

# 015 Eat Happy Kitchen Clubcast 92321

[00:00:00] I'm Anna Vocino welcome to the eat happy kitchen club on clubhouses are Monday. Check-in I feel like I have all sorts of things that I want to tell you guys. We are recording this time. I set up the tech early. See what happens when you set up in advance. It works better. I see a lot of faces out there that I recognize.

I hope you guys raise your hands and you check in. You can ask questions. You can just say hi, you can even say, by the way, you can even say something where you didn't do so great. I feel like we're always afraid to say the things where we maybe have failed. And I don't want anybody to be afraid of that because this is all a work in progress.

Did you know that we're works in progress folks? You will. I like the way Abraham, Hicks says you'll never get it right. And you'll never get it done. It's just a constant practice. So I just want everybody to keep that in mind. I am very, um, [00:01:00] how do I put this? I've been experimenting and I didn't want to bring it up until I'd done it for at least a couple of weeks.

And for those of you fasting experts, you're going to laugh. But I have been experimenting with stopping eating it's 6:30 PM. My time, not 6:30 PM. Your time, 6:30 PM. My time. And the reason why I have done this is because I have a tendency to not eat all day or just eat tiny little nsng friendly snacks.

And then I'll Gorge myself at dinner and then keep eating the rest of the night. And even though it's all nsng my, my, my biggest splurge would be like a little bit of 90% dark chocolate, you know, is that, uh, I just keep eating and I'm not giving my body arrested. After reading these books that I've been talking to you guys about the circadian code.

And change your schedule, change your life. Both of those are listed on my website. After reading these books, I was like, what? [00:02:00] Why don't I try stopping eating earlier before bed, give my stomach some time to digest. So that's why I say you guys are probably laughing and me. Sure. You're like, yeah, that's what you're supposed to do.

But I was always like, I can somehow fast, really easily in the morning, all the way up to the afternoon. We're in. Instead, what I need to do is move my eating window back earlier. So I've been experimenting with that. I do feel great. My ketosis levels are great. I have to be honest. It hasn't, kick-started any sort of plateau, weight loss, which as you guys know, we're super into those kinds of results.

And then if I were me telling me, stop looking at those results and then I would go, okay, you're right. Self stop looking at those results, but I do feel great and I'm very eager to get a blood test. All that fun stuff. Um, you guys raise your hands. Dan, you raised your hand earlier, but then you went somewhere.

Uh, Tina is here. I'm so excited to [00:03:00] check in with you guys. I want to hear from everybody, I'm going to start bringing folks up here. So raise your hand or else I'll bring you up. Oh yes, I will. Um, if anybody's on medium, I just sent out an e-blast. If you're on my email list, you got the e-blast. If anybody's on the platform medium, I started posting over there again.

It's about, you know, hopefully capturing some eyeballs and some earballs, although I will say, you know, they say blogging is dead, right. But I always update my own blog with recipes and have no problem with doing that. But I will say I don't see a lot of Aaron. I'm trying to bring you up. Aaron, who posted the cute picture of the kitten, the rescue kitten to sleep on, eat.

Happy to you'll have to look at my stories for that one, but you will. Probably die from cuteness because it's probably the cutest picture I've ever seen. Um, but yeah, they say blogging is dead. And, but I figured let's, let's try medium because medium, I love medium. I'm a consumer of medium. I read all kinds of articles everyday on media.

My book, I paid partner. I don't know. They pay, they charge you [00:04:00] something a year, like 20 some bucks a year. And, uh, I have no problem paying that because I read articles on medium all the time. So then I thought, why not post some, I'm not seeing a lot of recipes on medium. Maybe there are people who might enjoy those, or maybe not.

Maybe the reason why nobody's posting recipes on medium is because nobody looks at them, but we'll find out. But if you are on medium already, just a little thing to please, please join in on medium on the fun. Follow me. Um, Brian. Hello, Leona. Hello. If you guys are in a place where you can join us, please join.

Let's start with Tina, what's going on and I'm going to make the people who come up to the stage moderator. So just in case I have that crappy connection thing happened, you guys can continue the room. So hi, Tina, how are you? I am fantastic. Today, today. He has today weighted today. So I feel you, I feel that something else happened on another day.

Okay. So I have [00:05:00] diverticulitis. Yeah, me too. Um, but you know, with nsng my attacks have been significantly reduced. Um, So I just got the pop-up notification. It caught my eye. It did the squirrel moment for me that I was now able to, um, bring people up. So my apologies for the distraction. So anyhow, the, um, Saturday, so I ate something Friday night and I put pay pitas in it and I think that's what triggered it.

So Saturday and Sunday were not so great, but on the positive side I did, I did like broth yesterday and for most of today. So there's a, that's, that's not necessarily a bad thing, but hopefully that, um, gave my, my digestive system enough of a, um, pause that, uh, [00:06:00] what I eat tonight, not going to make me sick, but, um, If I have pain tomorrow, I'll call the doctor and get antibiotics, which I don't like to do.

But, um, it was very, very mild pain this time. So it was very thankful for that. But, um, Tina, did you say you ate Pippi does meaning, uh, pumpkin seeds. And is that seeds like a trigger for the diverticulitis? Well, it depends who you ask. So the old school is, um, anything nuts and seeds can't eat them. So they would even go so far as to say like, um, when my grandmother, because my it's, I think part of it is hereditary.

My grandmother, my mother, most of my mother's brothers and sisters all had it. Um, lots of my cousins have it. It's just in my mother's family. So I that's all I can say to it, but, um, They, I also understand from my research that, you know, by the time you were like in your seventies, that most people have it, so it's [00:07:00] pocketing in your intestines and then if something gets infected.

But, um, so even like they would talk about the little seeds on strawberries. Like my grandma would be like, oh, I shouldn't eat these. Or I'm in Kiwi and stuff like that. Um, and my mom would never eat the seeds in a cucumber. Like she would always scrape out the seeds and a cucumber. So like they've always stayed away from seeds and nuts.

So first thing I gave up was popcorn. Cause I would always, that seemed to be my trigger, which that was pre nsng. And then since nsng, um, I gave up nuts, um, because that was what seemed to be triggering it and, uh, um, pay pizzas are I'm guessing very similar. But I don't know if that's necessarily what caused it or not.

That's just something I don't normally eat. It was like a splurge Friday night. And then Saturday is when I had the pain. So that's all I can think of when I eat burger and eggs. I don't have it. So [00:08:00] I'm like, well, that's all best I can think of, but I did see, um, I don't want to talk too long, but I did see that take your time.

Take your time. I did see a surgeon about it a long time ago and he, he told me, he said there is nothing left in an intestine. When I do surgery on somebody, who's had a, um, either an obstruction caused by it or if they have, um, where it. Opens up so that the, the stuff is in there, they're in their innards.

Um, he said that there's nothing that I could sit there and tell you it's caused by this or that. He's like, but if you ask my mother she'll tell me, hers is always caused by popcorn. And he's like, and it could be he's like, but you know, in some peoples happens within 12 hours. So I'm at 24, somewhat important, you know, he's like, you never necessarily know the exact cause he said, you can guess, and you can give up stuff and you know, if it works, it works.

And if it doesn't, it doesn't, but I, I definitely have significantly reduced [00:09:00] the number of attacks by getting rid of popcorn and nuts. So it's, um, just something that I struggle with. So I'm going to go back to, um, not eating pizzas. Listen that's if that's what works then that's what works. You know, I don't blame you.

I'm always curious too, with all the leaky gut. That the standard American diet causes, you know how, like some of us just have more, pockety sort of large intestines, you know, some of us, so some have some, some folks get, have a diverticulitis issue. Some folks have a colitis issue. Some the gut health is real and it is true.

And so I hope that some of what you said was helpful to other people here, anybody having any gut issues, because it is real. I mean, I have an autoimmune disease of my gut and the ironic thing is, is that actually is pretty healthy, but the colitis is not. And [00:10:00] like you, I'm not sure what triggers it. I'm not sure.

I really can't tell, um, I have not had pepitas lately, but, um, I intend to at some point in my life, but yeah, yeah. I used to think, oh, it's the dairy that will trigger it. And then I won't have dairy for months and, and I won't eat at a restaurant and it'll, it'll kick in. So sometimes. Despite our best efforts, we still will have an episode of whatever the thing is.

So just know that whether you're dealing with migraine or gut health or any autoimmune or anything, chronic, we manage it as best we can. For the most part, I think we can all agree that most of us feel better, but I wouldn't go back to the standard American diet. Let me put it that way. Uh, yeah, no, definitely not.

And just to piggyback on what you were sharing with the Circadia rhythm, the circadian code [00:11:00] and the change, your schedule, change your life. They're kind of the same book, but I've read them both. And so I just promote them both, but yes, the circadian rhythm, our natural circadian rhythms. Yes. Yeah. My, my, um, I have a high school friend that's out in the Seattle area and she just finished going to school to be a natural path.

And that's something that she. And I talk about all the time. She encourages me to, um, change my eating times and I like you, I just finished dinner and it's, um, Eastern standard. So it's 8:00 PM. And, um, I have gotten to where I stopped the snacking I used to would eat the dinner at seven ish or whatever, and then have pork rinds or when I was eating nuts, I would have a bowl of nuts or, you know, so I too need to slide mine back.

So I'm interested to see how your, your change changes things for you. Well, it w I, I gotta be honest. It was [00:12:00] about two nights of, of, oh man. I just, I didn't realize how much I got up to go, like poke around the kitchen in the fridge to see what I could eat as a snack. And I even think I convinced myself I was hungry at a certain point, like, oh, I ate really late.

So I, I am legit hungry. I realize that I'm really not. And so it's been very interesting. And so it was about two nights of that, and that was a little bit uncomfortable. And by the way, I started with the zero app and, uh, I, I just did the circadian fast, which is a 13 hour fast for the first night. And then every day since I've done 16 hour fasts, um, and I like doing it, I select the circadian fast every time, but I let it go to 16 hours.

Cause it makes me feel like I've really accomplished something. I take the victories where I can get them, but then I noticed the only other time I was bothered was when my friend and her little four year old came up for a visit [00:13:00] and I wanted to, you know, have party foods with them. And so, I mean, again, it would be my nsng versions of it.

I would like whip cream and like do berries or something like that. But I was like, no, I'm stopping. I stopped. And they ate the party foods. It was done. And, uh, and the other thing is I am not drinking any alcohol past that point either because oftentimes I would continue, I would make like one more cocktail for the evening.

So that's, it's been very interesting and not hard at all, but uncomfortable the first couple of times and uncomfortable in a, in a social situation. And I use the word uncomfortable, very loosely. It's not like I was like in pain or something. I was fine. Um, so yeah, I highly recommend trying that and, and it all sprang out of, by the way, me doing my July challenge of, I have to turn off the lights and the phone.

I can't be reading on the phone because my Kindle apps on the phone, cause my iPad broke. Uh, I can't be reading on [00:14:00] the phone past 10 30. It has to be done. I do have the night shift thing on my phone and I do have blue blocker glasses on my, on my glasses. But I have to have it all turned off and I started that July 1st and I had some hit or miss experience with it.

But then when I got that aura ring, it kind of, it really showed me how badly I was treating my body by staying up too late or having alcohol too close to bed. And when, when that happened, after doing that for awhile, I was like, okay, now it's time to take the next step, which is to shift my eating back to an earlier time.

So trust me, given my druthers, I would much rather stay up till 1:00 AM and be wired and watch TV or play video games or do something to unwind my brain. But instead I'm making myself turn off the lights and go to sleep. So it all kind of sprung out of that. So more, the more, you know, go ahead. Thanks for sharing.

Yeah, of course. And say thanks for sharing. Of course, of course. Thank you. I appreciate you air. With the, with the [00:15:00] cutest kick. Do you okay, Aaron, I need to know. Do you rescue kittens like on the rags? Is that why you have the cutest pictures of kittens? The wife and the girls help out a shelter down here that rescues kittens.

Where is your shelters in case somebody there in need the kitten? Uh, it's called room eight. It's in Riverside. Oh, California. Yes. That's awesome. Dan Buren and laminate would be the closest main it's further in from van Buren, but if you look up room eight, it's a room with a number eight on it. Okay.

Riverside key. I'm going to put this in the show notes to Riverside, California kitten rescue 9 95, 0 9. We love it. Um, yeah. Thank you. You guys. I posted the picture again in my Instagram stories. Literally the cutest kitten you've ever seen. That's like the third time he's done that. On my book. [00:16:00] Yep. Right there in that same spot, I'm telling my husband, because my husband's been saying that he wants a cat.

I'm not telling him that he's still a little feral. He's getting used to us. He'll warm up. So we'll warm. He's warming up his brother's the, uh, the sweetie though. You're getting me in my heart place. Let's talk nsng before I talk myself into adopting a cat, I just a quick question on the recipes that say the can of tomato paste.

Is that the smaller yes. Yes. Okay. For the most part, thank you for asking that. So when I do my big revision, especially of the first book, I will be revising things like that. Uh, Mo most can sizes are 13 and a half to 14 ounces, regular cans, tomato paste, almost always exclusively came in a six ounce can for years.

And now with new packaging options out there in the world, there's tubes, there's, [00:17:00] you know, a Tetra pack. Uh, there's all kinds of there's pouches. There's all, all kinds of different packaging. So yes. I mean three ounces of tomato paste, which is generally three to four tablespoons. Like that's what I'm used to seeing.

Yeah. And life came home with 12 ounce cans. Whoa. Like from Costco or something, she probably got it from Sam's club. I should have known, I should have known. I figured it was the three of us. I did it. Right. I will tell you though, because I used to scoop out half the can and leave the other half in the fridge covered with the saran wrap.

Um, and it can get pretty nasty pretty quickly. So if you are going to open it and only use a quarter of that can take it out and store it in something else. Okay. We use the, uh, or I use the pampered chef can opener. Perfect. Cuts the scenes and I just stick that back on. That's awesome. Okay, great. Hold on.

I'm writing. I'm writing. You're welcome. Thanks for being [00:18:00] here. I appreciate it, Brian. Hey, I was wondering if you wanted to share that you shared with me yesterday. Yeah. I was going to nerd out for you a little bit here with Brian. O'Halloran go for it, man. Yeah. So,

um, yes. At work we have to do, uh, if you want like a hundred dollars put onto your HSA account, you, you have to get like a blood work done.

And it's, it's really easy just to go down to like a minute clinic and just have it, you know, drawn or whatever. So I signed up, did it, and they check, uh, you know, just like for metabolic health, they check your A1C and your cholesterol panel. And it was really funny because I really follow a ketogenic diet.

Um, and I barely, I rarely eat vegetables. I more, more towards the meat and the eggs and everything. [00:19:00] So, um, I was, uh, I wanted to see what would happen, you know, and watch the, uh, the nurse practitioner, uh, take my results and read them off to me. Uh, she almost fell out of her chair when she. When she looked at my, my, my results for my cholesterol.

Now I did my research. I know that my cholesterol numbers are going to be high as far as what doctors look at. And, and they, it scares doctors because they don't understand nsg they don't understand the way that we eat and they are driven by the drug companies. And when you see a high LDL, they freak out and likely they want to put you on a stem.

I happened to be one of those people. I'm not sure if you're familiar with Dave Feldman, but I happen to be one of those people that I'm a lean mass hyper responder. Yes, yes. Explain what that is. Yeah, yeah, yeah. Yeah. So that means I have a high HDL, [00:20:00] low triglycerides and a very high LDL. And to this point, um, hold on, hold on.

Slow down. Explain all that stuff, because you're the guy to explain it. Let's be honest. The Brian is the ketogenic pharmacist. So he actually knows what he's talking about and can explain it in more. Well, you can explain it in layman's terms that I could, and I'd be like, there's these fluffy particles, I guess those are good.

And then there's other ones that are bad. So you explain it. Yep. So this, so there is a, you know, the traditional cholesterol panel, which I got, you can also get a, not for this screening, but other labs, what they'll do is they'll do like a, uh, NMR tests, which they do all the particle testing. And this obviously for the health screening for my work, they didn't require that, but you can kind [00:21:00] of interpret the traditional cholesterol panel and you can kind of see just by your numbers, you can kind of squint and kind of speak and kind of see if you were to get an NMR.

Cholesterol panel, you can kind of interpret, you can kind of guess what that may be. So when you have a high HDL and low triglycerides, that means that you are insulin sensitive. That bottom line is when you have that ratio between the triglycerides to HDL. When you have a low ratio, that means you're insulin sensitive, right?

When you have a really high LDL in the context of a high HDL and low triglycerides that you can, you can see that, that that would be more of the, the buoyant [00:22:00] LDL particles, not, not the small debts. You do not want the small dense LDL particles that that's bad news. That's like heart attack time. So. Does that, first of all, let me stop there.

I think I did a really, or we'll talk explaining this, but it was good. It was good. Keep going. Yeah. Yeah. So, so basically, you know, if you look at a traditional, um, lipid panel, your you've

got the standard ranges and, and doctors and nurse practitioners and physician assistants, whomever, they look at standard ranges and anything that's above or below standard range.

It's like they, they freak out. So my, so the standard rates for cholesterol, total cholesterol is less than 200. And again, this is something that has been determined as the magic marker for, you know, total cholesterol, which really means nothing. Um, and my total cholesterol was [00:23:00] 488. So.

Everybody raise your, anybody, raise your hand and come up here. And if you've ever had a cholesterol that high,

I thought it was pretty funny actually, to be honest with you. Yeah, it's hilarious. And, um, my LDL, again, you know, according to the standard range, you want it to be less than 100 and mine was a 397. So almost at the 400 mark. Um, I was hoping for that, just to kind of clear that clear that hurdle, but, um, I'm, I'm not concerned about this and like, look, I'm a pharmacist.

I've done, you know, nsng for many years, I've done the research as far as, you know, the lean mass hyper responders and how to read cholesterol, lipid panels. And I am not concerned about this at all because of my ratios of the [00:24:00] HDL and triglycerides. So unfortunately the medical professionals out there who are not familiar with nsng or ketogenic lifestyle or carnivore, they don't know they are, they've been trained by medical school obviously, and who funds the medical schools, but the drug company.

So, I mean, if you just kind of take, you know, follow the smell of the money and you'll see that, you know, it all comes down to the, the drug companies that are funding their education. I'm going into a lot, kind of a rabbit hole right now, but they don't know about most of them, I should say, don't know about the, the ratios and you know, not to be worried about that.

So anyway, the bottom line is that the, the nurse practitioner says to me that, um, I have to stop eating fatty foods. No, no, sorry. No fatty fatty cuts of [00:25:00] meat. She said, stop eating fatty cups, fatty cuts of meat, and also stop eating fried food. That's what it was. And I said, okay. And I, and, and I was waiting for her to get done with the, um, spiel.

I'm like, okay. I said, w what should I eat instead? And she's like, oh, you have to eat lots and lots of vegetables. And you have the really, really lean ground beef. I said, okay. And she's like, do you have to also talk to your doctor about going on? It's a medication called statins. You have, you have, you got to get us.

You have to be, you have to go on a statin. I said, okay. Yeah, I felt bad because I didn't, I was very nice to her. I mean, I wasn't, I wasn't like, you know, lecturing or anything, and I wait for her to get done because she has to say what she has to say. I mean, that's, she's required to say it. So I'm like, okay.

I said, I said, would it change your mind? If I told you that all I eat is meat and vegetables and no [00:26:00] fried food. And I ate like our ancestors used to eat, you know, thousands and thousands of years ago. And then she kind of stopped talking and, and she just realized that she had nothing to say. And, um, and now, I mean, that, that was, that was pretty much, that was pretty much it.

I mean, I tried to, you know, explain to her, I said, look, you cannot just look at LDL by itself because that is, you have to look at the whole big picture. I was explaining to her about the inflammation markers, the HSE RP myeloperoxidase, um, ratios with triglycerides and HDL and, and, uh, the total cholesterol over HDL.

Um, I was, I was trying to explain that to her in a nice way. And I think I did, I was, I was, I was pretty nice to her about it. Um, but she didn't know anything about it. So I think the, the moral of the story is do your research. Trust what you're doing here with, nsng just trust it. It works. And you [00:27:00] know, if you get these numbers, like I do, it's okay.

Um, I'm not giving any medical advice by the way, this is just, this is not a doctor and he doesn't play one on TV. No, I don't play one on TV. No, but I just know that my, from my research and from my understanding of how this works, this is actually what you want. And so just to kind of finish it up, my HDL was 78.

My triglycerides were 63 and it's interesting too. So you want to have a high HDL, right? And so the range is between 40 and 60. And she said to me that my HDL was, was I think she said it was too high. So obviously all she's doing is just looking at reference range. And comparing my results. And so she does not understand, didn't understand what she was really looking at.

Um, it's kind of sad too, because she's telling this to other people and, you know, I don't know. I just, I, I hope that the medical profession kind of understands [00:28:00] what we're doing and hopefully we'll get this, that paradigm shift and we're not looked at as, you know, killing ourselves when we're actually not killing ourselves.

Um, it's spirit here. I want to jump in, jump in. Thank you then. Thank you for bringing up this topic with a very similar story. Um, I've been, uh, in nutritional ketosis since October. Um, I was on a span because I didn't know any better. Um, and I was getting these horrible body aches, uh, that I later on figured out was actually coming from the statins.

Um, I'm a hyper. LDL responder. I don't think I'm lean mass yet, but I'm, I'm moving in that direction. My triglycerides continued to drop my HDL continues to go up my, um, and I'm looking at my results. LDL, uh, back in may was for [00:29:00] 259. And my total cholesterol is 352. Um, and my ratio triglycerides to HDL ratio is 1.38.

Um, and my doctor who my, my personal doctor, my primary care doctor is cool. He panicked when he saw my LVLs and I said like, you bro, I'm not worried about it. Uh, and so what I have been doing is getting additional test, um, and I'm a questioner, you know, I, I, I wanna make sure there's no other shoe that's about to drop, you know, so I, I got an LDL oxidation test.

There's no oxidation going on with my LDL. I'm getting ready to get a, um, coronary artery scan or something like that. Yes, that's it. I always get the name messed up on that, but, um, I'm about to do that and I'm very confident that it's going to show good results, um, [00:30:00] from what I've been reading. And I try to read as much as I can because, and I'm curious to know are there, cause there's a lot of people who don't have this high LDL response.



I think it's the majority of the people. I don't know how I got so lucky to be one, but. My health has never been better. Um, my weight has never been better. I'm off a blood pressure medication. I'm off the stat. And then I was horrified that they decided to put me on the stand based on some algorithm. Um, I have a funny, we're all in number, right?

Yeah. Yeah. I have a friend who was on, you know, he had to get a kidney transplant because of stats. It's okay. And I have chronic kidney disease, uh, you know, from, uh, some of them. Medications I was taking, um, and I don't want body aches. Um, and I'm confident being in nutritional ketosis that my metabolic issues are, are handled in the best way possible.

[00:31:00]

I just started learning about type three diabetes, which has given me that much more gratitude, uh, for being, uh, in nutritional ketosis. Thank you all for being here. Barry. You're awesome. I do want to chime in here and I know Brian's going to want to chime into, um, you, you're not alone. Obviously Barry raised her hand when she heard Brian's, uh, test scores.

Mine definitely went up and again, we're not doctors, but I tell you what, if you can request as much lab work as possible from your doctors that your insurance will possibly cover. I say, do it as often as your insurance will cover it because you just need to keep an eye on everything, especially if there's, you know, whatever history that we all have coming into this thing, if you can ask for, and this is geared towards everybody, by the way, if you can ask for a complete metabolic panel, if you can ask for your, your kidney funk, you know, panel your liver panel, your, uh, hormonal panel, depending [00:32:00] on if you're male or female, you're going to have a different hormonal panel.

Um, Uh, what's the one I'm missing. Brian, I'm forgetting about any sort of inflammation or cardio markers. Yeah. Um, uh, HSE ERP. Yeah. HS CRP is good. Uh, which usually if you ask for a cardio panel, you'll get a bunch of those kind of things. Now I will say this, my experience is that I now have a dialogue with my endocrinologist and she knows that my LDL is always going to come back high.

So we just, she doesn't even look at the regular result from quest labs. She automatically orders the advanced lipid panel through quest labs. And then I have to sign a thing and I have to pay \$95 to get the advanced limit panel because the insurance will not cover that. I am very lucky that I can pay out of pocket for it.

Some of y'all, if you have an HSA, you can use that. [00:33:00] But, uh, it's to me, knowing that is good. Now that being said, I have a marker and I can never remember what it is. It's like a lipoprotein a or something else. I don't remember. It's a long LP little a, I have a marker that is LP little a, that is too high it's in the danger zone every time.

Right? So what she does is because that would indicate there might be some plaque buildup in the arteries. Well guess what? My calcium scores are zero and also to what she does as an ultrasound a year, sometimes twice a year of the carotid artery, the popliteal and the what's, the other one femoral, the three big ones.

She does the little ultrasound. To see if there's any material buildup from plaque in there. And guess what? There's absolutely none. I just happened to have some genetic marker. That's running a particular warning sign, really high that ordinarily they would want to put

me [00:34:00] on statins, but because I know what I know him, because the work that I do, I'm able to ask for other forms of, of diagnostic diagnostics.

And so the only reason I'm telling the story is to illustrate that you guys have more power than you think it's, it's no skin off the doctor's teeth to pull the ultrasound thing in and do the thing, especially when they can cover it with insurance. Um, if you don't have insurance, yet you might be a little bit screwed, but find out because they will do cash prices for these things.

But you're Barry. I feel you so hard. My, my LDL is not as high as your guys's and, but my triglycerides are really low. And, and the, um, again, it's not the, the small particles, it's the, is it large? And you want to ask for as a fast thing. Thank you. When you ask for complete metabolic panel, they often don't include the fasting insulin.

So thank you for reminding me. So I say that now I go, oh wait, but also fasting insulin because here's another thing that happens [00:35:00] with me is that my fasting blood sugars run very high. Even after all these years of doing this, my fasting blood sugars run high, my fasting insulin and my A1C is, are very low.

A1C is very low. So yeah, so it's like, again, it's one of those things where like, oh, it said, you know, 101 for your fasting. That's PR that's getting on the high side, but if everything else is low, it's like, okay, well, that's just how your body works. And you don't know how your body trends until you actually keep tracking kind of stuff.

So I highly recommend get whatever you can. That's accessible to you. The, and again, it might not be economically feasible. It might not be insurance-wise feasible, but there's a lot of folks out there who will do stuff for cash prices. And frankly, it's a lot easier of a transaction if you do capture exactly and, and kudos to Barry, uh, for, for, um, getting that, uh, CAC score.

That's awesome. And, and they're not that they're not that expensive. I [00:36:00] mean, I'm saying that because you know, a lot of procedures are con can be, you know, a lot of money, but the CAC score is like, if without insurance, cause of course insurance is don't normally cover it. It's about a hundred dollars out of pocket.

And to me, I think it's a great investment because then you can show your doctors like, Hey, I know you're concerned about this, you know, quote unquote high LDL marker that you're, you're freaking out about. And here is a CAC score with a big fat zero. Showing that, uh, there is no, uh, you know, calcified, you know, uh, coronary arteries to worry about.

And so, you know, I D I, I ordered all these tests at my, I told my doctor, like, I want to order all these tests because he was freaking out about, you know, my high LDL, including that CAC score, everything came out great, including the CA score I have was zero as well. And even that, and [00:37:00] even, uh, you know, I've been trying to show them all the data that I have collected.

He still is going off of what he's been taught in medical school. And he thinks I'm, you know, on my way to a heart attack. And so, unfortunately I I'm going to go see another doctor because I don't have the energy to be fighting with him anymore. And I think that, um, You know, it's too bad. I don't know what else to say, but it's just too bad.

You know, sometimes doctors don't want to listen to patients and that's a shame because they can really learn something. In fact, I, oh, one more thing. And I'll, I'll stop talking after this. Um, I was so proud of Vinny and with a fat documentary, I actually bought a copy, uh, a DVD of fat, a documentary, and I gave it to my doctor.

I'm like, look, I want you to just take this, listen, just watch it. It's just you'll understand. You'll you'll get it. And he did. He [00:38:00] took it and never heard back from him. And like a couple months later I sent him a text message. I'm like, Hey, did you get a chance to watch that fat documentary? And you can see on the iPhone that he read the message and he never responded.

So this is what I'm dealing with. I'm going to stop talking. Now Brian's worked himself into a ladder. Um, Listen, the documentary it's called fat documentary and it's on Amazon prime and, uh, Vinnie produced it and, uh, stars in it obviously and Peter party. And he's a filmmaker. And then Vinny made a second one fat to the sequel.

A fantastic documentary is a great way to kind of introduce folks to nsng. Um, or if you're on, let's say, I don't know the medium platform. I have an nsng starter list there. I just posted it and it includes the links to fat and fat. As well as, uh, Vinnie's PDF, which is a great intro to all this stuff. But I, [00:39:00] yes, Brian, I hear you on all that and you definitely don't want to be fighting with somebody you want to beat with somebody, you have a dialogue with, because what, what a good doctor will do is say, yes, I hear you.

And I agree with that, but here's the another thing I'm concerned with and they they'll point something out. Maybe the, you would miss, but if you're just arguing or you're not getting heard, then it's like, okay, we're not even on the same page here. I will say go to functional med. It's either [functionalmed.org](http://functionalmed.org) or [functionalmedicine.org](http://functionalmedicine.org).

There are a lot of MDs who are now getting trained in functional medicine. It's shocking. So it used to be the functional medicine doctors were, you know, cash only. And, and now it's a lot of MDs who are wanting to find out cause they, their patients are coming in with so much chronic stuff happening that they're trying to figure out what's at the root of all this stuff.

So you might find somebody in through that route. Obviously ask for referrals, yada, yada, yada. But it is, it is true. You know, what's happened is that the cholesterol [00:40:00] powers that be have scared the crap out of all of us, anybody who's over a certain yeah. Age, which is basically, probably over for the age of 25.

We've been, it's been part of our culture, our medical culture to scare the crap out of us. Like if you come back with a high cholesterol result, you are literally minutes away from dying of a heart attack. And it is, uh, let's say paradigm shifting to say the least to kind of learn about this stuff. And Dave Feld, I'll put a link to Dave Feldman too.

In the show notes. I'm writing down some notes. There's a lot of great stuff here. Uh, I really appreciate it. Barry, did you want to finish up by say anything else or should I jump to mark and then we'll jump. Well, real quick, we have to weed through all the, uh, uh, nutritional propaganda. That's out there going back to the upside down food pyramid and beyond.

Uh, and sometimes the doctor is more willing than the patient. I'm lucky. My, my doctor is willing to learn as I [00:41:00] learn. Uh, but thanks, thanks for this because I really needed

to hear more about these high LDLs. So thank you. Oh, I'm so glad. And by the way, you'll love fat a documentary because talking about the upside down food pyramid.

Yes, guys. Six to 11 servings of heart, healthy grains a day gross. Anyway, um, that gets a big fat gross for me. Mark. How you doing Mark Thompson? We need to know how our future is. Are you their friend? Oh, I hit the wrong button. Hi. Hi. How are you doing? Really good. Really good. Until you mentioned six to eight servings of now he's enraged.

I'm I'm just, I'm completely discombobulated. I, um, really interesting topic, the cholesterol one. Um, I just want to, what you guys have seen as is, is really cool. Um, resources, [00:42:00] a really good read is a book called cholesterol clarity put together by Jimmy Moore. Now Jimmy Moore, um, is not a doctor. He's not a scientist, but he was smart.

He went and got, I don't know, 20, 23 doctors and scientists who know what the heck they're talking about. And he put together the book, cholesterol clarity. If you haven't read it, get it and read it so that you can have an intelligent conversation with your health provider. A hundred percent agree, sorry for jumping in, but mark, you hit the nail on the head.

I love that book. Um, I've recommended that book to a lot of people and that I that's how I got my information is from that book. Awesome. Awesome. Read. Yeah, exactly. See, Brian agrees with me. That's all good. Um, and then, um, you mentioned, uh, Dave Philbin and the other guy who's done a lot of work on it and puts it in presents the information [00:43:00] in a really understandable format is either commons on YouTube.

Yes. Love Iver. He was, he was on a, um, a clubhouse that I was on the other day and I said hi to him. And I'm going to stalk him and get him to come to a Monday club house with us because boy, oh boy, that guy knows his shit. That would be, that would be cool. I'm an engineer. And so he just, he, he talks my native language.

And so that just what happened last weekend. I know, I know. Tell everybody tell everybody about how you were bragging on the clubhouse. Yeah, that sounds pretty half an hour. After I get off the phone call it's art, we've got a case. We think it's Delta or I go, oh my God. So there was a, uh, 12, six hours after I spoke with you guys on clubhouse.

Last time we were in liberal for lockdown, which is our potluck. Um, and, um, so we had to play, go home, stay home, and I'm doing it very well. I [00:44:00] will add. Um, so yeah, I'm sitting here working from home and, um, so what's your, what's your, does your workout pattern change at all now that you're on lockdown or were you always a home worker?

Outer? Well, it's interesting. So I was going to try to talk about this the other day on the Friday session, but it didn't work that well. Um, I try to incorporate doing stuff in my day, so, um, I will ride to work instead of taking the car would be a good example. Um, so typically my workouts are not, it's not stuff that I, I don't try and put aside time to go and lift weights or something like that.

Rather I try and be active. Having said that I broke my collarbone last year and spent, um, in the process of healing, my deltoid muscle disappeared. So I went and saw [00:45:00] the physio, got that sorted out. And so spent the last six months doing a somewhat structured workout, but I use, um, kettlebells and I do it at home.

So for me, in terms of what I would consider my working out, no, it doesn't normally change. What does change is because, uh, it's a Delta variant. Um, if I do go out in public to ride my bike, I've got to wear a mask. Um, so I have just been. An obscene amount of time in the last month, a week, rather sitting on the indoor trainer, um, riding essentially from the widest part of New Zealand from one side to the other.

That's amazing. I was going to say, you said you have to wear a mask when you go out, but like don't you live in a place where there are sparse people? Uh, yeah.

[00:46:00] Smart, smart. Um, yeah, no, that's just a ruse to make people make. I think we know there are dumb people here. There are dumb people everywhere, spiritually, socially distance. Right. And the police arrested a guy for stabbing someone last night. I wrote that's not socially distanced people. Was he arrested for stabbing or not?

Socially distancing? Like when, when does it take effect? It's like a Venn diagram. Where's the intersection of this crime. Okay. That's fair. Maybe he had a long pokey stick. I don't know. I don't know. He had like a, uh, what's it called? Uh, a harpoon Harper happens a good, yeah. Yeah. So, so typically what, how I exercise doesn't it doesn't change in lockdown where our exercise does a little bit, uh, in that, um, if I go up for a bike ride, it'll be my local bike lane, um, [00:47:00] and sort of a five kilometer radius from home.

So that's about say three miles from home. Well, I know that my husband was looking forward to joining a new gym up here in our new locale. And since Delta he's been rethinking that as well, but I also spent a lot of money making the home gym pretty awesome. So I was like, what I was, I was going to, yeah, I was going to say, am I allowed to ask that?

Yes, it's well, after Christmas, now I should be at the house. Then you need to, you need to post pics of the home. I know I do. It's it's in the barn. We had to remodel the barn and then, uh, put in the, the gym equipment. But it's, it's, he's got his bench, he's got a variety of weights. We have the whole, the Pilates reformer in there.

That's bad-ass and then, and I got him on the Pilates reformer, by the way, if you're ever injured, Pilates is great for that. That's um, yeah, I, I, yeah, the physio got me on something very similar to that tool tool. I got the strength back that I could safely, when I say [00:48:00] safely that safely in my head, which yeah.

Is, is I'm pretty conservative with the kettlebells, but until I can centrally do those. Right. Um, so that was, that was good. But yeah, I, I like simple. Um, I like cheap. I really don't like lifting weights as such. Um, so I, I despise the idea of going to a gym and I do too. I'm with you on that. He just told me that he, he would, he would get a harder workout, like he would push himself more and which I understand, but I'm also like, you know, too bad.

Nobody's nobody's going anywhere with this. Delta is raging here. Yeah. Yeah. And if I'm going to push myself, I'll do that. Cardiovascular. Um,

kettlebells are interesting. They build, they build lean strong muscle rather than big, bulky muscle. Like you look at, you look at it. Um, uh, like puddle puddle set, Sony, [00:49:00] I think is how it said. If you check him out and use this, he's obviously strong, but he's leaned in wiring. You know, you look, you look more like a fighter than a, than a lifter of whites.

Does he have videos on YouTube? Oh yeah. He's he's he's the, um, if you want to know about kettlebells, he would be the first place to start. P a V L O yes. Set, set. Sony T S a T. Now it's getting really hard. So T S a T S O N I. Yep. Yep. That's it. Okay, great. It will come up to his YouTube page. Um, cause that's the other thing I feel like if, if for me, if I feel like I'm not pushing myself hard enough and to work out, I will put on like the athletic Pilates workout and w within, you know, 20 minutes, I can't breathe.

So that's gotta be doing something. Yeah. You see, [00:50:00] I was listening. So this, this writing I did, um, that was over a thousand kilometers, which was 600 miles. And I cracked that in a week. Um, and pretty much 95% of it was zone two. That's great. Which is, you know, somebody says, well, how do you do that? And I'm sitting there, I'm reading a book.

I'm watching videos as I listened to the podcast recently with, uh, methadone, which is, if any of you that is very symbolic, right? Uh, yeah, I, I saw it was full. I just go off. This is so that, I mean, I've known about them for years, um, and, uh, followed Mark Allen and, um, yeah, so, so, so I know, I know that those guys stories, um, but, but if I'd pushed hard on that, I would have blown myself to bits and I mean, each morning I would get up and I'm going, I'm a little bit sore and I'd start get 10 minutes into, it'd be [00:51:00] warmed up.

Like, are you okay? This is fine. I'm good. But if I push hard and aerobically during that time, or a blonde myself to bits, and I would be useless for training or doing anything for months afterwards. Yeah. You gotta be careful. Yeah. I'm also going to link to Phil Maffetone on Vinny's Friday show. He just did the past Friday.

Oh, that guy's awesome. Phil Maffetone him and Mark Allen came on the show early on and I think it's boring out. I heard the Mac Ellen stuff. Cause, cause when, when I started, when I started work, I was in the air force and triathlon was just a thing coming out the end. So it was so Mark Allen was one of the men, you know, he was, he was the triathlon guy.

Um, yeah, so that was um, yeah. Yeah. So, so I know a story. I know who Mark Allen is. And um, and Scott, Scott, Scott, Scott, Scott Scott, two liters, two Scotts. I don't remember Zach bitters. We used to have him on it. Okay. [00:52:00] Yeah, Zach, but is a little later and he's another he's uh, he's another legend. Um, yeah, for me, give me a bicycle.

I will ride as long as they run. That's easy. Yeah. Run that.

I couldn't agree more. Mike, Mike, mark. I want to, I want to be on the bike.

I did. I got, uh, uh, uh, the concept to a bike herb that Vinnie recommended half the price of the Peloton, by the way. Yeah. Nice. Okay, good. Good. All right. I picked up, um, a smart trainer from my bicycle. So a smart trainer for anyone that doesn't know, um, you can hook it up to apps and it will change the gradient when you're riding.

So it will make you suffer a little or software a lot. I picked it up. So, so your, your concept two should do that. So if you go through swift or one of those other apps, it should do that. Um, but I picked up. You don't know what a swift is? No [00:53:00] video game, video game for cyclist. Okay. ZW IFT. Perfect. Yep. Um, so I picked up my smart trainer, uh, lost a friend of mine Alinta to me when I did it in my collarbone.

Cause I couldn't, I wasn't allowed to steer, but I could, I could ride cause I didn't need to put a lot of weight on the arm. Um, so I was riding about a week after I broke up and um, then

when we're not finished, I said I'll, I'll drop it off. He says, it's just cultural McGary. Do you see, do you want it? I don't know.

So, well I wouldn't say no. He says, okay. Want to be a bag of coffee? So I bought him a bottle of tequila off coffee beans, and he was happy. That's awesome. Okay. I'll trade your coffee beans for a trainer for real. Thank you so much, mark. I appreciate it. I, I, um, let's see here. I wanted to ask Aaron real quick, cause you live in Riverside.

Aaron, where do you like to go to the grocery store? Aaron, if you're still [00:54:00] there. I know I kind of caught you off guard. Okay. Sounds walking away. Um, I'm forced to go to state of brothers. Oh, you're forced to, do you have a family member that works there? No, it's the closest one. And it's the wife's store. I would go to the farmer's market every week.

If I could. I totally understand. You got to go where you got to go. I'm asking everybody who lives in the IIE, where they go. Uh, Clark's unfortunately passed, but I'm hitting up more stores in the inland empire near you. So, uh, that's why I figured I'd ask and I wanted to get to decel real quick. She just popped up here.

Thank you, Aaron. Thank you, mark. Uh, Jazelle. How are you at? We have five minutes. I definitely want to hear your voice. What's going on.

Can you guys hear me? Yes, you sound great. And your picture of your cat on your shoulders is my favorite. Oh, my gosh. You know, I recently lost my cat, so I'm very sad. Every time I look at this picture, no, you got to [00:55:00] change your picture if it makes you sad, but I got to tell you what a sweetheart. So that's your Kitty's way of saying hello is because I, I really want to reach through and just grab that kitty.

So that's really sweet. Oh, I'm sorry. Yeah. Um, no, well, I did want to mention, I am also in Riverside, um, and I'm also forced to go to Staters thing, but yeah, if there's any way that, um, you could, that you could reach out to them, that would be awesome. Pasadena. I wish I could, I could travel out there, make it out to buy it, but these days here's the deal we just signed on with a distributor in Spain.

Called white stone, natural foods. And so the reason that that happened was because Lassens is taking us on. Now, I know Lassens does not have a location in the inland empire, however, [00:56:00] this distribution company. So now what I do, the distribution company gives me more credit, right? So I can go to these other grocery stores, like for example, lazy acres and Jimbo's, which is in San Diego, I'm working with them to get them samples.

And then if they like it, you keep following up. It's a never ending email fault. Like it's just perseverance at this point. Um, so that's why, and it Stater brothers, I'm not sure if that's one of the chains that they sell into, but maybe they know somebody over there, but there are definitely gonna be some indie grocery stores, because this is a smaller distribution company.

There's definitely gonna be some indie grocery stores. So you guys, if you ever have the chance, if you're in the grocery store, Your local store, wherever it is. If you have the chat and some of you guys have already done this and written me and I have written all of the buyers and I repeatedly follow up with them, if ever you're in there and you're able to make a request for eat happy kitchen sauces, I will be forever indebted to you.

Just message me wherever you went in. And if you get the name of somebody even better, [00:57:00] and if you get the emails, somebody even better, cause I will email them. Um, because you know, we just are going to keep hitting it and keep hitting it. And uh, it's all going to be dependent on. The thing that I have to offer is the fact that you guys will go to the grocery store and buy the things.

So, you know, if, if that does happen, three stores always want to sell you the food that's on the shelf. So if you will buy a new product, it's called eat happy kitchen sauces. They will be happy to carry it. They just need to know about it. I know that buyers are very, uh, let's say taxed and over marketed too.

So I will keep being perseverant, purr, purr, persevering. I don't know any English professors up here. Uh, and, and I will continue to do that, but I just wanted to say thank you, um, Jazelle and thank you, Erin. And we'll figure out, we'll figure out somewhere in the inland empire, because you're right driving from Riverside to Pasadena, not happening.

I do. I [00:58:00] feel like there's nevermind. I'm gonna look into it. I feel like there's something that's kind of closer to you guys. And by the way, I'm supposed to go down before all this COVID stuff hit. I was supposed to go down to Redlands and do a book signing at Barnes and noble. And I was very excited about that because it's literally a word you're S you're so close, but so far away, let's be honest.

Inland empire versus LA. And now I'm even two hours north of LA. Um, but I, I hope that I can get down there very soon and it interests me the moment I get into a grocery store down there, I will definitely be down there doing demos. Yes. I'm closely watching all your Instagram stories and everything. I will, I will be there and try to reach out.

Thank you, sweetie. I really appreciate it. And you guys look at this. We're at the top of the hour. I have a half an hour to stuff my gob, before I stop, I'm stuffing my gob. I hope you guys all have a wonderful evening. Thank you, Tina WhatsApp. Where's the new blog at, oh, thank you. Thank you for prompting me.

I have been posting on medium, [00:59:00] uh, which is, uh, a website with lots of a bajillion blogs and writers. And it's really wonderful, but medium. I just said, if you got an email, I sent an e-blast like an hour before we started this clubhouse. So you should be getting that soon. Uh I'll I'll I tweeted it too recently.

So I'll post new stuff up there. I post stuff at my website. Oh, I am going to be posting the fried cheese and a lime salsa Verde recipe. You guys make this immediately. The second I post. So you need to make it, I posted loaded burgers. It, it seemed like a no brainer to me. Don't we all know how to make burgers, but it posted a bunch of different components with it.

And it's just kind of a nice well-rounded meal to have all the things on the burger. Um, I'm going to post the chapels very soon and I'm still working on the blueberry Chophel I'm working on that one, but I'm going to post the regular pork rind shuffle. Very good. Very yummy. You need to make it. Uh, I want to thank you guys for being here.

We have checked in I've taken show notes. I'm going to be typing [01:00:00] them up and putting this up on my website as soon as possible. If you go to Anna vaccinia.com, I put



everything there. I just, I hit it, all the things. So thank you guys for being here. Tina, Aaron, Brian decel, mark Leona. Didn't get a chance to speak.

She was going in and out for picking up her daughter. Um, for everybody else, please raise your hand and check in and say hi, even if you just want to just say hi and, uh, you know, hi, I've, I've ate bacon today. Great. I, you know, I just, I love to hear your voice clubhouse. Is it social for audio? So, and thank you, Barry.

Who, who she went down to the audience and now she's gone away, but I really appreciate you guys for being here and participating and oh, make sure you tune in Thursday with Megan and Leona Thursday. Same time, same bat channel here on clubhouse. And tomorrow I am being interviewed by a Ramon lumen on the, in the Quito club.

So I've, I've posted that, but if you follow me on clubhouse, it should notify you tomorrow [01:01:00] between 12 to one. Pacific three to four Eastern. I'm very much looking forward to that. That's going to be really fun. So come say, hi, listen, and then come up and bring questions and whatever, or just chat or let's talk food or whatever.

I don't care. I just like talking to you guys. It makes me happy. So everybody go have a wonderful day. And if you're Mark Thompson have a wonderful tomorrow. Love y'all mean it. Bye.