dairy, whey protein, or whole eggs may now trigger inflammation or digestive symptoms. [11:38](#)
- Progression after Stronger 3 depends on individual factors—training history, energy, time, and limitations—rather than a fixed next-program sequence; the Start Here PDF in the app provides descriptions and workout previews to guide the choice. [14:36](#)
- An AI tool modeled on Debra's guidance is in development to help members identify their most important next step across four health categories. [16:06](#)
- The app at app.flipping50.com is fully accessible on desktop, laptop, and iPad—not mobile only—and first-time users should authenticate via email rather than using previous website credentials. [17:22](#)
- Cafe.flipping50.com is closing soon; all members will transition fully to the app, while flipping50.com will remain for progress tracking, health history, and managing purchases outside the membership. [18:49](#)