

Call Summary June 22

- Coaching call covering member Q&A on supplements, gut health, blood sugar monitoring, stem cell therapy, protein intake, and workout programming.
- Mito Pure (by Timeline) is endorsed for mitochondrial support via Urolithin A; results are gradual—improved recovery, stamina, and reduced soreness over time, not immediate.
- Bloating after meals is common in menopause due to declining estrogen altering gut microbiome and reduced stomach acid production, which worsens with age.
- Betaine HCL is recommended as a short-term fix for low stomach acid; dosage should be increased incrementally per meal until a mild warmth sensation signals the threshold.
- Lifestyle adjustments—eating slowly, eliminating screens, chewing thoroughly, and using bitters like arugula, lemon juice, apple cider vinegar, or sauerkraut—can naturally stimulate stomach acid.
- Bioptimizers MassZymes digestive enzymes are highlighted for their 4x protease content; useful long-term, especially with larger meals, and will be available at ~35% off on Prime.
- Walking after meals ("fart walks") aids digestion, reduces gas, and psychologically discourages overeating.
- CGM challenge is planned for August; VIP members can join the WhatsApp coaching group via flipping50.com/myglucose, with two 14-day sensors recommended for full 28-day tracking.
- Stem cell treatment done ~1 year ago in Scottsdale for a Baker's cyst and knee inflammation; results show significant improvement, with full return to high-impact training by 3–6 months post-procedure.
- Fat extraction from flanks is used in one stem cell protocol; Debra prefers the alternative approach where extracted stem cells are regenerated and stored for future use without repeat extraction.
- Smoothie protein targets should be 20–30g from protein powder, boosted with hemp hearts, flax, or chia; collagen adds joint/skin benefits but must be combined with a complete protein source to count toward muscle-building intake.
- Whey protein is optimal for leucine content but dropped from the Flipping 50 line due to widespread dairy intolerance; pea and paleo proteins are the recommended alternatives.
- Keto diet effectiveness is genetically individual; short-term it reduces water weight by cutting carbs, but long-term it may backfire for those genetically suited to higher-carb diets.
- For fat loss and muscle gain, prioritizing resistance training to muscular fatigue and auditing current caloric and macronutrient intake via the Metabolism Makeover 2.0 mini course is advised.
- A new 12-week program with ~30–35 minute workouts emphasizing alternating upper/lower body focus is planned to roll out the first full week of July.