

The 30 Day Healthy Living Program with Kim Starzyk

Julia Chebotar 00:04

Spice up your life with me: Health Chef Julia, as I set out on the journey of What Is Healthy. In each episode, we'll explore the different meanings of healthy for some healthy means indulging in something decadent and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well enjoying your life and having fun having you heard redheads do it best. Come with me, and we'll find out just what healthy is. Welcome to a new podcast episode of What Is Healthy? A podcast where we share every hack to get a healthier and more sustainable lifestyle. I'm Chef Julia and today we'll be talking to Kim Starzyk.

Kim Starzyk 00:52

Thanks for having me. I'm excited to be here and talk with you.

Julia Chebotar 00:54

Would you share with the audience? A little bit about yourself your background what you do?

Kim Starzyk 01:00

Sure, I am multi hyphenate. So many people are now these days I live in LA I'm an actress. I'm a mom. I did real estate for a number of years. And I'm now an executive regional vice president with Arbonne.

Julia Chebotar 01:15

What is what is Arbonne for those who don't know,

Kim Starzyk 01:19

Arbonne is a company that is a green plant based company that makes really high end, very effective, but really clean personal care, nutrition products, makeup, haircare, everything everybody uses every day and buys from somewhere,

Julia Chebotar 01:38

basically. So I have an online store. It's a virtual friend. It's like all healthy products of all sorts of cleaning products, shampoo, conditioners, vitamins, right skincare,

Kim Starzyk 01:47

nutrition, body care, hair care, makeup,

Julia Chebotar 01:52

how does that work? It's tech. It's like an MLM. Right?

Kim Starzyk 01:55

Yeah, it's network marketing. The new term for that these days is social marketing. But it's pretty much just done through social exchange.

Julia Chebotar 02:02

Mm hmm. So people have to be part of your like mailing list or like connected to you to purchase the items.

Kim Starzyk 02:08

They just have to go website. It's just an online store,

Julia Chebotar 02:11

just like any other, but they have to go to your website.

Kim Starzyk 02:14

Well, they can go to anybody's who is a consultant with our bond, they go just to Arbonne calm, they'll be they don't have a consultant, they'll be assigned one. So you're always shopping through somebody's store, basically. And then there's two facets to my business. So one is I have clients that shop for me, some are just you know, buying one thing once in a blue moon, some people are switching their brands completely and everything in between. The nutrition component is a whole separate thing. I coach people through a 30 days to healthy living program.

Julia Chebotar 02:46

And that's what Emily did with you.

Kim Starzyk 02:48

Literally did exactly. So and that's it's a reboot for your health, basically.

Julia Chebotar 02:51

And what do you do in those 30 days?

Kim Starzyk 02:54

Well, you're, it's, you're establishing healthy habits, and you really clean but the idea is to eliminate some of the basic stuff that we all know we're not supposed to eating Anyway, you know, it's a acidic, allergenic and addictive foods like gluten, dairy, soy sugar, you know, alcohol, that stuff's for 30 days, when I first heard that, I said, that's my whole diet, what am I gonna eat, but it's actually amazing how you feel once you cut those out for 30 days. And the idea of 30 days is it takes 21 days to make or break a habit, right. So the end of 30 days, you've established these really great habits, and people do it for all kinds of reasons. And every results are completely individual. For me, I was able to reduce inflammation, my joints stop hurting as much I have a lot more energy of sleeping better, my skin look better, you know, I dropped some weight, you know, people have similar results to that. But as I said, it's individual for everybody. But the idea is just to get really healthy. And to kind of break those addictions that we all have to some of the bad stuff.

Julia Chebotar 03:54

If someone took this 30 day cleanse, what does a good day look like? Like, what are you eating?

Kim Starzyk 03:59

It's a great question. So what I recommend people do is they wake up, when you first wake up in the morning, you have a big glass of room temperature water with a squeeze of half a lemon in it

Julia Chebotar 04:08

to alkalize the body

Kim Starzyk 04:10

alkalize the body hydrate Exactly. When I first started doing that, I was like I'm not thirsty, but you don't realize until you started drinking, how thirsty you really are in the morning. So I traded off wines as your botany. And then when people would normally have a cup of coffee, we had this really great detox tea, which is just a it's just really good as lots of herbs in it for the liver and kidney support. So we have that with the addition of what we call a fizz and these are these little packets that can that make a drink and they're really delicious. My favorite flavor is pomegranate, and those are alkalizing drinks and it has ginseng and guarana and green tea extract. So it gives you like a little bit of a lift without the coffee, you know, caffeine buzz, but there's still a little bit of caffeine in it. So it gives us to go wake up but without that the acidity of coffee.

Julia Chebotar 04:58

I don't think I could fit function Without caffeine, like, I know you're I know, I've been training myself to do the glass of lemon water every morning. But my body does not function until coffee hits my lips. I am a trained dog basically meeting caffeine in the morning,

Kim Starzyk 05:14

we'll see that's a reason to do it right there. Because if you feel like you need something, you know, you can survive without it. But honestly, that's a reason to to break the addiction, I still love and I have it as a treat, I have it on the weekends. When I do have it, I have it with food as opposed to on an empty stomach. So you don't really have to give it up forever. It's just 30 days of getting your body in a more alkaline state. And I'm breaking the addiction to it.

Julia Chebotar 05:38

And the point of having your body in alkaline state is so that like bacteria and viruses and all sorts of like inflammation can't grow in the body.

Kim Starzyk 05:47

Exactly. They said that no, this is this is the saying I don't know exactly how true it is. But they say that cancer can't live in an alkaline environment.

Julia Chebotar 05:54

Yeah, that's why they recommend like reverse osmosis water and high alkaline water and things like that.

Kim Starzyk 06:00

So you know, and there's more and more science coming to showing that this is very, very healthy.

Julia Chebotar 06:05

So you have a fizz. And then what is lunch, right is the habit of coffee, by

Kim Starzyk 06:09

the way, as I realized is more than half of it is just having that habit of a yummy hot cup. Okay, so you get the yummy hot cup taste totally different, but it's but it's really good. And then when you would normally have your breakfast and you have a shake, or shakes or 20 grams of vegan protein. So it's pea rice and cranberry protein. They taste delicious. I'm an actress I've done every diet cleanse, detox, ridiculous thing on the planet. I know them all. And you know, most of them are about deprivation and starvation and drinking and eating weird stuff that tastes terrible. So the difference with this is it's not that right? That's why I can ever do a diet I always cheat when you're have to like eat certain things well, and so that's what we don't call this a detox or cleanse either. Even though it does do those things. We don't call it that because you're really just learning to eat really healthfully. And I was not a breakfast eater. And a lot of women especially but lots of people don't eat breakfast or just grab a piece of toast. I rarely do. So for me, the shake, and it's for breakfast as some people will have, you know, two shakes a day, especially if weight loss is one of their major, major goals. So I'm sure they have a big dinner. Some people just want to, you know, they don't want to lose weight health is really the main goal. They just exchange one meal a day with a shake. That's what I do. And I shake every day whether I'm on the thing or not, just because they taste so good. So there's there's chocolate and vanilla. We actually have like, you know, special flavors that come out as coffee. There's mint chocolate chip now, but literally they taste like an ice cream shake. They're so yummy.

Julia Chebotar 07:41

And what do you mix it with like almond milk or water? Yeah,

Kim Starzyk 07:44

I use why use oat milk. But you can use of alternative milk. You can also use water but it just gives it a little more body and if you don't, and then I add in a handful of greens like whatever I have in the refrigerator, spinach or Rogen or whatever there is and I put in some frozen strawberries now two scoops of the the protein powder and I put an almond butter. That flavor right there the chocolate the almond butter and strawberries. It tastes like a Reese's. It is so good. And I mentioned one segment of ice cream Anyway, there's a little bit of sugar in it. Some people have a problem with the sugar, but there's so it's the same amount as there is an apple, right? So it's not you know, and it's safe for diabetics. It doesn't spike your glucose. So it's it just gives you an even energy and it lasts you you know, a long time and then just two or one and another shake, really healthy meal. And just mostly vegetables like three different vegetables and proteins and fat and some carbs. Like it's not a no carb thing. There's no fat, there's no counting calories, there's no counting carbs, none of that. You just want to make sure you're getting enough nutrition. So that, yeah, lots of nutrition. taken out the bad stuff. Of course, you're going to feel better.

Julia Chebotar 08:50

Right? Of course. I'm actually a perfect segue is I asked the whole point that of me starting this podcast was there's just so much information out there via the internet and social media and influencers, you know, and you're getting so many mixed information on like what healthy is and like there's always

some sort of new fad healthy item like celery last year or two years ago was really having a moment I really wanted to interview different people from all sorts of different aspects of like the health and wellness field on what their take on healthy is. So what is healthy for you

Kim Starzyk 09:27

such a good question. And it's there's just not one answer to that. Right. So there's a million answers, but I say it's not going with the latest fad. I think it's having a lot of variety and a lot of nutrition. And there's this funny book that I read. You know why French women don't get fat. It's called.

Julia Chebotar 09:45

Yeah, I've heard of it. I've never read it though.

Kim Starzyk 09:47

I love totally a Francophile a level things French so I had to pick it up. But the philosophy it makes a lot of sense. And that's actually why I think the 30 days healthy living with Arbonne works as well, because real life happens. So if you put yourself Find something that's so strict and stringent, you're just not going to stay with it, right? Because there's going to be a birthday and you're gonna go out with friends and you're gonna want to have a glass of wine and you're gonna you know what I mean? Sometimes you want a handful of chips. It's just, that's life, or two handfuls. Right? And so you want to have a system where as you can actually live your life and enjoy your life and enjoy your food. But then, you know, that's a huge struggle for people that's like an eating disorder right

Julia Chebotar 10:27

there is that people don't want to relinquish the control over the food that has the control over food over their bodies, or like their minds

Kim Starzyk 10:36

holiday is contributing to that it's really difficult.

Julia Chebotar 10:38

Absolutely.

Kim Starzyk 10:39

So I'll tell you, when I first messaged us, I have psoriasis. And the reason I know a lot about this, and part of the reason I joined our bond is because I've been trying to heal myself holistically for years. an autoimmune disorder. Western medicine says there's no cure. I saw a nutritionist when I was younger. And basically she said, I really healthy and she's like, Okay, well just I'm gonna write a journal about what you eat. And I was like, okay, fine, you know, I'm a great she's gonna be so impressed, you know, and I got her response to it. And basically, I was eating everything fat free. So I because back then it was like fat was evil, right? So you know, it shifts in sugars in all fats evil, but back then fat was evil.

Julia Chebotar 11:18

Yeah, now now, dairy and meat is Evo

Kim Starzyk 11:20

so? Exactly. So everything that was in my things I was eating was full of sugar and chemicals, because I was eating fat free. So you know, she, she said to me, she said, cook have real butter. I mean it all the time, you know, but if you're going to have have really good ice cream have realized cream, just have it

Julia Chebotar 11:38

once a week, not ever, not five nights a week, I've read a book. And I'm not going to remember the name of it. But it was actually very interesting that only until in the 1920s is when margarine was introduced to the economy. But they had to have a pink tab to diet pink, so that people could understand that it wasn't butter. So like they couldn't call it butter. But they also couldn't call it margarine at the time. And they had to have this pink tab. Because it had that was like the FDA approval to in order not to trick the population. for purchasing like a butter alternative. I thought that law apparently wasn't passed or fixed or changed until like the fifth the 60s or 70s. When they pass a law that if you call it something else, then you don't have to disclose that it's not butter. Hence, like I mean, I grew up on I can't believe it's not butter.

Kim Starzyk 12:28

Yeah, me too. And margarine, and it looked exactly like butter. Exactly.

Julia Chebotar 12:32

And it was like softer to spread.

Kim Starzyk 12:34

Exactly. And it clogs your arteries and develop cancer. But it was just a great lesson for me. And what I teach people is, you know, you're not this isn't about deprivation, you're learning to, you know, to create these habits where you can eat healthfully, you have a lot of support. There's a we have a Facebook group that, you know, people can get put, we post every day information and articles. And the objective is to you know, educate people about these choices and why why we're saying eliminate gluten, for example, and what it can do, and the things with dairy, and pros and cons and about all of these different things in different articles. And, you know, nothing's conclusive and everything changes, but just to get as much information as possible. And then when it's over, they transition to what's called 8020. And this is really why it works. Because 80% of EDS, is it the Frenchwoman thing, just circling back 80% of the time you stay eating with these healthy habits, and you've now you know how to make really yummy recipes that tastes

Julia Chebotar 13:28

because you've trained yourself from those 30 days,

Kim Starzyk 13:30

and then 20% of the time, whether that's the weekend, or it's 20% of the day, right, eat whatever you want. And that's how people can maintain their weight maintain their health. And I don't know, for me, I do it usually twice a year because when I'm hitting getting towards the like, five, six month mark, I'm more like 7030 6040 Oh, yeah, time to do it again. That's that's how it works. And I just think it's, it's just

smart, because and the French people, you know, they eat really rich, delicious foods, but they also and they don't go to the gym, but they walk everywhere.

Julia Chebotar 14:04

And genetically they don't like even candy and Europe does like their regulations on the sugar and the quality of the sugar. They don't put fructose corn syrup, and there's Snickers or Hershey bars, like they actually have different formulas and there's

Kim Starzyk 14:15

not added gluten into all the other foods, so they tend not to be as reacted to the gluten.

Julia Chebotar 14:21

Oh yeah, they're eating bread all day,

Kim Starzyk 14:22

all day, all day. No, it doesn't have added sulfates in it. There's naturally occurring sulfate so you can actually drink a bunch of wine there and not have a hangover. Yes, exactly.

Julia Chebotar 14:33

So on top of all of this, you're also an empowerment coach

Kim Starzyk 14:37

that well that's the other side of my business. So I you know what I my brands, you know, is a green vegan healthy food healthy products, right? So I'm gonna get to a whole thing on that. But there's so many really, really dangerous toxic ingredients that are allowed to be all in all of our stuff in this country. I found out about this company because my son when he was 15 Had this rash and it was a you know, embarrassing annoying groin area took them to the dermatologist they prescribed steroids. I know very well because I was on them for 14 years for my psoriasis. You know, I read the fine print by the way when I was pregnant, and they say you're not supposed to be on them for six months topically, I kept getting prescribed prescribed prescribed prescribed, and steroids you know over time have a really, but they prescribe it for my son it went away, it came back when I get went to visit went to a different doctor CUT CUT TO A year later, three doctors in total, I had to be the one insisting on him getting allergy tested, because by then it was covering his body. He was you know, I feel like the worst mother in the whole world. turns out he's allergic to formaldehyde. And another really toxic chemical called seal me I see a thigh zone, which is very common allergen, I went into his bathroom, one or both of those chemicals was every single product. And just a little background on me, I was raised by us by you know, a mom who was on her own, she wasn't divorced, I was 14. But she was alone. Most of the time, she married very young, I was raised in fast food essentially. So I've gone the opposite extreme right. And I know a lot about nutrition because of what i've you know, because of my own situation. And I never thought that much about what I was putting on my skin beyond the marketing, keyword marketing, okay, so everything in his bathroom said it was organic, or all natural, and I shelled out the extra five bucks or whatever it was for it and full of these chemicals. So it started me on this journey of really researching ingredients. And what

Julia Chebotar 16:28

I'm pretty sure for organic certification, the product only has to be 40 to 50% certified organic, well,

Kim Starzyk 16:34

that that may be true for food, but for personal care products, it can have one organic ingredient in it, and they can call it organic. Also it can say something like parabens free. Well, great. It doesn't have parabens, but maybe it has 13 or 25 other really dangerous ingredients in it. So you know and I don't blame people or myself because you know, we're all busy and we don't have time and you need a magnifying glass to read the damn thing and a chemistry degree to understand it. Right. Okay, so one of the reasons I shop from Arbonne so Arbonne bands over 2000 ingredients. So let me just help with the United States. We Ban 11 or 12. That's that's what's banned here, like arsenic right? In Canada, they ban about 250 300, their European Union bans about 1300. Okay, they have national health care, so let's get to political but it's in their best inch their fiscal interest for their citizens to be healthy. Okay, here, not so much. And so we ban you

Julia Chebotar 17:31

know, because our country we make money off of pharma, Big Pharma makes money off of us. So it's in their interest to for us to be a little bit if not a lot sick,

Kim Starzyk 17:39

right? Yeah. So we have to be our own health advocates, it's really important that we educate ourselves on this. So I was so angry when I found this out, because I had teenagers and I thought I was putting what was safe on them their whole lives. And I wasn't, I was pissed. So I was like, I'm gonna be sharing, I started sharing with everybody and telling everybody about this might as well do it as business because have a healthier brand to offer people and make some money. You know, I'm an actor who was doing real estate, which honestly, I hated. hate it. But there's aspects that I wasn't my passion. I was just doing funny, because I'm also married to an actor. And our income was really unsteady. And I had two kids, right? So but when I thought about adding something else, and I was like, Oh, my God, I had no time. But it was just sharing with people and telling people about it. And then I have this online store that they can go shop at, right. But I had a big, negative opinion about network marketing. It's really interesting. When we talked about this earlier. You do too, right? And a lot of people do. And there's, there's good reason for that. Because there's a lot of slimy companies out there.

Julia Chebotar 18:38

Yeah, like those a Roma therapy drops, that there was a whole show on Netflix.

Kim Starzyk 18:44

There's a lot of shows right now, john oliver did one too furious with john oliver, and actually made me really look at myself, because I was like, wow, john oliver agrees with my worldview in so many ways. I just take everything you said as gospel until he did want to network marketing. I was like, Oh, my God, the guy took like, three examples of three individuals who got, you know, who got convinced by their sponsor to buy too much stuff that they couldn't afford. And then he slammed the entire industry. Well, look, if you have a bad meal at a restaurant, do you never been in a restaurant again, right? Is

McDonald's the same as a four star restaurant? No, it's an industry with very different companies and businesses in it. Just because somebody has a bad experience with one or one does something that's not quite you know, cool, doesn't mean that all the companies are like that. So the other side of my business is the empowerment part is you know, I so I teach and train people about you know, health and wellness and it cuts people this 30 days and I teach them about ingredients and toxins and what to look out for, and then I have a healthier brand to offer. And just by doing that, I've built really a nice clientele. And I continue to do so. The other side of my business is whoever wants to also share about this and open their own, you know, as a quote Cuz it's not actually a franchise, but it's similar, very similar to have their own virtual franchise open up their own Arbonne store, I teach them how to do that. And I coach them. And I teach and train them how to rise in the company and how to grow their network and how to share about it and how to become leaders and how to teach other people how to do that. As soon as you start doing a business like that, it really stops like this, it stops being about you and how you can serve other people. Can I serve them by helping them with their health? can I serve them by helping them with their finances? Do they want to earn a little extra money, if they want to earn a lot of extra money, like it can be life changing money, it can be, you know, just a little extra, it's effort paste, like anything else, you know, people, some people see that, you know, a few people make a lot of money. And they're like, Oh, it's a get rich, quick thing. But it's not like anything else. It's effort based, you have to actually work, you have to get the clientele, you have to tell people about it. We don't advertise. There's all word of mouth. But it's awesome, too.

Julia Chebotar 20:55

So what are the stigmas that you've come across? Like, have you tried to reach out to a client? And they'd be like, Oh, I don't do this, because of this, this? And this?

Kim Starzyk 21:03

Yeah. Um, and you have to have kind of a thick skin around it?

Julia Chebotar 21:07

Oh, absolutely. I think you have to have a thick skin for any kind of business. Yes, for sure. There's always going to be a hater in some sort of way.

Kim Starzyk 21:14

That's right. And the end, you know, when you go online, with any company, you're going to find negative and you're going to find positive. That's the way it is the most people that go online to write something they're pissed off, right? Because

Julia Chebotar 21:23

no, yeah, exactly. What are some stigmas that you've come across?

Kim Starzyk 21:28

So here's the thing, when I say some people say that to me, I'm like, Well, tell me what's a pyramid scheme. Most people have no clue what it actually is. So I'll tell you what a pyramid scheme is this thing that was around I think it started in like the 70s and 80s, where there was no product involved. So that's the major difference. People just pass money up a chain, like all the people at the bottom would

would put in like 100 bucks or whatever, right? And then the people, the next tier of people would get some money, and then they pass it to the money and it would go up, and then the person at the top would get a lot of money and they go off and supposedly everybody moved their way up. Only a few people made money. Most people got screwed. It's totally illegal. Okay, that's an actual pyramid scheme. It's kind of like the whole Bernie Madoff thing. He kind of like that network marketing is actually if anything, it's the inverse of that. So everybody, youth person starts, it starts and then anybody can get to the top. So if you look at a pyramid, it's actually the shape of our governments, right? People write to Congress president, okay. It's a school, it's, you know, the students, the teachers, the principal, it's a corporation, employees, middle management, upper management CEO, right, it's the shape, it's on our dollar bill, all pyramid thing is like not an inherently bad structure, it's just, you know, only have one or very few people make it to the top. But that's every aspect of life, only a small percentage of people are willing to work hard enough to get to the top. However, there, you can only have one CEO of a company. But you know, in our bond, there's four levels, the top level is called national Vice President, anybody can get there, as many people's want to put it, there's not like just one. So that's why I say it's inverse. Because as many people can do it as they want to. We're also monitored by an organization called the direct selling Association. So they monitor the ethics of these companies. And we are always our latest number, like a \$675 million company. So companies don't get to be that big by being illegal scams. Like we'd be.

Julia Chebotar 23:28

Okay. Okay. Well, thank you for debunking that. Are you still acting?

Kim Starzyk 23:32

Now? A little bit not that much? Well, first of all, it's COVID. Not what's going on. I you know, I love theater. It's my, my love. And I did Theater in New York, I had my Theatre Company in New York and moved to LA just just started to kind of break into film and TV, and I got pregnant. And I have two boys. And I, you know, chose to stay home with them and did mostly that for about 10 years. And when I started tried to get back into the business, I was already in my 40s. And honestly, I couldn't get arrested. So, but I do commercials have a great commercial agent. I do that for money. I've gotten to take on some great trips and went to New Zealand to shoot a bladder control commercial.

Julia Chebotar 24:11

Wow. That's amazing. I was actually so so funny that you say that I was talking to my aunt today. And she my cousin works for dermatologists office. She's a PA trying to be in the Derm world and she was like so tomorrow I get to go on NBC News and get free filler for like this like video shoot, like they're gonna inject me with free Botox, and I'm going to be on the news. And I'm like, She's like, what should I wear? I'm like, enjoy your moment. You're getting free Botox, and you're on TV. She was like, if they offered me a diaper commercial, I would take it. And I was like, absolutely. I'm pretty sure Lisa Rinna from the Housewives of Beverly Hills made like \$5 million off a diaper commercial. So if anybody wants me to promote diapers, I'm here for it. bladder anything.

Kim Starzyk 24:56

That's the thing, right? I mean, I don't have any you know, I made really good money on that commercial. I don't have a bladder control problem. Here's the other point about network marketing,

though I have to make, okay, I have never used one product that I've done a commercial for, they pay me to say I use those products on television or just getting paid, right. But that's the

Julia Chebotar 25:16

same thing with you with network marketing, like you're getting paid when people use the product,

Kim Starzyk 25:21

I actually use it. That's the difference. I use it. I'm sharing it with people because I love it. And I believe and I think it's great as opposed to, like, the what the what's considered more legitimate by the world, you know, who don't worry, I'm educated about this is that it's more cool for me to go on TV and for them to pay me a lot of money to say I'm using a product that I'm not, but some not okay for me to like, tell everybody about something I'm actually using and feel great about. Like, that's messed up. Right. So it's changing. It's changing in a big way.

Julia Chebotar 25:52

Absolutely. I think we're everyone is, like I said, Everyone is more concerned about the health and wellness these days. And that's why I wanted to address this podcast and like, figure out what people can do and where they can go to like better their health and wellness.

26:07

So glad you're doing it. Yeah, it's really important. I'm so glad people are starting to really become it's just in everybody's radar. Now. It's a it's a like \$4 trillion industry. When I was young, there was like, one health food store with, you know, sawdust on the floor and a couple of weird people that were Birkenstocks.

Julia Chebotar 26:25

Right and like made you a weird juice or gave you some sprouts, lots of petroleum Bo, but you were saying that you have or were suffering or have suffered or still are I'm not sure what psoriasis has doing these cleanses and eating this 8020 lifestyle and eating these certain things through our bond and having cleaner products. Have your symptoms become better. Have you had breakouts now? I don't know it was a breakouts with psoriasis.

Kim Starzyk 26:52

Well, you know, it's a little bit different with psoriasis, mine was really bad. So it got to the point where it's covering most of my body super uncomfortable, itchy, flaky, gross, just awful. And so I've gone back and forth between losing medication and just you know, being really, really clean. Honestly, the only way that being really, really clean works for this rise as it only works at about 80% is if I'm so disciplined and I don't eat at all, the only time I when I was really clean eating like strictly cleaning for six months, I had about an 80% improvement. So diet affect it.

Julia Chebotar 27:34

And I also heard that like AIP diet basically like anti inflammatory diets, you eating high fats in like very low carbs, or no carbs at all. No gluten, no dairy, no sugar,

Kim Starzyk 27:47

no nightshades there's very little you can eat, honestly. And when I was that strict, and I saw I saw an improvement. But I as I said, I vacillate between it. It's part sometimes I go through a thing where I'm like, screw it, I'd rather eat at 24 what from my condition isn't enough. I actually use medication for my psoriasis. But you know, I have eczema and my son has eczema. They can handle it through diet and fruit through you just using clean products. Like when I switched out my son's shampoo and body wash to Arbonne. That's how I found my company. I've met a neighbor of mine through real estate the same week that happened with his rash. I switched out a shampoo and body wash the rash was gone in two days, like it was simply because he was pouring these these chemicals down his body that he was allergic to the rest of us aren't. Maybe we're not going to come out in a rash. But maybe and this is why it's important to think about what your products because the average woman uses between 18 and 25 products a day I say that somebody's gonna use that much but if you really think about when the moment you step in the shower, and the shampoo and the conditioner and the body wash and the and the moisturizer and the sunscreen and the deodorant and the makeup Right, right, it's a lot and guys between eight and 15 depending on how Metro they are, right? So, and sometimes more, but if you could even just say 12 there's something like the average chemicals and 12 products are 168 and each product maybe it was a little bit at the toxic chemical,

Julia Chebotar 29:12

but we don't know we don't A lot of people don't have access to this or know about it so they like see a commercial on TV for like crest, and they're like that's the best toothpaste. They got a commercial I'm gonna go get crest or teeth or white

Kim Starzyk 29:24

or or you know, we've become addicted to suds, right. So when you wash your hands when you brush your teeth, if it's sudsy if your shampoo study, people think they're getting cleaner. They're not it just has sodium lauryl sulfate in it, which makes it sudsy but it's giving you cancer. You know it the suds don't necessarily make us cleaner. It's just something we've become used to so they put an ad

Julia Chebotar 29:45

Yeah, we're like conditioned to think that that's our idea of clean.

Kim Starzyk 29:49

So it took a little while for me to get used to using shampoo that didn't have it in it. That wasn't sudsy it's a little It feels weird for a while

Julia Chebotar 29:55

but you get used to it. Do you have any upcoming projects or anything that you want to tell the audience about or where they can find your Facebook page and your online store and how they can get more knowledge about where what chemicals are in their products and how they can switch it out. Absolutely. So

30:12

I'm on Instagram at Kim fit star fit z str because my name is good smell stars IQ Facebook I'm Kim Fitzgerald Starzyk My website is Kimstarzyk.arbonne.com and Starzyk is S T A R Z Y K so KimStarzyk.Arbonne.com and that's my shopping site. And if anybody wants information, I'm happy to do sort of a one on one, you know, go through your products, you know just have make recommendations. Tell you you know what the worst things are to look out for if anybody wants to email me at Kim Fs at Mac calm, I can send a list of toxins to look out for

Julia Chebotar 30:54

would you ever want to do an Instagram Live about what toxins are in my medicine cabinet?

Kim Starzyk 30:59

I would love to

Julia Chebotar 31:00

Okay, that would be awesome. I really want to do that. So that is all for today. Thank you so much Kim for being on I'm so happy that Emily introduced us and I feel like I learned so much today and I want to see this whole list and maybe if you want to even like link it or we can do a swipe up for when this podcast airs we can have like your whole list of chemicals to look out for and where they can purchase new stuff. Thank you again guys for listening and remember to follow Kim and remember to follow me It helps ship Julia and please subscribe to this podcast.

Kim Starzyk 31:31

Thank you Julia