

Jan 12, 2026 Call Summary

- Betaine HCL should be taken when experiencing significant bloating, gassiness, and constipation after meals, while digestive enzymes are better for general maintenance and longer-term digestive support.
- Dosage for betaine HCL may need to be increased beyond bottle recommendations, with users testing up to seven capsules until feeling warmth, then backing down to find their optimal dose at six capsules.
- Natural digestive support alternatives include fermented vegetables like sauerkraut, apple cider vinegar taken through a straw or in capsules, and bitter foods like arugula that stimulate gastric juices.
- CGM challenge will begin January 15th with email invitations sent to active members, directing them to a WhatsApp group for participation and coordination.
- Goat yogurt and sheep yogurt are recommended dairy-free alternatives, with sheep yogurt offering higher fat and protein content for better satiety.
- Cynthia's muscle-building plateau despite consistent lifting for two and a half years may require adding a third workout day or increasing protein intake beyond 130 grams daily at her 126-pound body weight.
- Gaining lean muscle postmenopause may require eating in a caloric surplus rather than deficit, with emphasis on consuming adequate food like bodybuilders who "eat all their food".
- App access issues are being addressed by support team, with members experiencing "not subscribed" messages despite active memberships being directed to follow January 9th email instructions.
- Betaine HCL must be taken 20-30 minutes before meals to be effective, as it needs to be present in the gut when food arrives to properly support digestion.
- Turkey sausage can be made at home using ground turkey with seasonings rather than purchasing processed versions, with the recipe available in the membership area.
- Hip replacement surgery may be preferable now rather than waiting, as delaying can compromise other joints through compensation patterns and limit quality of life.
- Heavy lifting is not mandatory for all members, as light to moderate weights can effectively build muscle and bone density when performed to fatigue, especially for beginners during their first year.
- Periodization through programs like Stronger Four incorporates different training phases including endurance, hypertrophy, and pure strength weeks followed by recovery weeks for optimal results.
- Wednesday masterclass will feature three member hot seat coaching sessions with no preparation required, focusing on personalized goal-setting strategies.