

# Clubhouse 52421

[00:00:00]Yay. We are starting this room, my beautiful, wonderful people. I'm going to start. I'm just going to y'all raise your hands cause I want, I really want to do, oh, Vinny's here. Wonderful. Are you on the road? Are you on your studio? And then my studio, I was actually, um, doing some, uh, um, downloading as we speak, uh, some of the interviews for my next movie, because since, you know, it's still like COVID light in the world, you know?

Um, I decided to, um, um, I'm interviewing everybody over zoom and you know, we're putting them in that way. And, and so far has been pretty amazing. Now, how do you do it over zoom? Are you just recording the zoom or do you, are you sending them to camera? No, I'm just recording them [00:01:00] anyway. They come in because you know, the way I look at it is, you know, I went to LA and I had all the cameras and lights and everything.

But this isn't about some glamour shot thing. Like they do what the health and all those kinds of crappy things. This was just here's here's, here's, here's the truth. Here's the doctors here are the experts. Here's the information, you know, so I don't care, you know, I can correct a lot of light, all that and post yeah.

I don't really care about the rest of it. That's awesome. Do you have an ETA when it, I know you want to have it out by the holidays. Is that like a realistic goal? We're looking at that. Uh, I'm still looking at that. Um, hopefully I can get a distributor. Um, I'm going to guess since, you know, I might be talking out of my ass right now, but, um, you know, look, I got, uh, you know, uh, gravitas ventures release my first two movies.

[00:02:00] I have no reason to think that they wouldn't release my third movie, um, because they've done so well on the first two. So, um, you know, um, so that's it that's, I'm sure. Hopefully, yeah, I'm pretty sure they wrote to, um, you know, like I said, you know, they're the only ones that make money on these things, right.

You know, they get paid for having the infrastructure and the support system to release it. So that's why, but you know, hopefully you'll make a few bucks. You guys, you're here in the eat happy kitchen club on clubhouse. We're doing our weekly Monday night. Clubhouse. Vinnie is here with me. I want you guys to start raising your hands and, and come up.

And when you come up to the stage, make sure you meet yourself, but I want to get to everybody who wants to check in, Hey, you got me and Vinnie here. Let's talk. Tell us your things. Oop, we already got a hand raised. Donna [00:03:00] is here and then a Vinny.

Donna, how you doing? Let's get right to it. I'm doing good. Hey, I'm glad Vinny's here. That's awesome. Um, yeah, that's so cool. That was a surprise. I was, I wasn't going to ask him cause I asked him last week to do it. And then I was like, I don't want to ask him because it's a lot and anything. I don't know how it works.

I just, you know, I saw a thing that says clubhouse is just a clubhouse for my phone and I just tasted it. And then you were in and now the next out of your life, kiss it goodbye. So now you're stuck. I'm screwed. Donna. What's going on? My week's been

doing really great since, since, uh, doing this on Vinny, I've been on nsng for nine months now.

I lost 82 pounds. Um, one of the things that I'm starting to get into now is exercise. So I'm going to do, I, you know, I started walking, I started biking. Um, [00:04:00] one of the things that I'd like to ask you, Vinnie is I have a lot of underarm flab from losing weight. So I just tips on how to get rid of that. Is that technically what we call pit tit?

I dunno, I call it like a waddle flag flag-waving or something. I don't know. Oh yeah. The underarm under water. It's terrible. Yeah. It's terrible. How old are you Donna? I'm 51. Okay. Um, as you know, you know, sometimes, you know, because of age and you know, I'm guessing yeah. Your mic real quick. Cause I can hear y'all cooking.

Good. There we go. Are we back? Yes. Okay. Uh, because of age, I'm guessing either menopause or close to menopause. Yep. You know, hormones change and what have you. So it doesn't happen as quickly, but [00:05:00] it does happen that your skin is an organ, like anything else. And, um, your body will absorb a lot of that. Um, that's the good news.

The bad news is it takes a long time. Yeah. You know, so, you know, you'll be looking at it going, oh, I have this wedding coming up and I wanted to wear this outfit. And I, you know, look at these arms. And, but you know, if you work out and exercise and two years from now, you can't access it. You can't spot lose it with exercise, but exercising and getting some blood flowing and keeping the circulation going along with getting your body to cannibalize.

Some of that protein is basically skin is protein. So once you get that taken care of you, be fine. Yeah. My grandson said to me last week, grandma, what is that under your arm? And I told him, I said, it's extra skin from when I was losing weight. And he says, oh, can the doctor take that off? Like he was appalled because it was so, and [00:06:00] he's only 10, the whole G tell him your angel wings.

Yeah. Right. Somebody said I should put a tattoo on there of a flag. So when I shake it, the flag waves,

that's very funny. Listen, you got a sense of humor about it. That's the number one step by the way. Yeah. Good job. My daughter's getting married in October, so yeah. So that's one good thing I want to get rid of. So, but I'll work on it slowly but surely, right? Yeah. Yep. So thank you. I do know, I will say this, this has nothing to do with skin firming or getting rid of excess skin.

I'm a huge fan of the skin brushing to at least make your skin tone look nicer. Cause sometimes the back of your arms, you get those little dots or the rough skin, or, you know what I mean? So I am a huge fan of doing that. That will not just to be super clear. It will not tighten the skin or get rid of the skin, but it just makes the skin a nicer tone because it's doing what Vinnie saying is [00:07:00] helping bring some blood to the sort of blood flow to the surface.

Perfect. Thank you. Thanks. It's good to hear from you, Tina. What's going on? Hi, Tina, who I always imagined is holding your cute baby well, and you know, I, I

didn't try them in fast enough last time too. It's my grandchild. Um, that's my first grand baby and actually see, she just left a little bit ago.

Congratulations leaves. Luckily her and her mother live like two miles from my house. So get to thoroughly, enjoy that. So, um, Anyhow, uh, since Vinny's on here, I'm going to go ahead and, and try to take advantage of a little bit of knowledge. Um, appreciate that. And so I've been doing nsng, um, how, well, probably more than for halfway more like 75%.

I started back in 2017, um, August and did initially lost [00:08:00] like 15 pounds right away and then kind of leveled off and I read everybody's posts and, um, you know, I didn't get discouraged, kept going, but I will say that my family was, you know, they want to go get the donuts and they want to go get the cupcakes and they wanted the ice cream and I would, I would stay good for probably like two months and then I'd, you know, splurge and then, you know, we're on vacation.

We wouldn't necessarily be good. And then a year later, my husband, um, he tore his Achilles, had surgery and ended up with a pre-diabetic diagnosis. So he got on board. Took Metformin for like a few months and couldn't stand it. And I convinced him to leave the sugar and the grains away. So mostly he is, but, um, I, and I, I know one of the questions you always ask is how old is, are you?

And I will be 51 this August. So I was, I had, it was right before I turned 47 when I started. So I know, um, um, menopause, well, I think I'm premenopausal still, but, um, I'm still, like, I started at two [00:09:00] 55 and I'm still in the two twenties. Like it's fluctuating now between two 23 to 24. And, um, I, I jumped on the nsng a F finally in like February or March and I was losing like a pound a month and I can live with that and I can live with maintaining.

I'm good with that. Um, so this month I started the mostly carnival, I will say because I am including onions sauteed in olive oil. And, and I, I used to suspect that it might've been, I wasn't clean eating with the oils. I would include seed oils. And I've been really careful this last month. Is there anything else, like, could coffee be prohibiting?

Could, um, am I just eating too much? Like, you know, what kind of suggestions do you have? Can I jump in real quick then? Have you had your hormones tested, meaning your, your, your estrogen, your progesterone, your estrodiol, your da, da, da, and [00:10:00] all a full thyroid panel? I have, cause I went and saw a, um, at the Cleveland I'm in the Cleveland area.

So at the Cleveland clinic, we, um, I, and I might pronounce his name wrong, but mark Hyman, Haman dark. Yeah. He's not there. Per se, but he, he has put his name on a functional medicine and I went and saw a functional medicine doctor and they were like, Nope, everything's fine. And that was, I think, 2019. He he's like gave me a list of a whole bunch of, um, supplements to start taking.

And I I'm, I do take your ultra salt. I do take your, um, um, what are the, uh, magnesium and, um, I'm sorry, I don't do the ultra salt. My husband does. I do the multi vitamin and the magnesium, and I'm only supplement salt if I happen to be exercising out in the heat because I salt my coffee in the mornings.

But, um, [00:11:00] so I've read obesity code. I've read diabetes code. I have read, I intermittent fast too. Like I'm not, I'm not as restrictive, but like, I make sure like that. I, you know, I don't usually eat until like one or two in the afternoon and then we do eat late. So I don't know if it's. Time that I, cause I eat late, but anyhow, um, what was the other thing I was trying to share?

Um, yeah, I, I, you know, but even when I do splurge, like usually I'm pretty close to 80 to 90% and it's, I, I don't eat bread ever. I hate it. Um, so have you ever done a full 60 days and tracked your progress without a spoiler? I am trying to do that now. So with that, um, I also, I checked my blood sugar and so, and here's where I was trying to go with all that.

Even a fasting blood sugar like this morning, um, I took my blood [00:12:00] sugar at 1130. It was still like 118 even after being carnivore with an additional sauteed onions since May 3rd, May 2nd, May 3rd, um, even fast. And like I have to, I have to completely fast, like a coffee fast. Coffee water fast for two days to get it under a hundred.

And my A1C is still like a five seven. So, I mean, I'm not like w w what was the highest your A1C is ever when you were out here? Say it's been like five, nine since I was 40. So I know finding you at 47 has saved me. So I'm not like I'm just trying to improve it. And I will say I'm going, I haven't had it checked.

So I, I, a hundred percent don't know where exactly I'm at, because last year I couldn't get into a primary care doctor. So, um, I'm going to one actually Friday and I'm hoping he's low [00:13:00] carb friendly and I definitely am getting a bunch of blood work done. So I am going to have like my thyroid numbers checked and everything like that again, just to make sure since it's been so long, so I'll shut up now.

I'm so sorry for talking so much. No, actually you need to talk some more. All right. I need you to tell me, um, if you don't mind, um, what she eats in a day. Yeah. And here's what we're going to do. I need you to be as brutally honest with this, as you can, because I'm going to try to think the way your liver thinks.

Sure. Okay. So I'll watch you too. And don't say I'll wake up and have a protein. I want to our wake up and, you know, and, and go from there and just start telling us hi, wake up and drink black coffee that has. Been salted. I make a pot of coffee, um, 12 cup pot with like 10 twists of, uh, um, [00:14:00] salt, the salt grinder and drink it black.

I weaned myself off of heavy cream. Um, and then I don't, I make my husband breakfast at like 1130, cause we're work at home right now, but I don't usually eat until 12 or one. And when I eat, I probably eat somewhere between a half a pound to a pound of ground beef with like sauteed onions. Right. Right now previously I would probably eat closer to eight ounces of, um, burger sauteed with the onions.

And then I would put a 12 ounce bag of,

sorry, sorry, sorry. Sorry. I'm trying to think like your liver, so, okay. All right. So you have about a pound of ground beef? Yeah. Okay. And then at night, um, I have more ground beef. I just ate a half a pound of ground beef for dinner. I grilled it on the [00:15:00] grill, so I think they're eat it. Um, if other days I might, um, instead of

eating the ground beef, I might eat pork rinds with sour cream, plain pork rinds, not with any flavoring on them and a full fat sour cream.

And I don't measure that. So I would just take a 12 ounce tea or no, a two ounce bag and dip it in the sour cream. And that would be my lunch. And then I would have like a burger or a burger and a half at night and we make half pound burgers. Okay. Uh, anything else? Not sorry, any time avocado olives. No, I have diverticulitis.

So I actually stopped eating nuts because I can't control myself. And, um, I would eat too many and have a, a diverticulitis attack. I do not have my [00:16:00] gallbladder. Um, but fat, you know, I don't have a problem with the fat. Um, every once in a while I will add, um, eggs in there. Um, so like today I made, um, I had like some leftover, probably six ounces of ground beef with the sauteed onions.

I put a, just enough to coat the bottom of the pan of heavy cream. And then I did have three eggs. Um, with that, that was what I had. No, um, it's sporadic. I, I know that, uh, I, I feel like they would be an inexpensive way to eat my food, but I'm always, I don't know. There's something mental that prevents me.

My husband eats them every day, but I. I don't know. I just don't.

How much exercise are you getting right now? I, um, am not getting much. I did a remodel [00:17:00] project back in January and I had, um, some residual knee pain. So I've been doing physical therapy, um, before we would lift weights, like five days a week. Um, and then I would usually walk probably two days a week and when I would walk, it would just be like a mile.

How has your knee right now? Can you, can you get on the spinner, exercise, bike, that kind of thing. Yeah. Yeah. I'm starting to get cleared. That's what, um, that's where I'm going. I've been doing, um, the physical therapy for about a month now, maybe six weeks. And I'm almost to the point of being cleared to go back.

I've tried to do like a half mile and build up to a mile, but, um, It's at the half of mile is where the outside ligaments start getting sore. Okay. Um, I'm guessing it's the lateral collateral ligament. Yeah. It's um, I have, [00:18:00] I don't know. I'm sure you're familiar, but, um, a lot of women have the problem where they don't track correctly.

Um, so I, when I was doing the remodel, it was a bathroom upstairs and the steps irritated that knee. Um, that was my good knee. It's usually my left knee. That gets irritated. But anyhow, yet it's the, um, that ligament on the outside. Yeah, lateral collateral. Okay. Here's what I, and this is conjecture because I didn't do a whole assessment on you, but I can kind of see the problem.

And this is not uncommon for someone in your situation because you, you still have a lot of weight to lose. Um, your, your blood sugar in the morning is. That's pretty damn high. Do you ever, do you measure ketones at all? I don't. I don't. But every time I've had to go in for checkups, they always come in and they're like, um, they start hesitating about asking questions and this one time I had a little friendly guy.

He's [00:19:00] like, yeah. He's like, are you following low carb? And I'm like, yes. He's like, yeah. So every time I go to the doctor, they're there. But no, I do not

check them at home. Okay. Here's I think, you know, because you're eating so much ground beef and is high in protein and is probably lower in fat because that's the way grocery stores sell it.

And even when you cook it, you cook it down and you're cooking off a lot of the fat anyway. Yeah. You probably have a fair amount of gluconeogenesis as that's happening, especially since you're eating it twice a day. You know, if you're eating more eggs with yolks, if you were eating. You know, higher fat things.

Like, even if you, you know, if you were eating, um, you know, medium chain triglycerides,

I'm very high. You're like butter, you're adding butter to stuff, you know, where you're eating, maybe a little less meat and getting some of your calories from fat. The problem is, is that [00:20:00] you're not getting enough fat. And I'm, that sounds weird, but that's, that's keeping your blood sugar up in is causing enough, probably gluconeogenesis.

Now, if you didn't change anything, if you kept doing exactly what you're doing, but you started getting a good hour to, you know, 70 minutes of aerobics, six, seven days a week, you would notice those blood sugars might start to drop a bit because now you're using up some of that glycogen that, you know, from all of the meat I look, and I know a lot of people are sitting there right now on a club thing here and going, oh, Videos and always talking about, you know, uh, carnivores saved my life.

I get it, but this is what's going on with you, you know? Um, it's too much meat, not enough fat there's too much protein, especially not exercising. And it just turns to sugar. Okay. Well, I will give that a try and I just want to thank you. [00:21:00] Like, um, I, I shared this with some other people and mostly my parents they're both type two diabetes, my, or type two diabetic.

My father has never been overweight. He's like been like the heaviest has been, has been like 180 and he's five, 10, five 11. And he started this a little over a year ago. He hardly ever takes any of his diabetes medicine. His doctor's aware that he checks it and he'll maybe take a half a pill twice a week.

Um, if he, you know, eat something with salad dressing, cause he still uses store-bought salad dressing. But like he, he's almost 80 years old. He's going to be I'm 78 years old this year and he, um, hardly takes any medication anymore. And um, he's like an, a size 30, 31 pant now as a grown, you know? So thank you for like changing so many people's lives.

Uh, please don't thank me. I didn't do anything you did. And your father's doing, doing all the work. So congratulations to you [00:22:00] guys. Hey, we have time for one more out at eight 30. I have to go eat dinner. Okay. One thing I wanted to say too, was look up Google and Jason Fung talks about this called the Dawn phenomenon, especially in women.

They run higher blood sugar in the mornings, even after doing a low carb for several years. And he said that they're not quite sure what that is, but they think it's the, also the liver after several years of damage, releasing more glycogen into the system. So in effect you are healing the liver. So maybe that's a good thing.

The other thing I was thinking too, is make sure when you go in for your blood work, ask them to test your fasting insulin, as well as your fasting glucose. They don't always test for that. And then you can kind of see, cause if it's like with Vinnie saying like high blood sugar from all the gluconeogenesis.

Um, but your insulin still low then, and your A1C is low, then, you know, it's, it is what it is, you know, but, um, at least ask him for that because you can get [00:23:00] a better picture about it. Vinny let's get to Tina. That was awesome. Thank you. And that was almost like a little mini consult by the way. Anybody on this, on this clubhouse is not booked a consult with Vinny, go to his site, go to Vinny torch.com.

You can book a consult and he'll do a much longer version of that. And also probably shoot the shit with you as well. And not say I have to go eat dinner. I'm just kidding. Finn. Jackie. You want to go next? Yes, I do. I'm so excited that Vinny's on this call because I have a serious question for Vinnie. So I have not.

Kayaked in years, like probably five years or, or maybe even longer. And I went kayaking for the first time on Saturday, 1.1, three miles, not a big thing. Just kind of getting out there, getting the feel again and yesterday I was fine, but today Vinny my back. Oh, and it's the lower, I mean, every twist, every movement I make.

And then of course, every single one of my friends, try hot, try cold, try this, try that. I just want [00:24:00] to do the right thing. And I don't know what is the right thing to relieve. Some of the, I know it's going to take a day or two to settle down, but, uh, I was glad I got out there anyway. So yeah, no. And look at any time and you didn't really go a great distance, you know, going a mile and, but it shows you how quickly we could get out of shape.

Um, so, you know, good that you're getting out there again. You know, there is no heat that's going to help cope will help. Um, if you're not allergic to taking a non-steroidal anti-inflammatory will help loosen you up a little bit. I'm not a big fan of taking drugs and nuts other things, but, um, yeah, just to pick anything.

Yeah. I would just say rest, rest in ice, you know, rice rest. Okay. Okay. Got it. That was my big question because everyone's got a different take on what to do [00:25:00] and causes more inflammation. Oh, got it. I hate that because I always want to land on a heating pad. I want it, I want to go out in my hot, uh, that was my first, you know, like, well, no that, yeah.

You know, like if you get ready, if you were an athlete and this is how people get confused, let's say you are a professional athlete and you, you had sore muscles. Right, right. Before the game, they would put you in the hot tub or put some, a hydronic you later or something hot on you to warm up the muscle.

So you can use it in competition. But as soon as you're done, they're packing ice on you. Hmm. Interesting. I, I w you know, I did not feel this last night before going to bed, but this morning I'm like, oh, I'm a little sore. And then I've been swimming every morning in my 60 degree pool, and immediately felt much more tight after that.

So I was wondering if the cold. Was the, do everything? [00:26:00] No. What you did yesterday was just exacerbated by you swimming. Hmm. Okay. Well, I'm, I'm going to keep swimming. I just know it'll take a couple of days to resolve itself, but, and the third of it resolved itself, get out there in the kayak. Yeah. Yeah. I, I, um, actually was talking to someone, they were telling me how, you know, using a broomstick or whatever, and I can sit down and do these moves that repetitive kind of moves to strengthen my core and stuff.

So I'm going to do all those things, but I was just wondering what I T you know, should I put hot on it or cold on it? And I didn't know. So thank you for that Vinny. That was my question. Thanks, Justin. Awesome. Real quick, Angie. Let's let's grab Vinnie where we still got it. Well, actually, um, I didn't have a question or anything.

I just kind of have a celebration. I shared it in the AIS group today. Um, my dad passed away a year [00:27:00] and a half ago

stringing together any amount of time in SNG. And, um, I've been on since April 4th and I've lost 27 pounds. And for the past, um, well, since December 1st I've been off work, uh, taking care of my mom and she passed away May 5th and, and my severance from my last job ended April 30th. So I was kind of freaked out about money.

And today I landed. Just the perfect job for myself. And I just wanted to celebrate that. Well, congratulations. I'm sorry about your mom and I bet she's helping you get the perfect job. Oh, for sure. Yeah. Oh sweetie. I'm giving you a hug. Very happy for you. That's great. You know, you just, you know, [00:28:00] like I always say the harder you work, the luckier you get, so congratulate.

Yeah. And seven weeks, um, seven weeks in SNG and I'm feeling so much better and the inflammation is down and, um, of course, you know, the sugar cravings all leave early. Um, but now the psychological cravings are leaving as well. So I'm just super thrilled about that. You know, it is funny how it is. It is a cycle after you get over just the whole physical effects of it, because it's a psychological game because, or else like we would all just in three to seven days, be off sugar and be like, well, that that'll never be a problem for me ever again.

You know what I mean? But it doesn't work that way. It takes the psychological stuff. So. Good job. Thanks then he came to keep you a few more minutes. Uh, yeah, my second time today talking to drew, how are you friend? Hey, how's it going? Hey [00:29:00] Vinnie. Thank you very much. Been following both of you since, um, your first, uh, Dr.

Drew and Adam, uh, appearance. I think it's been about five plus years now. Wow. Yeah, it's been a long time. Yeah. And, um, just first off, I think maybe Vinny one suggestion is you should probably collect the email address before you hand out the PDF. Thank you. I feel so vindicated. Just a little callback.

Yeah. Someone listened to the Monday show this morning and I'm proud of yes, yes I did. No. Um, I would say, you know, you go through some ups and downs on this and, and I don't know about the last six months just been a little, like often it hasn't been like one major thing. Uh, just things creep up then holidays than this.

And right now we're in the middle of a bunch of birthdays and mother's day and all the other stuff that's going on. And I got back on earlier this month, I'm down about seven pounds this month. So I'm very happy about that. Just want to thank you for all the information you offer. And, [00:30:00] um, I just wanted to get your opinion on, on uric acid.

I've been running a little high on that the past. Um, I take two times I've had my blood drawn. Uh, I've been cutting back on the, on the scotch and bourbon. Uh, but it's still a little high, any, uh, any thoughts or suggestions on that? Uh, that's too close to medical advice, but do you ever go off of, off of low carb and, and cheated a bit like when you have, uh, the alcoholic beverages at wine or something because that, you know, when you go back and forth from sugar to low carb back in, cause a bit of a situation, if you will.

Yeah. And, uh, yeah, certainly not looking for medical advice and I don't want to put you in a bad spot and I hear that's probably what has happened, you know, you're on for a few weeks and then you, you know, you jump off and you don't jump quite back on right away. And you know, you let things get out of hand a little.

So, um, I think it's just a matter of just staying [00:31:00] dedicated, staying, staying focused on it. Yeah. You know, that, that's kind of, one of the only downfalls of low carb is that, you know, sometimes when people get down to a desired weight, usually they'll, they'll start throwing in that, you know, ah, I can do a little of this, a little of that.

And before you know, it, you know, th they, they end up with gout, you know, which is where you're going to have with high uric acid acid was the gout thing. Yeah. Yeah. And I've had, I've had some of those along the way and they're no fun and it certainly doesn't help your kidneys either. So, uh, uh, it's just a matter of staying on staying on course and not letting those, uh, those, uh, cheat days, if you will, uh, you know, throw you a offer, have them too often.

So, uh, again, appreciate everything you've done. I, I am still down quite significantly from where I started. Just got a little off track and, uh, glad to be back on. Well, it was a pleasure chatting with you. I think I see you on Twitter also. Don't do I? Yeah. Yeah. [00:32:00] Occasionally I'll be on there. Yep. Yeah. So, uh, it's, it's great, uh, chatting with you.

So, uh, thank you. Take care. You know, what's interesting about like letting things kind of creep up on you and the body's pretty smart. It'll tell you. And in Drew's case, it's uric acid and in my case, I didn't know, it you're a gas. It wasn't until about five minutes ago. So thank you drew. But I do know about gout.

I know a lot of people who suffer from gout and it does, it sounds absolutely dreadful, but don't they tell them? Cause I think my father-in-law and my brother-in-law both habits. Oh, can you hear me? Sorry. It did it cut out. I can hear you. Oh, I was going to say the, the, the advice that was given to my brother in law, my father-in-law was don't eat red meat because of gas.

Yeah, that that's, that was always the, that's such a wives tale and it's the carbs. Yeah, well, no, it's not just the carbs. It's it's the combination of going low carb and

then going away from low [00:33:00] carpet and going back. It's the back and forth that causes the, the uric acid to go up and out. We don't understand the mechanism by which it works.

I just know that it's a fact saying it too many times, Brian. Hey guys. Oh, sorry. I just want to say hi, Minnie. That's all. Oh, Brian. Hi. Uh, I have to go eat dinner. My family we'll miss you. I'll miss you too. How do I turn this off at the bottom? Hit leave quietly. Okay, I'm leaving. Leave quietly. Don't make a scene.

Don't make a scene. Okay, there you go. There he goes. Folks. Vinnie, charter, rich America's angriest trainer. Um, hi, Brian, how are you? Hey, good. Good. I just, I had no questions. I just wanted to say hi. You don't have to have a question you want to just check in. Do you have any goals, any roadblocks and he just hellos.

That's wonderful. Yeah. Uh, for today, uh, I'm gonna, [00:34:00] uh, just say hello, and it's always a pleasure talking to you and, uh, Ms. Nice to say hi to Vinnie to you. I just wanted to say hello. So, um, I hope you're doing well as well. That's great. I, I am feeling great. I'm feeling very busy. Thank you, Brian. I appreciate it so much.

I, uh, we are launching in two weeks. We are manufacturing the two new flavors of sauce for eat happy kitchen. We've got the pink Cremo, which is the one that has the dairy. Oh, my signal keeps going out here. Can you guys hear me? Okay. Yeah. Okay, good. Um, we've got the pink crema and we've got the puttanesca.

We're adding it to the, the rotation of the flavors of sauces. And so we are going to be launching those. I'll let you guys know when it's up for presale. And then I just got the mock-ups of labels and packaging for the spices, which should be out in a couple of months. So if you look at my Instagram stories, you can see those cute little Bubs.

I'm very excited things are okay. Awesome. Yeah, that's great. I'm hoping to see, uh, eat happy marinara in my local whole foods, uh, in [00:35:00] Arizona. So I'm hoping that that comes out my way. Uh, sometime I, I'm not sure where you are with that, but that would be awesome. Uh, if I see you see your products out here from your mouth to whole foods, the God of whole foods, buyers, ears, So, uh, yeah, well, it is a long process.

And part of it was that we needed to get these other two flavors of sauces out. I've learned that grocery stores look for what they call a story. So they want more than one flavor. And after going up to the California fresh market, up in Pismo to go check out the display and everything, to see it amongst the wall of salt, because there were a lot of choices.

And the thing is most of those choices, these are not ones that we doing nsng would ever choose. They have so much added crap in all of them, but people don't know that. Right? So it is important that I have these other two flavors so that we take up. When we do get into the grocery stores, we take up a little more shelf space to make somebody want to grab it and pick it up and look at those ingredients.

Hopefully they're looking at ingredients. There was one kind of sauce that had the cutest [00:36:00] packaging, Italian like just super great, all organic with sugar,

every flavor, they had sugar. Why, why do you, and now knowing what a pain in the ass it is to go organic with your product. I know now why most people like why most startup brands don't want to do it.

And, uh, we, we are going organic as much as we can. There are a couple of things we can't get organic, but, um, we. Just the fact that they have organic cane sugar. I was like, why, but why though? Anyway, that's my little rant, but you know, to stand out on the shelves with it. So it's all part of the process.

Hopefully it's all unfolding. And, uh, and I really appreciate all the grocery stores who have agreed to have as we were kind of at a roadblock with Lassens cause the distributor doesn't want to take as long because we're not big enough yet. So we just keep going and I'm going to keep going to the stores that will take us on directly.

Uh, Stuart blocker emailed me this morning about a store in Tacoma that has a couple of locations that look perfect. [00:37:00] So if you guys have places like little local co-ops or natural grocers or little high-end stores, uh, who would take on a higher price point that you'd like to shop at, please let me know.

And I will reach out to those buyers. And if you are a grocery buyer, Please. Let me know. Actually, I did have a grocery buyer here, a clubhouse and they're in Pasadena. And then they wrote me and I sent them samples. And in fact, I need to email them to follow up. So that's the update with the sauces. Thank you for asking Brian.

I appreciate it. Yeah, keep it, keep fighting the good fight and we're roles. We're all supporting him here. Thank you so much. Thank you. Thank you. Thank you, Monica. Gorgeous. How are you? Gorgeous. It's so wonderful to hear your voice. Oh my gosh. It's so funny. I joined clubhouse about a week ago because I'm an Android and they, they didn't give it to us until recently.

And it's so different than, you know, Twitter is my social media boyfriend, as you may know, and it's where my largest reaches, but it's so [00:38:00] cool to see your face. And hear your voice like amazing, right. Clubhouse only works with people interacting. Like if I just were to open a room and just talk for an hour straight, we already have that room.

It's me and Vinny doing a podcast and that's fine. But here getting to hear your voice to me is like, it really just goes me. I love it. I love it. It's it makes everything so much more real. And, um, just more substantial, psychologically substantial. I guess if that's a term, I, um, some thought thrill that you invited me to be a member of this club, by the way.

Thank you. And I wanted to mention to you that there is a great article on exactly what you talked about regarding, um, Why the blood sugar is the blood glucose levels. Fasting blood glucose levels can be higher when you're in, when you're on a low carb [00:39:00] diet. And it's all about, um, uh, adaptive glucose sparing and the, the way that is easiest that this article describes it.

It makes so much sense. And this is the very first time that I've actually really gotten my head around it. So if I may try to explain it in a way that it helped me, basically, it says in the article that when you're, when you're on a long-term low

carb or ketogenic diet, your muscles switch their preference from glucose to fat as fuel.

And so where they used to be the like essentially sponges soaking up the glucose from your blood. So your blood sugar levels would be lower because. The, the blood sugar is absorbed into your muscles. Your muscles are now like you, we don't, we don't need your sugar. We're fat burners now. And so it leaves, it tends to leave more blood sugar floating around in the bloodstream than when it, than it used to.

[00:40:00] And I thought, man, that is a really great, simple way to explain that. And it's um, when you mentioned Dr. Ted Naiman and Dr. Jason Fung, man, right on just right on, it's such a great phenomenon because it w those of us who are on keto or on nsng and we are on a ketogenic diet, we do tend to look at those numbers and go, holy crap, what happened?

What's wrong with me? Like, and there's nothing wrong with you. It's just, your body has adapted to fat and it doesn't soak up the sugars anymore. So thank you so much for bringing that up. That was really key. Um, those of us who track our numbers closely, yes. Well, I am that person. I'm looking for answers myself because I as well, my fasting blood sugars have gone up and I never had an issue with it before.

And so with me, my A1C is five, 5.1. You know, so why is it? And so that getting that information was really important for me to see that to go, okay, no, you are on the right track. This is what's happening. And Monica, could you do me a huge favor? Can you DM me a [00:41:00] link to that article? Because by the way, for those of you just joining us, this is going to be recorded.

I will put it up on my site within about 48 hours. I, I like to, uh, get ahold of it, pull music at the beginning, do a little transcript, which is hilarious, by the way, it's a computer transcript, listening to it, transcribing it. It's amusing to say the least, but I, uh, I would love to have that article to put in the show notes.

Yes. In fact, I've already copied the link and texted it to myself because I intended to send it to you. Great. Um, there was something else. Oh, here's another thing. A little hack that I discovered. So the first time that happened to me, Um, well, my fasting blood glucose was like, it wasn't crazy high or anything.

It was like a hundred. And I thought that's too high. That's normally in the eighties, what I did was I started scheduling my blood draws at a different time of day. So rather than scheduling my blood draw, like early in the morning, like nine o'clock in the morning when I would be have that Dawn, that [00:42:00] dawning, that rising increase in blood sugar, I would wait until noon.

And, uh, so in the numbers, the numbers had normalized by then. And, um, so it really did prove that it was that Dawn phenomenon and the glucose bearing that was doing it because that's the highest that your blood sugar is going to be. Is when you're fasting and typically early in the morning. So I'm just kind of, I'm gaming, I'm gaming the system.

That's a really good hack and yeah, because that's, I mean, your body's doing what it's designed to do, which is get up, get up, we're going to dump the blood sugar. So

you're ready to go. We're gonna raise your cortisol. So you're excited to start your day. And so it's doing exactly what it's supposed to do.

And so just to be clear with you for everybody else, You're still fasted. You're just doing it at noon, correct? That's absolutely correct. So my fast will be longer, you know, it might be a 15 or a 16 hour fast instead of a 12 hour fast, for example. Um, I just don't schedule it first thing in the morning, I give my blood sugar time to normalize and settle down [00:43:00] after the Dawn, the Dawn phenomenon or whatever it's called.

Also my A1C, um, is like 4.7. And so I know, even though my, my fasting BG may look high for me, all my other markers are so inline that I'm not even worried about it. Like my LDL right now is 200 and I don't know what, and my HDL is 115 and every other single marker that's possible to have the A1C and the CRP in all the inflammation, markers, all the they're all.

So super duper in line that I'm just not even worried about it. That's great. That's awesome. I love it. Thank you. I'm so glad that you hopped on and by the way, are you talking through a microphone? Are you talking directly into your Android? I'm talking through a headset mic. Why does it suck? No, it sounds awesome.

You sound like you're talking on like a really nice mic. Oh no, it's just a regular headset mic. Thank you though. That's awesome. [00:44:00] Good job. That's coming from the audio nerd. Sounds really good. Oh, wow. Wow. That's great. I just did my first clubhouse room yesterday, so I'm really glad to hear that. I hosted my first remote, so excited.

Oh, good. That and you just reminded me. Okay. So here, look at that little greenhouse at the top that eat happy kitchen club. You guys can join that. And Monica, if you want to host a room in the eat happy kitchen club, feel free to do that. I want to get this club more active and also it'll help come up in more.

People's feeds. Because if you, if you want to do that, if you want to talk about any food stuff or an air, I don't care get in this. Yeah. I just had a wonderful, amazing to our room last night, yesterday afternoon. And we were talking about how to create new positive habits in your life, around food and health and fitness and stuff.

And I, God, I wish I had known that, but thanks. That's all right. That's, that's perfect if you, if you want to do that and, and you guys let me know if you want to host a regular, like the, the, uh, Leona Yeager [00:45:00] and Megan Hawks host every Thursday from five to 6:00 PM Pacific in the eat happy kitchen club.

They host the NSN G a F check-in. So you guys get on that and just, just like this one. So now she just got to hear it and check in and just talk to your people. And plus to me, it's very like if I, if I come into clubhouse in kind of a crappy mood or like a I'm just on autopilot, trying to get all my shit done, this always brightens my day.

So it's a wonderful thing to check in. So Monica, if you want to host a regular room, do it. If you want to just do it here and there, whenever you feel like it, do it, I'm going to be adding another regular, regular, weekly time. I still, every week I say, I'm going to do that. And then my schedule fills up, but I'm going to do it probably

on Wednesdays or Fridays because this time is tricky for some people and they can never make it.

But we are recording. I am going to put it up on my site and have a chino.com and I think that's wonderful. Monica it's I like how people are taking to clubhouse. It's fantastic. It is really, I mean, this is going to sound dramatic and I don't, I'm not usually a [00:46:00] dramatic person, but clubhouse is there. I say the word life-changing it's quite amazing.

Yeah. Quite amazing. I'm with you. I agree. Yeah. Well, thank you. Thank you. Thank you, Nathan. Hey, I'm great. You've been hosting rooms all over the place. You're a perfect person. We've noticed that Monica just led right into my next question is how I could become, cause I think I've just following this house.

I don't know how to become a member. You know what? Let's talk about that while you're on, because this is, this is the like big, this is the question. Since they've changed all the things. If I tap on my profile picture and it brings up my profile and you scroll down to the bottom over on the left should be the little white eat, happy kitchen icon with the black letters.

Now it has members and followers. I don't know how you joined the club. I can go to add members and I'm going to tap on all the [00:47:00] people that it populates with. It used to be that I could add members. As, uh, yeah, I used to be that I could invite people, but now it changed the algorithm. So Nathan, when you're in the club, what do you see?

It just says joined. Yeah. Just says following, following. Okay. Well then this is going to be something that I'm going to have to troubleshoot to figure this out because you should, because I have the, the, the, sorry, this is boring admin stuff for everybody, but we'll get by in a second. Um, I have the thing checked that I allow members to start rooms, but we have to get you from a follower to a member.

So that's the thing that I need to sort out now. Hold on. I'm going to try and go to your profile real quick because this, yes. Do you have, tell me the answer, Tina? Well, I, I think I know a potential solution, [00:48:00] so I was having the same problem and then I followed Leona. And I hope I pronounced your name correctly.

And then Leona invited me to be a member. So I had to be following somebody who was already a member, and then that person had to invite me, but see, I know Nathan's following me. Oh, Tony, do you please tell me Tony has an answer. I'm bringing her up. Um, she's absolutely right. I did the same thing with, um, Robin and, uh, but it took like three days.

They do updates all the time. I think they're still updating the, the algorithm and cause they've changed it. I'm telling you because it used to be, I would just invite people and then they would join the club Bumble, boom, done, done, done. And now that's what happened when you did my invite, but that is not what happened with Robin.

And so I did the same thing that, oh, who's the darling who was just [00:49:00] speaking. Oh, wait a minute. I know how to do it. Oh good. I just figured it out. I carry Heinz. I just did a thing where I tapped on your name three dots and added

you as a member. So I'm going to go through and everybody's name that I recognize I'm going to add as a member to the club and, uh, everybody that I don't, you want to be added?

Just tell me if I D if I don't do it, like in the next hour or so, let me know, because this is why, why do they do this? Like, just make it easy. Um, and then Nathan, you'll be able to, you should be able to open up, um, a room. I'm looking for you right now. Okay. Thank you for bearing with us. Oh, there's Debbie.

Okay. So there's Leah. So. This is so funny. Thank you for bearing with us. We had, we had a little bit of a technical thing. We're still trying to figure out this whole clubhouse thing. I've been on this since January, but they keep changing it and then they don't [00:50:00] tell you how they change it. So I get confused, so, okay.

So I'm going to go through, and I'm going to do that, but I, uh, Nathan, what's going on, just check you and listen, let us know how you're doing. Okay. Yeah. Um, I've uh, since we last talked, I think I've lost just like another pound and a half. Um, uh, so I'm, I'm still trending down. Uh, the one thing I was just going to mention is as long as we're kind of bringing up hacks, one of the things is, is, um, I kind of suffer from, uh, a food addiction.

So basically if I know I've had enough to eat, one of the things I do at night is I take, uh, it's maybe not the most pleasant to some, but I just take some, uh, some of the, like Bragg's apple cider vinegar with the mother in it, a diluted and about 16 ounces of water, slam it. And in my, I don't have any, any appetite for the rest of the night, then also it's.

Good to get that in your system. So just wanted to pass that along and the I'd love to become a member. And, uh, I'm glad you're seeing my pings, uh, too, for the other. Yes, absolutely. I just sent you a thing as a [00:51:00] member. Now, let me ask you about the pop-up. Okay, good. Let me ask you about your apple cider vinegar thing.

Now, is that because apple cider vinegar just kind of kills off your appetite? Or is it because it tastes like such crap? You're like, I've just lost my appetite. Like which one is it? Uh, that's a good question. Um, I'd actually don't mind it when it's diluted. Um, it kind of tastes like a bitter, like, you know, apple, regular apple cider, um, when it's like that, I mean, if I was drinking it like a shot, you know, it'd probably be a different experience.

Um, but I, I don't know. There's something in the thing. I, I just heard it somewhere that it was kind of a hack that apple cider vinegar kind of Cabernet, uh, sorry, sorry, curbs your appetite. Um, so I've done it and it pretty much works every night. And then also it's supposed to help with digestion, I believe, but.

Um, Dr. Eric Berg loves apple cider vinegar for a digestion slash I hate using the words liver cleanse, but I used it screw it. Um, [00:52:00] he, it's his idea that helped me. Cause sometimes when I fast for more than 24 hours, I get the achy kidneys. And, uh, I like to do a little apple cider vinegar, lemon juice, just, just like a tablespoon of each, a teaspoon of baking soda.

So it fizzes like the science experiment diluted and then you just swig it real fast. And, uh, that will magically make my kidneys not hurt. I call it my kidney drink. It's

my kidney drink. Yeah. That's I don't know if I followed that so much, but yeah, it's for my appetite, it works wonders. I, and just to let you know, I did get your invite and I am now a member, so, okay, good.

So now you can start clubs. That's awesome. Um, yeah, no, and by the way, I'm not giving kidney medical advice. I have had kidney infections ever since I was little, had to be hospitalized for them. So I, I legit feel like kidneys when they're, when they're backfiring on me and I have to make sure all my electrolytes and stuff are going good when I'm fasting.

Cause my I'm the opposite of the Dawn phenomenon works. [00:53:00] And then all of a sudden I'll fast for three or four days, and then I'll be way too low blood sugar. So there you go. Good times. Uh, Tony. Hello. Hi. I just actually came on to try to help with that thing and I was not helpful, but I know you

don't call yourself unhelpful. You are helpful Ms. Thing. Oh my God. And I love you so much. Um, so I do have a question though, now that I see these, my corner board girls in the room and the buzz Vinnie's finally gone. Am I right? Um, is there a reason, I mean, I'm dabbling, you grow, you girls are the Queens, but, uh, is there a reason there's not a lot of chicken pic pictures of chicken and pork, other than bacon.

Um, in these groups, it's like [00:54:00] all red meat. I get the red meat is really good for you. And like it, like people don't have a ho um, it will help with the auto-immune stuff, but like, I don't have any of that. I just like, I get to eat all the meat. I'm going to give that a try. So why don't I see pictures of his other types of meat is my question.

I bet Jackie would have an answer. Carrie just raised her hand and I would have an answer. Yeah, do it, do it. Um, carnal were recommend, recommends ruminants. The, the poofy does tend to be high on chicken and pork, especially commercially raised in a non pastured chicken and pork PUFAs or polyunsaturated fatty acids.

And ruminants just tend to be more, um, I guess, I guess less concentrated in those. And there is another reason for the ruminants and I cannot remember it in the moment. So Jackie is going to tell us what that is. I hope, oh, I have no idea about any science, but I can tell you that I love to [00:55:00] eat those other things, the chicken and the pork, but beef seems to be the easiest for me.

And I also feel a little bit like when I have chicken, I'm hungry sooner again. Like after eating. So I that's just my experience. I don't know about anybody else, but I was going to say when my keto carnivores journey and my keto ex I mean, my carnivores experiment, I, I ate a more diverse set of proteins and I stuck to muscle meat because I can't tolerate eggs.

But, uh, I, it all came back to beef, especially in those last two weeks. I was like, cause beef just filled me up. I think, I think that's what it was exactly. Same for me just saying from what I remember. Oh, sorry, sorry. Sorry. I was just going to chime in and I believe there's also like a, it's a significantly different, I mean, my amino acid profile, that's more complete from what I remember when I was carnivore and that chicken, you just can't, you can't eat just chicken.

So if you [00:56:00] want to do carnivore, mostly beef with some chicken, you'll be okay. But if you try to do all chicken, that's not going to work out so great. Like it's, it's got to do with the immuno acids and fatty acids, and then it's just not a fat in general, even if you're eating the fat of your chicken, it's just not going to.

Work out long-term oh, guess what else? Carnivore or relius.com says, I'm so glad I did this because this is the stuff I wasn't remembering. The science-y stuff. Um, remanence having multiple stomachs are able to eliminate plant-based chemicals and toxins from their own digestive systems. So their food, the food that we eat is has less of them, including the horrible, um, what's the GLA glypho glyophosphate or something.

Glyphosate, Goliath, the hell is it called Roundup Roundup also ruminants create CLA conjole conjugated, linoleic acid, which, um, cannot be manufactured by your body. And that is found in ruminant meat, beef, [00:57:00] lamb, goat. Is there another one? That's a ruminant that I'm not remembering. I am a ruminant. Yes, you are.

And a hot one at that. I was just thinking how, how hot ruminant at hot room in, in 69? I think that, um, it is ironic that chickens produce an egg, which is the most perfect form of food. And yet their flesh is not so sorry. I use the word flesh it's off putting, oh no. I actually wrote a short story and use the word flesh.

Um, okay. That was very, that was a whole lot of like science stuff. Um, and I'm, I'm not, I'm going to be honest. I'm not down with it. I really don't care. I just want to eat. No, I think, I think you mispronounced. Thank you for the science, right? No, I'm grateful. I'm not going to retain that shit. So [00:58:00] if you eat plants, you want your food to eat plants.

Okay. Okay. Got it. And I love, I love beef, but life without Anna's carnitas or lemony chicken thighs is not a life I want to live. So I will, I do eat beef. I just want to know that like eating other stuff is totally cool too. And that it's totally cool. But listen, you just named two things that have the fattiest cuts, like the carnitas has made with the pork shoulder or pork butt that has a ton of marbled fat, um, people post about bacon because the pork belly has a ton of fat.

So, and the chicken, obviously the thigh is the fatty. Plus if you have the skin on it, it's going to go a long way to help, you know, staying full. I, God bless anyone who tries to do carnivores and is eating chicken breasts. I mean, that just sounds like a fate worse than death, but you know, so that it's okay.

You still eat those things. And also too, Things like muscles, [00:59:00] salmon, higher and fat. So if you're going to eat seafood, those are great to do for carnivores as well because they have other nutrients in them that we love. So thank you guys so much. I do want to say hi to Carrie before we land this plane, Carrie, my darling.

It's wonderful to hear your voice. How are you? I'm wonderful. Hanging in there. I don't, I don't have anything exciting to say, well, I jumped on because of the carnivore thing and I kind of was, I was sad. I missed, uh, Jackie's carnivore Chaka. Wasn't able to get on that night, but we're going to do, we're going to do more.

We're going to do more. I'm gonna, I'm gonna, uh, hog tie Jackie and make her do more. Cause I know she has more to share and more exciting details. And by the way, I saw I had major FOMO when I saw Jackie and Megan and a picture from yesterday. You guys are the cute. I saw that too. That was wonderful. It's made me happy.

Yeah, same. Um, well, listen, let's let's land this plane. You guys, now that we've figured out the eat happy kitchen thing. If [01:00:00] you cannot join the club, just message me. I'll figure out how to add you as a member. I'm learning as this thing goes along too, but this was a wonderful time. I'm so glad Vinnie could stop by at the beginning.

I'm so glad you guys all asked your questions. I am going to cut this together and put it up on my site@annavaccinia.com a little club cast. So just by getting up here and speaking, it means you all have given me permission to use your voice on an episode. I'm not selling it or anything. It's not like I'm doing anything.

I just put it up for information. So thank you for making yourself vulnerable. Thank you for speaking and letting me hear your voices. Thank you for your support and being a part of this community and helping other people. Cause like, look how like Carrie, she got up here. She had an, oh Tony. I wanted to let you know that I went down the woop versus aura ring rabbit hole.

And I almost ordered both of them because that's the dumb kind of online shopper that I am. And then I stopped. I am going to, I met this woman today on clubhouse, Molly, something I'm going to have her on. She was amazing. She is asleep. Expert. And she is in the low carb [01:01:00] community and a podcast or in a delightful human.

And I'm going to have her on a future clubhouse. I've got Stephen Crutchfield coming up. I've got, uh, uh, Mila Fermin, who is a low cause she's in the group, but she's a chef like a full-on trained chef and a mother of two or three. I dunno. She has a lot of children that she cooks for as well as all the people she cooks for.

Um, so we, we've got a lot of fun things planned and of course, if Vinny ever pops on, we always love having Vinny here. So thank you guys so much for joining. Please join the eat happy kitchen club, follow like subscribe. I don't know, do all those things. I love all of you. Thank you for being here and have a wonderful week.

Bye.