**Joy:** Raise your hand if you wish you had more energy and more focus and keep your hand raised if you wish your memory were better. I know I'm raising mine and I bet you're raising yours too, because as women growing both our families and our businesses, well, we are more susceptible to burnout and depletion.

That physical depletion in your body that you can feel. To your bones. This episode is coming honestly at the perfect time for me as a newly postpartum mom of three, and I know it's gonna serve you well too, and that's exactly why I asked today's guest to come here on the show. So I wanna share a little bit about Kim and what she's going to share with us here today.

So Kim Perez is a mom of two, a functional nutritionist and the owner of Root and Branch Nutrition, where she helps moms restore their energy, build resilience, and nourish themselves fully so they can thrive in their motherhood, her own experience. Becoming a mom ignited a passion in her to guide and support women in this beautiful but demanding and often depleting season of life through her unique, yet holistic.

Approach Kim helps women address the root cause of their symptoms, replenish and strengthen their bodies, and redefine self-care to feel doable and guilt-free so that nourished motherhood becomes the norm. I'm excited for you to get to know Kim, hear a little bit more of her story and hear how you can leave today's episode with some actionable takeaways that are gonna help you to raise your energy, reduce your burnout, and help you to feel more focused.

So let's dive in. You are listening to Call to both the podcast for ambitious women chasing both business dreams and little ones. I'm your host, joy Michelle. I'm a wedding photographer turned business coach and founder of Photo Bos. I have helped thousands of photographers and creatives grow their businesses.

Here on the show, I teach about topics like visibility, marketing mindset. Productivity and going after your dream life. So if you're a photographer or an entrepreneur, there is something here for you. This is not another business and marketing podcast telling you to do more, but rather how you can build your business and your income in less time and with greater ease.

Join me here each week for bite-sized and actionable episodes that will encourage you. On your call to both journey.

**Kim:** Hi everyone. I'm Kim Perez. I'm a functional nutritionist and mom of two boys who is obsessed with helping other moms feel better in their bodies, function better in their bodies, so that they can show up fully for everything and everyone they love most, including themselves. In this episode, I'm gonna talk to you about energy, including why you might not have enough plus, of course, what you can do to have more.

Now we know that motherhood demands a lot from us, and we know that owning a business demands a lot from us, but doing both at the same time. It is no shock that a lot of mom entrepreneurs are absolutely exhausted and feel like they're running on fumes. They literally are running on fumes. But the thing is, we push through because on one hand we kind of have to, but also we are not taught that we have another choice in the matter, which is what I'm here to help you with today.

But we'll. Reheat that morning, coffee four times, maybe grab another in the afternoon and we'll simply do whatever we need to do to get by and just make it work. Every day we're showing up for our kids, for our partners, for our clients, for all the projects we're working on. Even when we aren't sleeping nearly enough at night, even when we're feeling really overwhelmed, even when it seems like we have nothing left to give.

We, moms are amazing. We dig deep down and we give, and the reality is that being a mom is about giving. Being a business owner is also often about giving, especially when you're a service provider. But it's when we give too much and we don't replenish. It's when we're not tired. Cliche, I know. Filling our own cups.

That's when it becomes a recipe for exhaustion and burnout. I don't think that I need to convince anyone of this, but it is worth mentioning fatigue impacts our lives a lot. Of course, it impacts us individually. It impacts our health, but it also impacts our families and our businesses and so much more.

And it's not just about feeling tired, of course that's part of it, but not having enough energy really does trickle down to affect so many other areas. Literally everything going on in our bodies. Our brains. So some other ways exhaustion can show up include things like brain fog, which includes poor memory, forgetfulness.

Like you walk into a room and you don't know why you went in there, or you sit down to your desk to do something and you just can't remember what it was.

Also, lack of creative energy, lack of motivation fall under this umbrella of brain fog. This definitely shows up a lot in business, like when you're just not.

Excited about it or enjoying the things that you used to enjoy about it. Maybe you do go to outline a podcast or write a blog or social media post and you can't think of what you wanted to say. Mood challenges. Mood swings, especially feeling more reactive is a clear sign of low and especially dysregulated energy, like feeling more irritable rage.

Maybe you're snapping at your kids, more snapping at your husband. More anxiety is another sign that can be related to energy. Simply feeling like you're on edge, like you're more easily set off. Maybe you're more easily overstimulated, more easily overwhelmed, or easily stressed out Cravings, especially for sources of quick energy like sugar, caffeine, processed carbohydrates, and things that we do often want when we are tired.

Big sign of exhaustion showing up, experiencing a mid-afternoon energy crash around 3:00 PM every day. That's also a red flag. Or sleep is another one, which of course can just create this vicious cycle. But this definitely shows up when your, maybe kids are sleeping through the night, your baby's sleeping through the night, but you just can't sleep.

Or maybe you're up 3:00 AM wide awake. Keep in mind, 3:00 PM 3:00 AM both. Red flag times other signs too of low energy, like irregular periods, hair loss, sluggish digestion. Remember, energy impacts everything that our bodies do on a daily basis, and I'll explain more in a little bit, but of course the good news, because I'm not here to make you feel bad about how tired you might be, I am not here to harp on it.

I want you to know that you do have more choice in this matter than maybe you've been led to believe. Burnout often is about simply doing too much. I'm not saying that, but also sometimes it's about just not having enough support nutritionally, energetically. Keep in mind energy for your body is a balancing act, so you might just be training your resources faster than you are refilling and replenishing it.

So again, in this episode, I want to walk you through some of the most common reasons why you might be exhausted beyond just lack of sleep. And also what you can do about it so that you have steps to take away from this episode that you can take to restore your energy. And help you get all the things that you need and want to do done without burning out.

So now let's talk through four often overlooked energy drains that moms often don't realize are just sabotaging their ability to show up fully in their lives, in their work, for their families, and more. Plus, of course, my tips for what to start doing instead. Number one here is consistently undereating under fueling, under nourishing your body, not getting enough calories, not getting enough nutrients in.

And this is very common unfortunately, for women in general because of messages that we have been fed since we are children, honestly, about. We should just be eating as little as possible. We are supposed to be focused on shrinking our bodies, dieting, restricting foods, eating 1200 calories a day, which by the way, is about how much an active toddler needs.

So please get that out of your brain. You need way more than 1200 calories a day. And then the reality is motherhood, right? It's very common to not eat enough because we are distracted, especially as business owners. We've got a lot on our plates, no pun intended. We are. Taking care of others, and we might even be skipping meals for the sake of getting things done, whether that's intentional or unintentional.

Again, especially when you own a business and you're a mom, you might just have a really busy day. Maybe you don't work Monday through Friday and you only have a couple days during the week. Maybe you do have limited childcare or you're working through nap time and you don't want to pause to eat. I hope to help you shift that today, but again, I understand.

I get it. I'm right there with you. The other thing is the more energy you're burning, the more fuel, the more calories you're gonna need. So things like breastfeeding, pregnancy, exercise, and more work. As well, because your brain uses calories, these all will increase your calorie needs, so it's very easy to underestimate how much we need to be eating every day.

And undereating chronically right over time directly impacts your metabolism, which is what creates energy for your body to energize all the systems. Your digestion, your hormones, your brain, your lymphatic system, everything. So it's gonna impact the energy that you feel, your physical energy, but also your mental energy, your focus, your memory, your creativity.

It'll affect your mood. It'll affect your mental health. It'll affect your hormones. Your body will go into survival mode when you're not getting enough fuel and honestly, nourishing yourself well is so. Important for your health and how you

feel in your body. But it also does translate into more present regulated parenting.

It translates into better productivity and honestly just joy in business and therefore can lead to better business outcomes. So super, super important. Fueling your body is key for thriving, not just surviving. So my tip here for you is to start building balanced meals, right? So pairing carbohydrates.

Which are foods like whole grains, beans, legumes, fruits and root veggies, like potatoes with protein, including foods like chicken, beef, Turkey, seafood, dairy with fat foods like avocado, nuts and seeds, olive oil. Of course there's also fat in some, so things overlap. But just trying to get a nice balance of macronutrients and eat every four-ish hours throughout the day.

That's a great way to. Continually and consistently fuel your body and also communicate to your body that it's being fed and that it's being energized. Number two. Number two, reason for low energy, especially dysregulated energy, that's like all over the place, is riding a blood sugar roller coaster. So a quick explanation of blood sugar balance and blood sugar handling in real life terms.

When you eat, especially when you eat carbohydrates which turn into glucose, which is a simple sugar, that is your body's main energy source, right? So that those carbs will be broken down into glucose and that glucose enters your bloodstream. Now, your body doesn't want your blood sugar to be high, the glucose, blood glucose, right?

Doesn't want your blood sugar to be high. So it releases hormones to get that sugar out of your blood and bring it to your cells so that you can use it for. Energy, your metabolism can use it for energy or you can store it for later energy needs. Now, when you are skipping meals, when you're chronically undereating, but especially when you're skipping meals, you're prolonging meals.

Maybe you're eating, you're not eating enough protein, you're eating too many carbohydrates or sugars, especially in relation, your blood sugar will be all over the place. You'll be riding that rollercoaster, experiencing drastic highs, drastic lows, and. Not only does that make you feel tired, but over time everything that has to happen to keep your blood sugar at a healthy level that burns more of your resources and exhausts you so stable blood sugar.

I want you to keep in mind that that is how your body manages your energy, balances your energy, and that is a foundation for also your focus, your creativity, your patience with, you know, your clients, with your kids, your toddlers, everything, right? That is how your body is staying regulated. Now, again, I get it, the day's off in a blur and sometimes we are just grabbing what we can.

Maybe, you know, kid leftovers, handful of pretzels, maybe you just push through. Do all the things you gotta do, and then all of a sudden it's like you find yourself in the pantry desperate for something sweet as a pick me up. I really want you. Again, it happens. But I want you to proactively support your blood sugar, proactively nourish yourself so that you're not making decisions about what to eat in that reactive low blood sugar state.

So my tip here. Number one tip, pairing carbs, protein, fats, and eating regularly. That's actually a foundation of balanced blood sugar, but we're gonna take it a step further. I want you to start the day with breakfast and not. Breakfast after you've made the kids their meals, gotten them ready, packed their stuff, maybe drop them off where they need to go.

Done your workout. Okay, now you're gonna make yourself breakfast. No, no, no. I want you to eat something as soon as possible within the first hour of waking up. And sure it can be a full breakfast like eggs and oatmeal and fruit, or maybe it's something that is maybe a smaller snack to start the day. Let you do all the things that you need to do, and then you sit down for a meal a little while later.

This can look whatever way it needs to look for you, but I just don't want it to be a coffee or a granola bar or like a hundred calorie yogurt. Okay? So put that fuel in your system. You have been fasting overnight already while you sleep. There's no need to keep fasting. Women's bodies, women's hormones especially, we like consistency.

Fasting does not really work well for us. Number three reason, common reason for fatigue is dehydration, and this goes beyond not drinking enough water, which of course is part of it. Very common when days are really busy. But I'm also talking about. Proper full mineral rich hydration because water on its own is not enough to hydrate us at a cellular level.

Plus, if you consume things like coffee or alcohol, if you live in a hotter climate, if you work out and you sweat a lot, these can also increase hydration needs and also mineral needs. In fact, moms in general, we often do need more minerals,

which I will talk about in a moment. But these minerals, specifically electrolyte minerals, are what help us properly hydrate.

So a tip that I have for you, number one, if you already know that you do not drink enough water. Get yourself either a large mason jar, big water bottle, something that you only have to fill up like two, maybe three times a day max. The less the better, especially if you're somebody who tends to get overwhelmed and just start drinking throughout the day.

Keep it in your line of vision, on your desk, in your kitchen, wherever you might be. Something that's portable bonus so that you are just drinking more water. To really make sure you're fully hydrating, I want you to start adding a few pinches of sea salt or a few drops of trace minerals to that water sip throughout the day.

Stay on top of your thirst, just like you don't want to wait too long to eat. Make that decision in a reactive state. You don't wanna wait too long to drink. You don't wanna wait till you're so parched and so thirsty. Number four, the last most common reason that. Moms are often so, so, so tired is mineral depletion.

So again, pregnancy, breastfeeding, stress, just mom life, especially mom, entrepreneur, life. All these things cause us to burn through, use up more minerals, and especially when these things are all occurring together. Or you know, maybe you have had multiple pregnancies, maybe closely spaced pregnancies.

Maybe you breastfed for. Two plus years, maybe you breastfed while pregnant, right? All of these are factors that can lead to mineral depletion, and I want you to remember that minerals like magnesium, potassium, copper, sodium, zinc, they are your body's spark plugs. They are required by your metabolism to make energy, and that means there are crucial puzzle pieces for the energy that you feel, your mood, your brain function, your hormones, your digestion.

Everything, every system in your body needs a variety and abundance of minerals. And when we don't have enough in our bodies, because we do store our minerals and our tissues, our bodies will basically enter what I like to look at as our own version of Low power mo. We are compensating, we are keeping things running that are required for survival and not prioritizing others because we just don't have the resources.

Again, the tips that I've already gone through, these are setting the foundation for you to get more minerals. To get enough minerals, right? It's so much easier

to get the minerals that you need if you're eating, say, 2200 calories a day versus 1200, right? But an extra tip, especially if you're ready, start incorporating more mineral rich foods into your diet, which honestly is just mainly focusing on eating a variety of minimally processed foods that are closest to their natural state.

But some specific groups that are really worth focusing on are gonna be dark, leafy green veggies like spinach, kale, broccoli, arugula, fresh and frozen fruits, especially deeply colored. Things like berries. Tropical fruits are an incredible source of minerals, especially potassium. So ones like pineapple, papaya, coconut, coconut water especially.

That's a great way to also hydrate, but super rich in potassium, which is a mineral that many moms are surprised to hear. They often need more of. Seafood. Another really incredibly nourishing mineral rich food category, especially fatty fishes like salmon, sardines, shellfish, like oysters and like shrimp, I was gonna say, and zinc, but they're really rich in zinc and also copper, which are two minerals that I also see moms often eating more of bone broth.

Another wonderfully mineral rich food. Also easy to digest, supports gut health. That's something that you can sip on, but you can also cook with. So cook your rice in it. Use it to make soups and stews and chilies. And another category would be herbal teas. So there are many different herbs out there that have wonderful properties nourishing in so many different ways, support our stress.

Hormones support our sex hormones, but nettles as well as red raspberry leaf tea are especially, especially mineral rich. And then you can, of course, get extra minerals in, in fun ways like drinking mineral mocktails or using a really good quality electrolyte mix, especially if that helps you drink more water.

Now, lastly, I wanna leave you with some of my top nourishment hacks, if you will, to help you get more nourishment in to help you feel more. Grounded and balanced and focused for work, for parenting, for all the things that you're doing now, first and foremost, it's really important to just zoom out from this conversation and think about how you're gonna find your own daily rhythm for.

Fueling yourself. That feels doable, right? That is key. Depending on your season of motherhood, your season of life, your routines, your work schedule, your childcare, and so much more. So it does not need to be rigid, and you definitely don't need to overhaul everything. You don't even need to do all these things that I said here.

I gave you some tips and I'm actually gonna give you a few more, but you don't need to do them all at once. You might choose to start doing one and really focus on that. For a week, for two weeks, for a month, however long you need to make it a habit before you work. On the next, you're gonna make progress at whatever pace works best for you, but looking at what rhythm you have.

It's actually better if it's flexible because motherhood and entrepreneurship are pretty unpredictable. And take those smaller steps. I like to look at it as how you can integrate nourishment into your day, right? How you can make space for yourself, for eating, for exercise, for whatever other self-care practices you want to focus on.

And keep in mind that consistency is way more important than doing everything and way more important than imperfection. Throw perfection out the window. So again, if it's just starting with breakfast and that's what you wanna focus on, work on consistency with that rather than try to do all of these things.

Another hack is to batch prep foods that you can eat one handed. So things like homemade trail mix or oat protein, snack bites or balls. You can make these pretty easily with oatmeal, some nut butter, some protein powder, maybe a little bit of honey, and honestly, you can throw whatever you want into them.

Things like chia seeds or dried fruit, roll them up, maybe some cocoa powder. Again, they're like a choose your own adventure kind of thing. And then. Put 'em in the fridge or freezer, you don't even need to cook them. Um, also hard-boiled eggs. Great one-handed snack. And having things that you can put together really quickly that are one-handed, like cottage cheese on a rice cake, for example.

Also keep simple foods stocked that you can use to throw together a really quick meal or snack, right? Especially proteins. 'cause these are often not super convenient. So lean into convenience with these can tuna, rotisserie chicken, frozen burgers, uncured deli meats, yogurt, things like that. Another tip is to create a list somewhere of easy fallback meals, especially for when you are short on time, short on energy.

Whether that's just like one day, or maybe it's a season and you just need more simplicity. Again, everyone's gonna be different. I do recommend doing some sort of meal planning, loose meal planning, right? It doesn't need to be super rigid, but. Again, maybe your plan, you know, plan A goes out the window 'cause a meeting went over, or you know, the kids are at a play date.

I don't know. So many different scenarios have something that you know, that you can throw together. Takeout, okay. Life happens like takeout is a wonderful hack. But if you find yourself like relying on takeout too much things like maybe a one pan roasted chicken with root veggies kind of dish or you know, instant pot chili chicken with cheese quesadillas and you have some like.

Things on the side, or tacos, lunches, maybe it's, uh, Turkey with hummus and spinach wrap, right? Something that you can throw together. You know, you have those burgers in the freezer. You have some mixed greens, and then a few toppings, and you can whip up a salad. Really simple. It's okay to keep food simple.

Honestly, it really does help. Another tip is to use phone alarms and maybe post-it reminders, depending on, you know, all the different things that, what works for you. Um, if you need check-ins to ensure that you eat, that you drink water, that you take a break, especially for someone who is on calls, a lot for work.

I suggest scheduling a lunch break recurring into your calendar if you can, because then you're not gonna have calls booked at that time of day where you are starving or you are crashing, right? If you are working at three o'clock, maybe that can just be like a snack time. Maybe you, maybe you block like 10 minutes there and ideally you don't wanna be working through lunch, but I get it.

We're trying to cram things in. So just make sure you eat, make sure you eat during the day. And lastly, another tip that I have hack that I have that I know works really well for me before you kind of transition right from mom mode into work mode or vice versa. Eat something and have some mineral rich hydration.

It's a great kind of like regulating ritual. Get fuel into your system, especially if you have been using a lot of energy, using a lot of brain power, right? You've been on calls all day and now you're gonna go pick the kids up or you know, babysitters leaving and you know that like you're, you gotta be on still.

Maybe also take a few deep breaths while you're at it too. Calm your system so in case you need to hear it. If you are struggling with. Fatigue, struggling to show up in parenthood, in business, or both. Please know that it's not because you're lazy, it's not because you're lacking discipline, and it's definitely not because you are bad at what you do.

You might just be undernourished and under energized. So instead of hustling harder and definitely instead of just giving up, try fueling your body. A little bit differently, and if you just take one thing away from today, let it be this, you deserve to nourish your body no matter what, and you are allowed to care for it now, not just after this launch ends, because there will be another one, right, not just once the kids are back in school or once they're older, and especially not only once you hit rock bottom and completely crash and burn.

Being proactive about this is so much more effective than having to. Be reactive and really like peel the layers back of healing. Of course, if you're there, you can heal, but it just may take some more time. You enjoyed this chat. I really do encourage you to connect with me on Instagram. I'm at Rootin Branch Nutrition.

Please join my email list as well, and I have plenty of free and paid resources to support your health as a mom in what I call a holistic, yet realistic way from a recipe guide to a five day reset to more comprehensive one-on-one services. And more.

**Joy:** Such a good episode. Right? Thank you so much for listening to this episode of the Call to both podcasts.

If you loved it or you learned something, I would so appreciate a review on Apple Podcasts, but also go follow our guest host for today's episode. Their information is in the show notes as always. I hope you have a fantastic week as you go after your own version of what it means to be called to both.

I'll see you next week.