

# Clubhouse 51721

[00:00:00]we're here, right? Is everyone else here? I see a lot of worries. People are joining.

Hey, uh, listen, you guys, you are in the eat happy kitchen club. It's an of a Chino here with Vinnie. Shortridge I can finally welcome him onto this club cast. This will be recorded for posterity. So if you have to check out no problem. We are going to be taking questions at some point, right then. Yeah, I see a lot of people.

I recognize like Andrea. Um, yeah, I see Jackie Jones. I see Bob that Hunka Hunka meet. Oh, Leona. Who was asking me how to do something a little while ago. It's like, it was so fun. Yeah. It's like romper room. I see here is the billionaire, uh, [00:01:00] the billionaire. Let's see. Oh yeah, I see him there. He is. Look at that.

Oh, Curt leopard is here. Curt Curt Lapeer. That's right. Well maybe he'll get up on the stage. You guys, I'm going to be, here's the deal. I'm going to talk to Vinny for a second. We're just going to do a nsng one Oh one. Let's go ahead and get started because I'm going to land this plane promptly at the top of the hour.

So if you guys have questions for Vinny, be thinking of those, raise your hand. I'll bring you up when I bring you up, make sure your mic is muted. I believe everybody here so far. Well, we've got some new folks to clubhouse. Uh, folks don't know that when you come up to the stage, which is where Vinny and I are, when we bring you guys up, just make sure your mic is muted when you come up, because generally I'll bring you up while somebody else is talking and then we will get to you, uh, probably, uh, close hand raising at 10 minutes to the hour.

Cause I want to make sure we hear everybody's voices. Who wants to say hi? This is what I love about clubhouse van is that people can say hi, and we get to hear what they sound like instead of us just talking. [00:02:00] No. And, uh, you're right about that. Uh, can I give a quick shout out here? There's a woman in here named Susie Demeester.

Um, she's gonna show and what have you, she's given me some incredible guests on the pocket, like four guests on the Friday show, including temple Grandin and, uh, Dr. Mittler Cerner and a couple others, uh, names are escaping me right now, but it's been some incredible, uh, scientists that have been on the show and it was all due to her.

She works in the meat industry. So, uh, Susie, thank you for that. Yeah. And I love it when Susie can come on and chat and give her perspective when we're doing these clubhouses. So yeah. Uh, you guys, Jason's already raised his hand. We'll get to you in a second, Jason. Uh, if you want to raise your hand at the bottom, there's a little hand raising thing and Vinnie, and I can bring you up, but I just wanted to start here.

It real quick. Some business clubhouses of course updated the [00:03:00] app is a little more complicated and you, in order to be notified, you have to join the happy club. I can nominate you now. I've figured that out. So let me know if you need that. Uh, make sure you're following Vinnie, obviously, and myself on here on

the clubhouse, because that's how you get notified that the algorithm seems to know.

And, uh, every week I'm doing these at 5:00 PM Pacific for an hour, just to check in. And they, I think for me have been pretty great because I get to hear everybody's voices. We get to check in, we get to talk about things. What whatever's current, whatever's going on, whatever goals are happening with you, how you're feeling about your nsng journey.

Have you have you shit, the bed? Do you need some encouragement? All of that stuff is fair game. And we talk about all of it, but I have Vinnie here and I'm not going to waste any more time because of any, let's be honest. That's why everybody's here. Everybody wants to talk to Vinny and for good reason, Vinny invented nsng no sugars, no grains.

He has a free PDF on his site. If [00:04:00] you. We have read that PDF and you've joined the group. And that's great. If you haven't read it in a while, I encourage you to go back and reread it. I promise you it's like, it's like going back into having a refresher course. It's so in-depth and so wonderful, but we're S we're going to do a little nsng one Oh one.

So, Hey, Vinnie what's nsng and wha why is it not Quito? Well, it can be Keno, uh, and, uh, but it, it can not be keyed up. You know, it's interesting. When, when I was writing the book back in, uh, I guess 2000 and tennis, I was started working on the book and, um, my friend, Dean Laurie came in to help me, because I didn't really know how to put a book like this together.

I written a children's book and I didn't know which chapter should follow his chapter. And the entire time Dean who lost a lot of weight, listening to me and, and doing low-carb. Ketogenic diet. Like most of my clients in Hollywood was doing for [00:05:00] a gazillion years before that he kept saying, what's that ketogenic thing.

Well, how does that work? And I was like, Dean, I'm not putting that word in my book. That word shall not exist as far as yeah. But that's how we all lose weight. Yes. But as soon as I write the word kenogenic is going to be misconstrued as ketoacidosis and every doctor out there who doesn't know what they're talking about is going to call me.

So I'm going to stay away from it and sure enough, uh, he goes, well, we need to call it something. I said, well, my whole thing is staying away from sugars and grains is the easiest way to get, you know, low car, right? You're losing all these carbs. That's causing inflammation. That's causing you to gain weight.

It's causing you to have heart disease and, you know, just on and on and on. Uh, you know, fatty liver disease and everything else. I said, if people just did that, [00:06:00] they will get what they need. So we called it most yogis, no brains, uh, which got melted out to on the internet. And that's in G, which I've been to have to go to uncle Sam and say, Hey, uncle Sam, can, can I say that that's mine.

And uncle Sam said, well, you're using it in commerce. So it's yours. So it was a registered trademark. So is it different than Quito only in that you can do it and

not be, uh, completely in ketosis, right? Uh, S and G allows you to be more like a Prius and I'll explain what that means. Uh, we all know what a Tesla is.

A Tesla is a car that runs only on battery. So you have to come home and plug it in every night to get energy for it, to run again. Uh, if you own a Chevy pickup truck or any kind of combustible internal combustion engine that runs on [00:07:00] fossil fuels. So dinosaur juice, you got to get gasoline in it, uh, to get that piston, to pop up and down and get that car down the street.

Right? So one runs a one type of fuel. The other runs on a different type of fuel. Well, the Prius runs, uh, both types of fuel. You can use electric are the combustible engine and that's what NS and GS is where you're metabolically flexible. That's very important word here. Metabolically flexible, meaning you, you can run our ketones when you have to, and you can use and use the sugar from the vegetables and whatever you eat, that data are over that course of time when you need short-term energy.

And when you think about it, you know, we always like to talk about the caveman. Right. So, um, when you think about, you know, why would anyone, why would any caveman ever want to eat vegetation [00:08:00] after all? They, they didn't, uh, congregate in communities. There was no reason to, to sow any seeds because they were just moving along with the animals.

That's how they ate. Uh, so why, why would they use vegetation at all? Well, if they went through a famine period where they couldn't kill an animal to eat, they would eat leaves and grass. And what have you. And I'll over millions and millions of years. Our bodies developed from St. Mary's, but tens of thousands are our bodies develop to use sugar as short term energy while we were hunting to get more meat.

So in fact, meat is what is what the body prefers. We haven't, we haven't changed other care. What. Uh, what the China study says or what they will tell you in game changes or what the health or, uh, Cowspiracy or any other vegan propaganda documentary. [00:09:00] Uh, we were meant to eat meat and animal products, uh, you know, milk from animals and, uh, and eggs from, you know, which is an embryo.

The chicken are any kind of, you know, uh, angry bird. We can eat that stuff. Uh, so that's the long story short. And did I leave anything out of that? Pretty great. And you and I go into on the podcast, which go to Vinny rich.com. Uh, he does what five episodes, a week of a podcast. I'm lucky enough to get to do the Monday one.

And, uh, we've been doing this for nine years over over nine years. Good Lord.

And, uh, and truth be known. I've been sneaking you back in, on the Friday show and all the time, and I'm always telling him, Andy, Hey man, if you want to take a Wednesday off, you know, taking me back after Brown, may I get down in here because of my life, listen, Vinny [00:10:00] hogtied me by showing me his book, fitness confidential.

And I, he was like, Hey, they told me that I have to get a platform in order to release a book. And I was like, okay. And he was like, can you start a podcast for me? And I was like, do you know how much work a podcast is? And he was like, no,

that's why I'm asking you to do it. And I was like, actually I think my actual words were us.

Can you do a podcast? Or I didn't even know what it was. Yeah. You were like, can you do podcast? Do you podcast? And I was like, yeah, I, I do. Uh, because I'd been podcasting since like 2007, 2008. And, um, And then that book fitness confidential, which you guys, if you haven't read that, just go get the Kindle right now.

Go get fitness confidential. It is fantastic. I basically read that thing on my little iPhone four with insomnia on a girl's trip at Hawaii. Cause you know, you can't sleep on those trips and it always sounds like a good idea in theory, and then you go on it and you're like, I can't wait to get home, [00:11:00] but I read your book and it was fantastic.

And I called you and I was like, all right, I'll do it. But what did I say? I said, you know what we're going to do. We're going to turn the mic on and we're going to talk and we'll have our things we want to talk about, but let's just talk and be real because at the time, podcasts were not necessarily as long form as they are now with the long conversations and interviews.

So it was mostly born out of convenience to me. Because I was producing three episodes a week, and then here we are and nsng is a thing, but I love clubhouse because what we're doing is we're getting more, uh, heat and, and excitement around the mainstream keto and low carb communities. And so I feel like nsng is another like paintbrush, but it's like a voice of reason paintbrush, you know, and Vinny's movement of nsng has been really important.

You guys watch fat and fat, too fat, a documentary and fat to a documentary, [00:12:00] even more fat. I don't know. Is there a colon? No, it's, uh, I, I wanted to, I can't remember what I put in a bottle. I think bigger and fatter is something we talked about. Um, but the crazy thing is, is that. We have a third we're working on a third documentary.

I say we let me correct that I'm working on a third documentary right now. And, um, I'm look, I noticed sounds like I'm blowing smoke up your ass, but I'm not. Um, I, my opinion, this is going to blow the first two out of the water because, you know, when I realized that way for me, this is just a, another platform and I can, you know, I love that I can do platforms where I just with complete autonomy.

I can just tell the truth because I, I have nothing to sell with my documentaries. [00:13:00] Matter of fact, I don't really care if no one watches them. I just want the truth to be out there. I figured I might be dead and gone. It's on the record that, you know, I was in the right side of history. That's all I really care about.

And. Know, go, Oh, come on Vinnie. You need these things to make a living. No, I just need, I just need the documentaries to make enough money so that I can make another documentary. Right. And that's, what's happened so far. You guys have come through in spades where, uh, you know, I've, I've done the documentary and then I made enough money.

I could have taken that money and bought a sports car, you know, maybe a really nice boat, some hookers and blow that kind of thing. But I looked at it went, okay, I have this money and I'm gonna have to pay a lot of taxes on it or fast. I can

reinvest it. And uncle Sam will give me a break and I could put up more [00:14:00] green information.

So as long as people buy my movies, I don't get to make a living on them, but I get to do other movies. Now the autonomy part you'll say, well, he said something about autonomy, right? Uh, well, how does he, how does that level? Well, I did something, uh, when I first started making money on the internet and I know it's not cool to talk about making money, but I don't mind talking about it.

My book did pretty well and I had that money and I went, okay, I can take that money and do something really cool with it. I started pure vitamin club.com and now I can live, you know, I could pay my mortgage and, you know, put gas in my car. I'm not getting rich, but I can, I can make money doing something else.

So all I have to do is tell the truth. I don't have to be like these vegan doctors, like Walter Willett, who has to take money from Unilever, you know, to, to pay [00:15:00] us mortgage and to pay for his third house or whatever. I could just work just from total autonomy because you guys have been. I don't know if any of you guys here.

I think Andrea buys my coffee. Um, you know, I have a coffee company, I buy your coffee, I buy vitamins, give it to you. I don't get it for free, you know, but that, that's why I'm able to, to go look, here's the truth because I don't need to sell you anything. As a matter of fact, I, my accountant said to me again, because I'm going through tax season right now, he goes, okay, how many times is that PDF?

Download it. I said, well, we're way North of 300,000. And he goes, you know, just 10 bucks a pop that would have been, that would have been some cash right there. Yeah. And it's like, yeah, but I'd rather give it away for free. Right. And help people because I want to be on the right side of history. [00:16:00] I don't need a lot of money.

I just need to get the word out there because no one else is doing. Do you am. Hmm, maybe I'm blunt, maybe I'm um, um, um, getting high on my own supply. Is anyone else giving out free advice I'm asking for real that you know us well? Yeah. I think people are giving out free advice, I think. Yeah, absolutely.

But, but the difference is you give it all away for free and then hopefully folks buy something. I don't think there's anything wrong with that business model. I think it's actually a very common thing in the inner inner inner webs. And I'll say interwebs naturally real quick. I just want to interject, uh, Jackie Jones just texted me saying how to invite somebody.

If you want to invite somebody in, go back to the main page of clubhouse on the upper bar. There's a little envelope with a little star on it. You tap that and you can put your friend's cell phone or search your contacts. That's how you invite somebody to clubhouse. So I it's, I don't have any invites left, [00:17:00] so I cannot invite anybody.

Also, if you go in the Facebook groups, either the and S and G group, the anti-China eat happy group or the nsng recipe group, there are people who've posted that they have invites there. So if you're in those Facebook groups, you can get people to, if you send a cell phone number, they can invite you, um, Vinnie.

I want to transition real quick, and then we're going to start opening it up to folks who want to come up and say hi, maybe ask a question. So let's be real clear. Nsg one Oh one. Don't eat sugars, don't eat grains. What does that mean?

Okay. Uh, anything, uh, you know, of course, any kind of desserts, anything that has sugar in it is out, right? But that also includes, um, things where you might not recognize sugar where you might not even taste it. My favorite example is ranch dressing. You'll go, wait a minute. If any of that's our sugar, it tastes savory.

But there's high fructose corn syrup in there. Um, across the board. I haven't [00:18:00] found one that doesn't so, you know, catch up, you know, people think, Oh, catch up with savory, but no, that's that's sugar. Um, so, and then people say to me, what about fruit? Well, hold on. Hey Jay, on your bottom. Right? Mute your mic.

There you go. Thank you. Okay. Um, and so when I say, what about fruit? How about fruit? Okay. Uh, fruit is of course fiber, water and sugar, but we give some fruit, uh, by round. Uh, in other words, you know, people like treats, they like eating things. So things like berries are very low in sugar, very high in fiber and water.

So they're fine to eat. You would have to eat a tub of berries before you had enough sugar to cause a real problem. Now, if you were to ptosis, that's a different story, right? Fewer berries will. Maybe knock you out or start to get your slip out. And aren't you talking about? What about metabolic flexibility though?

Like, [00:19:00] yeah, but I I'm just talking about what, what no sugars, no grains is. So, um, so, uh, for the most part, most fruit is good. The tropical fruit is not so good because the sugar content is way too high. So things like bananas and papayas and pineapples have very high sugar. So not, not your best friend. And then, um, uh, we, we, uh, you know, you look at fruit juice.

Well, I had this argument the other night with someone at dinner. Uh that's right. Folks. I go to dinner with people I don't know and argue with them. That's my idea of a good evening. And she said, my brother's a type two diabetic. He has an A1C of 11 and his doctor told him that fruit juice, Apple juice is not the same.

That's natural sugar. And I just exploded. It was like, sugar is sugar. Your liver is [00:20:00] Ameritocracy. So that's the sugar part of no sugars, no grains. The grain part is actually more simple. The problem with grains is there are some grains out there that people don't recognize as grain. So it's easy to go.

Okay. Wheat. So anything made of wheat, like pasta bread or anything like that? Pastries or whatever made of wheat, that's all, you know, just grain and then you have corn. Well, some people say, well, corn is okay if you eat corn on the top. No, that's still a grain. Right. And I know this sounds gross when people say, well, I see the whole card coming out in my, in my poop.

No, you're not. You're seeing the outer shell, the rest of it got ground up by your stomach. Your liver got that whole grain induction. And, uh, it was just as bad as any other grain. Um, and then people that, what about oatmeal? That's good, right? It's healthy. Yes. [00:21:00] Because someone told you it was healthy, your whole life.

It's a grain. And of course my favorite Keene well they'll all were keen was actually good. Right. I mean, it's got a lot of protein on it for her. It's yeah, it's a scene. It's just that it's not even that. No, no, it's it we'll call it. Cause, uh, uh, our, our, our glycogen load on your liver a load is actually worse than a glucose spike.

And I'll explain that in a second too. Hang with me folks. So. You know, they'll go, well, what about the chemo? I was like, no, it's, it's no better. And it's a matter of fact, I can make a case. If you're going to eat a grain, eat white rice, you know, it still is bad for you. It's not healthy, but I would eat that before keenwah because I'll bet folks, if you have a CGM on our constant glucose monitor, I will bet that the white rice doesn't cause any more of a problem than the, you know, th the, the [00:22:00] Keene was so all of it is a lie right now.

I just brought something up, you know, I said, glucose spike. Um, dry could inspire versus, uh, glucose by existence, glycogen load. I'm sorry. I'm, shouldn't be drinking while I'm doing this. Um, so what's the difference. If you eat some ice cream or candy bar, anything like that, you're going to get a sugar spike.

Your sugar's going to go up really high, really fast. If you're a type one diabetic, you know those, you know, if your insulin, you know, if you're going into a sugar coma, you know, or a low shiver moment, you'll have a candy bar and it'll bring you right back. Right. And then you might have to squirt some insulin in your body to protect it.

Well, if you type two diabetic and you have the same situation, you'll have a sugar spike from a sugary thing. And then it comes down really fast. You're actually plummet below where you were [00:23:00] before. And if I'm going to explain this correctly, I want you to ask me the question, but when it plummets, that's, when you feel hangry, you get very hangry.

Think of a kid at a birthday party, they're all running around crazy. And then they're all crying, going. I want to go home, mommy. You know, that's the sugar spike they're coming down from the spike and now they're cranky and angry. A load is like, if you have bread or pasta now, You might've heard your dietician tell you, Oh, bread is healthy because it's, you know, it gives you a nice even, you know, it's even, it's not a spike.

What, they're not telling you because, well, they just don't know. It's not that they're dumb because they're not dumb. They went to school. They're very smart. They're ignorant because they were not taught the correct facts. So that makes someone ignorant. Um, so you sit there and go, well, why are they ignorant?

Well, because no one taught them in these classes that a [00:24:00] complex carbohydrate is not better than a simple carbohydrate. Not only do you get the spike, but the spike stays up and your body has to keep releasing insulin. Oh, over and over and over again, it never stops. It just keeps releasing insulin until all of that bread is cleared.

Your stomach cleared your liver and you move on. Right. And by that time, you're at the next meal, eating more complex carbohydrates. That's the real problem. Things like chips, cookies, bread, pizza. These are the real problems. I'd be willing to bet. And I don't try this experiment at home folks, but if you eat the perfect

diet, if you, if you just ate meat, fat, fat, and protein, fat, and protein, except once a day, you ate a full-sized Snickers bar.

You wouldn't get fat because you [00:25:00] would have a spike and it would go down and your body would handle it and you will live. Normally your body would do what it was meant to do. That's provided you. Weren't metabolically broken to begin with. So don't go do this. Don't say Vinnie said I can have a Snickers every day satisfies.

It does satisfy. This is a commercial sense of satisfies. That little commercials are all true. Yes. They never lie in the commercials. So you get the point I'm trying to make, right. If you did one thing, once that they've had just spiked it and brought it back down, you would be fine in a perfect world.

But now we have so many people over two thirds of our population in the United States is sick. And when you have that situation, you have yourself a different problem. You're talking about the metabolic, the metabolically broken the, the high blood pressure, the type two diabetes, uh, non-alcoholic fatty liver disease.

What else? What am I missing? You got the, you guys are the big three. Yeah. So yeah, this is all great. And thank you. And I want to ask you one more basic question then I want to hear from [00:26:00] Jason. Uh, and I obviously I'm lobbing you a softball. Di is there counting, do you have to count your macros? Are your calories or your fat grams or yada yada yada on nsng Vinny?

No, you do not. Uh, number one. You D you did not. Um, you know, because, and it's a diet and how am I supposed to trust myself because it's not a diet. Um, it's not a diet at all. It's just a way of eating, right? So you're just cutting out one macro, you're cutting out the carbohydrates rates. And as long as you're eating enough protein and fat, everything else will pull itself in line and you will stop eating.

When you're ready to stop eating, you will eat as much as you need to eat. There's no counting necessary. Um, I tell people when they first start eating like this overeat fat, don't try to lose weight on day one. You tried that on every other stupid diet you were on it didn't work. So stop [00:27:00] trying to do that.

What you want to do is, you know, just let it happen naturally. And it will fix itself. Did I answer that? Oh yeah, that was great. And by the way, I do, uh, Quito for the soul mainstream Quito room every Tuesday. And I like hearing there's a mix of people. Cause some people like to count. Some people don't like to count.

Some people, you know, people are doing all kinds of things. And the common denominator to me after literally hearing from tens of thousands of people over the years, the common denominator is cutting out processed sugars and grains. Like that's it. And then what, how you are going to finesse it to your own body chemistry and your own habits and your own family and your own needs is up to you.

So I really liked the simplicity of it all. And I remember when I first started, I was texting Vinny like, Hey, Hey ADA, parsnip, what do I do? And he was like, nothing, you ate the parsnip, but I was like, but it counts. And he's like, no stop. You're

[00:28:00] going to stop to settle down. Yeah. There's no parsnip prison as far as like with Sarah.

Right. Um, and I know that now, but you know, I want to say this. The last guy I spoke to, um, today, uh, 75 year old guy, I do these consults, uh, every day he and his wife are big fans. By the way, they, they told me to tell you, hi, I told them I was doing a thing. They have both of your books. They live, they live in, uh, Sarah Nevadas, uh, right near mammoth and all that, but they're in the Nevada park.

And, um, they cook from your book every night and, uh, he'd happy. He'd happy too. And he was saying to me, Hey, I follow the groups and the whole thing. And some of these people brag about not eating, you know, like, is it a calorie restriction? I said, no, what what's happening is they can't believe that their entire life, they were addicted to food.

Now that they're eating correctly, [00:29:00] they will miss whole meals because they're just not hungry because their body they're sated. They have enough nutrients to go around. They're not bragging about, Hey, I only eat twice a day or once a day, you know, OMAD and on and on and on what they're, what they're doing is they can't believe that they're able to do that because their entire life, they were grazing from the time they woke up until the time they went to bed.

Well said, let's talk to Jason, Jason, how you doing friend? Thanks for doing good. What's going on? Thank you for having me. Oh, I just, I, I saw that you guys were on clubhouse and hanging out and Vinny came on my, uh, listening to clipboard podcast a while ago, like probably four or five years. Um, and it's just been a great journey for me through the NSN stuff.

Like, um, and I say stuff, but just noticing like how, [00:30:00] when I eat that way and when I stay eating that way, how I'm super healthy. And then, uh, when I. Uh, get lazy. I got three kids and they're doing all types of stuff. So when we get lazy and have to try to eat out, it gets bad. But, uh, I just wanted to come up and say hi, say, thanks.

Uh, Vinnie. I appreciate you coming on the podcast and hanging out and sharing all that information with me and my, um, my audience. And, um, this has been a bit, so when I saw you guys up here, I was like, Oh, cool. So Jason, my question to you is why haven't you invited me back as well. Wow. All right. Well, and the end, other people to also do podcasts, just saying, and, uh, I, I, I know, like I don't, I have both of your cookbooks by the way.

And Mike, we eat out of those, so [00:31:00] thank you. Whistle and clipboard. It's all about, it's all about, um, it's it's it's so it's a podcast for coaches and I was aiming it at youth coaches, but youth coaches don't care. So it's mainly high school and college and professional coaches that listen, but it's been a wonderful journey for me.

And, uh, if you look at my bio now, I've kind of gone down this mental path. Um, cause I thought, well, I thought I know that if I can remove the fear of failure from my players, from anybody that I work with, they will succeed unbelievably. And um, so it's been kind of cool. And so adding like the nutrition part into it and helping them like see that too has been, has been fun.

So I just wanted to say hi and say thanks. And yeah. Okay. So. Y'all are both coming back on. Cause I'm [00:32:00] getting ready to start it back up. And by the way, Jason, I have this visual right now. Cause you had bird singing. I like that. You have just birds landing on your shoulder, like birds background. And I'm like that Jason he's in touch with nature.

I don't have the flow. That's so damn funny. You know, I'm sitting on my front porch because my youngest son wants to, um, play a little blitz ball, which is um, well it sounds like wherever you are. Sounds delightful. I'm in Raleigh or I'm in Cary, North Carolina in my front yard. Just chilling on the front porch.

Nice. Thank you so much, Jason. Yeah, DMS. We'll get there. W don't worry. We'll be there for everybody in the audience. Like come listen because these people share amazing stuff and it's. Yeah. It's awesome. So thanks guys. Thanks, Jason,

jay, what's going on? So, um, yeah, I had a couple of questions for you.

You know, I, I started this in 2017, lost about 70 [00:33:00] pounds. It's been a great run for quite a while, but then, you know, every once in a while you get that fallacy of metabolic flexibility will save the day.

And it just seems like sometimes you cheat live a little live more than a little. And, uh, you know, you get that picture in your head that you can just quickly pick it back up. And so, you know, I've, I've kind of crept up over the last year, year and a half. Um, like a lot of people I think. And so really kind of my, my question has to do with how soon, if you, if you've truly fallen off the wagon and gained about 20, 25 pounds that you didn't have before, um, how hard is it or how, how much time do you normally take to get back into that, that true, uh, you know, fat adapted state.

Okay, Jason, uh, is it talked to [00:34:00] J but my name is actually Jason, so, Oh, another Jason in order to answer that, since we brought up, uh, songbirds, I have to play Ambari songs.

Oh my God.

Vinnie. You know that everybody we're going to run out of time.

Okay. All right. So now I can see your Christ's name. It looked the last guy named Jason brought up songbirds. Okay. So I have to play and Marty, that's just a fact you will get back Jay, fairly quickly. But here's the deal. Um, you know, look, if you want, if you dove right into ketosis, you don't have to take any kind of, uh, uh, uh, you know, um, ketone masters or anything.

If you just cut out [00:35:00] carbohydrates within a few days, you'll go through the keto flu and what have you. And before long you'll be right back. Um, but you won't be solid, right? You'll be on shaky grounds. You got to give yourself a good, hard 30 days of no life into living. Just go all in, right. Go through the keto flu.

If that's what it takes and get to the other side and then you'll be okay. Right. But don't go, Oh yeah, you start on Monday and a Saturday. You you're finally feeling good and your wife goes, Oh, come on. We're going out with the guys next door.

You can have a beer. Right. That's what usually. That's why people keep crashing and burning.

Well, that creep thing that you're talking about is real. And it's, it's real easy to kind of let those habits that you had established to let things slide back into old habits. You know, so what Vinnie saying is right, do 30 days do commit to 60 [00:36:00] days do it and just, you have to really commit just to get the habits back.

You know what I mean? Then it becomes more second nature and J makes sure you're talking straight into that mic. You're super quiet. Yeah. Yeah. We can barely hear it was before. Yeah. It looked exactly the way it worked before. It'll work again. You can't, you know, look, you can't just go, you know, break off and go, Oh, I got this.

Right. You would never tell an alcoholic who has five years of sobriety. Yeah. You can have the occasional beer. It doesn't work. It just, it won't work that way. Unfortunately. I hate to make it sound like that. And not taking anything away from 12 step programs, but it just doesn't work that way. Nope, you're right.

You know, and by the way, after you have a good 60 days, and if you want to stop messing around with that one meal or that one thing every now and then it's your daughter's birthday or [00:37:00] your anniversary. And you know, you want to have the chocolate covered strawberries or whatever couples do. That's know, you go knock yourself out.

You know, it's so sexy to have the strawberries with chocolate on them. Yeah. You could always put the 90% cacao chocolate on the strawberries. You want to be a loser? No, I Vinnie. That's awesome. That's that's. That's it's very reasonable. That's the whole thing that I like about this. It's very reasonable, but Jay, listen, your question is resonating with everybody because if anybody's lived any amount of life or done NSG for long enough, usually there's some, some creep that happens.

It creeps back on because habits go back or stress happens or pandemic happened. Whatever the thing is. So it's like the renewed sense of like among I'm going to dial it in. I'm going to dial it in and kind of get back to that place. Generally I've noticed with myself and with other people, when that creep [00:38:00] starts to happen, there's generally something else that you're feeding.

So it could be a stressful time. It could be an emotional time. It could be, but there's something that you're using those carbs to feed and it's not your body. If you know, I certainly do. Thank you. You're awesome.

Yeah, the second question had to do with breakfast. And when you look at the groups and kind of what everyone's eating, or a lot of people eat for breakfast, it always seems like they eat way more than I ever ate. You know, there's, there's six, seven pieces of bacon, four or five, six eggs, lots and lots of, of food.

And when I do eat breakfast, you know, it's a couple of eggs and, you know, a piece or two of bacon, not eight pieces of bacon and six eggs. This question, because I feel the same way. I just chalked it up to, okay. Maybe it's a guy thing because [00:39:00] I'm like so full after two eggs and two pieces of bacon. But so I'm glad

you asked that, Jay, can I say this the next time you have facts, time it actually look at the clock.

When you start, I'm talking about the first from the first kiss until the time you finished. You'll think it was 20 minutes, but it was actually four minutes. And then when you, when you watch a porn, it's like, damn it, fuck it for 45 minutes. And I'm like, yeah, don't look at what anyone else is doing because that's not you.

Right. Just doing it. I was wondering where you're going with that, but good one, Ben, I'm like, it's the truth. Come on. Nobody fucks for 45 minutes is you will get bored.

Does happen that way. J I ha I guess that's it just to stay in your own lane thing, which is a good reminder for everybody, which by the way, cause we're all in the groups to support each other, but you see what other people are doing? You're like, [00:40:00] Oh, should I be doing that? Or do I need to try that thing?

Or, you know, so I appreciate that question, Jay. Cause I thought the same thing I'm like, you know, and also too, I think there's a, everybody has different circadian rhythms to some extent, some people just can't eat a lot in the morning. I I'm definitely one of those people. And I've always been that way, but, um, I would like to be able to eat eight eggs and fuck for 45 minutes, but it's not going to happen.

No, I wouldn't. I would, that sounds like a nightmare. It honestly sounds like a nightmare. Um, Kurt J thank you so much, Kurt leopard. Can you, can you say your name for everybody? Kurt? Are you at a place where you can talk? Yes, I am. It's Lapeer. Oh my God. You asked. Yeah. I told you dare you, Kurt. How dare you all this time.

You've been gaslighting me, you know, me to gas later. So Kurt leopard, [00:41:00] what's going on with you? Not a whole lot. Just, uh, glad I could catch a break from work for a little bit to listen to this today and, um, really been enjoying this lifestyle now for, I think on your six. Okay. Hey, Kurt. I don't, I don't mean to be very cryptic.

Uh, you can send me a smoke signal. How's your son doing? Uh, he lost a total of four pounds at first three months. Um, I wanted to go and change his environment within his apartment a little bit, and that was not, um, allowed for me to do so. Um, he mimics me when he's around me. I wish he could be here a little more.

Yeah, you do. Just keep fighting the good fight, you know? Yeah. It's, uh, it's kind of concerning, especially when he really doesn't know what's going on. Yeah. Sorry to hear that. Uh, if you ever want to talk, you know where to find me. [00:42:00] Yeah. Thank you. And I appreciate the help. And you reaching out the last time we talked about this.

Yeah, no. And anything I could do because I sit around and do nothing all day. If I, if I can help someone else, then that, that at least makes me feel good. That's his hobby it's sheets sheet, scooting, skeet shooting, skeet shooting, and helping people run on those sheets sheets. I don't know what I'm saying anymore.

Um, Kurt, I know that you're in a special situation and it's sucks in general with folks with kids who don't want to eat whatever, but, uh, he's going to come around

cause you're going to keep modeling your behavior. That's all you can do. I know you're doing a good job. You're a good dad. Yeah, he, he knows.

Uh, he knows that we, you know, we did, you know, you sent, sent those books for him and, uh, um, they have been meal planning. Some I don't know about recently out of, out of your books. And I think that was helpful, uh, [00:43:00] for all. Very involved and, uh, did teach him how to cook protein on his own and that, uh, George Foreman type girl, I bought them.

Well, sometimes that's the most intimidating things. Just figuring out how to cook meat, because some of us grew up with parents who only ate processed foods or pre-prepared foods at the grocery stores. And so the raw meats can be very intimidating and I do it is literally my number one goal to demystify food.

And in fact, if I'm sure anybody who's been cooking for my books for any length of time has figured out how easy it is. It's really simple to decode, but people are scared and they have to kind of get over that learning curve. So thanks Kurt. We love you. Kurt leopard this'll appear. Thanks. Thanks for your question.

I would say leopard I've I've I've given you a softball so many times today, Kurt. Well, you know, I'm, I'm not even going to. I don't have the energy. I understand. He's, he's scared that Vinny and I are going to get a [00:44:00] big fight, which we will anyway. So don't worry about it. You have Leah. The beautiful Leah or how are you?

I'm okay. With this came at perfect timing because now I'm frustrated. I jinxed it last week. What happened? Tell us everything. Um, I'm going to, again, the last year, I'm down 70 pounds. It's my first year doing nsng I had this huge transformation. I feel amazing, but now I don't know if it's become an obsession or what, you know, last week I said how I was stuck.

I suddenly put on three pounds and then I'm down one. And then I'm up two and I'm back and forth right now by five, between five pounds. And it's really, really frustrating me. And then I started eating more. I thought, well, maybe I'm not eating enough. I eat a lot more. And then I went down four pounds and now this week I went back up and I'm pissed.

Where are you? Do you have a cycle still? Yeah, you do. Right? Where are you [00:45:00] in your cycle? It's the same, you know, I'm at one 45. Uh, that that's been my lowest. Um, where are you right now? Like if you put the last four and then you put back on all four, where is that cycle related? Oh, no, it's just happening. I don't know what's going on.

I don't, I don't know what's going on and I guess, yeah. Well, hang on. How tall are you? How much do you weigh and how old are you? I am five, six. I'm currently at one 52 as of this morning and I'm 37 years old. Okay. What was your heaviest weight? My heaviest weight. Um, when I started doing nsng I was at two 15.

Okay. So you know, a lot of times when you come down that much, so 70 pounds in the last year, what happens is you get to set points. And Anna was asking the correct question in your, [00:46:00] your, where are you in your cycle? Um, uh, you know, that, that starts to play on to just a little bit. And you see, look, w when you're two 15 and you're five, six, you have a lot of weight.

The percentage of weight you have to lose is high. Right. But when you're down to one 50 or one 55, and now you're looking at losing another 15 or so pounds, right. You be happy at one 35, right? Absolutely. Right. It gets more difficult. It just does. And what happens? And I want everyone who's on this clubhouse right now to hear what I'm saying.

Just don't listen, hear it. I feel like I'm ready to pump you up. And I said that, but anyway, what happens is. You get to that point and it starts coming in dribs and drabs. You go up two or three pounds, you'll go down through two or three pounds, but you'll continue to have a [00:47:00] net loss. It just starts to happen is going to happen slower because what, what you've done now is every one of your fat cells are down to the nitty gritty, right?

And you'll, you know, sometimes you'll start hanging on to stuff, especially since you're still in childbearing eight years. And it becomes more difficult for women than men. Um, if you have a brother or a husband or anything, you will go that son of a bitch lost all the weight he had to lose, and I'm still struggling.

It has a lot to do with the child-bearing years, the hormones, the fluctuation throughout the month, because you're preparing a nest every month in your gut. And then you, you know, you, you release it and it starts over again. It just gets difficult. That's just the fact. And let's not forget that perimenopause technically goes from age 35 to age 50, which Leah, I know we talked about this last week, which is why when women get pregnant over the age of 35, they call it [00:48:00] a geriatric pregnancy because you're dealing with a separate set of hormonal issues.

As stuff slowly starts to prepare. I mean, very slowly, 15 years is obviously a snail's pace, but things do start to gradually change. And actually you're doing the right thing by doing nsng and making sure that you're, you're protecting your thyroid, you're protecting your hormones. You're doing the right thing.

But like what Vinnie said, you're just going to have to stay the course. Like you can't, you can't turn it around. You can't be like, well, screw it. I'm just going to go to and eat Brown rice and no, absolutely not. So it's like, you're in it. Yeah, I think I'm scared because I don't ever want to go back. And it has been, I've never, I don't remember the last time I ever was this small and it's an amazing feeling.

And so to see the scale, I know I weigh myself every morning. I don't know if that's good or bad, but to see that scale go up, even a pound is so frustrating because I've come so far. I have to jump in. I have to jump in. This is [00:49:00] part of the craziness, the sickness, the disease, the obsession of, if I go up a pound, that's bad.

If I go down a pound, that's good. And I'm here to tell you if it goes up a pound, you're good. And if it goes down a pound, you're good. It makes no difference what direction that goes in. As far as your goodness, are you being good? Okay. There's a deep set inner belief that we have that like, Oh shit. It's weight went up two pounds, but guess what?

When you're at the weight that you're at, it's good at like what Vinnie said, it's going to go up two pounds because that's just enough. I can fluctuate three pounds of water weight in one day. I have no idea. I'm on plan. I don't have a speck of dairy

or eggs or anything to cause inflammation for weeks and I'll still fluctuate up and down.

Cause I'm in the same place you are. I'm always on that last. It's been a long time and I'm also definitely staring down the barrel of perimenopause because I'm 48 now. But like, I want you to know that that's what you have to address. That's what you have to [00:50:00] look at is that kind of, crazy-making like, what if you said, okay, for seven days or, or even crazier for 28 days from today, I'm not going to step on the scale.

What would happen? I'm going to stay on plan. But what if I just didn't step on the scale for an entire cycle? What would happen? What could you commit to doing something like that? Absolutely. And it would probably be a lot less stressful because here I'm, I'm looking at everything like, am I drinking, you know, too much carbonated water and I cut that out.

I've cut out the team. I've cut out of that statement. I know, I know compared to where we all used to be too. Did I have this it's carbonated, plain water. I know. That's, that's the point. I'm trying to make the wheel cutting out that I probably shouldn't be cutting out because it's not a diet. It's just, I've changed every way about eating and drinking.

And, um, I haven't done anything different, but the, the, the weight, I feel great when I wake up and then I stepped on the scale [00:51:00] and I'm like, shit, that's it. Then that's your challenge. Let me ask you a question. Have you ever taken a cross country flight or a flight to Europe or anything like that? From here?

I have not been fortunate enough to do that, but you've been on a plane, right? I have, yes. What's the longest flight you've ever taken. Uh, six hours to LA. Okay. Six hours. You ever notice when you get into the plane, you're on the plane for six hours and then the captain comes on. He'll go. We'll be landing in 20 minutes and that's 20 minutes seems to be the longest 20 minutes.

It's like he said, he said, two hours ago, we let other 20 minutes, two hours ago, you just went six hours across a fricking continent, right. For six hours. Right. And you start complaining in your brain about the 20 minutes. It feels like way longer than 20 minutes. You're at the 20 minute Mark. Right. And [00:52:00] it's just going to take a while to land that plane.

And, you know, and whenever I get to that in a plane flight, I'll always say to myself, well, at least I have a better than the kids in the dollar party. You know, it used to take months to across this country. And sometimes you have to eat your friend. Yeah. And by the way, friends are, nsng just wanted to say, yeah, they, that it wasn't us.

And G and uh, you know, I recently ran a book on those guns. They were literally eating. They were soaking the pelts of animals, you know, like that they had on their bodies to try to get protein out of the pelts. God, that that's what it got balanced. That's revolting, but we, we complain about 20 minutes to the ground.

Well, I want to say to Leah, cause I want to make sure we get to Trisha before we land the plane. I want to say to Leah, you have a new challenge now. And last week, I know that you were, you were adding back in meals and you lost four

pounds and then you gained some weight back. [00:53:00] Now. Now I want you to just stay on plan.

Do your innocent G do what Vinny says and don't get on the scale resistant for 28 days and then put, put it on your calendar right now, 28 days. You're going to get on the scale and you're going to make an assessment then. And you're not going to freak out. You're going to, you're just gathering data.

You're gathering data. Thank you so much, Leah. Tricia, how are you? Gorgeous. Hello? I'm doing okay. What's going on? Um, I have, well, I always have so many questions, but I have a couple questions. Um, Anna, I love your cookbooks and I making the Carnegie Assata and super guac tonight, um, that you guys made last week or whenever it was.

Um, okay. So w okay, when might you be coming out with your carnivore reset? Because, because [00:54:00] partially I just, well, and it kind of screws it up. I did a food sensitivity test. My strongest reaction was to egg whites. And then, and then the next was chicken and cows milk. And so other than just trying, I know that sometimes with the.

There's a talked, um, about certain things, but I guess looking for more ways to maybe cut some of that out for a little bit to reintroduce, I'm writing a 14 day carnivore reset, which is basically just going to be a bunch of meat recipes and some tips for doing it. You can go on my site and listen to the clubhouse from two weeks ago with Jackie Jones, where she explained to her carnivore system and it's she, it, she does it in such a loving and inclusive way.

And I just love Jackie Jones. We all do. And I just want you to know, I feel you with the food allergy thing, and I strongly urge you to work with your doctor. Cause if, if you're having an allergy to meat, because meat, one of the few things that people are rarely allergic to, [00:55:00] there's probably some sort of leaky gut happening and they're your gut health needs to be healed.

So definitely work with whoever is administering these tests with you. Uh, or find somebody who can help you because you'll want to heal, whatever's going on in your guts. You can digest the meat to even do the carnivore. You know what I'm saying? But you could, you could also do elimination diet for a little while.

So if it's egg whites, chicken, and cows milk, then you need to focus on eating steak. And if you can tolerate the vegetables, you can still have the leafy greens and the cruciferous it, you know, so you focus on the things you can tolerate and eliminate those things for a little while, maybe 30 days. Um, while you're trying to get together with your doctor to figure out what the step is to, uh, kind of reinoculate your gut and make it stronger and tamp down the inflammation that those foods have caused.

That's my idea. Uh, you ready for my idea? Sure.

[00:56:00] Yeah, he's a scientist of Shanaya.

You know, what's amazing is that my phone is about to die. And if it dies in the middle of him playing a song and not answering your question, I will laugh. Cry. There it is. Okay. What was the question? She's got food allergy issues. More like in

tolerances, but just the color. What does that mean, Trish? They just said that I have a reaction.

Um, [00:57:00] it means, it means your immune system has flagged whatever food it is to say, this is the enemy. So when you eat that food, uh, get, get it out, get it out, get it out. And that it can cause inflammation. And so some foods are really easy to take care of. You just do elimination and some foods, uh, depending on your situation.

Like with me, with the celiac, I won't, I'm not supposed to have the dairy. It still pains me to say it, but, uh, yeah. So, and some people find, they find this out naturally. They're like, Hey, I've plateaued. And I realized that I cut out dairy for 30 days, did a challenge. And I felt so much better that now I realize I can't tolerate the dairy.

You'll know when you reintroduce the foods, but right. Okay. Did your immune system will cause inflammation? What are some of the foods. Egg whites, chicken and cows milk, which I knew about the milk, but how did they figure out egg whites? I don't know. I have a reaction to the egg yolks further down, but [00:58:00] not nearly as the reaction as the egg whites generally don't cause a strong overreaction, egg whites.

The albumin is generally the thing that sets people off. It's not the yolks. That's why it's frigging down. So I was wondering how they figured that out. Um, so egg whites and what else? Chicken. Okay, so you don't like you can't have chicken or chicken embryo. Okay. What else? What else do we have? Well, I have, I mean the cows milk and there was some other ones I didn't, I mean, I read it, but I, as the ones that I had, the higher, the action was too, I was just curious on the, some of the, as I know Anna's suffered with some of the, for different reasons, but do you have a doctor you can work with on this.

Um, I ha I, right now I went with the online Everly. Well, so then we're just, just kind of trying to figure stuff out. Cause I had, I have, I do have one other question and it relates to, [00:59:00] I recently found out that I have a vascular malformation in my brain. And so when you go looking and it's always, everybody's like, Oh, stay away from the coffee and the salt.

And I know that most of it is the process crap that we're supposed to stay away from. So. Um, and I know Vinny's talked about studies to look at and studies to stay away from regarding information, right?

Coffee is never the answer. Yeah. Anytime they say talk and listen, take it with a grain of salt, no pun intended because I own a coffee company, but coffee is never the answer, you know, um, you know, preservatives and, you know, you know, seed oils and everything else. I worry about that, but it doesn't seem when they start saying coffee, I just don't see it.

I'm not a doctor. My mother was not medical [01:00:00] nice. But whenever they, they just start giving you these throwing answers of Oh, coffee and salt, go find them. Yeah. It, to me that says they don't necessarily know what to tell you. Right. Yeah. Like, look, they tell people when they get their gallbladder removed, you can't have meat or fat or anything.

Guess what? We got thousands of people on nsng eating a shit ton of meat. John does with no gallbladder. John Donne has no gallbladder and he lost 125 pounds. And the first thing they tell you in the hospital, you know, no gallbladder, no red meat, you got to cut your fat, saturated, fat. Nothing could be further from the truth.

Yet. Doctors are spewing that crap over and over. So when the doctor starts saying coffee itself, go find a doctor that knows what they're talking about. I, I, you're going to be Tricia. You're going to be on a quest for a doctor because in the meantime, do eliminate those foods for a little while and try to heal your gut that way.

And, uh, and, but you need to, you need [01:01:00] some, some good doctor. You need the good doc, just this fall on CBS. You guys it's time to land this plane. Thank you everybody. Who's come up and, and we got to hear your voice. Jason Kurt, Leah, Tricia, uh, J uh, who somebody else came up and then now they're, everybody's gone.

Everyone abandons us at the end of clubhouse. Make sure you tune in every week. We're doing these clubhouses. I will definitely be doing them. If I could rope Vinny in, I will, I will hog tie him right back. Okay. Listen, you set this up. Great. That's awesome. It's super fun. And it's a great way to hear people's voices.

And if you're stymied on something like Leah was asking a question, Trish, like come up and talk to us and we don't have all the answers, but maybe we could get your brain going. And also too, I like to do a clubhouse too, where we have people talking and, and, and, uh, giving their opinions. And it's always really helpful when, when you hear from other people.

So. I [01:02:00] just want to land this plane. I want to thank everybody for being here. Make sure that you're following Vinny on clubhouse and myself and make sure you're tuning into the podcast. Thank you Vinnie for doing this. Thank you for taking the time. Thank you for inviting me. And, uh, I look forward to doing another one.

Really great. And I'm going to put this up on my website. Uh, as soon as I possibly can, I'm gonna get it inputted and transcribed. I don't transcribe it by the way. It's a computer that does it, which makes for a very amusing transcription. Uh, please go to the website, tell people about it in the groups.

Tell them about the clubhouse. Use your invites to invite people who are in the groups who need invitations. Uh, there's a bunch of people now with my cell phone. I don't even know if they realize that they have my cell phone, but Hey, this is if I have to change my number or block you, that's on you, but I'm really glad that we can do this on clubhouse.

Thank you, Vinnie. Thank you everybody for joining us and we will talk to you next time.