

010 Clubcast 71221

[00:00:00]Hello and welcome. Welcome. Welcome. We are in the eat happy kitchen clubhouse. We're doing our Monday. Check-in our, I dunno, I guess what we call the Monday. Check-in we do we have name? I don't know if we have a name, but uh, just want to make sure that we have our time to check in, to talk about what's going on.

Um, are any of you out there, Las Vegas residents or west coast people? I'm going to be speaking at Las Vegas Keto. That's a thing and I'm very much looking forward to it. And it's in October, October 15th and 16th, I'm excited because it's, um, I'll be going somewhere. I think that's the first time I will be getting on a plane in about two years.

So, but I'm going to be doing a giveaway of tickets. They gave me some sets of tickets to give away I haven't done a proper post yet, [00:01:00] but I will do a proper post. So I just wanted to give it a little forewarning that I'm going to be doing this giveaway for Las Vegas, Keto tickets. Pretty good event. Uh, I think, yeah.

So LVketo.com or Las Vegas Keto. I'm speaking at it. Maria Emmerich will be there. Ben Greenfield will be there. Ryan Lowry will be there. I think Jimmy Moore is going to be there. Um, there's of course, a ton of other people that I'm forgetting off the top of my head. I probably should have written it down before I started talking, but I just want to put that out there.

I'm going to be doing a giveaway. So if you are on the west coast or in Las Vegas, or plan on going and just want to hang out. Vegas is a big town. We can get up to some trouble. We can have some meat and suburban together in Las Vegas at Las Vegas Quito. So, uh, let's see, was a check-in raise your hand, raise your hand.

Hello. Beautiful people. Welcome to the eat happy kitchen. Welcome to the happy kitchen clubhouse. I'm going to tell you guys right now, I'll [00:02:00] check in my sleep experiment. My sleep experiment has been going mediocre at best. I had this aura ring now that tells me how badly I'm sleeping and, um, but I'm not upholding my end of the agreement to turn off the phone at 10:30 PM.

So I need to be better about that. I'm I'm giving myself a little self, uh, you know, what, what are the monks do they hit themselves? Self-flagellation I'm gonna hit myself with a thing and, uh, get with the program. So that's something I've not been doing well. I have been doing my eating very well and my attempt to not eat nuts is going quite well.

I guess if that can go well, I never thought that I would say to myself, you know, I'm going to give up sugar and grains and then I'm going to give up dairy and then we're gonna give up eggs. And then just for fun, I'm going to try no nuts, but here I am. Um, so that's my check-in [00:03:00] that's what's going on with my week.

Nathan, you said you're on vacation. Are you staying on plan? What's going on with you and your check-in? Yeah, yeah. I'm up here visiting my mom as she was about four hours away from me and then the twin cities up in Northern Wisconsin. And, um, my sister, uh, as I mentioned earlier, um, she lives in Mexico during the year, but she and her nephew who.

Around my daughter's age is, um, come up here for a couple of months. Um, and, uh, we're all like at least low carb, I would say keto, whatever you want to call it. Um, it's kind of a family affairs kind of works out well. Yeah. Yeah. But, uh, yeah, we had, I think we had pork shoulder tonight and then I had Caesar salad for lunch.

So, um, put a, uh, did you put chicken or beef on that Caesar salad? Yes. Good question. Yes. I put chicken breast on it. Yeah. Uh, grilled chicken breasts. Awesome. I am going to make my line cilantro chicken [00:04:00] marinade, which I, uh, I have, I've actually had that up on my blog for years, but I finally just took a picture to go with it.

So things don't exist unless they have a picture. It's not always easy to photograph. Just a boring piece of chicken bread. Just so you guys know, it's not that I haven't tried, but I feel like I finally captured it. Uh, and then I, uh, slice that chicken and put it on my cold Thai noodle salad. I'm not making that tonight, but I'm just doing the chicken part and some vegetables and I'm keeping it simple tonight.

I had a nice wall salad for lunch. Um, I, I just, I feel like eating lightly in nine days. I'm going to ha oh my God. Oh my God. Sorry. It went quiet because my phone rang, but I am back. I was talking the whole time because I can run my mouth as you guys well know. Um, but I was getting a phone call. I don't know how to not do the phone call thing during the clubhouse, but I'm going to make just light chicken breasts.

I'm eating lightly and nineties. I'm having a colonoscopy and endoscopy. You guys, it's going to be an [00:05:00] adventure. So I figure, I, I kind of want to start to eat lightly and then just kinda get into fasting mode. Um, I might just go straight carnivore for the seven days beforehand, but. I'll have a little lettuce, little things, a few things, uh, with the chicken Leland.

I want to hear your voice. How are you friend? I'm fantastic. And you should go carnivore. I was on the floor and I'll do it again last week. I remember you were saying that you were considering joining the other people doing the challenge. So I didn't know the challenge was going on and I just decided I was going to try it myself.

And how is it going? Oh, are you there? Leland.

Can you guys hear me? Nathan? Can you hear me?

Did we lose Leland? Um, Hey, sorry. There I don't. There he is. Hi, [00:06:00] it's the excitement of clubhouse. I get that too. Anyway, uh, I'm, uh, I'm, I'm doing carnivores, so, uh, I'm not really restricting anything right now. Um, if I'm hungry, I'm eating. So if I had to guess, I'm probably doing around two pounds of a ribeye day and, and just as many eggs as I, as I want really.

And so far, the first couple of workouts, what amazing. But man today I just actually literally just got through about 10 minutes ago. I was trying to rush so I can make this. And, uh, one of the best workouts I've had yet, so no, no way, lack of energy, uh, whatsoever. And, uh, so it's, it's, it's nice. Uh, I did this weekend, uh, a friend, uh, invited me over for the UFC.

Uh, I used to go at hanging out with him a lot, but it's been probably three years. Uh, I did, I have like two jalapeno poppers. Uh, there were bacon wraps, so, uh, I actually kind of paid

for that [00:07:00] ironically, which is interesting. Cause it usually doesn't bother me, but uh, But yeah, it, it messed me up pretty good the next day.

Um, so it's just interesting to see how quick your microbiome can change. I think I heard you say in that one time I, one of the podcasts would be any, um, I liked this how quickly, you know, like with like, I mean, it's barely been, you know, uh, two weeks. So, um, it takes your, body's a pretty intelligent thing.

It takes about three days to start to down-regulate and upregulate the certain hormones that you need. And I always tell people if you're going to do a carnivore challenge, that's great. Make sure you get some betaine HCL to help digest all that meat. So cause you will produce excess bile and then your body's like, what do I do with that bile?

And then your body's like, shit it out. And so that's why Pete common complaint. Going carnivores. Oh, I, I suffered through diarrhea for a little while, then it adjusts as your body adjusts. And some people have it for longer, but generally about three days is what it takes to kind of get in there. But I, I took HCL betaine.

I took one [00:08:00] every time I ate when I did carnivores and never got an upset stomach, it was great. Um, but then when I did get an upset stomach, was that the on day 29, when I broke my 28 day carnivore. And by the way, I didn't eat eggs, I just ate muscle meat. I ate a giant salad. I was really grave in a salad and I put every sort of chopped, raw vegetable in there that you could.

And then I was, that was it. It was over, it was so delicious and incredible. And I really enjoyed it and it made me realize I do enjoy vegetables. However, I did not prep myself. So just know that you could kind of mess yourself up a little bit, and it's not because you're not meant to digest a certain food.

Cause you really don't know that unless you take a blood test, but it's most likely that what you're talking about, Leland, the surprise, your body's not ready to digest that anymore. So good job. I want to tell you. And how long are you planning on doing carnivore? I figure I'll try it to the, uh, to the end of the month, you know, just, just because [00:09:00] prices are actually pretty good right now.

Uh, and I'll sort of found a local butcher that I've been looking, I've been looking for like a local butcher that does, you know, legit grass fed grass finished probably for five years. And a buddy of mine just happened to mention one that's like 30 minutes from my work and they actually deliver right across to my work, like twice a month.

And, uh, the prices are cheaper than like Walmart and Sam's club. So yeah, it's gotta be a no brainer. I'm going to work on getting like a really large, deep freeze. Um, it ends up being like once, once you get through with the hanging weight and everything, it ends up being like \$5 a pound for half a cow. So, yeah.

Yeah. And they, they have, they do like tours and everything. Uh, of their, of their farm and everything. And, uh, they do eggs. Uh, they got like the organ meats. I mean, they got it all. So, and are you including some organ meats? That's a good thing that you brought up there? I have not yet. I'm going to probably go there and get some [00:10:00] liver, uh, at least, and probably get some ground beef and try that maybe a Friday.

I grill out with my friend every Friday. Um, so, uh, we're we work, we were talking about that. So I think we just might, you know, mix that up because I have tried it before and it's not that palatable to me, but I'm sure I could get used to it. I was gonna, I was just going to say, you're super brave for eating your liver and I know don't roll your eyes out there.

Some of us have more sensitive pilots and Leland. Are those two people I got, I got a heart that is sitting in my freezer. It's been sitting there for six months. If that tells you, going to eat it, like dancing with wolves style. Yeah, exactly. Yeah. That's what I really want to see. You got a video of that.

Um, by the way, shout out to, uh, I think it's ancestral. What are they called? Ancestral supplements. That's what it is. I did take their liver. And then, and then after I did blood work, my functional medicine doctors, like why do you have so much iron and [00:11:00] B12? And I was like, well, I did carnivores. And I took ancestral supplements liver for an entire month.

She's like, okay, you can back off now. I was like, okay. But it's good to know that they have it. They have desiccated thymus, desiccated, heart, spleen, liver, you name the Oregon it's desiccated and put into a pill. So I appreciate them. Uh, Leland. One more question. So you think you're going to do it through the month?

But honestly, if you can hoard all of that beef, you should fill up that freezer. Cause you're going to eat that anyway. Yeah. That's my, that's my thoughts. Exactly. Because, uh, I've been doing it. Like I said, the other way you guys should go into the Walmart or the Sam's club for, for probably two and a half years now.

Uh, and I, I try to eat at least a ribeye a day, no matter if I'm doing carnival or not. So it just, and what's even better. And I'll, and I'll end it at this. Like he's got a form and everything. You can have every single [00:12:00] cut cut to your specifications, you know, he he's very, you know, just in case anybody out there is near you.

Nobody's near me. I guarantee it I'm in south Mississippi. Oh, okay. Well we were like 20 years behind the curve on everything. Well, that's a good thing to be behind on. If you have that bitch, the butcher who cuts stuff to your specifications. That's awesome. Yeah. That's very cool. Well, thank you Leland. I appreciate it.

And you guys raise your hand. We're just checking in very casual conversation. I am recording it. I don't know if I'm going to put it up. There might be some good tidbits in here for posterity. Uh, Lenny, I'm inviting you up to, um, I really appreciate everybody being here. We are in the eat happy kitchen club on clubhouse.

Oh. As a reminder, I am going to be on Thursday at 2:00 PM. Pacific 5:00 PM. Eastern. I am hosting the Quito club clubhouse every Thursday in the month of July. And we have Vinnie on last week and that is not going to be recorded. And uh, but [00:13:00] so you gotta make it live. And this Thursday I'm having on Stephen, Crushfield from Villanova.

Um, which most of you know is the best olive on the planet, but also Stephen is an incredible cook. He's been, he knows all about food manufacturing, and we're going to talk about all that stuff. Lenny. I hope you can join us for that one too. Uh, cause Lenny knows. Cause he is also a food manufacturer, how exciting it is in the food world, trying to get accuracy and

labeling and wanting to put out good food products that are also accurate and labels, but then also the things to look out for as consumers.

So that's what we're gonna plus have it, you know, support and check-in we, I always like doing support and check in on clubhouse because the magic of clubhouses, we get to hear each other's voices and have a conversation, which I don't get to have otherwise. So please join me for that Bob Zimmer's cooking's I saw sizzling back there.

Well, let me, let me tell you the Thursday, I liked that time a little better, cause I'm not, I will be [00:14:00] on with Steven a hundred percent and I, I will, uh, I'll share. But what you tried to do on the podcast today with the can open and you got to have the right can opener for that. I've actually posted videos on how to get that extra shot out of that can out of you.

It felt like a big bozo, especially because I had a pretty good can opener, but now I need the kind that has a little Jack knife on it. Well, actually I've got my, my wife on purple one and she just likes purple and, uh, it's, it's one of those left-handed ones and it just works. Perfect. It goes all the way around, but, but you're right.

I mean, in terms of having, you know, be sharp and just be careful a link, can you send me a link, text me a link to the one you have, cause I'll put it up for you. Okay. No problem. No problem. Do you, could you, could you see, did you watch the video? Did you see how, like, it could've gone either way? Just a finger up.

I was being careful, but I, I have, I have scars all over my hands and bacon grease all over my, like, I'm not joking. I have cut myself on the mandolin with the knife. Like it's just [00:15:00] part of the, and that's why I was, I have now learned when I'm cooking live. I can't be one of those people. Who's just like cutting super fast.

And like, I have to like cut slowly because I will get sloppy and I'll hurt myself. But what are you making us for dinner right now? Bob, I'm beating you to the punch here. So I'm making your salon show lime. Uh, I went to the store. I got some fresh cilantro and I had everything else. I just didn't have the salon.

Yeah, well, I, I did, but it was like brown. Um, it won't grow for me here. I know, I know you said yours shot up like four feet. I could do. Bazell I've got every, every herb known to man. I just can't do cilantro. It just goes to seed so fast. So got the cilantro. I've got that going. And I actually, um, like Leland have a local butcher who we've been getting some really good meat from.

Um, my issue with that though, is that they changed the fee need over the winter and it's kind of it's it's given it. Nah, I don't want to say it's a gamey taste, but it's not the same taste. It was [00:16:00] so, and we've got a freezer full, so we're going to use it, but I think we're going to start doing more marinades to kind of cut down on that, on that gamey type of taste.

So we're going to do a flank steak tonight. Uh, we're going to do fajitas. I've got the onions in the peppers, uh, getting nice and happy. Uh, in some avocado oil, I, I tried doing an olive oil. It just imparts the wrong flavor for Mexicans, for me. Um, So avocado oil. Perfect. And I get it a little bit higher tamp, let those go and get nice and soft.

And then we're going to do a, as soon as the thing's done Marianne, it'll be on our three. By the time I take it out, uh, I'm going to throw them on the steering burner. And I had my meat slicer out last night, uh, to do the tri-tip. Uh, I have left it out and we're going to use the meat slicer to slice that really, really thin.

And we're going to kind of do a fajita salad with it, um, with some pepper Jack cheese and, and I've got, you know, Harbor narrows and jalapenos in the garden outside. We're going to pull some of those fresh and it's going to be really good. I have learned as far as, you know, the [00:17:00] cutting and the, the getting cuts to not clean my meat slicer all the way down until the morning.

Uh, if we're going to have, you know, like tonight we'll probably have a tequila shot with dinner or if we have wine or, or whatever. Um, because I have literally totally sober grabbed that blade by the wrong way. And those things are so sharp. Oh my God. That's just, it's just one of the things I can cut very well.

I learned how to cut very well with knives, but cleaning that meat slicer for get it. Um, you're preaching to the choir, by the way, I learned it sometime in my early thirties, don't have a glass of wine or a cocktail before you start doing your prep work. I have, my rule is I have to finish my prep work before any alcohol is consumed.

That's what I get sloppy. I have a low tolerance. I have one alcohol and I'm cutting my hands. You know what, you know what? This is the things that, that I noticed the most. [00:18:00] And I want to thank you for asking the question for everybody, but I'll do that in a minute. Um, well, it's it's top of mind, I have gone from.

Um, and, and, and I'm, you know, when Vinnie tells the story of the, Hey, you know, we're doing the consult with the wife and the husband, and then they got to the point where they had the wine after work. And then another bottle during that was, that was us. We weren't the original, we don't have a porch to sit on.

So he did it with somebody else and just referred it to us. But we also had that same console. So obviously cutting back on the wine, cutting back on the alcohol was all part of it, uh, through his console. But what I've noticed is I have one drink and it's, it's almost lights out for me. Now, when I'm in deep ketosis, it is, it is I, so it's gotten to the point where if we go out, one of it's like, it's like Vinnie and Serena it's like, one of them will have, have a drink or two, and one of them won't um, well, before, before.

COVID it was easy because we've got a lot of good bars and restaurants we'd go out and have [00:19:00] a bottle of wine and just an Uber. And it was easy. The Uber thing kind of went to the wayside a little bit. So, um, now we just, we go out with friends and we make sure that we have, we have a driver because I swear to God, if I have, you know, more than one glass, um, I'm just out of it.

Uh, it's become, you know, I'm kind of a cheap date now, which is, which is awesome. He's nice. But, um, but, but yeah, it's, it's just, it's just weird how, how you see how it affects you so much more and so much faster. It's great because you drink less. Cause obviously, you know, alcohol is a poison, but at the end of the day, um, you really got it.

You really got to learn kind of how your body reacts to that. The other thing I wanted to mention too, for folks that are kind of new to this is, um, Is you, if you have a breathalyzer, uh, even if you have not been drinking, if you're in deep ketosis, you could on a breathalyzer, um, blow over the legal limit.

So, you know, I've, I've instructed, you know, all my, all of our [00:20:00] friends that are doing this with us and, and my wife is like, if for whatever reason you ever get pulled over, um, don't blow make, do the blood tests because that's, that's really, really, really bad. And most people don't know that. I thank you, Bob.

Thank you. Thank you. Thank you. Because I want to actually, we could do a whole thing on alcoholism and ketosis because you're exactly right. People don't know that they're, they've pulled over people in deep ketosis and they've gotten a DUI and that is scary to me. And so, so then you think about if you're in deep ketosis and then you have a drink, imagine how much more you.

I don't, I can't remember what the phrase is. You metabolize the alcohol fast or something, or you don't metabolize. If I don't know something happens where it basically makes you super drunk. Yeah. It really, it really goes to your head. So, so obviously we, well, let's all, let's all be [00:21:00] responsible adults. I will never, ever, ever, ever drink and drive.

Um, plus with, with my Corvette, I couldn't control as it is. There's no need to now. So no, it's also like, I, my, my thing is like, don't, don't do that thing where you think you're okay and I'll just, I'll just drive home. Cause I think I'm okay. Because the thing is, is that getting a buzz on when you're in deep ketosis is totally different.

You don't even know how wasted you are sometimes until when you wake up, you're like, oh my God, I have the worst headache. And I only had two drinks. I'm telling you it is a game changer. In so many ways, it's wonderful, but it will definitely mess with your, and it's a good thing because to be, I've always said this, you don't see a lot of old alcoholics.

We all are changing our lives so we can live healthily to a ripe old age. So it's like, you're gonna slow down your alcohol consumption and no shade on alcohol. I love alcohol. I'll [00:22:00] call is a wonderful, fun thing, but like we could all stand to slow it down a little bit. And if you're doing keto, your body is going to make you slow down.

And if you keep pushing through, it's almost like you're, you're doing those work to clean out your liver with regards to how you process all your food. You don't need to be like re fucking it up. No, and it's, it's, it's, it's truly one of those added benefits. It really, you, you, you definitely reduce your, your alcohol consumption.

Absolutely. And the other thing is too with, with what I've found is that on nights where we do have a drink or two, before I go to bed, I'll have to work. And I'll wake up and I'll be like, good to go. We're cause it's basically replenishes all those electrolytes. Hey, thanks a lot for asking the question.

I could ptosis today on the show today, I was out running and I was listening and I'm like, I had one of those aha moments. Like now I get it. Absolutely. You know, your, your body will make what you, you know, what you need. So it's not about the number. It's more of, you're going to use that to [00:23:00] judge kind of how things affect you.

So when I go out to restaurants or I'm on vacation, I want to keep tabs on it. I ate that last night. It wasn't the usual. How did I do? I think it's more for that versus the, I want to hit 2.2 every afternoon, or I want to hit 2.5. So thank you for asking that. That was a fantastic, thank you for asking me the question, because by the way, you guys, if you want a question as to Vinny, I'm actually the best route to get it answered.

So text me, message me, whatever. I, oh, I put them on a list and I go through them with him. So thank you, Bob Ross. And everybody go listen to the Monday show at dot com or it's the fitness confidential podcast. If you're new to. World. Um, the question that Bob asked was, uh, you know, why is your keto reading lower in the morning?

Your blood millimolar levels lower in the morning and then higher in the afternoon, moon and Vinny gave up long and wonderful explanation that I'm not going to repeat here, go listen to the show. But what I really loved hearing about it was cause that's what freaked me out too. Cause once you do it for a while, you pee on the stick and it's [00:24:00] pink and it's not, it never gets to that deep purple that it used to.

And it's just your body being more efficient. And you want that. You want the metabolic flexibility. You, you want this to happen. I always say the best way to test is if you get a blood glucose monitor, I am actually about to do the neutral sense and I'll put a link up on my site. I, they sent me a thing to do a two week continuous glucose monitor, and then I'm going to do that with, uh, testing my, my ketone levels a couple of times a day.

Um, but I also think that there is a thing where we always are striving for perfection. Like it has to be 2.2. And like you make up this thing in your head, like, it's gotta be 2.2 or else it's not working when really what's working. Bob is the fact that you have. Gotten yourself into shape. You know what I mean?

And what is, what is all the rest of your blood work? Say? It doesn't necessarily mean that like every day at 3:00 PM and SB 2.2 or higher else, you've somehow failed. And I know I'm using you as an example. I know you don't really feel that way, but I do. I do. I do. I know I've been keeping, I've been keeping a spreadsheet with, so I go in, [00:25:00] I don't know, cause I I'm just one of those people that just naturally has high blood pressure.

So I go in, um, every quarter to every six months, depending on when I run. My high blood pressure medication, which one day I'll get off of it. Some I've gotten off of everything else. Um, and they'll do a full blood panel and I'll, I'll put that in the spreadsheet. And then last time was the lowest I've ever had in terms of the cluster.

And it was actually the first time I knew I didn't get the speech, you know, the, you know, maybe a statin or watch the red meat. That was the first, the doctor's like, dude, you're in better shape than I am. Whatever you're doing. Just keep on doing it. I went right to Vinnie, super pan, excuse me, super fan site and donated the exact amount of my cholesterol in dollars.

Awesome. Yeah. I don't want to take up everybody everybody's time, so I'll be done, but, uh, thanks for having me. Thank you, Bob. It's always a pleasure. Thank you. Thank you. Thank you. And, uh, yeah, as a reminder, go check out the show, go, listen. Uh, Vinnie always explains this stuff so well, whereas. You [00:26:00] know, we just, we just like to check in, talk about food.

Brian, are you making dinner? What's going on over there? A new dinner here today, Anna, um, had a nice, yeah, well, no, I, well intermittent, I guess I do my last meal of the day at lunchtime, and then I have my breakfast the next morning, but I was going to ask you first of all, hello, it's nice to hear. Hello.

Nice to hear yours. Um, you had mentioned earlier in the, uh, at the beginning of this, um, this clubhouse about the aura ring and I missed a couple of clubhouses earlier, so I didn't realize you had one. Um, what do you think so far? What are your thoughts? Okay. Thank you for asking. At first I was like, I hate this thing.

This is dumb. I feel like it, it doesn't squeeze my finger cause it's the right size, but I just hate jewelry. I don't like wearing jewelry unless I'm going to. So I like to be free [00:27:00] of jewels. Um, now I'm kind of getting it because it takes a few weeks for, to really gather data on what's going on with you.

I feel like, hold on. I'm I'm actually going to open the aura ring app. So here's what it tracks. Oh crap. Hold on. I'm dropping the phone. Okay. For example, today it tracks your readiness and under readiness, it tracks your resting heart rate, your heart rate, variability balance, your body temperature, your recovery index, which I think is a lot of the sleep data that it takes a couple of weeks to gather your sleep itself, which by the way, my recovery index and my sleep are both in the red zone.

Everything else has optimal sleep balance. I don't know what that means. Previous day activity activity balance. Great. So that's your readiness was kind of like an overall score. My readiness today is 83. It's good. That's a B minus. It's good. It's not great. It's not what they call optimal. [00:28:00] So it, it measures on your finger, your, you know, your basal body temperature, your heart rate, variability, your resting heart rate.

It does not track if you're doing zone to exercise, it is not tracking your workout. So I enter workouts through my health, uh, app on that, on the iPhone, or, uh, that's actually where I enter them or it syncs up with Runkeeper or whatever under sleep. It tracks. Oh, there's a lot of red under sleep from last night.

My sleep score is 69 and not the good kind, uh, total sleep, six hours and seven minutes. I'm in the red efficiency. 76% restfulness. Again, pay attention REM sleep. I got an hour and 15 minutes and that's. Okay. Deep sleep, only 39 minutes. They want you to get an hour of deep sleep. That's something I've learned.

I'm not a, I don't get a lot of deep sleep, uh, latency, meaning the time it took to fall asleep and timing, I don't know what that means. And then there's activity, which again, I said it it'll tell you, okay. Based on what [00:29:00] these factors are, maybe the next day you take it more easy. Yeah. You don't do your hard workouts.

You don't do your high intensity stuff. Right. Um, so today was supposed to be a day where you're only supposed to do 300 calories of activity. Now we don't do a lot of calories. So this is why I was talking about on the re on a recent podcast, maybe two weeks ago, why I went down the rabbit hole because today I've only burned.

I burned 450 calories of activity and I was only supposed to burn 300 calories of activity. So I don't really pay much attention to that. And I get that it, I, it always gives me a high score on

my activity. I'm doing activity well, but for me, what I'm using it for, and this is very long-winded answer. I just thought I'd give you some of that because it's not really explained on the.

Uh, the aura ring people, it's mostly judged about your sleep. I could see how women would want to use it for their body temperature. Maybe for fertility. I could see that. Um, but it's really more about the sleep and I'm learning too. I also, I read this book, [00:30:00] I'm reading this book and I've talked about it in previous clubhouse, change your schedule, change your life.

And something I figured out is that I'm always going to kind of wake up at the same time. I just pop up at that time. So I, the work I have to do is to make myself go to bed earlier. And as I said at the beginning, I'll give myself a C and I give myself an average grade on that so far this month. So the aura ring it's I like it.

Would I spend \$299 again on it? Probably not, but I might change my mind in a couple more weeks, but it does take a few weeks together. That's your long-winded answer. Yeah, I it's, it's very interesting. I, I've had it for a couple of years and it tell you something, you know, once you get more data, you know, their, their trucks, when it gets truck more data, when the thing gets registered, you know, more weeks of use, you'll see.

And it happens to me if you have like a glass of scotch or something like that, or if [00:31:00] you eat a little bit too late, even if you're eating, you know, nsng, uh, if you eat a little bit too late and go to bed, your sleep is affected. And at least with me anyway, and, um, you know, they always say to, you know, give yourself four hours before, you know, your last meal should be about four hours before going to bed.

I think that's too short. I think it should be even longer than that. Um, you know, in order to get that really good sleep and it it's, it's, it's really, it's really fascinating to me. Um, you know, if you, I, for example, I'll my last meal would be. You know, lunch. And I know tonight when I go to bed, it's going to be a nice, solid, solid night's sleep.

I had, I had your, um, well, I actually had, I had some dinner last night, a little bit too close to bedtime, and it was the, I am a readiness was like a 78, you know, sleep was like a 76. You know, I didn't get my, you know, REM and [00:32:00] deep sleep that, you know, as well as I should. And, and, and it really affects it, you know, the, you know, the dinner as well as alcohol.

And, um, it was very interesting. That is, that is really interesting. And that's one thing that I've, I'm learning from this, this change, your schedule, change your life book. It's a good book. It has more of an airy Vedic perspective going into it. And, you know, it's, to me, it's always fun to do the quizzes and be like, oh my body type of mind.

Ooh, that's fun. Everybody loves it. Do me, do me do the quizzes. Do I believe that it's that? You know what I mean? Like, I don't take it as like. Medical advisement necessarily, although I'm on like, oh, I guess I am a little pizza or whatever. I don't know. Yeah. But it, but it's basically saying stop eating soap.

And I have this thing where I have been for years intermittent fasting and skipping breakfast, when really I should be eating breakfast and eating a big lunch and then skipping dinner, if

I'm going to do that. And so hearing you say [00:33:00] that I'm like, I know dinner is like the focus of like when we blow off steam in this household, because there's so, and I actually, it made me do a little soul searching and look back on my entire life.

I kind of was brought up snacks. But I, my mom wasn't home, she worked, she worked like three jobs. She wasn't home to cook meals. I didn't have that kind of peep because people do as well. Where'd you learn to cook from watching cooking shows and working for a catering company. That's where I learned to cook and, and, uh, it, it very, I'm going, oh my God, I have these habits that are really deeply ingrained.

Don't eat anything. I can eat tiny amounts and just get by because I'm used to just snacking and then going back to getting back to things. And so I'm, I'm really trying to retrain myself because I think I have some bad habits and I have been at a plateau literally for years. Yeah. Yeah. It's really cool.

And one more thing before I let you talk, um, I was going to say that, uh, one of the, um, cool things about the aura app is that I was involved in a [00:34:00] study, uh, during the whole COVID situation, um, where they would, uh, you, your data gets sent to a university of California, San Francisco, and. They ask you questions every morning.

Like how do you feel, blah, blah, blah. And they, their purpose of the study was can you, can they take the sleep data and use it as a determining factor? Whether or not you will, uh, that you're coming down with COVID-19 and I'm not sure if I'm allowed to say that word on this, and I hope it doesn't get censored, but yeah.

Oh, interesting. Yeah. So it was, it was really cool. I, um, and then they, they, what they do is they send you over to a lab to get your blood drawn, to see if you have antibodies. Um, like at the beginning of the study at the end of the study. And, um, it was really cool because their idea was to take their sleep data and see if they can, um, determine whether or not you are getting sick before it actually happens.

[00:35:00] Um, so it's, it was just really cool. It's not that I'd be interested in and tell you that. Or at least listen, I can tell you this much. If you don't get sleep, you're going to get sick easier. Cause I definitely got bronchitis two weeks ago because I was running myself ragged just end of story. And I didn't ever want to believe that to be true, but I was I'm finally now at the, at the ripe old age of 48 learning that, uh, it's not just about diet.

I've gotta be taking better care of me. It's not about actually like just when you think you got all the things dialed in. Thank you, Brian. Thank you for having me on the, go ahead. Finish your thought. I want to hear the rest of your thought. Oh no, no, no, that's it. I just want to say thank you. It was nice to talk to you again as always as always.

Thank you. I appreciate it. Michelle. Beautiful mission. How are you? I'm not sure if I heard you correctly. It was preoccupied in the beginning, but did you say you were coming to Vegas? Yeah, I was thinking you're in Vegas, right? Yes, I am. I am [00:36:00] doing the Las Vegas Quito event or Quito Las Vegas. I can't remember the order, but I'm going to say more details.

I'm going to put an Instagram post up because I'm going to do a giveaway of tickets. So it's October 15th and 16th. I am speaking at the event. I'm so excited to be there. It's gonna be

super fun. We're gonna have Jimmy Moore, Ben Greenfield, Maria Emmerich, Ryan Lowery. There's more. And I'm spacing out on who they are, but I sure hope I get to see one person to give you a hug.

Yes, I will be there. Definitely. So, um, well this week has been, well, this month has been really good for me so far. Um, finally, after. Three years of at SNG. I think it finally clicked. Um, I've gone. It's been exactly one month since I last cheated had an F up, whatever you want to call it. And I'm down 12 pounds in F in that four weeks or whatever.

Okay. Wait, hold on. Remind us, because you've been checking in. Tell me, tell me again, [00:37:00] were, was it you who had to, what, what was going on with you? Remind me, um, cause you towing, right? Well, yeah, I have been plateauing. Um, but because you were effing up or plateau. Yeah, exactly. But, um, I had lost, so I had lost 75 pounds originally, um, on NSF and then, um, I had broken my leg last year and then I started working out after I was able to start working out again and I had gained 20 pounds.

From, I would say like September, till about a month ago. So I have actually was 25 pounds. I've gotten 12 of that off in just the last four weeks. I am furiously writing notes, by the way, I keep notes on all the, all the things that we talk about. That's incredible. I'm so proud of you. I thank you. Usually after like two weeks, I just give in and I, and I fuck up and it's been exactly four weeks.

This [00:38:00] weekend. I went to New York, um, beginning of June and the first day of my trip, I just, I went off the rails, eight Pete site, everything, and I was sick and the next day I'm like, I can't do this to myself. Like I ruin every vacation and I ruin everything when I, when I eat like that. And I just feel sick after.

So yeah, I've been back a month and the weight came off and I'm more, I'm almost halfway to where I was a year ago, this time. So. Well, what is it? What is it that changed? Because I think that's really important for people to hear, because some people do there's the steam runs out after two weeks or three days.

So what changed? What's the shift in your heart? Something happened in your heart? Yeah, I think it's just the sick, the sick feeling I get after I eat like that. Like there's no need for that. And I feel so good when I eat healthy. Like nothing, like nothing is wrong. I don't, I don't have [00:39:00] aches and pains. I don't feel like bloated.

I don't feel sick to my stomach. So I think at this point, like I don't even care how long it takes for the, I've got like 40, more pounds to lose and I don't care how long it takes. I just don't want to feel sick anymore. So I think it's, I'm at the point where I would rather feel healthy than be thin.

You know what that's going to serve you really well. Because some folks, when they lose the 40 pounds that are left, they go, okay, now I'm in maintenance mode. I get to change what I'm doing and that's not actually true. You might get to, maybe your body's going to be a little more forgiving, but you know, you're still going to have to stay on plan.

You know what I mean? So, so making that shift now, before you get to that end result and I'm using end result, because there is no end result, we're never going to be done. We'll

never get it [00:40:00] done. We'll never get it done, but that's okay. I'm saying you will lose the weight, but, but the end result is not an end result.

It's like a, it's like a Mirage. If it gets you there. Great. But you still have to stay on plan. So your mindset shift now will keep you from Effingham. Down the road. So good job. Thank you. And I agree it's a 100% mindset for me because now I don't look at it as an end goal anymore. I look at it as I have to do this for the rest of my life to feel good.

So it's, it's a tough, it's a tough pill to swallow for some people. And I was talking earlier today on a, on a podcasting, like a business podcast, clubhouse thing, and, and, uh, people were talking about, you know, your podcast audience and how I, and I had the realization. I was like, okay, well, how many millions of people are there in the United States?

I don't know, 700 million. I don't know if 200 million, I don't know. I don't know. It's as I still say, there's a hundred million people, [00:41:00] right. And we've already know, we know the statistics, right? 66% of them are overweight or obese. And sometimes in some areas of the country, it's higher than that. Right.

But there are not 66 million people who are ready to go in. It's just people aren't ready to hear things when people are ready, we're here with the, you know what I mean? We're here with the information we're here with Quito. We are ready for people to jump in. I have all the tools you need. Vinny has all the tools you need, but it's not until you switch the mindset that you're ready to do it.

And. And I can't tell you the number of people who, and by the way, there's nothing wrong with this. As part of the process who come and lose an incredible amount of weight, and then they wind up putting a bunch back on and then they go, hold on, stop. And then they come back a year or 2, 3, 4, 5 years later go, okay, now I get it.

I did all the physical things, but I didn't change my mindset. And you have to have the mindset shift you have to. So the fact that everybody's [00:42:00] here in this room, by the way, raise your hands. You guys, we're going to go till the top of the hour. So if you want to check in and say anything, tell a story, tell a stumble, tell a success, whatever.

Please do. And thank you everybody. Who's raised your hand and is brave enough to talk about this stuff, because I feel like it's keeping all of us accountable. We all give each other inspiration and ideas. So Michelle. F and job, not an up yo hard. It is for me to knock us. Like it's really hard. So thank you for you've.

You've made me a better person in many ways today. Um, so thank you. Anything else you wanted to share? Nope, that's it. Thank you. Thank you, sweetie. It's so good to hear your voice.

How is the greatest voice on club house? Wow. Oh, now I'm the greatest voice on clubhouse. I'll take it. Listen, I'll take it right. I would say the greatest voice in the world, but Hey, we're on club also. I'll keep it the clubhouse, you know, and I know [00:43:00] pro I know you were a voiceover artist, you know, and that's your gig, but I just love listening to your voice.

In fact, I wish I lived in LA that every time I popped on the TV and turn the channel four, I can hear you doing your voice. And I love that. I am in Minneapolis. Okay. Well guess what honey

put on NBC and you'll hear it. Oh, was he okay? I love this stuff. I see national babies. Oh, I thought you did mostly can BC.

Okay. NBC national. Well, I am switching the channel 11 right now. Haven't you in stereo and I'll be haunting. You

you'll be haunting my dreams. And I just, I love this discussion tonight. I literally feel like we are sitting in someone's back yard and we've all got cool drinks in our [00:44:00] hand and we are just shooting the shit. I'll say breeze. So I won't cuss either, you know, amongst friends. I mean, this is just so relaxing.

I love this. Well, thank you for being here. I appreciate it. Um, I always love it when you're on. I love hearing your voice and, uh, Yeah, thanks, Lenny. You're awesome. You're yeah, you're a breath of fresh. Well right back at ya. And I just want to add one quick thing. So by the way, you've got all those procedures coming up and I know you are just going to totally crush it and it's going to be just like, I didn't give you a speed bump for you.

Can you crush a colonoscopy? Cause I am dead. If there's a way to do it, you, I know we'll find a way to do it, but, but very quickly, as long as we were talking earlier about like, uh, injuring ourselves on kitchen appliances, I have a quick story to share. I totally with you on the mandolin. So I had to finally get one of those safety mandolin.

I mean the guy, he wouldn't get him a [00:45:00] kindergartner if you wanted them to slice their vegetables because of, I didn't, I would have no knuckles left at all and I'm kind of a nice snuff because my place got like a super tiny kitchen. It feels like I'm cooking in the ship's galley. So I can't have like this big nights since I feel like, okay, I want to get the one knife to rule them all.

Like one night. Everything I ever need, like meat breads the whole nine yards. And so I went overboard and I tried to get all these fancy knives. I got these fancy Japanese knives and I got these knives on Kickstarter. They were like NASA engineered with metal aloe is that you've never heard of. And they were all just junk.

But then finally I went to my little, um, gourmet cookware store and they had this beautiful Westhoff Knight from Germany. That was like the greatest thing ever. I mean, I download it at the store. Like, you know, it was one of those nights where you could cut onions. So it's paper thin. So you could see through it kind of deal as with, this is the knife for me.

I'm just gonna [00:46:00] take this knife home. And my life is set except I didn't figure on my lack of knife skills. So I swear, get it home, wash it, prep it my very first vegetable, my very first cut and I taught my. I was like, oh my God. Like, I, I, I still need a class on knife skills because like, you do not want me around like any kitchen appliance where there could be a risk of injuring yourself because I will find a way to do it.

And hopefully people are hearing this after they've prepared their meals. So I didn't totally ruin it for them. I'm winning and I'm done speaking.

If you haven't cut yourself with a knife in the kitchen, you haven't been in the thing long enough. I'm surprised they're not more often, honestly, in their pros on top chef. When you hear that medic on top chef that they they've really cut themselves because, um, their knives are very sharp and they're professionals.

So they've done something crazy, but if they do it, that's, that's what makes me feel better. But, uh, Lenny [00:47:00] you're absolutely correct. You do have to be really careful and I highly recommend if you're new to the kitchen, I'm sure you can just find a YouTube video and watch YouTube videos about knife skills, because there's certain things that people don't know, like, you know, curling your fingers under, so, and moving your knuckles with the food.

And, and I also want to tell people it's okay to slow down. You can slow down. It will all get worked out, but what's not acceptable is using a crappy knife. And you probably don't even know you have a crappy knife until you get a good knife. And the thing of that, the fact of the matter is a crappy. Is just as dangerous as a really good knife.

So you just have to it'll catch it's a mess. Just be really careful. Be careful out there. You guys, and don't have alcohol before you cut your vegetables. I said it before, and I'll say it again, Ryan. Hello. I'm doing good. It's been lurking in clubhouses for [00:48:00] the first time. I've spoken in one. So hopefully you guys hear me.

Okay. I hear you. You sound great. And by the way, before Ryan gets started, if anybody else wants to raise your hand, go ahead and raise your hand, go for it, Ryan, let us know what's going on. So I raised my hand when you were talking about blood pressures or somebody else was talking about blood pressures, is that kind of my whole journey?

Yeah, that's kind of been my whole journey and in weight loss and whatnot, but I also wanted to say on the sleep real quick, I've been tracking my own sleep, using a Samsung watch and I've, I saw a huge difference when I started taking Vinnie's advice and using my. Vitamin club potassium or magnesium at night, instead of in the morning.

And my sleep score on Samsung shot right up. That's great. I love his magnesium. Yeah, it's good stuff. Um, but as far as blood pressure goes, I don't try to tell my story quick, but I was, uh, I used to be a volunteer [00:49:00] firefighter. And when I was, I had a, the department, I was on our physician advisor, monitored everybody's blood pressure annually.

And mine was always right at the upper threshold. And he was always warning me and I was a heavy tobacco user at the time. I constantly chewing Copenhagen. And that doctor always told me that if I stopped you in Copenhagen, my blood pressure would even out and I'd be fine. And so I finally took the advice, got rid of Copenhagen and gained a lot.

I started out at two 30 and ended up almost at two 90 at my. Um, and then I found out that my blood pressure was, I should have been hospitalized the day I found out my blood pressure was really high. Um, it was 190 over 140 that day. Wow. And they, they told me to go to a doctor and that doctor did blood work.

And I remember his exact words were the good news is, or the bad news is your blood pressure is unacceptable. The good news is [00:50:00] it's only because you're fat. So I kind of struggled with pills and whatnot. Um, trying to get the blood pressure under control until I heard Vinny on the crawler show. Do you mean, I'm sorry.

Do you mean pills? Like they were giving you medication to lower it and you couldn't find the right doses. Okay, got it. Yeah. No, I'm not a drug addict anymore.

I'm a, I'm a listener pro addict now. Um, because of this. So yeah, I, I was on one pill and it just wasn't quite working. And then I heard Benny on CRO. Yeah. And I gave that a try. And,

um, in about six months I lost 50 pounds and was doing really good. I've been hovering at about two 40 for the last several years and decided I want to get it down lower.

Um, because again, my blood pressure shot up. Um, I'd ran out of pills. I was feeling good, decided I'm not going to go keep going to the doctor because all they ever want to do is tell me to lose more weight and blah, blah, blah. Plus, I know they don't [00:51:00] like the keto diet. So last round at the doctor, they do blood work and it was right after I'd watched the second doc and heard some of the same information on there about pharmaceuticals.

Um, they do all this blood work and it costs me a bunch of money. And then I'd go in for the follow-up and I find out thinking, yeah, well, let's find out why I have high blood pressure. My doctor literally said, well, that's not why we do blood. And I'm like, what do you mean? He says, well, we did the blood work just to make sure you have proper liver function before we give you these pills.

You don't know why I have high blood pressure. He's like, no, we, well, obviously it's probably your weight. And I'm like, I'm not even the saddest guy in the room, doc, what are you, what are you talking to me about my weight? But anyways, I decided then that, yeah, I got to prove this guy wrong. And I'm going to get back on my keto diet and get down under 200 pounds and hopefully get off the listener.

How long, how [00:52:00] long ago was that? Doctor's appointment? May 18th, May 18th. And is now July 12th. How's your, how's your keto going? I right away, I lost 12 pounds and then I got lazy again. Um, I'm, uh, I love IPA and I live in an area where we've got, I've got three breweries within walking distance of my house, and I love every one of them.

That's the hard part for me, Ryan. I moved to wine country. Okay. It, the struggle is real. When you live near your favorite alcohol and your favorite alcohol is a carb. It's a problem. So I can relate to that. So yeah, you're going to have to figure out a way to not be so lax with the IPA. Cause, cause especially here's the thing, here's the thing I love anger is a motivator.

I fucking love it because it works. If you want to prove somebody wrong, it's a really [00:53:00] great motivator. So you want to prove that. And then there's the IPA. It's so wonderful. So yeah, but no, but this is, this is where, this is where the rubber meets the road. So, you know, you'll, you'll, you'll get back to it when you, you know what I mean?

Like I'm going to do it and then this is part of the journey. Can I interject one thing, Ryan? I'm sure you said, listen it roll, right? Yeah. So do some research on it, online, check with your doctor and look at Losartan. I switched from the center pro to those entre, those Archon, uh, for, for a lot of reasons.

Um, but I'm not a doctor, but just do the research. It may work better for you. I appreciate that. I'm actually gonna switch to a different doctor because I don't appreciate this guy spending \$200 in my money on blood work that doesn't even tell. Anything other than I have a good liver. Thank you very much.

To be honest, that's kinda [00:54:00] what they, that's. The only reason why they're doing that blood work is to make sure that they don't give you medication. That's going to cause your to go into shock or, or have an issue. That's really all that is, is just to cover their ass. Uh, I was irate and then the other real quick, and then I'll, I'll let someone else talk to this.

Um, coincidentally on that day, my insurance company, because I've been classified as a, um, I have a chronic condition and, um, they had another long-term medication that was center pro. Now I have a health coach assigned to me. It's a voluntary thing through my insurance company, where this person calls me once a week to check in and see how I'm doing and whatnot.

And I had to laugh really hard because I, I managed to. Render her speechless. Cause she told me keto is not a sustainable lifestyle because I'm going to have to read all the labels on everything I ever buy at the grocery store and research, everything I eat, it's just not sustainable. And I said, well, I already do that anyways.

And is [00:55:00] vegetarianism or veganism? Not a sustainable lifestyle. She changed the topic pretty quick. Do you, I don't know if you guys heard the sound of my eyes rolling very hard at that woman. God bless her. She doesn't know any of us on the, on the call work for larger companies. That's the trend, right?

They're going to get a dietician in your ear and trying, you know, towed the line. I would run away from that as far as possible. I get those in the mail all the time from my company and it's just go right there. Or I have to do one more meeting so I can get the \$50 gift card for Amazon. You get the \$50 gift card.

You know, what you can do is tell her about Vinnie toward rich and the eat happy cookbooks. And that will show how sustainable this is. Cause by the way, we're just eating food. Like this is the thing that's so crazy about it. When people say it's not sustainable, I was like, oh, it's not sustainable to eat meat and vegetables.

Okay. [00:56:00] Like what? Yeah. I told her, I said, I said, it's really easy because for the most part, I just eat whole foods and most of those don't have labels on them. Um, and then the other part of it, I did, I quoted Benny so many times in that, in the conversation with her. And obviously she doesn't know, but I sounded like one of the podcasts going in her ear.

Well, I love that you did that. And by the way, you can do, I don't want to say this too. If she says she does bring up the, the vegan diet or whatever, be like, great. Well, yeah, if it's vegan, but without any sugars and grains, right. Cause it's, you know what I mean? I don't know. I just, I just liked throwing that out there because by the way, you can do this with plenty of plant powered nsng people.

Um, it's a lot easier if you can have some meat or if you're okay, if you're aligned with eating meat, which most of us are, but some people are not, I appreciate people have their things, but, um, yeah, it's it's I had an endocrinologist one time say, uh, you know, her client [00:57:00] was doing everything right. She was doing everything right.

You know, and she still had to be on her blood pressure medication. And I was like, oh wow. Okay. And then she goes, you know, she was, uh, she was a vegan. She was doing all plant-based and I was like, well, hold on here. Your definition of doing everything right. Is a vegan diet. I have different definitions than you do.

So I'm not a doctor. You're the doctor. I guess you're going to tell people to do a vegan diet, but then I also brought her, my cookbooks and they sit in her office so that every single client

who comes in there, at least she can say, you could also try those. I was like, just, just, just give it a shot, just give it a shot so that the pendulum is gonna swing in the other direction.

We don't know when. Um, but I think that the, the idea to get behind the thing to the common ground is to say yes, like exactly what you did, Ryan. I eat whole foods. They're not, they're not all vegan whole foods, but they're all whole foods, so that's good. Right. Great. Okay, great. We're on the same page, you know, and then get your \$50 Amazon gift card and enjoy [00:58:00] it.

Uh, Ryan, I want to say thank you for joining us. Yeah. Yeah. When the clubhouse finally see how easy it is to talk in a clubhouse, it's not scary, Ryan, were you afraid of me? No, not at all. I mean,

almost star struck. I was thinking, I don't know if I'm going to be able to talk in front of Anna and, but yet you pulled it off somehow you did it. Um, Yeah. See how easy it was to talk on the clubhouse for Ryan and Bob and Michelle and Lenny and Nathan and Leland. I appreciate you guys being here so much.

We're going to do this every week. Again. If you're in Vegas, don't forget the Las Vegas Quito. I'm going to put the giveaway thing up soon. They gave me tickets to give away and that's honestly enter the giveaway. Uh, most of you guys already follow me anyway. So you're going to see that plastered everywhere.

Uh, thank you guys for joining us on the [00:59:00] weekly club clubhouse. We do this every week. Of course, listened to the fitness confidential podcast with . Uh, the movies that Ryan was talking about was fat and fat. Two of those were Vinny's movies. The books that I sell are eat happy and eat happy too, too. I also sell, eat happy kitchen sauce.

I appreciate all of you guys. Who've ordered the sauce and you're posting pictures of your beautiful creations. It honestly is. It's making me jump for joy. I love it. So, so much. Make sure you tune in this Thursday at 2:00 PM, Pacific 5:00 PM. Eastern, I'll be with Stephen Crutchfield every Thursday, I'm in the Quito club, which is like the main, it's like 17,000 people in this club.

It's like the main KIDO club on clubhouse. We're going to just do keto support and check in, but we're also going to talk about food labels and all that good stuff. So please join us for that come every oh, oh, the NSN GAF group is Thursday at 5:00 PM. Pacific 8:00 PM. Eastern. Make sure you check in for that too.

The NSN GAF is exactly what it stands for. It's folks who really want to dial in and get support for the month. It's run [01:00:00] by, uh, Megan Hawks and Leona Yeager and they kick ass and run. They run such a fun and tight group that will, you will feel supported. Trust me. I can't check in for that one, because that is the exact time that I record the Monday show with Vinnie.

So I will not be there. Actually. I might be there this week, cause he's gone. I. I am so thrilled that we're able to do this. Please tell your friends, please use clubhouse. I, I, I just, I like doing clubhouse cause I like hearing everybody's voices. I like talking about the stuff. I like keeping stuff in the moment and it's not like a delay of a podcast that I recorded several days ago.

Here's what's going on today and I get to hear from you guys and it thrills me. It doesn't work without you. So please, please, please raise your hand next time. Even if you just say hi, I don't care. You don't have to say anything. I just want to hear your voice. So join us for the next one. I love y'all dearly.

Thank you everybody who spoke and thank you everybody who hung out since the beginning and, and towards the end and everything. So thank you and have a wonderful rest of your week. Kick ass. Y'all.