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[00:00:00]And join us. Susie's here. Welcome everybody. Welcome to the eat happy kitchen clubhouse. We're going to do a Monday check-in slash Q and a slash tell your story slash whatever you're motivated to do. I kind of wanted to focus on, Ooh, good mark. Thompson's here. Hello, friend, Mark Thompson. And I finally get to talk to each other after years of talking to each other over online.

Um, raise your hand. If you want to come up and chat, I really want to focus on what's happening for the end of the month. Have you accomplished any goal that you set for yourself? Do you regret not accomplishing something? Do you want to celebrate some victories? Do you, you know, where are you with things and what are you thinking about doing for August?

I am debating a couple of different challenges for myself in August. Cause y'all know, y'all know, I love a challenge. I'm inviting people up. As I'm saying [00:01:00] this stuff, I was thinking, first of all, I'll do my check-in and I've done fair to Midland on my sleep. Here's what the sleep, the sleep challenge I assigned to myself was I got one of these aura rings, which I talked about a couple of weeks ago on clubhouse, at length with Brian Halloran and, uh, to help monitor sleep and get better at sleep.

And I made a rule that I had to turn off my phone by 10 30 every night. And I've done that actually, I would say at least three quarters of the night. Um, but I realized I actually needed to do it earlier in the night. So, but it has helped and I want to continue to do that. Um, so that's something that I just need to continue to do just for my own sanity and my own health and wellbeing, because I have noticed on the mornings that I wake up from sleeping through the night, I feel refreshed.

And I feel like it calms the cortisol down. I feel like I have less belly bloat, things like that. Sleep helps with that stuff. Right. Helps you heal in the night. So I need to work on that myself. I am [00:02:00] thinking for August, for me personally, I'm going to do one of two things. The first one being very loud truck driving by the first one being a, uh, 15 minutes a day of meditation.

Now, you know, I like to pick things that I'll actually do, but the frequency of which makes me uncomfortable and makes me have to find time in my schedule to do I am not one to just stop the world and sit and meditate. So that could be something that's a, either a wonderful chat I'm sure is gonna be wonderful.

Like, no one's ever been like, well, I meditated for a month and it was horrible. Like nobody said that nobody, everybody loves meditating. Right. So that's where the try. And then, uh, the other one is just going straight. Keto for two weeks and then keto carnivore for two weeks, I might do the meditation. Uh, I personally, um, I'm trying to bring you up, mark.

If you can hear me. Um, I personally got some interesting [00:03:00] news from the doctor after my colonoscopy, so I, I really, I'm already pretty strict with keto carnivore and then I'll have a few nuts. I don't have dairy. I don't have eggs. I don't have, I rarely have fruit. It's just vegetables and meat and a few nuts.

And I have to stay strict with my diet because I get an upset stomach and it's not fun. And that was one of the diagnosis is lymphocytic colitis, which by the way, is just a phrase. That means an irritation of the colon, where there's a lot of white blood cells because it's influence inflamed. And so my doctor said, well, we can, I'm sorry, mark.

I'm still trying to bring you up when you come up. If it works, mark, let's see if it works, you should appear on the stage and then you can mute yourself. Huh? Why is this not working? We lost, uh, we lost Katie. She'll come back. Um, there's Tina. Yay. Tina is probably still on vacation just with her grill. [00:04:00] Um, so I, I, uh, I, uh, got that.

I don't even wanna call it bad news. It's just news. And it's a disease that a bowel disease that he considered a bowel disease. And I'm like, well, if it's a disease, what's the cure. There is no cure. You can take a steroid when it flares up. Well, I don't want to do that. And then the doctor said, well, on day three, if you're having a flare up on, if it's lasting three days, I'll call in the steroid and you should really take it.

I was like, okay. And I said, well, can I just fill the prescription to have it on hand in case I need it? And he goes, no, because it's an eight week. Course of treatment. Well, that doesn't work for me. I'm not taking steroids for eight weeks. So that's where I am. Not that I'm telling you guys to not take your medication.

That's just where I am. So now I want to open it up to you guys. Let's start with Leland. Let's have a little check-in let's see. What's going on. What's up, what's up Leland. Now in the meantime, I'm going to try to bring up mark if you're going to make me, and I guess I'll do that. [00:05:00] Um, I'll try to keep it kinda short and sweet.

Uh, my, my, my goal for this month was basically to be as strict carnivores as I can. The only thing that I really slipped up on was like a one and a half jalapeno is that, uh, my buddy's wife, uh, work, uh, brought me, you know, she's like authentic, uh, like stuffed jalapenos are fine. We're still, it was, it was straight, you know, it was good and SNG.

She had, it was, uh, you know, and she put like a little, just a little ground beef in there and did like some fresh cheese. And that was really it. Um, so like the, the, uh, the jalapeno was the only, I guess not corner border thing, but I'm not, I'm not, I'm not like super cut and dry. It's like, I'm doing it just because, you know, so it's kind of like a, so what, you know, um, but I did see how it affected me.

Um, but, uh, I was actually had a goal of like, and I usually don't do this, but I was wanting to try to lose like about four [00:06:00] pounds, but I went four pounds in the other direction. Um, mostly from what I could tell a waterway actually, um, because I've lost inches in my waist, but, uh, really been hitting the gym pretty hard.

So my, like my thighs and my chest is a little bigger and my arms has gotten a little bigger. Um, so I'm not, I'm not mad about that. I know when I started gaining fat, it's always in my waist first. So, um, um, I've been continually, you know, um, tightening up my waist. So I'm okay with that. Um, And goal for next month is something that I've kind of already been doing this month.

Uh, two things actually, uh, one, I started a mobility program, uh, along with, uh, the it's called knees over toes guy. Um, he got real popular here recently from, from Joe Rogan. Um,

I'd been following for a long time, but, uh, it's a lot [00:07:00] of, uh, prehabilitation and rehab, uh, stuff as well. If you just, does it feel like, uh, if you don't feel like you're performing that well, or if you have joint pain, um, he, he has a lot of really, really good stuff.

Uh, unfortunately it's a monthly subscription, but they do one-on-one coaching this real great. Um, and you don't have to have any equipment to start for the first three months, which is, which is really awesome. Um, so I'll probably be continuing that, uh, for the three months, at least. And I'm not gonna name any names, but I will probably, um, do carnivore again next month.

A lot of y'all have been talking about it and there's some challenges, but going back to the, not naming any names, we have a member, uh, in our community, uh, that doesn't really post a lot, but has recently got some bad news? Uh, I'm not sure how strict they are on nsng. [00:08:00] Um, they didn't let me know how, how severe it was.

Uh, they're pretty depressed about it right now, but they're, they're thinking of at least try and carnivore. So if, if they do that next month, I'm for sure going to do that, just to help and support them, uh, and give them somebody to talk to and talk through it. So, um, other than that, I'm, I'm done checking it.

Leland. What is whoops, there we go. Leland. I was talking while I was muted. What is, you said the knees over is called knees over toes. Cause I just want to link to it in case the dudes, the dudes handle is literally knees over toes guy and his wife is a knees over toes girl. Okay. He's he's got his mom like on the team, like she's like 75 doing like ridiculous squads, you know, like, you know, uh, it's it's really good.

He had like a double knee replacement type surgery thing a long time ago. And he like increased his vertical jump by like, I don't know, 20 [00:09:00] something inches, which is basically unheard of. He's completely pain free now. And he's doing all this unconventional stuff that was, you know, you're not supposed to be doing, that's supposed to damage your knees, but all these people are like just recovering like crazy by, by using his method, you know?

Um, so it's, it's interesting. He has a lot of free info, uh, on his. Great. I think everybody needs to check that out. I'm definitely gonna check it out. I, I've not heard it. I've noticed in just like two, two weeks huge difference, you know? Cause I do like racketball and stuff on the weekends and there's a lot of like sprinting and then like heart-stopping which, you know, over the course of two hours can really kind of take a toll on like the knees and like the hips.

And I've been like paying for you afterwards, like for the first time, like ever pretty much in like three years. That's great. Will you keep us posted on your progress on that? Yeah, absolutely. Absolutely. It's a it's it's it seems really stupid and basic and you're like, why am I first on my, why am I paying [00:10:00] for this?

Uh, like literally after the first session I noticed a difference. Um, is it, what, what is it? Is it like a yoga stretching sort of thing? Or what is it? Is it a word? Yeah, so, uh, it's it's it's he does, he does a few different things. Like for instance, on the first 90 days, um, every workout is the same and you do it three times a week and that's about 30 minutes.

What she learned how to do it. And like, I walked backwards for 10 minutes for like the first thing and all the objectives on almost every, uh, move is getting your knees in a bent position over your toe, which is supposed to be bad, but it's not, it's UN it's really strengthening, uh, your tibialis, which is that muscle that's on in front of your shin.

And that's like the most neglected muscle, uh, that, that, you know, we just don't use it. So you knew that, um, you do like these interesting, um, split squats. You do like a split squat and you [00:11:00] like, uh, Elaine really, really, really, really far forward, um, with your, your knee completely like way over your toe, your heels, almost like in line with your, uh, Um, it's it's, you'll just have to look him up to see it.

Uh, I'll look him up. That sounds right up my alley. And by the way, he gives you that. So they give you one-on-one coach and they ask you to record it and we'll then they, they promised that within 24 hours they'll respond to you. They'll tell you like what you need to fix. And they, they are, they're very keen on like, Hey, if you do not move on to this next step, unless you're doing this one a hundred percent pain for, and they'll give you options, like, uh, you know, if you can't do this, they're like do this instead.

So it's, it's really very, that's awesome. Thank you, Leland. And yes, I, I am a huge fan of paying coaches to help you improve whether it's a physical performance thing, your finances, your business, whatever it is. So I think that that's awesome. So they're doing like a half off for the first month. Right now.

It's 30 [00:12:00] bucks a month easily. Um, and I think it's like 15 for your first month. Well, he in LA one soul cycle class is 30 or \$35. There you go one Pilates classes, \$30. So that sounds like a good deal. If you want to get better to something he paid for it, nobody's beneath it. So I love it. Thank you, Leland.

Um, Susie, I made you a moderator not to put pressure on you, but because when I'm trying to add Mark Thompson to the conversation, I keep trying to add him and it won't work. Are you able to add him on your end? And then also I want to hear your check-in of course, but I, I did try to add them for you.

Cause I figured that's what you were doing either and it's, and it, it, it sent him a message to accept it. So mark, you might have to surf around the app cause usually it brings unless they change the app to the party hat maybe. Cause you're new. They're not letting people come right up, but oh my God, my hair.

Oh [00:13:00] yes. Mark Thompson. Hi Chino. I'm wonderful. How are you? Excellent. And I'm going to talk slowly because apparently I have an accent. Apparently you do. I didn't even notice. I'm just kidding. Accent. What accent? Yeah. Is it offensive to call new Zealanders Kiwis? I was just absolutely. Absolutely not.

Because the key we use is our native food and it's this cute fluffy little thing. Most people know Kiwis is the little fruit with the green inside. Um, no, it's not the rubber tree at all. We're more than happy. We call ourselves Kiwis. We have Kiwis everywhere. Yeah, that's true. Well, I just want it to be on the record.

It's on clubhouse. This, by the way, this clubhouse is being recorded. I think I already said that, but if I didn't it's being recorded. So everybody who comes to the stage, you're

consenting to have your voice recorded. We're having a conversation here. I'm resetting the room. We are doing the eat happy kitchen Monday.

Check-in and we are here with on the record. My favorite [00:14:00] keyword. Mark Thompson and Susie I'll get to you right after mark. I don't want to lose him that we haven't. Um, mark, what are you doing? Do you have any personal challenges for this month? Are you doing anything for next month? You want to just say hi, you want to tell your story?

Anything goes here. I just love hearing your voice kinda, kinda sorta I I'm, I'm doing a little bit of a reset today. I started, I had a goal at the end of the month. I was going to go on a big book tour. Um, but that got reevaluated, uh, for various reasons, mainly because I didn't have enough battery power.

Um, but also the weather was absolutely filthy. So I bailed. So I'm currently sitting here in my hometown where I was born in Hamilton with my mum. I'll stay here for a couple of days and then carry on down. Um, and that was so I'm sort of reevaluated what I'm going to do for the next month, but I would really like to add, um, a couple of things.

I just want to comment on carnival. Um, so I went carnival probably three and a half years ago now. Yeah. I'd call it [00:15:00] modified carnival kind of like a bear where, you know, I eat animal based products with an accidental vegetable, occasionally drops into the diet, you know?

Yeah. Basically. Yeah. And I found it, um, really easy to adapt for many as in G uh, very easy to sorted out and, um, just I, for me, I found it a nice, simple, easy way to eat. There's no mess, no fuss. If it's not animal based on not really interested, um, being innocent G for all on wealth, welfare adapted. Um, and yeah, I would recommend anyone who wants to, wants to give something like that better go to give it a go, you know, like, well, I heard your story when you tried to kind of earlier in the year and it worked, but you found it a bit restrictive.

Um, Probably the case for most people. [00:16:00] Um, so ed, interim incidental broccoli, and you'll be fine. And break into the broccoli. I know a good book with a good recipe. You do? What, what is it called? Mark. It's called eat. Happy, get eat. Happy too. I can't help you. You'd be happy. Um, but Hey look, the other thing I really want to comment on is the whole sleep hygiene.

In fact, um, I reckon it's one of the most underrated parts of the health conversation that we have. And, um, do you remember Mark Rogers on the group? So when he had the podcast, he spoke about four foundations was eat like a human move, like a human. Sleep like a human and laugh, like a human. And so he was quite big on.

And so I looked at the sleep hygiene thing and [00:17:00] probably about four years ago, I began to get, uh, you know, like, you'd like you did. I said, okay, here's the rules now I get up real early. I'm up between four and five o'clock. So I, I like to be in bed between nine and nine 30, um, lots out going to sleep. And I wouldn't say that it has made a split.

Yeah. Tequila blazing difference in my life. But what I can say is it just stabilizes everything so well, um, emotionally a lot more grounded. And I think that's probably the biggest benefit is I feel that I am a lot more resilient when I'm really particular about my sleep. And I, I find fairly quickly if I have a couple of late nights just.

Begin to respond emotionally differently. And, you know, things irritate me a little easier out driving. It seems that the drivers are worse, you know, that, that sort of thing. And I put that [00:18:00] down to a lot of it being just,

I couldn't agree more. It really, it, it is a game changer. And for me, it was just even getting in touch with things like, okay, I have now clocked that if I don't turn the lights off by 10 30, what happens is I'll wind up getting this kind of second wind and getting all nerved up again. And then I can't really settle down for at least another 90 minutes just because of my own natural circadian rhythms.

Yeah. And then you're up. And then, then I still get up at six. Yeah. And all of a sudden you walk into the refrigerator going. I don't. I will say I don't do that. I've never been a nighttime snacker, but don't worry. I'm a daytime snacker. I'll always find it. Yeah. I always it's like I got to my mom's place and they got the lowly job.

So I looked in the lonely job. It was nothing there, which was the right answer. I feel like she [00:19:00] knew you were coming and she hid the lollies. No, she doesn't hide them or know where they are growing up in the house. I'll know where most sweet things are kept. Uh, I was very adept at finding them to which you will testify.

She's not listening. She's not loading she's nodding. Yeah. Yeah. I can't keep the lollies in the house because I might want to eat one. So I don't blame him for going straight for the lolly jar. Yep. But, but you'll be pleased to know. I was really controlled. I only looked to put it back. Very well done.

We're very proud of you. Well, thank you, mark. I'm so glad that you're here. I hope you can tune in more often, cause we love hearing your voice and love hearing your feedback. And I didn't know, you're pretty much full carnivore for the past three and a half years. So you got some good wisdom to share and by the way, I am going to do another carnivore challenge, uh, because here's what, even though I felt it to be restrictive and by, and for me, it's restrictive because I cannot have any dairy or eggs because of the auto-immune situation.

So for me, [00:20:00] I am actually going to talk to my daughter. I have another doctor's appointment and I'm going to basically beg and say, can I add an eggs for like two weeks? Because what I want to do is write, meet happy, and I have it pretty much organized, but I want to do it while I'm writing it and do a two week carnivore menu plan.

Can I borrow your first book? Yes. Which by the way, everybody, you can make pretty much any meat dish in eat, happier, eat happy too. There's a lot of meat options. That's just straight up. Oh, okay. Yeah. Here we go. Meat, meat option. Take, take the, um, is it the taco seasoning out of eight heavy and just mix it with your ground beef, cook it up with some, some luck, but Bing, bada boom.

Put your cheese on it. Um, like a soft frittata with an egg Beaton and cream, obviously. Don't you do that? Cause you don't like eggs. Um, put that on, on the, on the bottom and oh, my word, you've got more staple meal. [00:21:00] I ate a lot of just ground beef with my tacos, taco seasoning during my, I ate it constantly.

And uh, yeah, it was great. It's quick and easy. And with the lard is important. I was not having olive oil or coconut oil, because again, I was doing everything animal based. So if I

couldn't find high enough fat content in the beef, because I found that also to be very important chicken, I tried a few times, and then I was like, I can't eat enough chicken to get full.

Yep. So chicken and fish. I find annoying. I like the flavor, but it's just nice. It's not fatty enough. I've got to add butter to it. Uh, chicken and fish would be great lunches, but for dinner in order for me to not have a nighttime snack, I would definitely have to stick with beef and pork full fat cuts.

Yeah. Yep. Pork and lamb lamb, or any of those. If you can get it, you guys love your lamb. You love your lamb. Hot, settled. If you don't like organ meat, um, [00:22:00] heart is a muscle meat. And so it tastes exactly the same as steak or lamb, obviously, depending on what height you get. Um, but really high fat. And somebody told me to fry up chicken hearts last week.

And I can't remember who it was and I have not done it yet. And I probably won't do it for a while, but I will do it one day because I get the chickens from the farm and they do have them yeah. Fry it up and some garlic and butter is really good. But if you can't do dairy, Lauder be fun. I love it. But you add the garlic and the Quicken, just pour so tasty.

I'm gonna have to take your word on that right now. Okay. Yeah, it sounds great, mark. That sounds awesome. That sounds amazing. Um, the Lamb's hot. You chop it up so you can't tell that it's hot chickens hearts or a bite-size. That's true. They are. They're a little amuse-bouche. Well, thank you, mark. Thank you for being [00:23:00] here.

Thank you for joining it. Yeah, of course. And you guys make sure you raise your hands. We're going to get to Susie right now. I want to hear, I have the feeling Susie's done with her challenge. I feel like that's what, or she's going to say, like I have one mile left. Um, so mark on your thing on the bottom, right?

There's a little mic icon. So go ahead and mute your mic and yeah. Thanks mark. Susie, Susie, darling. What's happening? I did finish my challenge today. Right today I hit a hundred miles. Thank you. And, um, Thank you. And, um, I'm gonna, I have four more running days left in the month, so I'm gonna finish it out.

But I hit my hundred miles today and my husband was pretty cute. He had a, he made this a tape for me to cross over in the last month, the last little bit. And he videotaped and everything and made it a big deal. I thought the dogs were just going to sit there and continue to look at me, but he made a big deal of it.

So that was kind of fun. Um, so [00:24:00] I got my a hundred miles and now I am trying to figure out what the Encore will be for August. And so I, I'm interested in hearing too, how people decide what they're going to do for their next, uh, challenge. But I think mine is going to be something with building muscle and it's going to be some it's going to be, I'm still I still, and I talked to Megan about this.

We we've been talking about. Protein or maybe it's going to be a carnivores recess. It's going to be something with trying to eat fewer carbs and, um, and trying to lean out a little bit more. I'm not exactly sure what it is, but what I'm doing is I really like this. I like the exercise programs that Vinnie talks about.

I like the stuff that, uh, Ben bukito likes. I really liked Ben P bull Kikino because it's only two days then B O how do you spell it? Oh bro. [00:25:00] Ben Bo. He calls himself. Oh, is it, is it okay? Okay. I know how to spend Ben B O C H I C H. Yeah. Okay. Yeah, he has. He, he has the two, two days a week and, um, I really liked what Robin and Matt did combining Vinnies and.

Ben's work for, for their results. Um, and plus I heard a guy on a podcast when I was running one of my miles, um, Stuart Phillips from McMaster university who runs the, uh, pace Institute. Don't ask me what pace means, but it basically is he's run. He runs a program for sports exercise or for exercise, and he has a seniors, uh, program that starts when you're 55.

And the whole purpose of it is, is that you're able to, um, you know, build, maintain your muscle, grow your muscle so that you can it's functional [00:26:00] so that you don't have to get to the point where you can't push yourself out of the chair or can't walk up and down the street. And I'm not that far down, but now is the time for me to.

Building the muscle. And now that I got the running under my belt, I feel like I got to combine it with a muscle. And I'm just not sure exactly what that looks like, but I'm going to use this week to try and see if figure, if I can figure it out. Cause I stress about whether I'm doing the right form. I stress about, gosh, I don't want to have to do that every single day of the week lift weights.

Um, so I've got to figure out what is a program that I'm going to stick with. And then my goal will probably be to try and find, create a habit of some sort in August for that plus this, the lean or eating. So that's what I'm thinking, but I'm very curious to hear how other people decide and what resources they use to come up with what their next challenge is going to be like.

What does my body's telling me and needs to continue to burn fat and I [00:27:00] need to build muscle. Um, well then your body's telling you what to do. Yeah. Yeah. I just have to figure out, I just have to figure out what the right way to do the, the, um, well, you know, what, you have a week left to gather data. So that's why I kind of like start starting to talk about August a week before it happens, because you can start to think about it.

So you're not like pressure to like, well, I don't know, I'll just do something. And, uh, you know, I keep sifting through the data and see what works. And I find it interesting with these challenges too, because I always feel that pressure at the end of the month, like, do I continue doing my challenge? Am I still going to do this thing?

Am I still going to run as much, but also do the thing? And it, I think it would, it would be hilarious after like four years now to be able to get all the challenges that I've done every single day, get them done. It's not going to happen. So I think that figure out what you want to do and spend the next week sorting through that data, to what resonates with you you'll know, you'll know by the end of a [00:28:00] couple of days, sleep on it and then you'll know what you want.

Yeah. And I'll keep up the running. I just really, like, my body just told me, okay, Susie, that five mile five and a half miles a day. That's a little too much, three and a half miles every other day. That is okay. But the purpose for the purpose of July though, it was, it was fine. It's it was a good learning, but I do need to add some clarity.

It was, I earned, I earned a lot of money, thanks to so very generous people to, for St. Jude. So that really made it all worthwhile. That's fantastic. And definitely keep us posted and let us know what you come up with by the way, Susie, Susie is, uh, the, the mistress of resource links whenever, uh, from like, Hey, what was that thing?

She's like, here, here, here. She's got it all. And thank you for doing that because I should just credit you with every link that's on the show notes of these things, because you help out so much. Thank you. Oh, no need. I'm really grateful to be, be able to return all that you guys have done. Community. So thank you very much and looking forward to learning from [00:29:00] everybody tonight.

Thank you. And by the way, I forgot to mention when Leland mentioned that somebody in the group got a bad diagnosis. I don't know if you are on the call, uh, on the clubhouse person, but I want to reach through and give you a hug. And if you want to talk about it, come up and raise your hand. If you don't totally understand.

Um, I just talked about, uh, lymphocytic colitis in front of a bunch of people I've never met. So, you know, but I might be, might be a little bit, what's the word? Um, unboundaried perhaps oversharing. Oversharing. Thank you. That's yes. I'm little miss oversharing. That's for sure. Overexplaining for sure. And oversharing on that note.

Tina, are you back home yet? Did you bring your grills back? What's going on? Yes. Uh, we got home yesterday back to work this morning grills are. Put back on shelves for the next vacation. And, um, [00:30:00] yeah. So got on the scale this morning and, um, I I'm up a couple pounds. I can't remember exactly what I weighed before I left.

So it's either two or three pounds that I'm up and I'm counting that as a win. Yeah. Hold on a second. I'm going to interrupt you for one second. If you can't remember what you weighed before then, that's your brain's way of saying this does not matter. This is simply a blip on the radar and I know you're, I know you're not beating yourself up, but I'm telling that for everybody else, because as we talk about quite often, we're all too obsessed with the scale, especially women, it's up two pounds.

I must be a failure. Human again, not you Tina. I'm just using that as an example story, but I say when you get back from a vacation and you're only up two pounds. Awesome. Good job. Yeah, I, I definitely. You know, I would love to see the scale move, but, um, I, I shared this previously. I'll share it again. My main goal was [00:31:00] I, my main goal is not to need medication for anything.

Um, so I'm going to be 51 next month and I am not taking any medicine for anything other than an occasional headache. Um, if it gets bad, I have migraine medicine. Um, but I will say that since I became nsng that, you know, I went from taking like one pill a month to taking like one pill every other month to where I might take two a year now.

Um, I don't remember the last time I got a script, but yeah, I just don't need this stuff anymore. Your migraines have a baited to be less frequent, drastic improvement. I mean, like huge, huge, huge. And I can tell like, so, okay. So, um, Going off on tangents now. But, um, when I eat certain foods, it triggers a migraine.

So we, we have this fish that my, my [00:32:00] family eats and every once in a while, if I'm starving and they're making some, and I'm just, you know, like if we're remodeling one of our rentals and I just, you know, I get home at eight o'clock at night and it's there, I eat it and I'll wake up with a migraine the next day, because it has breading on it.

I mean, it's, it's minimally breaded and it's really a low, it's a low carb option for breaded fish, if you will. Um, so I'll be like, okay, I can eat a piece or two pieces or whatever. And every time I wake up the next day, so it's less appealing to eat it. So that's basically how I've gotten away from eating that altogether.

I'm just not a fish person, um, at all, but so yeah, I came home two, maybe three pounds up from before I left and I. You know, I just felt like better. Um, I did eat the 95% chocolate. I did eat peanut butter that I normally don't eat. Um, and I will say I went to a place [00:33:00] in, um, north of Charlotte and this was where we stayed on our halfway back kind of thing.

Um, thought I was doing really good. I got a burger with onions and mushrooms. They put it in a lettuce wrap and I splurged by eating this small container of coastline that had apples in it. Cause I just wanted to taste this flavor that I had never, you know, it just, I've never heard of apples and coleslaw.

So I was like, oh yeah, I'll eat it woke up the next day. My fingers were completely swollen my feet. I could just feel the swelling and I'm so I'm actually thinking tomorrow I'll be back down to where I was before I left. Cause I ate that Saturday night, so I'm thinking it, um, took another day to get out of my system, but yeah, we're back home.

Um, my, uh, so my August thing that I'm contemplating is, um, I did that mostly meat may and kind of carried that into June. And, um, I'm actually making green beans tonight. I think it's the first time I've had green beans since [00:34:00] April. So I think I'm going to eat green beans the next, or, you know, all the vegetables that I, that I want the next couple of days.

And they do a carnivore, um, for August. And I want to get back to my, my exercising. I haven't exercise since like January. I've been really, really, um, struggling with my knees. Um, we, we did a lot of work on one of our rental properties and carrying tile down like 12 steps, um, caused me some problems that have waited until.

I, I, it was still painful, um, in the car, like it's a weird pain. It's like, if you sit too long, it hurts. If you stand too long, it hurts. Like if you do too much of anything, it hurts, but it's not like a constant pain. It's the weirdest thing. Um, but, um, I'm doing better with that. So I think I'm ready to start pushing it a little bit more with some weights and things like that.

So, um, yeah, I will be quiet now [00:35:00] and let the next person speak. Thank you for having me. I appreciate it. And Anna, I hope that, um, whatever you got going on, I, I missed very, the very beginning of it. Um, but I hope that whatever you have going on is a resolvable without taking that eight weeks of that steroid I'm doing, I'm not doing eight weeks of steroids.

I'll tell you that much, right? Yes. Thank you. And thank you for all, for all the stuff. You know, I, it's funny. When I started the podcast with Vinny, he was 49 and I was 38. Going on 39. And he early on talked about how he went back home and all of his friends, like from his high school, they all got together and were having daiquiris on the porch.

And, uh, he just had a scotch and he was talking about how they all said they were on multiple medications. And I was like, well, that's crazy. That's just crazy. And now 10 years later, I'm 48 and he's 59 or 58 or whatever. I don't know how old he is. He's I always think he's 10 years older than I think that's what the age differences.

And [00:36:00] I'm now getting into that age group and you're said you're 51. So we're basically the same age. And so it's like, yeah, yeah, it is. It is for real. And by the way, yeah, no shade on anybody who has to take medication. I'm not saying that I just am like very much, I'm the same way as you. I don't want to have to take anything if I don't have to take it, I will take it if I need to, except for eight weeks of steroids, if I can avoid, well, you know, that's, I'm with you on that and just.

Elaborate a little bit on that. So, you know, I've, I'm coming up on working for the company that I work for. Um, it's 15 years this September, and it is an insurance company, a medical insurance company. And, um, we have to do these, uh, physicals each year and we get, um, we get money towards our health insurance deductible based on our numbers.

So, and, uh, you know, I've been [00:37:00] overweight since I was like five years old. And, um, so my, you know, my, my certain numbers are always off, you know, my BMI is always off by, you know, and so anyhow, my A1C, since I was 40, has been. You know, telling me it's, pre-diabetic, pre-diabetic, pre-diabetic never improved, never improved.

I did everything. The people told me. I met with dieticians. I did what the doctor was telling me. I did everything they told me to do. So then, um, fast forward to when I was 47. So in, um, 2017, no, 2016, there was a girl that I went to high school with and she started following Vinny and she posted on Facebook when she started, I watched her for a year before I even considered it.

So August of 16 to August 17, I watched her weight loss story. And then I said, okay, I'm going to do this. And I've never looked back. Like, I feel so much better. I sleep better. You know, all my friends that are my age are talking about their knee pain and yes, [00:38:00] I'm having some discomfort now or hip pain or knee replacement surgeries, or like all kinds of things, stuff that I just don't want have to experience.

And I definitely attribute it to changing my diet. When I did and I wish I would've did it sooner, you know? Um, but yeah, so it's just been my goal to not need the medication. Um, anyhow, I will really shut up this time. You're awesome, Tina, and thank you so much and I couldn't agree more and it is, it is a, it's an interesting thing to be at that age.

And Vinny did tell me a few years ago, it's like, you're at that age now when I was mid forties is like, you kinda gotta use it or lose it. Like you need to be making sure your exercise is consistent. You need to make sure your diet is consistent. And, and I, now I get it. I totally believe him. Cause now it's like, everybody's going on a statin, everybody's going on a Metformin.

Everybody's going on the things. And you know, I am here for my friends and the people in my, you know, ecosphere I'm here as [00:39:00] a resource. Not that everybody's going to use me as a resource, but I am here. Oh, by the way. Uh, before I forget, is anybody listening? From Arizona or Las Vegas, let me know because we are now with the distributors and we're,

I think we're able to get some meetings with natural grocers, which is a big ass chain in the west, in the, uh, Arizona, Las Vegas.

I think there's some in Utah. I think there's some Colorado. Um, so just want to throw that out there if you are, let me know, because, uh, it might be kind of situation where if I can get the buyer with the meeting, the meeting with the buyer, and then when you're in the story, you go, Hey, y'all should get eat, happy kitchen sauces.

It'd be awesome. Double team. And you know, I love a double team. Um, so thank you in advance to everybody. Uh, Michael. Hello? Are you there buddy? Michael McCoy. Hi. Hey, how are ya? Hello, my friend. I am great. What's going on? [00:40:00] Uh, nothing just checking in, um, down to about 165 at this point,

I'm only five, five pounds over where I originally dropped too. And so getting ready for my surgery next month, um, should be fun. Um, just, uh, eating a lot out of your first eat happy, and I cracked open the new book that you sent me. Thank you very much. Thank you for your order. And, um, yeah, if you guys haven't bought her books, you can get them 25 bucks sign from her directly.

Just send her an email. Um,

Um, other than that, um, [00:41:00] working way too much. I, I really think that, uh, that's, what's keeping me from getting down on the other foot. No, the stress of working too many hours, they're kind of killing us right now. So,

absolutely. And so, uh, I haven't figured out a way to battle that at this point. Um, for those of you that don't know I've been doing this since 2013 and dropped from 245 to one 60 and two years. You can do it just takes some time and a lot of willpower. Now, Michael, when you were at the beginning of this process, were you on a lot of medications?

Where did you have any diagnoses or was your doctor just like, Hey, you're heavy. You [00:42:00] need to lose the weight. Like, how did it come about? No, I did this on my own. Um, I don't go to the doctor very often. Um, I've never been on any medication. Um, I'm still not and I'm 61. Um, I just know when it's time, you know, and so pretty much when I first started this in 2009, I want to say, I, I really know my body and I have most of my life.

And I had gotten up to the 245. So what I did was I stopped eating the crap, stopped buying the chips and all that garbage. Right. And I went back to eating, you know, Royal chicken and vegetables stuff. Like I used to eat as a kid back in the [00:43:00] sixties. His mom used to make dinner every night and this be there or be dead, you know?

And that's how it wasn't my house. So, you know, it just seemed logical to go back to that way of eating for me. And around 2013, I was still 190 pounds. And so I just couldn't get the rest of this off. And then a friend of mine who listens to Adam Corolla, uh, told me about Vinny. And that's when I found Vinny and Vinny was the last piece of my puzzle.

And so, you know, I started, you know, diving into nsng pretty heavily at that point and really curbing the sauces. You know, the, um, I [00:44:00] don't really eat that much salad to be honest. So, you know, the salad dressings, weren't a problem for me. Um, you know, but looking at catch up from looking at all the little things that we buy, you know, the condiments and stuff, and that's really what took off the rest of that weight for me.

And so really, you know, you really, really have to go deep at some point and start looking at dairy, looking at all the little things that you may not think are really an issue. And once you do that and get rid of those, you know, test yourself, spend a month, not eating something and see what happens, you know, and I did stuff like that and just tested back and forth.

And then what, two years of that, I dropped from the 198 down to one 60 [00:45:00] and got rid of that other 30 pounds. So it's really finding out what your body wants and what it doesn't want. It's not the same formula for everyone, as you would say. Yeah. I'm, I'm glad that you say that, Michael, and I'm glad that you're, you encourage folks to try different experiments about what works for them.

And I think that, you know, Tina, you brought this up too, that you're kind of basically sifting through the data like Susie, as you're trying to figure out what the next challenge is going to be for the next month. And I will say this too one challenge. Don't try to do too many challenges because you'll implode you won't figure out one thing.

So by the way, and if your challenges, I'm not going to have dairy for the month of August, or I'm just going to do meat only after, not after just doing regular nsng and eating a really wide varieties of foods, wide variety of foods. It's that's enough. [00:46:00] That's enough of a challenge. Make sure that you're, you're doing something that gets you out of your comfort zone, but isn't like crazy making.

You cannot make yourself crazy. I know that we spoke, uh, several, uh, club casts ago with, uh, and somebody spoke that they said the word challenge is triggering for them because it makes them feel like they're having to restrict or withdraw or do. And I don't want a challenge to be something that makes you go into anything, disordered a challenge, to be something fun where you're like, I'm going to try this out.

I'm going to see how I feel. And I might be a little bit uncomfortable at first, um, running a hundred miles in a month. It might feel pretty uncomfortable, but then eventually you kind of find your stride and you do it and you finish the challenge and it feels pretty great. Or you don't do the challenge.

And then you figure out how that makes you feel. And you kind of use the data again, I'm using the word data a lot. This clubhouse we'll call this the data club past. You use the data. And sometimes data is just, you know what, every time I try to do this challenge, it brought up all these negative beliefs that I had.

And [00:47:00] so sometimes, maybe that's the whole point of the challenge, not even to see if you could run a hundred miles in a month, Susie, I'm just using it as example. But, but what if it's like, you know what, this brought up my, I felt like huge rage. Like I didn't want to do it, or I felt very strong. Like I was throwing a temper tantrum or I felt like, you know what?

It brought up those feelings of, I'll never be able to do a challenge. I always fail at everything. And just, I want you guys to recognize that when challenges make you feel that way that's, it's designed on purpose. And the whole point is to be able to look at it from, uh, to be able to observe that emotional reaction happening instead of being in it and getting caught up in the drama of the emotional reaction.

So, Michael, I appreciate you saying like, just try different things and don't, don't, you know, Don't be so serious about it. We're not doing, you know, I don't know. I was going to say, it's not brain surgery, but it could actually help your brain. It might prevent you from having brain surgery. So I don't know.

That's exactly what I [00:48:00] tell a lot of people, you know, that I try to talk to about those, you know, they'll be like, wow. You know, I can't believe how much weight you've lost and you know, what are you doing? And I start talking to them and I'm like, you know, don't overthink it, you know, try that for now. And then if that didn't do anything, you know, go back to it and try something else, you know, because it's not your issue.

You know, it could be the term reading too much fat and you're just not giving your body enough time, you know, throughout the day in order to process what you already have. And that's a big issue with a lot of people that I've, you know, help do this, you know, where they're. They go all in, but then they eat, you know, um, a full ribeye, you know, that's, you know, interesting, you know, probably pound and a half of meat.

And it's like, [00:49:00] well, maybe you don't want to do that right now. You know, maybe cut some of them, you know, some of the excess fat off of it and don't eat that fat, you know, do things like that. It's just, it's, it's a lot of details, you know, if you're really trying to get down, um, fasting, you know, eat a good breakfast, donate lunch, you know, weed, something might eat an avocado or something.

That'll give you, you know, good fats, but maybe only you'd half the avocado and a couple of boiled up, you know, something that's lighter for lunch and then have your dinner and see how that changes, what you've done, you know, or how your weight loss. Go, you know, cause especially on plateaus, you know, which are going, I hate to talk about plateaus because you're really not doing that.

It's just, there's something that you're doing that isn't allowing you to go down more. [00:50:00] And again, always remember this is, this is something I live by it. Doesn't get there overnight. You're not going to get back overnight. So don't beat yourself up over it. That's amazing. Thank you, Michael. That's really fantastic.

And you actually reminded me of one other possibility of a challenge I might do for myself because fasting and preparation of the colonoscopy and endoscopy reminded me it reflected back to me the date. That I can snack too often and that I don't let myself sit in the feeling of just having a few hunger pangs between lunch and dinner.

I'll do that thing around the three o'clock four o'clock hour of like, Ugh, I just want a handful of nuts or have a nut butter or whatever. And, and so the fasting, oh my God. They're so good. So good. Um, but no, but it's true. And, and so maybe I might do a [00:51:00] no snacking August. I don't know I'm going to pick one of my three.

I, we still have a week to decide we're all sifting through it. And, uh, I think that, you know, oh, I wanted to suggest too, because some people are always bowled over when we suggest that you might be eating too much. Here's the thing. Some people, I think eat too little. Some people eat too much. Some people eat too much fat.

Some people don't eat enough fat and it can be really confusing. So again, you have to kind of take all this. Get back to basics, reread Vinny's PDF and just start to kind of problem solve, you know, to start to kind of go from there and pivot. Um, Ted Nyman has the PE book. What is it? The, oh God pro protein energy.

Is that what the PE ratio? What's his book. Yeah, you're right. The P E diet. Thank you. The protein energy, physical education, protein energy ratio. Thank you. Um, and, and you know what, to be honest with you, a lot of perimenopausal and menopausal [00:52:00] women have had some success with that actually lowering the fat, having chicken breasts and fish for a little while to kind of get things going.

And somebody told me that years ago and she was in her sixties, but I was still in my thirties. It just not hearing it, you know, because I'm like, no, no, no higher, higher fat, higher fat, higher fat. And so, you know, try, try different things. Nsng is the glue that holds it up altogether and how you want to treat, tweak it as an individual.

I've talked about this before, but I don't know if I talk about on the podcast, but if you hear me interviewed anywhere, uh, I have a tenant, I do a lot of like business podcasts and things like that. Cause I have built things over the years and a process that I like to do every single day is every month.

My journaling process is not like me. Just randomly writing out feelings, which I'm sure is a wonderful. No healing thing to do, but I don't do that. I will write out something that happened the day before that made me feel uncomfortable, whether it's surrounding food or some business thing [00:53:00] happened, or some relationship thing happened or, you know, a bad conversation or whatever, something that I felt less than the day before.

And, and that can mean anything. Um, I felt frustrated. I felt angry at that person. I felt that upset that this result came through, I felt sad that I didn't get the job. I felt, you know, whatever it is and I will write down what happened. And then I will do belief work because usually right in the moment, this is what I'm talking about with the food stuff too.

Right in the moment. And again, I'm not talking about you, Tina, I'm talking about every other person who has said to me, I've been doing this for four weeks and I got on the scale and I gained three pounds. Why haven't I lost 20 pounds? That there's an emotional reaction that's happening. That's making that person want to make that post and you guys know the posts I'm talking about.

Cause we see them all the time in the groups. And what I want to say is if you will go hold on yesterday, when I got on the scale and I felt really frustrated and pissed off that it's been a month and I've gained three pounds and I lost 20 pounds, I thought I would, [00:54:00] regardless of the action steps that you need to take and all the advice you get in the groups, get to whatever the emotional root cause of what it is that made you feel that way.

I guarantee you there's some deep shit there. If you can go deep on why you felt like shit, because you got on the scale because you thought you were gonna lose and then you gained three pounds, there's probably some pretty deep shit there. Hell you might need to go to therapy and talk to a therapist about it.

And if you're already in therapy, you might want to bring that up because here's the deal. Usually when you bring stuff up like that, there's a deep why you would have a knee-jerk reaction when, when you have a hundred people in the groups telling you. Don't worry about it. Your body has to heal. You got to do this, you got to do that.

It'll happen. Stay the course, blah, blah, blah. And then people still have a very defensive reaction. This is exactly what I'm talking about because we all do it. We all do it. When I have something that made me feel uncomfortable, I write down the thing and then I get to what the real root belief is. And by the way, you know, shortcut through leave generally is I somehow felt worthless about [00:55:00] this, or I felt invisible.

And that's generally what the things come down to for most people. And this process is pretty incredible for going okay. You know what? I'm using the, the scale thing as an example. Cause I've definitely done that too, where I'm like, dammit, I fasted for a day and a half. And I just, I thought I'd lose more weight, which by the way, you can't like, you can't like anger the weight off of you.

You know what I mean? Like it just doesn't work. So. I got on the scale. I thought I was gonna be one thing. It was another thing. I have an emotional reaction to that. What does that come down to? Well, I've always, I've always had this issue. It always bothers me. Um, I'll never get the result that I want. I feel, you know, why does that bother me?

Because it feels like, um, it feels, I feel terrible because I'm out there talking about how wonderful a thing is. And if I have a bad result that I'm a liar. Um, I feel like shit, because it makes me feel like I'll never get this thing, right. It makes me feel, and it generally you, so you work through your beliefs until you get down to what the root belief [00:56:00] is.

And every day that I do that, I go, oh, that's interesting. Because here's the deal as humans. We don't have a single day where we don't have one thing that goes, oh, even if it's yelling at somebody in the, in the, in the car or, you know, you bark at your kids and you know, anything, you snap at your spouse, it can be anything, something where you didn't behave the highest version of yourself, or you had an emotional reaction that felt less than you can uh, winnow it down to one of these rooms, beliefs, and you have to genuinely do it.

You have to genuinely search for it. You can't just jump from, like, I was pissed off about the scale to, I feel invisible and I feel like a worthless piece of shit when that happens. You know what I mean? You kind of got to winnow it down. You got to use your intuition to do that. And it basically makes you go, oh, well, that doesn't make any sense because now that I know the information, I don't need to have that emotional reaction anymore.

I can let that knee jerk reaction go. And that's how I've been able to get rid of many, many knee-jerk reactions that I've had over the years [00:57:00] of stuff. Yeah. Deep stuff. That's deep, deep, deep from, you know, Childhood stuff. And it's really worked for me. I just want to put that out there to you guys. Uh, it's my, uh, I don't know what to call it.

Negative belief method thing. I'm gonna, I'm going to trademark that. That's a pretty good name. Uh, so I wanted to throw that out there because oftentimes we have that. And, and so in the same sense that you can do belief work like that the stuff's going to come up, that's what's going to happen on your next challenge.

So, and it's all good. It's all part of the process. Uh, I am what came up for me was I am usually little miss goody two-shoes with my challenges. I always accomplish my challenges. So the fact that I didn't do a great job with the sleep one, the sleep hygiene is mark called it. It was very classy when he said sleep hygiene.

I like that. The fact that I didn't accomplish that brought up feelings of, oh, what's wrong with you? You'll never have any discipline. No one. You, you, you know what I mean? And I use things as excuses to beat myself [00:58:00] up. So for me, that was that might've been the whole point of the challenge in addition to obviously getting more sleep.

But I just gave a long winded explanation to say, if this stuff comes up for you guys, great, that's awesome. Then it's doing what it's designed to do. Plus you're actually taking a physical action of something that gets you out of your comfort zone anyway, but the emotional work is so important. So I just want to say that if anybody else has anything they want to share, or you want to raise your hand, please do.

If not, we're going to land this plane. Uh, uh, please tune in on Thursday, Leona, uh, Leona Jaeger and Megan north Hawks will be hosting the NSN G a F check-in Thursdays from five to 6:00 PM. Eight to nine Eastern headed a little math in my head. Uh, so please check in for that. Raise your hands for that.

That's usually during the time when Vinny and I are recording, which is why I'm not on those, but sometimes I check in on those of Vinny and I are recording a different time. This club cast will be put up on my site. [00:59:00] There will be shownotes I've already seen DMS come through with, from Susie, with links to stuff.

So I just want you guys to know next week will be August. What is it? August 2nd. I think so. Let's come with our challenges in toe. We're already beyond day two. Let's hit the ground running. Uh, I th I always find summer a great time to do this stuff, because other than vacations, there's generally it's slower after July 4th, but before labor day.

So they're actually, we can get some things done, so let's get some things done. Anna, one question. Do you have your, uh, are you S are you co-hosting the, um, the keto for life or the other room on? Oh my God. Thank you. God bless you. I can never remember anything. Um, Thursday, this coming Thursday, which is the 29th of July.

Yes, I am hosting my final Thursday hosting in the main Quito club [01:00:00] from 2:00 PM to 3:00 PM Pacific. I'm going to post about it all over the socials. And I'll probably send an email from my email list. Uh, two to 3:00 PM. I am hosting it and we're going to talk all about just food. I want to talk about food, the kitchen, grocery, shopping, cooking, all that stuff.

We've had some great, we had two with Vinnie that I hosted and we had one with Stephen Crutchfield about food labeling. And this one we're going to close out the month, just talking about food and getting really excited about recipes, cooking, stocking the kitchen, everything that makes you guys feel pumped up and ready to cook some food.

Just, just get in that kitchen. And make me dinner. Speaking of, I am making three pork chops tonight with eat happy kitchen, barbecue dust, um, which is going to go to production very, very soon, but I'm making that, uh, barbecue dust and I'm making some, uh, there's a recipe eat happy called Nunez broccolini, but I'm making known these green beans.

I'm doing it with green beans tonight, and that's [01:01:00] what we're having. So just so you know, that's what I'm eating before you guys go. This might sound like a cheap plug to most of you, but it's not trust me. One of the other things that I did when I first started this, as I went to listen to all of the past episodes, I think I paid 25 bucks for a year.

And in that year, because of me fixing ATM machines, I have a lot of time to listen to podcasts. I ate through them and you guys would be highly shocked. How different Anna sounds today than she did back then? Um, just enough. I was very resistant to what Vinnie was selling big time, big time. And it might give you a different perspective and a different approach, I think, um, for some of you, maybe not [01:02:00] all, you know, uh, be prepared for some, um, uh, off-color humor.

Let's put it that way. I, I think that people know that by now I would hope it was pretty extreme back then. No, that's probably true. Yeah. But, uh, but I loved it. You know, it actually drew me in more, but, uh, you know, just as a recommendation, you know, go back and listen to those early episodes is the amount of information that they gave.

Just remarkable and phenomenal and really benefited me a lot and gave me really a lot of great ideas to, you know, dive into this deeper. So just to just a cheap plug there, I love it. Thank you, Michael. And it is, it's a cheap plug in the sense that it's inexpensive because I know Vinnie doesn't charge a lot for the old [01:03:00] episodes, just enough to cover the download costs.

Uh, cause they charge for that bandwidth, which is by the way, I can't bandwidth just be unlimited these days. Like, come on, let's just, let's make all this stuff free, but anyway, yeah, it doesn't cost that much. And thank you, Michael. I appreciate it. Thank you to everybody who raised their hands. Everybody who spoke, um, please come back every week, Thursday.

Two to three Pacific, the Quito club room Thursday, five to six Pacific right here in the need. Happy kitchen room with Leona and Megan. And every Monday, of course, we're here every Monday, we're doing this and you guys, please raise your hands next time. Even if you feel like you don't have anything to share, just come say hi and joining the conversation.

Cause I love hearing your voices and I appreciate each and every one of you. So thank you for being here and have a great week. Kick some ass.