



## **Achieve Your Goals Podcast #123 - Why One of Your Goals Should Be Fermentation (What?!) | An Interview with Andrea and Charles Riggs**

**Hal:**

Goal achievers, I have a very exciting announcement for you. The dates and location have been set for the first ever Miracle Morning Experience live event. That's right. Go to [miraclemorning.com/events](http://miraclemorning.com/events) to get all the details and to apply for a spot. When I say apply for a spot, I mean that very sincerely. We'll have probably 10,000 people plus apply. It is narrowed down or is limited to 200 individuals.

The reason is, this event will be unlike any event in history and that every person there will be working together to literally create history by planning the future of the Miracle Morning Movement. Every morning, we'll start by experiencing guided Miracle Morning sessions to deepen and expand your abilities to benefit from the SAVERS practices; silence, affirmations, visualization, exercise, reading, scribing. We'll have world renowned experts in each of these areas to take your miracle morning to a whole new level.

During the afternoon is where the collaborative part happens. You'll connect and collaborate with hundreds of like-minded miracle morning practitioners to brainstorm, plan and execute the future of the miracle morning movement. How will we continue to change millions of lives one morning at a time? You'll be a part of the future.

Every evening, we'll celebrate together. Not too late of course. We have to be up early. Everything from helping to guide the vision for the Miracle Morning Movie that we're filming right now, to initiatives that you literally create right there in the room that I don't even know about. They'll be created collectively by the brilliance that comes together this June in the middle of the United States. Again, go to [miraclemorning.com/events](http://miraclemorning.com/events) for all of the details. I cannot wait to see you at The Miracle Morning experience live event.

Hey! It's Hal Elrod, and this episode of the Achieve Your Goals Podcast is being brought to you by Fresh Books, the small business accounting software designed for you. Stay tuned at the [inaudible 00:02:01] really cool offer and you'll find out how Fresh Books is helping millions of small business owners make everyday accounting easy, fast and secure.

**Nick:**

Welcome to the Achieve Your Goals Podcast with Hal Elrod. I'm your host, Nick Palkowski and you're listening to the show that is guaranteed to help you take your life to the next level faster than you ever thought possible.

In each episode, you'll learn from someone who has achieved extraordinary goals that most haven't. He's the author of the number one bestselling book, *The Miracle Morning*, a hall of fame and business achiever, an international keynote speaker, ultra marathon runner, and the founder of [vipsuccesscoaching.com](http://vipsuccesscoaching.com). Mr. Hal Elrod.

**Hal:**

All right! Achieve Your Goals Podcast listeners. Today, I can confidently say, will be unlike any episode we have ever had. It's on a very specific topic, and that is sustainable living. You might be going, "Ooh! Finally! Hal is covering this." or you might be going, "What in the heck does that mean?" or you might be going, "Oh! What a hippie." Right? Whatever you're thinking. Whatever your response is.

I'm bringing on two friends of mine. They are a couple, a phenomenal couple. Charles and Andrea Riggs. They have three awesome, inspiring children, Lucy, Evan and Eva. They are the epitome of Sustainable Living.

Andrea, like Helen Keller believes that life is either a great adventure or nothing at all. She is a fitness professional. I'll tell you. I met Andrea when she came highly recommended to me by my business partner, John Berghoff to come to our first Best Year Ever Blueprint Event and lead fitness. He's like, "You've never seen what she does with a crowd. It's just amazing." I'm like, "Yeah. Okay. I trust you. Whatever."

We had Andrea come up on the first break and she hit the stage and some upbeat music went in and she is incredible. She says nothing, no mic. Just with her body language. She commands an entire crowd of 300 people to follow her lead. She is a leader in that way.

That is Andrew. Her business, her focus now is what's called Collective Culture. Charles is her partner, both in life, in crime, in shine. They are partners.

Charles is a creative genius. He is able to take an idea or mini and beautifully and technically make them into something tangible and visible. He works remotely for Gotham Digital Sciences on Wall Street in New York City, managing a team of hackers.

He's worked for over 15 years in the technology and intrusion analysis/penetration world, and those are really fancy words for major computer geeks. Although he's great at what he does, he's one of the best in the industry, his true love is getting out and exploring with those he loves and having adventures like taking his family to Puerto Rico and the Na Pali Coast in Hawaii and such.

He's got over 1,500 skydives. He loves kiting, hiking, canyoneering, fitnessing and health, and so does Andrea. They are really a couple among ... A power couple in their business, but also in just ... They really live life to the fullest and set an amazing example for Lucy, Evan and Eva.

I am excited to have them on, because this collective culture ... I'm sorry. Cultured collective. This business that they're creating. It's really a movement and it's about sustainable living, and their creativity, their drive, their authenticity is a really unique combination for any couple, let alone, any two human beings on the planet. I'm excited to introduce them and their brilliance and their concepts to the Achieve Your Goals community and our listeners.

Charles and Andrea. I know that was a lengthy introduction, but I'm so excited and grateful and honored to have you guys on.

**Andrea:** Thank you so much Hal. It's so good to be here, and that is such a warm welcome and introduction. I so appreciate that, because it took me back to that first event that I did. We were meeting for the first time and it was, "Hi! How are you? You seem amazing." It was a really good energy and a really good vibe, and then I remember, when you looked out upon all of the amazing people that attend your events, there's a really really amazing energy there. Really, all I feel is that I'm a mere of that energy. That is ... Kudos to you. Thank you so, so much.

**Hal:** Awesome. It is mutual. That is where Charles, where I met you as well my friend.

**Charles:** Yeah. That's where we met the first time. Yeah. It was definitely a life changing event. I had a really good time. Andrea had to pull me to it. It was all new to me.

**Hal:** Awesome.

**Charles:** Yeah. It was great. It was great.

**Hal:** That's great. This is a great spot to plug [bestyeareverblueprint.com](http://bestyeareverblueprint.com). If anybody listening wants to join us for next year's event, and Andrea, you'll be there rocking the stage again.

**Andrea:** You know it.

**Hal:** Really, really exciting.

Here's the question that I want to ask you, and then I would really love to answer for all of our listeners. It's an answer for me too, because this is not an area of expertise in anyway for me, but it's an area that I'm actually ... Ironically, it's not an expertise. [inaudible 00:07:41] but it's actually really important to me. I guess, actions speak louder than words.

I want to take some actionables from our call today to implement sustainable living more throughout my family and my life and my business and all of that. Here's the question that I love for you to answer for our listeners, which is, number one, what is sustainable living? How would you define it? Why should it be a goal for every single one of the Achieve Your Goals listeners?

**Charles:**

Yeah, that's a really good question Hal. I think that's such a broad question, because sustainable living and what we've come to the conclusion that we come to and really why we've started the cultured collective is because we feel like there's this movement. We feel this motion. We feel like a lot of the ideas that people have had as far as consuming and consumers ... They're starting to change. With that change, people have questions. I think this is a great question, "How do I live more sustainable?"

One thing that we've just recently come to was we were sitting there in a group. We have a really close group of people that all are like-minded and part of the cultured collective. We brought up the word sustainable and somebody said, "You know what? We've move past sustainable to rejuvenation."

If you think about sustainable in the word and what that means, it's like ... It's keeping it the same, right? It's almost a static word. What we want to do, especially with the earth and with life and everything, if we're sustaining, we're just keeping it the same. I think just as a culture and a race, we want to do more than that. We want to give back to the earth. We want to give

back to our children. We want to give back to our communities, and we can do that through rejuvenation in all senses. That can be anything that you look at and anything that is a part of your life.

**Andrea:** Absolutely. For me, the word rejuvenation goes one step further from sustainability and it ... For me, it brings in that energy. Instead of just what's ... Sustainability is the word renew, "Yeah. Let's have renewable sources." Which is an awesome goal to have.

Then, how can I take my magic and my energy and infuse that with what I'm doing so that I leave it better than it was? Whether that's adventuring with your family. Whether that's your relationships with your kids. Whether that's in the food that you're putting in your mouth. No matter what it is, it stems into everything.

We are all about ... We practice what we preach. For us, it's a journey. I think that's one of the most important things to realize is that if you do something, just one thing better tomorrow than you did today, then you are on an amazing journey. You're on an amazing track, because you have that awareness and you're actually doing something about it.

**Hal:** Got it. I'm taking notes. Go ahead.

**Charles:**

Yeah. I wanted to build on what Andrea said and just give some history to what the cultured collective is about. Cultured collective really fundamentally is centered and focused on health, and because we feel like if we have our health and we feel great and our bodies are ... They have energy and we have mental clarity. Everything else falls into place.

It's that initial thing that you ... And you talked on this many times at the conference, is you start with yourself. You take care of yourself and then everything else falls into place. That's definitely our mantra. We feel like help is the center of wealth and wisdom and knowledge and power.

The cultured collective is a play on words. It's culture as in the sense of community and friends and friendships, neighbor, neighbors, neighborhood. It also ... Culture is another word for bacteria. We are very highly focused on workshops that are centered around fermentation and how to bring fermentation back into your life and how to restore your health through fermentation and fermenting foods.

We teach people how to do that effectively and safely and have fun with it and play it and explore it, because the way that we're eating now is so fundamentally different than our ancestors ate. We've only had refrigerators for such a small, tiny point in time. The eons of time that humanity has existed, we were getting a lot more bacteria in our guts and in our systems than we are now. We've gone opposite. We kill everything. All of our food is cooked to death. Even then, we're washing ourselves two, three, four times a day. We're disinfecting everything.

There are some truths that we've learned about bacteria and how those microbes are so vital to our health. It's actually ... It's mind-blowing what we found. This is what we are about and ultimately it's getting people back to health. It starts from your gut.

There are many different sayings, but the gastrointestinal track, the foods that we put on our bodies, that's where it helps starts from. If you're healthy there, then everything else falls into place.

**Hal:** Sure. Health being ... Health is the foundation of life. I don't know if that's exactly how you said it a few minutes ago. That's what I got from it. Talk about this. I'm just curious here. I really want to know. Especially because I'm a little bit of a germaphobe. I'm always cleaning everything. I'm not ... I don't know. I'm too excessive. I always my hands and that sort of thing. I don't use hand sanitizer.

Anyway. Beyond that. What type of bacteria is vital to our health? We tend to try to eliminate bacteria. Can you talk more about that and give us some actionables on what can I do? What can my family do? What can our listeners do to bring good bacteria back into our life, and how will that help us?

**Charles:** Yeah, definitely. What I'll do is I'll give a brief summary of that and then I'll let Andrea talk around some of those goals. One

thing that's really interesting to note is that over 95% of the bacteria that's found on this planet is completely safe. Not only that, but most of those bacterias are found on your body and inside of your body.

You've heard things like the human body has trillions of cells. If you compared the number of cells to the number of microbes living in and on your body, it's exponential to that. It's just a huge number. They really are a part of us.

Specifically, within digestions, those microbes, they play a vital role in helping to breakdown foods and helping to digest foods and helping to properly process those foods and so that our bodies can then absorb the appropriate nutrients.

When we're eating dead foods all the time or foods that had been overcooked, we're not getting the proper flora that our bodies need. That can lead to a lot of different problems, from just basic digestive problems to metabolic disease overtime.

It's interesting because what I like to do is always play the Devil's Advocate and go back in time and think about how people lived. When you back 200 or 300 years ago, they didn't have refrigerators. They didn't have ways to ... Great ways to keep food fresh. They were forced to use other means. One of those means was through fermentation. You're using bacteria to actively preserve food so that you can eat it.

The cool thing is, is that not only are you using that bacteria to preserve that food, to ferment it, but you're also getting the benefit of eating that food with the bacteria. That's two full thing. I like to think of it as bacteria is our friend. It really is vital to our health. We tend to be completely against it.

If you think about, essentially, the bad bacteria that could be causing sickness and things that we hear. When we're cleaning and killing all the bacteria, it allows that bad bacteria to grow. Whereas, if we would live it alone and we left all those good bacterias, there's no room for that bad bacteria to grow. Essentially, that could be on your kitchen counters, that could be inside your body.

What do we do when we get sick? We go and we get on medication and we get on a medicine that just wipes all of the bacteria out of your body, the bad bacteria and the good bacteria. That could take up to three years to restore the good bacteria and the gut flora that you've lost.

I'll let Andrea talk around the goals and how to bring that back into your life.

**Hal:** Yeah, fantastic. Real quick. I want to play Devil's Advocate for a second. You mentioned going, thinking back to how did we used to live before refrigerators and all of that. My thought, and I'm really speaking on behalf of the listener that might be skeptical and unsure, is ... An argument can be made, "Well,

yeah. But the lifespan was a lot less than and it's a lot longer now for the average person." What would you say to that?

**Charles:**

Yeah, I love that, because that's something that I think we've been taught. Statistically, it's actually not really true. The difference between living now and living back then is really the work conditions. Work conditions were, I guess, a lot more dangerous.

Statistically, if you didn't die by the time you were 30, which most of the deaths for people that died young back then were related to some kind of injury, where they got a cut or they lost their arm or something happened where they got a massive infection and they ended up dying.

The people who survived past that point, they ended up living normal lives just as long as the life average of people who live today, 80, 90 years old. You can go on Google and you can look up the average life span of people that made it past their 30s. It's 80 and 90 years old.

**Andrea:**

Look at a lot of what's happening with senior citizens. The quality of life. Is that quality of life amazing, or is it spent in nursing homes? Is it spent on different prescription drugs? What is the quality of life that we want? Yeah, maybe I live to be 70 or 80, but, oh, my knees have been bad for the past 10 years. I mostly have been a couch potato. If you're going to live, live. Right?

**Hal:** Yeah. Not to mention ... I mean, what you said. Prescription drugs. We could riff on that all day. It's like ... You see the average older person and they're like ... They've got their whole med ... Their pillbox. Right? "I take these 13 medications in the morning and then these 13 in the evening. Thirteen out of the thirteen are combating the other 13."

**Andrea:** Exactly. The side effects are just through the roof. We don't have to live like that.

What's so amazing to me is we have, right now, more information at our fingertips than we have ever had. Would you agree?

**Hal:** Yeah. Absolutely.

**Andrea:** Right. You can find anyone. Any belief that you want to want to have, Google it. You will find someone to back you up. You will find someone to be your advocate. Whatever we seek, we find.

Why is it then that over the last 100 years we've completely ruined our health?

**Hal:** Yeah. I want to know. Tell me. I do want to know.

**Andrea:** We literally have. We don't move how we used to and we definitely don't eat how we used to.

**Charles:** Yeah, and that's such a great question. That's one that we really feel bacteria is such a big aspect of that. That's something that you can ... It's a red flag. You can look and go, "Okay. How we've been eating the past 10,000, 20,000, 30,000 years? Compared to how we've been eating in the last 100 years." Vastly different. Huge contrast.

All you have to do is analyze and go, "Look at what we do to our food compared to look at what they did to their food." They fermented a lot. Of course, they cooked their food but it didn't go through any of the crazy processes that food goes through now. They didn't nuke it with microwaves. They didn't overcook it.

A lot of the foods were grown locally right at their house and they were fresh and they ate them. The foods that they had to keep, they're either fermented or they just ate them. You couldn't preserve food. That's the big caveat for me. That's the big red flag, that this is the difference.

The more that we've studied that health. The more we've realized how essential it is to everything. For a great example,

we were just reading a study that they had done on asthma and these doctors had connected asthma for these test cases to a lack of a specific bacteria in the gut. It's really weird, but it's really amazing.

It's just thinking outside the box and digging a little deeper. Instead of all the surface stuff, the Western medicine that we're used to, it's so simple that people aren't willing to accept it.

**Hal:** There's not a lot of money in it. There's money in prescribe ... I mean ... Yeah. Again, we could riff.

Andrea, if we could come to some actionables around, "Okay. Gut bacteria is crucial. The way that we're eating is not supporting those healthy bacterias that we need." What are the ways ... What's the number one way or three steps? How can we simplify it for our listeners to immediately take some action? Of course, we'll give them your website at the end. I'm sure they can get a lot more info on, specially the fermentation process.

What's the simplest and easiest and quickest, since that's what our society likes, way to to start improving our gut bacteria and implementing some of the stuff that you guys are talking about?

**Andrea:** Yeah. Absolutely. If there was one thing I would say, it would literally be come to our workshop, because I really would. I will

give you some actionables to do right here right now. I can tell you right now. I would have never. I come from a health and fitness background. I would have never started doing all these crazy stuff, kombucha, you've got crystals and you've got things that look like weird cutted cheeses. YOu've got all of these things that are very bizarre.

Maybe our grandparents did this. I know my grandparents, my great grandparents, they were farmers. I grew up going there, but it takes only one generation for these trees to be lost and it takes seven to get them back.

That is a really, really big deal because unless we understand why this means so much, then we don't do it. As soon as I knew how important this was, that was my motivation to say, "Oh my gosh! I'm raising three human beings and I'm responsible for their health. I need to step it up." This is me as a mother with three small kids who are growing and who have issues every so often. Why do they have these issues?

For you parents out there, whether you are a parents, whether you just have people that you love. Number one, cut out the crap. Literally. What would you identify crap as? Any pop, any high fructose corn syrup. Most things that come in a box. Think again. Milk from the grocery store. Not great. Not great. Loaded with sugar. It's pasteurized. It's homogenized. It's heated up. All the enzymes are gone.

If you need to have milk, okay, you have options. You can buy ... We only buy raw milk. Only. You can find that, but it can be harder to find. Above and beyond that, I know people will buy the organic milk, which is, for sure, better. That's something that you can absolutely do. The biggest thing is just look at what you're putting in your mouth, because that matters. That six inches from our tongue to our throat affects the entire rest of not only your digestive track, but our entire body, our mental clarity. How much energy? What we're absorbing? All of that.

To just start cutting out anything that isn't in your higher purpose and actually contributing to your well-being is massive. Massive for not only you, but for the kids and for the people that you are influencing, because you do. Each and everyone of you listening have people that listen to you, that want to understand you, that are curious about what you're going through in your life. That is one you can absolutely do.

Another actionable item would be to absolutely get more sleep, consistent sleep, and to drink more water. Not just tap water, okay? Water that is actually doing amazing things for your system. Meaning, that is full of minerals. If you can find natural spring water. Huge. Huge. Huge.

The next one, cut out gluten. Most of us have gluten and milk intolerances. We do not do well with that because of what we have done. What America has done to those things. Those are things that ... Take a challenge. Literally. Take 30 days and say, "Okay. I don't really believe this stuff, but I'm going to try it. Just because I want to see if there's anything to it."

If you have any digestive problem, constipation, IBS, anything. Anything to do with the digestive track, gut out gluten for 30 days and see how you feel.

**Hal:** Yeah, my buddy Matt ... I don't know. I don't pay too much attention to gluten, but I'm going to do that. My good friend Matt cut it out and he was like, "Hal, oh my gosh! You cut out gluten. It's like you've so much more energy. You feel so much better. Everything." I was like, "Really?" Yeah. I'm up for that challenge.

**Charles:** We're really focused on eating anti-inflammatory foods. Although gluten is an inflammatory, there's also other anti-nutrients in a lot of other foods, greens, and wheat itself that cause inflammatory responses. Milk is one of those things. We tend to eat anti-inflammatory foods.

Just to go off of ... We're running out of time. Just to go off of what Andrea said, actionable items. If you can't get to one of her workshops, we will have online workshops where you can go through the videos and the training that way.

I wanted to just break down our workshops really quick so people know what they're about. We have three different types of workshops and they're basically one through three.

**Hal:** Where does this take place real quick Charles? I just want to make sure.

**Charles:** Yeah. We host these anywhere that we can. Anybody who's interested in hosting a cultured collective workshop, they can just contact us through our website and then we can work through them and schedule that out. Although we will have a virtual presence, we can go anywhere wherever we have a host.

The first workshop is it's a real probiotic basic. It's creating your own probiotic drinks. Water kefir and kombucha. I'm sure a lot of people have heard of kombucha. Not so many people have heard of kefir. Both similar. They're fermented drinks, full of great bacterias. There's also milk kefir. We teach people how to do that on their own.

The second class is around breads and making breads that are better for you using fermentation to help break down those anti-nutrients and fighting acids.

The third class is a Brian's workshop where we're teaching people how to pickle their own stuff, how to ferment vegetables and making amazing foods like sauerkraut which we do a ton of. It's a phenomenal tasting food that you can put on anything, and it's really good for you. We'll have that available on our site. We can also do those workshops live.

**Hal:** What's your website?

**Charles:** It's fermentationforlife.com.

**Hal:** Fermentation, F-E-R-M-E-N-T-A-T-I-O-N, fermentationfor, F-O-R, life.com. Correct?

**Charles:** Correct. Yup. Awesome. Andrea, you were going to add something.

Andrea: We are launching our podcast too.

**Hal:** That's exciting. When is it launching and what's it called?

Andrea: It is called ...

**Charles:** The Cultured Collective.

Andrea: Of course.

**Charles:** We'll be launching in the next few weeks.

**Hal:** Beautiful. That's exciting. Congratulations you guys.

**Andrea:** It is. As we have talked through and had already began our interviews with people, there's just so much surrounding this topic and really understanding how more ... Be more connected in everything that we do, not just what we eat, but in our life. That's really what we're about. Just connecting with our true purpose in life. We do that by what we eat. That's not the end, "I'll be all right?" We want to put good stuff in our mouth so we can go do all the other amazing things. We can do our SAVERS. Right Hal? Do all those things at a level 10.

**Hal:** You're right. I am so passionate about health. Again, it's the foundation of life. If anybody listening by the way, if you want my take on what foods to eat for energy, I don't have the expertise in fermentation, so I'm going to be exploring more with Charles and Andrea on my own. Maybe we'll host a workshop you guys in Austin, Texas. Are you guys down for that?

**Charles:** Absolutely.

**Andrea:** You know it.

**Hal:** Yeah. Let's explore that. I just moved here, so I don't know if I'm qualified yet to host a workshop.

Andrea: You are. You are.

**Hal:** I am. I am. All right. Cool. Thank you.

I mean diet. If guys do want to go back through the podcast and search eating for energy. I've done at least one podcast, if not, a couple on the topic of health, and it's the idea of eating for energy being that the amount of energy, you have physical, mental and emotional energy, really, is your capacity to achieve your goals.

If you wake up in the morning. If the foods that you're eating as Andrea is talking about, and Charles are talking about. If you're cutting out the crap. You're not eating the stuff that puts acid in your system and it bugs you down and it tires you. Then you have all these energy. When you have a surplus of energy, you have a surplus of motivation and a surplus of clarity.

With a surplus of clarity and motivation that is created and generated by the foods that you put in your body and the ones that you don't put in your body that cause it harm, then you can achieve anything.

If you're like most people, which is where you're tired throughout the day, because you don't eat for energy, you're not strategic about what you put into your mouth. You're not thoughtful and intentional. I'm not saying you're not, but I'm saying if you're not. Like most people are not. Then you're putting yourself in a ... It's difficult thing. You're wondering, "I wish I had more energy. I wish I had more motivation. I wish I had more clarity." You're missing all those things and you don't realize that it's literally the food that you're putting in your mouth that is the cause of that.

Andrea: Absolutely.

**Hal:** Boom! There we go. You guys, I feel we just touched on this topic today. Maybe we can do another one down the road, and I want to learn more about it. The fermentation is something that ... I drink kombucha, so I'm doing a couple of things right.

Andrea: Go Hal! Go Hal!

**Hal:** Yeah. There's kombucha in my fridge downstairs. Yeah. I just think that anyone listening, please, please, please, I beg of you to follow at least one of Andrea's actionables for the next 30 days. One, cut out the crap. I know that was a little ... Crap is a little vague. We actually defined it. High fructose corn syrup. Don't drink it. Milk from the grocery store. Don't drink it. Anything a box. Right?

Eat good healthy living foods that have energy still in them that will put that energy into your body and fuel your ability to achieve your goals. Get more sleep. Drink good water. Good water. If you're traveling for example, alkaline water is the best tip that I can give you, to drink alkaline water.

Do you have any ... Andrea and Charles, any recommendation on brands of water? I've got the ones that I ... My go-to for alkalinity. In terms of quality water. If somebody has to ... They're on the road or they're at work or they got to stop by the grocery store. Any recommendations on what brand of bottled water to get?

**Charles:** Yeah. We could talk about this a lot. I tend to steer away from anything in a plastic bottle, just because the BPA concern, the plastics leaching into the water.

**Hal:** What if it's BPA free? I just want to ask that.

**Charles:** Yeah. You're probably okay. There are other chemicals that can leach into the water. BPA is just a big hot word right now. As far as quality of water, I tend to go towards either Fiji or Arrowhead Water, which sounds really weird. Just some studies on those waters and how they're sourced.

The big thing for me is that they contain the mineral contents naturally. They haven't been filtered. They haven't been ...

**Hal:** Fluoride or ...

**Charles:** Yeah. Reverse osmosis. Which ends up removing all of those beneficial minerals that help ionize the water and allow your cells to absorb that water. That's drastically important.

Everything else, a lot of the water that you find is I would call thirsty water. It's just water. There are no minerals. Your cells don't absorb that water. Essentially, what you're doing is you're just flooding your body with water and flushing good things out of your body.

Those are the two waters that I like. I know there are some high quality designer type waters. I haven't done a lot of studies on those. For us, Andrea and I, we drink spring water. It's local here. It's been pH tested. It's comes from an aquifer. It's living water and it's phenomenal. If you can get your hands on spring water. We'll lug it around with us anywhere we go.

**Hal:** Awesome. Google spring water in your area everybody listening. By the way, I'm glad we're on the same page. Fiji. When I travel, Fiji is the water that I ... I always go the airport, I buy the biggest Fiji water and make sure I drink it throughout the day. Its alkalinity, I think it's 7.8 on the pH scale. Cool! Cool. Cool. We're on the same page.

Andrea and Charles, I really, really, really love you guys, and thank you so much for being on the show.

**Charles:** Yeah. Thanks Hal. Thanks for the opportunity.

**Andrea:** Thanks so much. We love you too.

**Hal:** My pleasure. To connect with Andrea and Charles, checkout [fermentationforlife.com](http://fermentationforlife.com). If you're anywhere remotely as fascinated as I am with fermentation and gut bacteria and how important of a role those play. I'm curious and I'm fascinated and I'm committed to looking into it further.

Achieve Your Goals Podcast listeners. I told you this would be different than any other episode. It's not your standard, "Hey! Here's how you achieve your goals." It was really, "Let's look at some of the goals that we may not even have on our list or even in our awareness that we should." Because our health is the foundation for our life.

I love you. I appreciate you. Thank you so much for tuning in to another episode. I will talk to you next week everybody. Take care.

As I mentioned in this episode, is brought to you by Fresh Books, the small business accounting software that is designed

for you. When it comes to Fresh Books, they started out with invoicing. That's what they're known for.

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Cash flow tracking. They offer out little details about cash flow are kept in one place so Fresh Books knows exactly what invoices you've sent. Which people you sent them too? When you sent them? Who's paid you, and who owes you what?

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Appreciate you, and I will talk to you next week. Take care.

**Nick:** Thank you so much for tuning in to this episode of the podcast. Now, we want to know what were your big takeaways from this episode. Simply head on over to [halelrod.com/123](http://halelrod.com/123) for episode number 123 and leave a comment there on the [inaudible 00:39:18] page, letting us know what your big takeaway was.

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Now, until next week, it's time for you to go out there, take action and achieve your goals.

**Speaker 5:** If you're looking to grow your business using podcasting, but don't have the time to edit the audio, insert the intro and outro, write up the show notes, post the episode to all the different sites and do all of the ridiculous back end work that's required,

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