

Call Summary June 15 2026

- Hip replacement recovery and donkey kicks: three months post-op, the key concern is stability on the standing leg, not the gesture leg — using fingertips on a couch for support and keeping kicks low is recommended.
- Plantar fasciitis defined as a chronic condition built up over months, not caused by a single event, and more prevalent in women 40–60 due to declining estrogen reducing collagen and connective tissue health.
- Fascia explained as a layered connective tissue covering muscles — behaves differently in females (crossed, scar-tissue-like under microscope) and is the primary target of foam rolling, not the muscles themselves.
- Footwear guidance for plantar fasciitis: eliminate flip-flops, backless shoes, and mules; wear supportive, properly fitted shoes at all times; get professionally fitted at a specialty store with gait analysis.
- Five-toe barefoot shoes, long avoided, are now endorsed by Debra for improving kinetic chain alignment and full-body awareness — recommended once inflammation is resolved and foot strength is rebuilt.
- Thinning hair as we age can stem from B vitamin or zinc deficiency (both tied to thyroid function) or poor gut absorption — testing micronutrient levels and addressing gut health are the recommended first steps.
- Creatine HCL vs. monohydrate: most research is on monohydrate due to its longer market history, but HCL offers faster absorption and is a valid alternative — switching back is unnecessary if monohydrate causes bloating.
- Sodium butyrate primarily supports gut lining health, helps reduce cravings, and can extend intermittent fasting by supporting ketosis — present in the Burn Boost product alongside leucine and essential amino acids.
- Sciatica management: avoid overstretching during flare-ups as it worsens inflammation; prioritize alignment, bilateral balance, and water exercise (navel-to-nipple depth); hip mobility work and checking for leg length discrepancy are key preventive strategies.
- Workout snacks (10–12 min longevity videos) are designed to add dynamic stability, agility, and power — recommended 3–4 times per week, not multiple times daily, and can be paired with walks or slotted between strength sessions.
- Persistent hamstring and glute fatigue during standing curls may indicate weak glute medius muscles — strengthening with banded bridges and lateral band walks is suggested to reduce overload on the hamstrings and glute maximus.
- Sitting cross-legged discomfort during yoga likely signals tight hips — elevating the hips on a rolled mat to test this, then targeting hip opener challenges in the app, is the recommended approach.
- Plantar fascia self-care exercises include rolling a tennis ball along the foot arch (seated, controlled pressure) and scrunching a hand towel with the toes to strengthen the plantar muscles.
- App program integrity: each 12-week program is deliberately progressive, not random — members can favorite specific warmups, use playlists, or switch to a reset program when needed, but are encouraged to respect the built-in progression.