

014 EHK Clubcast 80921: Q&A with Vinnie Tortorich

[00:00:00]Okay. Now we're running through the road caster. Now, now we have ourselves, a little club cast. We are recording this. If you talk, that means you're consenting to have your voice recorded just, just by speaking. So when you raise your hand, keep that in mind. I've got Vinnie Tortorich with me, who I'm going to make a moderator.

So start thinking of your questions for Vinnie. I want to hear check-ins. I want to hear everybody's voices. I want to hear what's going on with your week's Vinnie. How's your week going? It's Monday. Yeah, so far so good. Not a whole lot. I mean, it's only Monday. I haven't screwed up yet, so, um, I guess it was going on at this point.

Uh, but give me con

oh yeah. Great time. Are you kidding? Let me do a little business here [00:01:00] before we open it. Um, number one, Vinnie and I are on the keto chef summit and we interview each other and I'm cooking some delicious food and he is telling his story and we're reviewing each other for an hour on the keto chef summit.

And I got to say, they have a lot of good people involved with the keto chef summit. So if you, uh, are on the, in the Facebook group, in the eat happy Facebook group, you'll see the link to that. So click through and sign up. It's free for the week Vinnie. And I think our episode airs on Wednesday, but I'm not sure the time they haven't given us the full schedule also, uh, you know, we do our part to promote other people's things, but if they don't give me all the details, they don't give me all the details, but.

Where it was really fun. We had a good time. Right. And we felt like we should actually make this a podcast episode. And so we were like, damn it. But this just goes to show you how good of the stuff that is on the keto chefs, but they got Maria Emmerich. They've got [00:02:00] Kelly Hogan, they've got, uh, I'm forgetting, I'm spacing out on people.

They've got really good people, uh, to give you ideas. And I hope everybody's staying on track by the way. Hopefully we'll get some check-ins, we've got Michael and Linda and Bob, and we're going to go in that order. And if anybody else wants to raise your hand, raise your hand, we'll bring you up. When you come up to the stage, mute yourself, or I will mute you.

Um, and then, um, we've got Vinnie here. So don't, don't waste an opportunity to ask questions of Vinny because uh, most people have to pay to do that. Right. Vinnie. Yeah. And it ain't cheap. Um, you know, and it's funny you were talking about that, that thing we did for that other group. Yeah. It was great. And someone wrote to me and was asking some of my people.

You know, it's like, Hey, can we get pictures of Vinnie and the whole, uh, do you know if they ever got photos of me or bio? I think, I think that they must've because I turned it over to Scott and I know that Scott has, uh, all of your information, although, you know, it is always funny as a fellow [00:03:00] podcast producer, I find, I generally find pictures of our guests off the internet pretty easily.

So it's, it's, it is always funny, but I, yeah, yeah. I've lived a book and two movies and everything history where you are on the internet. Exactly. If you put it in vintage, you're

going to get Vinny MI Vinnie Jones or Vinny Guata Nino. So, you know, just pick a Vinny, you know, we all kind of like the same and, uh, yeah.

Well, we were going to check in about Quito nsng fitness goals. You see how I use all those keywords? You guys like that? You guys like the keywords. That's what we do over, over at Vinny's bar and grill and Anna's Z. Um, Michael, let's start with you friend. What's going on. Check in. I gotta, I gotta stop laughing first.

Uh, you guys killed me, so I'm doing pretty good. I'm on vacation this week. Um, uh, [00:04:00] frantically cleaning, cause I go in for surgery on the 23rd. Um, for those that don't know, I'm having hernia surgery and I'm having a sebaceous cyst taken off of my neck. Um, which leads me to a question for Vinnie. I'm having a heavy duty problem walking I'm 61.

I think I have pinched my sciatica because I went to the sticks concert in north Charleston. Uh, Saturday parked about a quarter of a mile away from the door. And I get about halfway there and both of my hips and my legs just seize up and I have to stop. And it's highly painful. I'm hope I'm thinking this started way back when I got this hernia.

And I think I'm, I've [00:05:00] overcompensated my right side, which is where the hernia is and it's happening mainly on the left side, the left leg. So having the surgery done after surgery, is there any particular exercises that you think that I may be able to do to get that settled back to spread on both legs instead of favoring one?

And I know you're not a doctor and I know you're not going to give me that kind of. Yeah. You know, again, I always have to say it anyways. It's not medical advice, but you know, a lot of times when we have one injury that causes five other injuries because you know, our bodies, we were a pretty precise machine.

And when you start throwing it off for any long period, for any short time period, we can handle it. Right. But any long period, you probably [00:06:00] caused. If it's not sciatica you, cause something else, you know, you, you have some muscles that have tightened and pulling in a wrong direction or what have you, uh, which could cause some pinch nerves, you know, recall it all sciatica nowadays.

Um, you know, even w w you said the surgery is next. When is it? The 23rd of this month. Okay. So you have a couple of weeks, so. I would start, you know, the things you can do. Look at 50. I wouldn't be 59 in five minutes and I find myself every day. And when I say everyday, I didn't say five days a week, I didn't say three days a week, every single day I've added, you know, I've always been a stretcher.

You know, I love to get down and stretch and warm up and stretch. You know, if I'm watching TV, you know, I'm on the floor doing something, you know, I'm just not a guy who slouches on the couch and, you know, I just can't do that. Makes no sense, [00:07:00] but I've added more exercises to my stretches. As I get older, there were more aches and pains and, and, you know, I found that I was seizing up and, and, you know, driving young, driving down the road in some kinds of numbness, going down into my hamstrings and on and on and on.

So instead of, you know, masking it with drugs or taking nonsteroidal and the flats. As you may know, from my podcast, I have to take him from my Mac. I had to take them from my shoulders. So I've tried not to take them as much as I can. I wasn't about to take them for

another reason. Right. So, yeah, I just found, and by the way is no magic pill here, Michael it's it can literally take weeks before you notice any relief and then it can take months before you're going, Hey, wait, I'm kind of back to normal, but that, that progress won't start until you start.

So then your question becomes, what should I be doing? Well, [00:08:00] if you don't know what to do, did he live in a big city? Mike? What are you laughing? I live in Lexington, South Carolina, just outside of Columbia. Okay. Well that's big enough. You probably have several yoga places around there. Right? So if you don't know what to do.

Go, you know, do a little research, find out who's the best yoga teachers around right. Find out who those guys are. And then maybe hire those guys to do a couple of two or three private sessions with you. And you'll go ask a lot of money in the whole day. It'll be this wait and go say, look, you know, I have this problem and that problem, can we start moving me around?

Can we, you know, work around this, let's start stretching these areas. Those guys are usually pretty intuitive when it comes to stretching as to what to do. Um, I, I would like you got that, uh, if you could find a Musser or misuse and your area that does sports massage, so [00:09:00] this is not where they paint oil in your body.

This is where they're moving you around and stretching you. And there's nothing pleasurable about these types of massages. Uh, that's another place you can look, you know, if I was living in your hometown, I come over from. And just, you know, run through the paces three or four times with you and start moving you into a direction.

But without being married, knowing exactly what's going on, I can't do a damn thing, but there are probably good people in your area. You just have to suss them out. No, and I've been having, I've been having a really hard time doing that many. I mean, when I lived in a thousand Oaks, you know, it was easy to find people like that out there, as you know, you know, and I moved out here and I'm like, damn, you know, I just can't find the same level of services.

I've been to four different misuses and they won't even touch your thigh unless you [00:10:00] kind of berate them into doing it. You know? And it's, it's kind of weird, you know, I can't get a full body massage out here, you know, they won't touch your butt. Yeah, it's kind of weird, man. I just, you know, I went from one, one end of the stick to the other, you know?

And so I'm like going, huh? You know? So I'm still searching for that. Um, I was calling, can I tell you, before you get into a chiropractic thing, you will find that,

oh, Vinnie. You're in the mirror in the matrix, man. Oh, there, what are you back there? You are. Repeat what you said when he said before you get to the chiropractic thing. Okay. Um, so can, can you guys hear me now? Say, say yes. [00:11:00] Okay, good. Okay. Before you, you, you know, you get to what you're doing with the chiropractor, look around, it took Serina and me a year.

Because of, you know, where we're living in Virginia now, but we started finding the right people. It just takes for ever. And when you find them, then they're booked solid, right?

Yeah. And we found them through other athletes through other ultra runners and people who need to do this stuff all the time, just, you know, just to stay on the road.

Right. Um, you gotta be kind to your body when you're doing the sports, but, you know, talk around to people. I've got ultra runners, ultra cyclist, people that go long and hard, uh, triathlons people, you, you will find these people. They, they might not be close. You might have to drive 50 or 60 miles, but you'll find them, you know.

And what were you going to say about chiropractice? Well, I went to a chiropractor, try to get some adjustments done, um, [00:12:00] you know, to relieve some of this. And there, there was a Seuss at that chiropractor that actually I was able to get her to. Find the big ball in the back of my left leg that did give me some relief once, you know, she rubbed that out and I stopped going to him cause he really sucks as a, as a chiropractor.

I wasn't kidding. You know, anything like I wanted from him, like I was used to, I should say. Um, you know, so that really didn't, uh, pan out as far as, you know, what you're, you're telling me to go look for, but I didn't think about the yoga aspect, to be honest, I didn't, you should definitely ask the chiropractor because oftentimes chiropractors will work very closely with massage therapists because they refer patients back and forth.

So definitely ask them, you can even just call their office and ask who they recommend. He [00:13:00] had, he had three of them in that office with him, you know, and like I said, I was able to get one that actually. Touch the back of my thighs one day and found that big, all that was there that I knew was there. And it actually did relieve some of the issue, but still anytime I walk, I have that problem.

I'll be 62 in October. You know, I don't want to go into my sixties, not being able to walk distances, you know, walk the park, but I'm still too young to not be able to do that. I feel pretty weird riding a cart around, well, you know, you're not, it's not time for you to hang it, hang it up yet. Yeah. I mean, look at me, that's recent picture of me.

So, you know, I feel really weird writing as young as I do, but it would be awesome. Well, [00:14:00] you know, I want to chime in here too, too, because recovering from surgery is really important to make sure you keep your innocent G on point just to keep your inflammation low. And I know you do, but I'm just saying for everybody else's benefit.

And I always tell the story of the two different lumpectomies that I had one in 2008 and one in 2015. And the one in 2008 was done by a, uh, a plastics oncologist. Okay. So his specialty is to be able to go in, get your lumps out and put everything back together. So your boobs look good. Right? And I was in so much pain recovering from.

And, and, and I th they took off the dressing and the scar was like maybe a centimeter and a half. Like it was the tiniest scar. And then I had to have another one, by the way. I'm fine. Everything was fine. But I had another one back to me where it was a more invasive kind, not done by the plastics person done by just a regular old, you know, surgeon.

Um, and it was in 2015 after being pretty solid for two years on my nsng very solid. And I went to an audition that afternoon [00:15:00] and felt, you know, it was fine. That's what I'm saying. And, and, and the difference in the difference that I can clock was what I was eating. I

also want to throw out there cause, uh, I know Vinny has, he deals with a lot of pain and he's trying to figure that out.

And I have. Fused disc in my neck. And so I have, you know, what happens is all the muscles wind up tensing up and forming that like dowager hump thing. Plus we're on computers all the time. And, uh, I have had really good luck. I've not had good luck with massage therapists where I live now in the country, but I have had really good luck.

I got the, uh, FasciaBlaster and I'll put a link in the show notes. I got the FasciaBlaster probably like a year and a half, two years ago. And I totally bought it for vanity reasons for a cellulite, cellulite, whatever, however you pronounce it. And I did what wound up happening was that it wound up.

Whenever I have a huge pain or a knot, I wind up using it for that. Or [00:16:00] if I feel like a migraine coming on, I'll basically fascia blast from my scalp down to my shoulder, you know, in my, the areas where it's bad for me, I will FasciaBlaster and it prevents more pain from happening. So I got to give a shout out to the FasciaBlaster and I will put a link to that.

And the other thing is I wanted to suggest was the good old fashioned tennis ball, you know, where you just literally lay on the tennis ball and breathe in the areas. Now don't do anything. Don't fuck up an area where you're having surgery, obviously, but like, or if you can get someone to rub a tennis ball, wherever that thing is, I don't know.

I have great luck with like, uh, you know, my neck spasming and then laying on the tennis ball, not where the spasm is happening, but around it. And being able to kinda like work out the muscle tension. Now, again, this is fascia and muscle tension. It's not going to like, it's not going to be a pain cure. All of course, but just some things that you can do on your own until you find a massage therapist, want to throw that out there?

Yeah. I've got a couple of the rollers, you know, that I use quite often, [00:17:00] you know, um, I don't use them every day. I don't want my body to get too accustomed to them, you know, so that they don't do anything at all. You know? So I do kind of, you know

yeah. But you know, my use use them enough and, uh, to add to an animal thing, w I don't just use the foam rollers. We use PVC pipe, you know, where yeah. We just dig deep. Yeah. You know, and, and of course, you know, use those everyday, but if you mess up enough, uh, we just self massage with those things. It works just as well as paying someone 150 bucks.

Okay. You know, you know, just to, uh, just a stretch of pipe, you can find them at any hardware store. Yeah. My biggest problem Vinnie has been the burning from the hernia. When I start doing the kind of stretching that I know I need to do. Yeah, that I was doing for so many years prior to getting this hernia and I've [00:18:00] waited too long.

That's my biggest problem. Um, I actually got this hernia about the same time I started nsng back in 2013 when I started listening to you and I should have taken care of it a long time ago. Now I was geared to do it last year, but then of course we know what happened there. So, you know, I'm a year later, what I'm, I guess I'm a little bit scared at this, you know, but I, I did the 15, you know, put on through COVID even though I didn't stop working through last year at all.

I mean, I wasn't clustered or anything. It's just, uh, I think the stress more than anything, but, uh, yeah, I'm kind of limited until I get there. Yeah, you got to prioritize getting this surgery done, and I'm glad you're doing it. And it's a good reminder for all of [00:19:00] us, like to, to not put stuff off, you know, and I understand why you did it and I, we're going to be thinking of you, Michael, for sure.

And I know that you check in every week, so just keep us posted on everything. We're going to be thinking about ya. And, uh, but you're right when you're in immediate pain or something like a hernia is happening, it's going to be death. That's the most important thing to deal with. So good job. Thank you, Dan.

Appreciate the information

we are. We are. And I just want to say Lindsay, I am trying to bring you up. Uh, so I keep trying to breathe. I'm gonna see if I can invite you, but first. Oh, I just wanted to tell everybody, since we do talk about. Here's what I'm making for dinner. I'm chopping up some Brussels sprouts. I'm going to toss them with some olive oil, salt, and pepper and garlic powder.

I'm going to cut up three slices of bacon into chunks, and I'm going to roast said brussel sprouts with those things. It's basically my bacon, bacon broccoli recipe, but I'm gonna do bacon Brussels [00:20:00] sprouts. And I'm going to take a mild Italian sausage out of the casing, saute it loose with some onion and pour a thing of eat, happy kitchen marinara on it.

And that will be dinner. And I'll probably actually Mick wind up mixing in the roasted Brussels sprouts because I like putting things all in one dish because I'm very lazy and I don't, I would rather eat my food out of a bowl than out of a plate there. I said it. Vinnie. What are you having for dinner?

Like a dog, like a frickin dog. I don't give a shit. Jesus Christ. Um, I I've had dinner already. Um, uh, I had a couple of hamburger patties equaling probably. Oh, let's call it, uh, probably 12 to 14 ounces of hamburger. And I had a couple of fried eggs on top of that. Um, I've just got back from the gym, you know, I just said, you know, I was like, oh, nothing, nothing sounds better than just a bunch of beef.

And, um, it was [00:21:00] funny because I had beef earlier in the day too. Usually if I do beef early in the day, I'll do fish or vice versa. Uh, but it was a double beef day. Oh, I'm literally the opposite. Lauren's like, well, we had steaks last night. You want to do beef again tonight? Yeah. Well, but you hamburger at lunch.

You want to have, we had hamburger at lunch, are you sure you want to do steaks for dinner? yeah, no. I had a pound of hamburger meat at, at around one o'clock yeah, double meat day. I liked double meat day. That should be a thing, Linda, how are you? Gorgeous. Hi, Anna. Nice to hear your voice. What's going on.

Well, I was just up in San Luis Obispo and I stopped at Pismo beach and I bought my marinara sauce and I told the cashier all about it. Linda, are you the one that I emailed with about that? Um, no, I met you in Pasadena. I'm the nurse. Yes. I prepare patients for surgery and I wake them up after surgery [00:22:00] and I'm always telling them the same thing.

Diabetes is reversible. I'm always telling them about nsng. I want you to make a little pin Vinnie cycle, put it on my name, badge, and I can just talk about it all the time. Linda, I love you so much. And thank you for stopping at California fresh market and picking up jars of marinara. God bless. So I've been on, nsng actually a patient told me about it and I offered him the sugar.

What I thought was sugar-free jello at the time and he would not eat it. And I thought to myself, wow, what disciplined? How does he get there? And I think I was there around April may and the weight was just falling off. Just like you say, I was dropping like two pounds a week. And then I did that vacation thing with birthdays and cake and a lot of vodka.

And I'm struggling to get back to where I was. So I reading the PDF. I'm studying on his cookbooks. I'm and I'm not sure every day I start off [00:23:00] nsng, but I just kind of fall off here and there. So just wanted some tips on, I mean, how do, how do I stay on track? I mean, I have all these, all these resources around me that you've, I'm like, so thankful that you shared with me, it was with us.

Um, but any tricks on getting back on the train here? Yeah. You know, uh, first off I got to tell you, before we get into that, do you ever play that song by wham? Whenever you're waking people up? No funny. Would that be, you just have it on your cell phone and the Pandora and when people are waking up, right.

When you see them like blinking their eyes, you know, you just hop into whams, wake me up before you go there. That would really, that would make people laugh right. As they woke up. Oh, I think it would be great. Yeah. Okay. You know, Linda you're, your problem is not in common, probably relevant half of the phone calls I [00:24:00] get, they started off just like that.

I was doing it. I had a handle on it. Everything was great at some point, for whatever reason. Well, lately it hasn't been vacation has been, the wheels came off the cart during COVID and I kept trying to restart and restart and restart and I can't figure it out. You know? Uh, I, I sit around and ponder this all the time, you know, why do w you know, and like, I'm not perfect.

I do certain things and I'll go, I gotta do that. You know, we all do these things and we know what's right for us, but then we'll have, we'll make the wrong decision. It's just human nature doesn't mean that you're a bad person or you're weak or anything like that. You know, we, we make decisions everyday, all day.

Right. And this is just another decision. When you did it before and you were losing the two pounds a week and you were coming around, how much weight did you lose total back then? Um, I [00:25:00] was dropping like two, a kilogram a week. So I would weigh myself once a week. I worked, I was dropping like two kilograms a week, two pounds a week, two to three pounds, but it was just, I felt good.

I felt like I had a lot of energy and just kind of peppy. Linda. How much weight did you lose overall? Um, I probably, I had just started Vinny had just got there. It was like 10, 15 pounds. Okay. All right. So you know, what you did was you follow along, you were all gung-ho about it, did it and our brains don't we, we tend to forget, right.

I always always quote the best book ever written the book.

Didn't expect you to say that he's going to say Napoleon hill or something. No, the Bible. Okay. Off-brands well, it is the best book ever written. It's still selling it. It's been around for a couple, the best selling book ever written. [00:26:00] So w when you look at the Bible and you look at the new Testament, that's the part that the Jews just go, you know, block, you know what, I'll follow it up.

Um, you look at the new Testament and all of that is, you know, all about Christ. Then what happened when it was Jew was raining over this area in the desert, right? And there's all of these fantastical stories and you go, did he really walk on water? Did really, he fed a thousand people with one loaf of bread and one fish.

He helped the blind to see really. And then you look around and you can. Okay. Wait, the first entity to the new Testament was written about eight years after his death. Right? A lot of waters under that bridge. There's a lot of folklore that happens before they even started writing the new Testament.

Right? We [00:27:00] forget what you forget the truth. I was home one time and someone was telling your son, you see this guys, any tartar rich are wise to make 28 tackles in one game. And then I thought to myself, I don't think they ran 28 offensive plays in that game. So I was making tackles when plays weren't going on.

These stories get bigger and bigger and bigger. We do the same thing to ourselves, whether it's the Bible, our vending on the football field and bouncing Ville, Louisiana, the story keeps getting bigger. You've convinced yourself back in those days. Not even a year ago that you had it under control and you did have it under control.

What you forgotten is what it took to get it under control. Does that make sense? Yes. So you went, oh, it's easy to lose weight. All you gotta do is eat blah, blah, blah, and do this and do that. But the part you forgot about is that you were gung ho and you were going for it back then. [00:28:00] Now you're trying to do it in the lackadaisical way.

Oh yeah. I'll, I'll kind of do an S and G even though you don't say those words to yourself, I'll bet. If you were really examining your heart of hearts, you're kind of doing it. Is that, is that a fair statement? Yes. Cause I, I know for Thanksgiving we had like all NSG food. I don't, I don't think there was one carb on the table and think about that.

That was Thanksgiving, you know? So you need to, you need to recommit. You know, reading the PDF will help, you know, hearing this tonight will help, but you need luck. You might have a carton of ice cream in your fridge right now, your freezer, wherever you keep a carton of ice cream, you might have some kind of a chocolate.

I don't know what your thing is, but when you wake up tomorrow morning, you got to wake up, have some eggs and don't do five things. Don't go, okay, I'm going to fast until noon time. I'm going to just eat this [00:29:00] and you no, just wake up, have some bacon and eggs move on with your day, you know, just start slowly and then slow down a bit.

Don't get, you know, just do it. Don't put anything in your mouth and has a sugar or grain in it. And you'll notice over the next several days, you will go through the keto flu. You know, your body will start to transition. You'll start to change within 10 to 15 days, you'll have clear mind, aches and pains will go away and you'll start losing that weight again.

And then you're going to go, oh wait, this is how I did. Caught it I'm going to chime in here too, because well, you and I have the lady thing in common, and I got to say, as far as you already brought up Thanksgiving as FA today is Monday, August 9th, that we're listening to this. It's going to go over my site four weeks from today is labor day.

There is no other excuse for an [00:30:00] F up until now. I can see a labored. AP will be like, oh, well, people are coming over and they're bringing the things. So now it's actually a really great time to not just recommit and you know, arm up like you're doing like, you're doing a great job. Make sure you read the PDFs and get, get your meal plan in order to do your grocery shopping, all that stuff.

You're doing that. But to actually make that commitment, there's no reason to not do it today. Tomorrow, whatever you will escalate with me, but yeah, it's my birthday month and everybody knows it's like a national holiday. I love it. But I think I'm going to twist it around this year and say, yes, it is my birthday month.

And it's going to be, I need to put myself first, instead of doing some of the stuff I've done in the past, I'm going to make it about me, you know, as I'm talking to him, like, okay, I'm going to make it about me and not about letting other eat. And if this is something that you're choosing for yourself and people are like, well, it's your birthday.

I want you to celebrate and you go, thank you. [00:31:00] But I, my boundaries are that if you bring a cake, I'm going to feel like I have to eat it with you because you're so sweet and so thoughtful to want to get me. A cake, but really what's best for me right now is to literally bring me like four kinds of gourmet cheese.

That's what I need or whatever it is. Bring me a pound of Kerrygold butter, make me a, the zucchini sausage bake out of eat happy, like make me that casserole instead. Cause that's the way that you can actually give me a birthday present that I want because it is true. And here's the other thing I'm gonna tell you is for your birthday, I always have a rule for your birthday and for Christmas Eve and Christmas day.

And for a Thanksgiving day, this is, these are my rules, but just giving a suggestion, you could say, okay, for my birthday dinner, I'm gonna have a great time and eat whatever I want to eat and put some life into living, but I'm not going to do the thing where it's the birthday month. And I'm just going to have cupcakes all the time because people keep bringing stuff over.

So I [00:32:00] just want you to feel like you have permission to tell people, thank you. But it's a trigger that I'm going to want to eat this because I want to make you feel good and appreciated for doing such a thoughtful thing. You what? I mean, we don't want to hurt people's feelings. And then what happens is we wind up screwing ourselves because then you're hooked back into the sugars and grains.

Yeah, exactly. Yeah. And I hear you on the birthday month, cause I love a birthday month. Yes. And next time you're in Woodland Hills. Vinny. I will give you a ride. You don't need to walk two miles to get your rental. I might have to take you up on that. And then two, because I'm going to be out there on September.

Yeah. I don't know. I might need a ride back from genograms grads wedding. Cause I'm going to kind of shape them or be on an don't know how to use Uber problem. Linda, you got this,

you know, you get this it's at [00:33:00] that thing, because I think that very typical thing that we wake up in the morning, we're like, okay, I'm going to go back on the program.

I'm to get back on the program. I'm good. Today's the day. And you you'd go great. Got through breakfast. Did it, did it, did it, and then you hit something in the afternoon, either like after lunch or something generally is where most people get kind of tripped up and you're like, oh, I just want to have a thing, just a bite of a thing.

Or I just missed it. Actually, this happens a lot. When people tell me they're quitting dairy, because dairy, they find to be very addictive. And so it's like, but the afternoon, I just want a piece of cheese and a thing, or I just want to put cheese on my dinner. And, and I'm like it, the, the, the habit is real and exactly what Vinny was saying.

When you start to really get some traction with this, you're like, oh, I'm down 10, 15 pounds. This is probably my final form. I'm going to be, this is going to last forever. And the thing is, it doesn't last forever because it's a practice, you know, it's a practice. So you're doing great. And thank you again for your support.

And I li I forgot that you do that with [00:34:00] your patients. I love that you tell your patients that as NG and oh my God. My favorite people in the world are nurses. Cause they, you guys take such good care of us. So thank you. Oh, you're very welcome. I enjoy doing it. Um, wonderful. Thank you, Linda. Bob Zimmer.

Hello? Hello friend. How are you still need to say, I know an apron. I'm going to send you an apron. I promise by the way real quick, Aaron, I'm trying to bring you up. So let's see if this is going to work here, Bob. What's going on? Oh my gosh. So much, so much, so much first. Um, Michael, that was, that was, you could have taken a whole hour.

That was fantastic. Then your advice is spot on. Hey, I had similar issues back mid thirties. Um, I did, uh, I found a yoga block and I actually cut in half with a band saw diagonally, and my chiropractor showed me how to position it kind of in between that, that, that, that last, uh, vertebrae and your rear end [00:35:00] and you lay down and you can get relief like instantly.

Um, so that's worth a try. And then also I do have, uh, misuse who we found this guy is an ex steelworker and he comes to my house, uh, every month for about two and a half hours. And it's just torture. Uh, but it keeps me going between that and the chiropractic. It keeps me going. So I've, I have actually suffered through what you've suffered through and I have.

Um, the massage, definitely like then he says, keep searching, find someone. Um, this guy was actually out of a bodybuilding gym, so you might need to. In places other than the big box massage stores and whatnot, where, like you said, they're just afraid to touch you. And when they do touch you, it's like a cat walking on your back.

Um, but yeah, give, give it a shot. And, and you know what? I also do go in every month for chiropractic as well as an adjustment. I actually start restarted doing that. Well, I was traveling heavily internationally. So a lot of these long, 10 hour flights for work, my back would [00:36:00] just be jacked up when I got home.

And since two years ago, we kind of stopped traveling because of all this COVID stuff, I'm still continuing it and it, and it really helps. It really, really helps. And Linda happy birthday, I will

be 53 on Saturday. So another August. Happy birthday. Thank you. Thank you. Thank you very much. So, so in, in, I was trying to do the conch shell post Vinny for my birthday.

Uh, I couldn't do it for my vacation. It just wasn't enough time. So what I did, I took your bus. I actually cut. I was having heavy, heavy cream in my coffee throughout the day. Uh, I totally eliminated heavy cream in May. And then, uh, about a month ago, totally eliminated wine just from any, any consumption of wine entirely, um, and stop drinking, um, except when I was on vacation.

Um, so it's helped, but you know what? I just, I, I think there's a happy place for all of us. And I think my happy place is just my happy place. You know, my, my [00:37:00] waist is my waist and my weight is my weight. And no matter what I do, it kind of doesn't change. And so I think at some point, you know, you just kind of need to be realistic with, you know, your age and your, and your, and your build and what you're going to do.

But with that said, you know, the gym, definitely the fountain of youth, I was, I was blessed enough this, this summer to have, you know, my son, you know, out of school, He he'd come to me. I actually woke him up today at 10 45. It's like, Hey, it's Monday. But I think college kids are starting to go back. It's going to be less crowded.

Let's go to shoulders. And we did an hour shoulder workout and it was, it was beautiful. It was fantastic. Um, I'll probably do chest with them tomorrow or, or maybe, maybe like, since we just shoulders today, but, but either either way. Um, yeah, so it's been, it's been great. It's been a, it's been a great summer and, and, and thank you if any, by the way, for the gift yesterday, that was, uh, unexpected.

Um, I was going to go out for my long run and I'm like, holy crap. The Monday show is on Sunday. [00:38:00] So got to listen to the Monday show. Yeah. Yeah. Some somebody was saying that, I guess, I guess it came out a day early. Really? Who was asleep at the wheel? I think Tallulah's traveling. Who knows what the hell happened?

Don't message. Debbie. She'll yell at you. It's a nice treat. Tonight we have, uh, your kids DKI um, I actually, I sweated the cucumbers a little bit more this time, so it wouldn't be as watering and a little less lemon juice. So it's got a good consistency to it. And I just put a about 12 lemon lemon, lamb skewers, uh, in the oven.

And, uh, we're probably eating about a half an hour we'll lamb skewers and make a Greek spinach salad and, uh, that to TKI and the lamb by the way, is on the, on the kitchen aid, took a, took a leg of lamb and, and ground that up with the appropriate spices. So it's really just put it in Ziploc bags and boom, you can have lamb any night of the [00:39:00] week, pull it out of the freezer defrost really quick.

So just, uh, that's that's my Tuesday tip. Thank you. I got ground lamb and a bunch of lamb chops from the, uh, the monthly farm CSA. So I am going to be doing a lamb burger recipe and a new lamp. I have a great lamb chop recipe in the first book, but I'm gonna do a new. Lamb chop recipe. So thank you for reminding me, cause I need to get on that.

And that sounds like a delicious dinner and thank you, Bob. Yeah, that'd be great. And oh, by the way, I did recommend you, uh, to wild fork foods. Um, here in Texas, they were sent me a

survey because I can, uh, get their name again when I'm going to write this down, but I can get their name again. I can write their buyer.

So thank you. Absolutely. No problem. Thanks Rob.

Hello? Are you there? Hey. Hi. How are you? We're great. Um, I'm doing good. [00:40:00] Um, I'm a little, um, starstruck right now to be honest. Um, but I'm doing good. I actually just wanted to say that, um, I loved the last podcast with Jill. It was so relatable. Um, I'm definitely on the same, well, in the same storm, maybe not in the same boat, but, um, uh, right now I'm just barely getting back into a consistent nsng.

Um, it's been about a couple months now and, um, slowly I do see the, the, the inches, you know, getting smaller. Um, the weight is slowly coming down. Um, so it's, it's all going good. And I do know, um, when, uh, when I do veer off even just a little bit, it really does [00:41:00] kick me in the butt and before it never really bothered me, but now I feel like so sick.

So I guess, I guess, yeah. It's getting easier to stay on nsng what do you mean? Like, what are some of your, how do you feel when you go off plan? It's kind of like, like a hangover and like nauseous and just like, like a headache. And like, even like throughout the night, I'll be like tossing and turning and like, my stomach feels like, like there's a pain, it's weird.

And then I wake up with hunger pains.

Yeah. That's pretty common devel. Um, w whenever someone is doing it right, and then they'd go off, you know, that's what, uh, where my buddy Cottingham Kim was talking about. I don't know if you heard that Friday show a few weeks ago, you know, when he finally decided to hunker down and just do this and [00:42:00] stop all the BS, you know, he didn't realize how addicted he was to sugar, you know, I mean, he was mentioning some crap that he would eat from like fast food store, not fast food for like seven 11.

What would you call that? Your convenience store? Where, how does he talking about yeah, just crap on top of crap. And as soon as he stopped doing all of it, he just couldn't believe that, you know, he goes, I just thought that's just seven or 58. He's going to be 59 in a couple of months. Also. I just thought this was how you felt all the time.

He had no idea by the way that guy just summited Whitney again today. And he off the billionaire, he, he, he enjoyed the guy is so high on life right now. He, he, as you know, he lost 60 pounds. He was in good shape. Even when he was fat, you know, he was a really good aerobic shape because he followed [00:43:00] everything else I've talked about except the eating, which proves that you can't lose.

By exercise alone. And after we did Whitney, you know, three weeks ago, he was so pumped up about it. He couldn't believe how well he did over two years ago when he summoned it, when he was 60 pounds heavier, he just took some more vacation time, bought a ticket, flew out to Los Angeles, drove to lone pine yesterday.

And I was tracking him all day today. He just came down the hill. He, you know, he got up there in six hours. So he probably did an 11 hour, maybe 12 hour round trip, which is kicking ass on that bike. This is how we know that he doesn't have. So he has only \$1 billion cause he keeps hiking, Mount Whitney.

But when he gets multi billions of dollars, he will go to space and he'll be glad he's nsng when he's in space. Yeah. They all do that. You know, whenever they get to like [00:44:00] 20 billion, but he's right now, he's just had a billion. Yeah, loser. So DSL, that's good that you're getting reconnected and, and re re uh, what's it called re reconfirming.

I can't think of words anymore. Can nsng helped me think of words. You know what, you know, what would be nice is if NSG nsng would remind me why I walked into a room. That's all I have. Good luck with it. Okay. Just any room. I don't know why I walked in there. I'm just wandering around is what I'm saying.

So does that good job? Uh, recommitting. That's the word? Thank you. I did have one question. Um, I know you guys talk about it all the time about zone two. Um, and I I'm a little confused because, so I did the calculation based on like what you guys had said. I think it's 180 minus [00:45:00] your age. Right. What's the average heart rate would be or where our heart should be.

Well, so let let's talk about it. How old are you? 33 going on 34. Okay. So let's just take 33 from 180. What do you come up with? 1 47? Yes. Okay. Are you a couch, potato, meaning? Are you in any kind of shape whatsoever? Yes. I mean, not a couch potato. Okay. You're not a couch renewing assumption. Yes. You can add five beats per minute.

So that would put you at around 1 52. So that is not, you know, an exact science, but it puts you in the ballpark. So I tell people if you're doing, if you're exercising and you're for you, if you're at 1 45, 1 46, you're fine. When you start hitting 1 49, 1 50. You need to [00:46:00] start cracking back because it won't be very long before you're at my 65.

Right? So you want a Teeter right there. You could go with 50 to work, 53, but that's about the limit, you know, after that you gotta be running into your 80 percentile. So you want to stay away from that. Okay. Yeah. Cause my Garmin, it kind of, I try to monitor it with that, but the garment is saying that my zone two is like 1 22 to 1 41.

Yeah. Let, let me explain it. Listen, I know is a great watch. We have two of them over here, you know, don't, don't listen to th they're taking an average that won't get them sued when people died. That's all they're doing. Oh, Hey. I'm just know they're worried about, Hey, I did this and garments had that, but.

Zone two [00:47:00] is between 70. Now I'm on a rant down. Hang on. Okay. That's why I turned off hand raising. Cause I knew it was coming

70 and 79% of your Rover capacity. Right. So you said yours decel was what? Between the ECAR to garment between 180. I mean between 1 22 and one white. Okay. Does that sound like a 9% increase in 9% fluctuation? Hell no. That's even that's off that part of the equation is off. It's all wrong. Okay. I thought so too.

I just wanted to make sure. And one bef like one 50 would be okay then. Yeah. Okay. You kind of, you kind of figure it out too, right after you do it for a little while. Yeah. You can tell when you've slowed down and when you've sped up too much, [00:48:00] you know what I mean? Oh yeah. That is true. You kind of like, oh, this is, I can guess like, oh, I'm pushing this too hard and I'll take my heart rate and my sure enough I've pushed it.

You know what I mean? Or I've slowed it down too much. This is too easy because I don't wear a continuous one, but I take the, the, the device, whatever it's called the phone thing. It's pretty accurate. Hey, Hey, let's get on to other people because I do have a hard out tonight. Probably. I could probably say for next to three to five seconds.

Well, we have Carlos Lindsay and Aaron. Thank you. We appreciate you, Carlos. What's going on friend. Hey guys. Thank you for the time. Um, so I'll make a brief, we moved right before COVID head to a rural, rural, very rural, uh, part of Nebraska. Um, my wife can work from home and, um, trying to learn how to farm when my wife's home.

That's awesome. It's [00:49:00] admirable. I think it's awesome. I've kind of learned the hard way, but I'm not very good with heavy equipment. Um, but it's fine. Insurance covered it. Um, but one of the surprises I was excited to come, cause I thought, Hey, Nebraska beef, you're going to find beef everywhere. Um, and to my surprise, there is hardly any beef, uh, local beef around here.

Uh, I know that you guys, um, do a, a, um, you have a sponsor for the, for the podcast that I've tried. Um, but on top of the beef situation, we're about an hour away from a good grocery store and we have a local kind of okay. Grocery store, very small. Are there any online resources? I, since everything is Walmart or target.com or Amazon.

And my prime [00:50:00] were so far out that my prime doesn't even work. Basically it takes about four days for us to get stuff. Let me, let me get Susie up here. Susie, are you around? Oh, wait, hold on. I gotta fix this.

Susie is going to have some ideas for you. So I'm putting you on the spot spot, Susie. Demeester. Are you there hun? Oh, hello.

Oh my God. I'm muted. I was talking the whole time. I'm muted. What a dipshit Susie. I brought up to help out. Susie, can you give Carlos some ideas? Good place. I mean, an hour really surprised he hasn't found local beef in Nebraska. I D I just can't throw out any names right now. I'm going to have to do a little research, but I will be happy to do that and I'll get it to you and we can somehow get it to Carlos, Carlos, make sure you DM me on Instagram.

So I have your, your contact info and [00:51:00] Susie is the best she is the meat resource, the meat source, the meat source, Susie. Demeester the meat source. Yeah. That's my name. Yeah. Yeah. I will go ahead. We do have, I guess, um, I mean, I can ask a neighbor for a cow if that makes sense. Um, but that's, I mean, it's very rare.

There's no culture here with dad. Like if I ask for a nicer cut of meat or don't get me started with, like I asked for grass fed or something, fancier, I mean, Um, it's a complete concept that is not in the area. Well, that makes sense. Carlos, a lot of times I grew up in a rural area too, and you know, I get it, you know, a lot of times you can't get to go stuff.

I remember as a kid, my parents would just buy a cow. Um, and we split it with the neighbors. They also have four [00:52:00] boys, so they would buy our cows, split it between them. And I think that happened twice a year or something like that. Because when you have four boys, you know, meat goes really fast. You might want to start looking at just getting, you know, you could buy a deep freeze for pretty cheap, right.

And just start buying a half a cow at a time and just have all of your stuff in your freezer. Quito, Lenny just messaged me. Thank you, Lenny. Um, Quito, Lenny rave said Porter road.com. I don't know. I don't know. I've not been to the site, but I like it. He's a smart guy. So check it out. Why not? Yeah. And I'll get you, I'll get you some names.

I, uh, the one that I'm thinking of, I gotta make sure they're still in business because they may, they their retirement age. So I'm going to check on it and I'll find something out for you, Carlos. That's a great question, man. Where are you located, Carlos? Excuse me. It's called Neely, Nebraska. [00:53:00] Okay. We're Northeast, Nebraska cattle may be in the west.

That may be the problem. Yeah. And then what would that same kind of, and you don't have to take long. You guys can send me a DM. Um, I just need recommendations on how to get better frozen, optimal, frozen vegetables, I guess. I mean, to this point, I've only the only thing that can freeze well is broccoli and green beans.

I mean, you could freeze, well, you can freeze any number of cruciferous. They sell a bunch of cruciferous, uh, already pre frozen you're. You're going to have to bring a cooler with you to the grocery store though. Cause everything's going thought on your way home and you just have to invest in a meat locker, meat free, a big, big, deep freezer.

And which I know for a while, at least during pandemic, it was hard to get [00:54:00] ahold of one cause everybody was doing the same thing. Yeah. So yeah, it pretty much all the cruciferous you're going to be fine. Frozen. The leafy greens are that's that those will not freeze and Falwell. Uh, but cruciferous, you can do frozen spinach obviously, and you can do frozen, like the frozen, like really thick leafy greens at college.

You could do, but you couldn't do just, you know, lettuces. So you're going to have to eat when you bring those home, you're going to have to, uh, make, but you can however, cook some stuff and freeze that too. So your meal prep is going to be really. Important for you to be able to handle all that. Yeah. Yeah.

Well, looking forward to listen to you guys while harvest starts. I love it. Carlos, Carlos, still there? Yes. I think Susie's in the matrix right now. Trying not to flip over anymore or [00:55:00] anything. I'll try. I'll try my hardest. Sorry, Susie. You were saying something about it. You went in the matrix for a second. What'd you say?

I would say to look, look up in Nebraska cattle feeders, and they should be listed there. And if you, in the meantime, I'll look it up. But if you wanted to look up and do some research, look up Nebraska, cattle, feeders, and they'll help you out. Perfect. Thank you so much, guys. Amazing. Thank you, Carlos. And thank you, Susie.

Ope, Aaron keeps going in and out for me. Aaron are you there? Did we lose our finals at well? That, that ended it if you want away from me. Oh, okay. Well then, uh, hold on, give me one second, guys. We have time then for one more quick question, but I have to switch the hand raising and turn it back on. Okay.

I've opened up hand raising. We can get one more person. If anybody has a car. Oh, there's Lindsey. She's back, Lindsay. What's [00:56:00] going on? Hi. Sorry. I messaged dropped out all good. You're back now. That's the important thing. How are you going to say? Wonderful. Just auto say hi. And I'm looking forward to meeting you in Vegas.

Same with Andy. Good. Me and my husband are excited. I can't wait. I'm going to be at Cato Las Vegas. You to be there. Yeah, I'm going to be there.

No. Yeah, I have to go, oh, you're see. You're not west coast anymore, so it's not easy for you anymore. Yeah. And, and I, you know, it got sprung on me at the last minute, but we are, we do have a booth. Andy will be there and it will be there. Um, I already can tell you, Andy and I are going to have a couple of martinis, so y'all better join us,

Lindsay. Lindsay, do you have any questions? No. You just want to say, um, just to say hi [00:57:00] and that keto chef summit, I had signed up for the free pass and, um, all you do is just sign up for that and I send you a link for that day. Um, do you have to sign up every day for it? No, no, no, no. They'll send you a link every day for each day.

The videos for each day are only available for 24 hours. So it's for midnight that day until midnight, the following day. So you only have. So it's all day, you just, you only have 24 hours. I signed up and started watching videos and, and I gave, I gave them PDFs of the recipes that I made. I made a cauliflower and Yaki, I made a carnivore meatballs and some spaghetti squash, and of course used my sauce.

You can use any sauce, but, um, yeah, I, hopefully they're giving out PDFs of the recipes. Did you notice that they were doing that? Yes. And that I think is if you do the all access pass. Oh yeah. [00:58:00] You guys should still watch. And at least with my stuff, you probably already have all my recipes, so there's that, but maybe you get good ideas and good inspiration from, because there are some really good legit Quito chefs involved with the, with the thing with the pro.

And I have already made your Yankee before and I love it. So, and I plan on making it again this fall. So I'm looking forward to it. As long as you squeeze all the water out of that cauliflower, it's really easy to make. And it's basically the same recipe as the cauliflower tots. It's just with different flavor components in there.

So if you've made the cauliflower tots, you can make the gnocchi and you'll be happy that you did.

And on that note, we did it Vinny or clubhouse, the books in the books that, you know, it's so funny. I still don't know where clubhouse is. This is true. You don't. And by the way, there's a new one coming down the pike called fire. So get [00:59:00] ready because I'm about to nag you to get on fireside. And I, in fact, I put you, they said name three people who you would invite to fireside and you were the first one Vinnie.

So congratulations you're really, really hate me. God, I did my first, uh, con comedy show on clubhouse today. And, uh, which in a way it's kind of fun. Cause you don't have to like, you know, look decent, but also too, you don't get to do any physical. So it has to all be kind of cerebral stuff. Right. But it's hard because clubhouse, you can't all talk at the same time, which is why when we bring people up to the stage, people mute while people are talking, but then you have to real quick unmute and laugh at the other comics and make them feel good.

You know, it was kind of weird. So then that's when somebody said we should do a show on fireside, that's the next one? And I was like, oh, Vinny's going to love it. He's going to love it.

When I tell him we have another thing it's too much. No, it's not enough. Too much. Thank you for joining us Vinnie because, uh, [01:00:00] you're tough man to get, and you make yourself available and we all appreciate it.

Uh, I want to thank everybody who came up here and asked a question and, uh, Susie who had dragged up here and everybody who helped to answer stuff, everybody who helps asking a question, it helps everybody. So I really appreciate it coming in. We're going to go, uh, thank you everybody for joining. I love hearing all your voices.

Make sure you're tuned. In every Monday, we do this every Monday from five to 6:00 PM, Pacific eight to nine Eastern, but there's also what, wait, there's more, there is every Thursday from five to 6:00 PM, Pacific eight to 9:00 PM. Eastern those the NSN G a F check-in group with Leona Yeager and Megan Hawks.

So make sure you guys tune into that. Um, we're doing all kinds of fun things over at eat happy kitchen. We've got all these new flavors, plus we're doing memberships, meaning, uh, subscriptions. Rather, if you subscribe, you get 10% off every time, plus you can log in and change your [01:01:00] flavors. And we are almost sold out of pink crema.

Uh, hopefully we will have more made soon. So if we are sold out of that, just get over there and get it before it sells out. Uh, if we are sold out of that, uh, I will email everybody when it's back up and running. I want to appreciate, I want to appreciate, I want to thank all of you for being here. Please join us every week.

And again, I can't. Thank you. He has enough. Everybody raise your hands and if you have questions or just want to say hi, don't be afraid. Please raise your hands. Clubhouse only works. When we get to hear from people, it's like the opposite of podcasting where Vinny and I are saying a bunch of shit and you guys don't get to choose I'm in.

Now. You get to chime in and I love voices are my thing. So I love hearing your voices and I want to thank everybody and go have a wonderful week and kick some ass. Bye everyone.