

019 EHK Clubcast 101121

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Thank you guys for being here. Welcome to the Eat Happy kitchen Monday clubhouse. It's that time again? We are recording this. So if you come up and you talk, just know that you're being recorded and that's a good thing because you're going to help posterity that's right.

All of posterity will be helped by you participating in this clubhouse. I'm really excited to have you guys here, Bob and Ted have already raised their hands. Raise your hand. If you want to check in, if you want to ask questions, if you want to talk about something, a victory, a loss, a stumble of, uh, when, uh, did you, did you climb the mountain and you summited that thing?

Well, guess what? We're still climbing mountains. We are not done yet. I wanted to talk about a couple of things. I don't know how many of you guys follow Dr. Mindy Pelz? She's a delightful human and she is, well, not only a doctor, but she's really interested in looking at the research behind. [00:01:00] Different foods and intermittent fasting and especially targeted.

She has a book out called the menopausal menopause reset. I think it's called, but anyway, I really like her. I've been on her podcast several times and she's a wonderful lady and, uh, she has some things going on, but she put out a video yesterday. And the reason why I'm bringing this video up is because I'm asked all the time and was asked this week, Hey Anna, what do you do?

You have a probiotic that you recommend? And it's such a complicated answer in my experience, as somebody who has an autoimmune disease of the gut, you would think that a probiotic would be something I would be on all the time. However, I am not. And I work closely with my functional medicine doctor because she taught me the importance of tamping tampering down the inflammation in the gut first.

And so you could be taking all the probiotics in the world and it won't be doing any good if you're inflamed from a poor diet and whether or not you have a gut disease or not. If you're inflating. [00:02:00] No probiotic in the world is going to do anything. So you got to kind of calm down that inflammation. And we all know when we cut out sugars and grains, that inflammation starts to calm down and we feel better.

And then that might be the time. Maybe you need one, maybe you don't. But Dr. Mindy Pelz put on her Instagram yesterday, she was reading a study that unfortunately was only done in mice. And very curious to see what happens when it's done in humans. But the idea of the study being that fasting intermittent fasting for 30 days and changing up the times, cause she always talks about changing up the times.

And I agree if you're going to do it a lot. I know a lot of you guys do intermittent fasting, not everybody does. I'm not saying you have to do it. Uh, sometimes I fast sometimes I don't, but fasting between 16 to 20 hours and varying your fasts in mice, help them rebuild the healthy gut flora. And so I'm very curious to see how this happens in.

Humans. And one of them was a particular gut bacteria called Akkermansia, which I think it's, it sounds like it just looks like a spider. I don't [00:03:00] know. We all have spiders in our bellies, I suppose. And that one is one that helps literally helps you balance your triglycerides, your cholesterol, metabolism, the processing of your thyroid hormones, because you know, it's not just like the fibroid going to put the thyroid releases hormones.

It goes through your body. It converts in your gut. So if your guts inflamed, you might have a messed up thing. And then it has to be absorbed throughout the body. It's so complicated. I don't understand it. I'm not a doctor, but I watched doctors talk about it and I find it very interesting because I know we're all looking for that next level, answer that next level thing.

And uh, so hold, hold on. Someone's raising their hand. I I'm talking and I'm moderating at the same time. Leland. I'm bringing you up. Just mute yourself when you come up. So the reason why I wanted to bring that up is because there's no hard and fast answer to a good probiotic. And as you guys know, because we know that Vinnie and Andy put out amazing supplement products, we love pure vitamin club.

Absolutely. And I don't make a dime from that. I want them to make all the money in the world because they put out such a good product. I'm a user. I use their vitamin D I [00:04:00] use magnesium. I use their, uh, what's it called the multivitamin uneasy, ultra salt. So that's like, I don't know, four out of their six products that I use.

I take every day. Um, there are so many crappy probiotics out there that like, I just don't want y'all to run out and buy something. I don't know. Do some research go down the rabbit hole for sure. If something had Akkermansia on the

back of it, I might be more interested in that. Just saying there's all kinds of different bacteria that we need our gut there's literally like billions of kinds.

And, and so you want to make sure you're taking a good one and you want to make sure you're timing it correctly. But for example, If you have to take an, uh, an antibiotic for an infection, right? And by the way, I sound super congested. Cause we're having wind storms here and it's immediately gotten to me.

Um, you take an antibiotic, you're knocking out an infection. That's great. And the first thing now that they tell you to do is take a probiotic with your antibiotic, [00:05:00] why you're going to kill that. It, the whole point of an antibiotic is to kill the bacteria. So wait till you're done with your antibiotics, then take the probiotic.

Just saying if you're really inflamed and you're really sick, you might need to tamp down the inflammation. What tamps down inflammation. Oh, I don't know. Cutting out sugars and grains going. Nsng perhaps taking things like curcumin or turmeric, you know, con curcumin has concentrated turmeric, uh, all the anti-inflammatory things that we love, right?

Things that calm that down. If you are go NSF. And you still are getting sick or bouts of diarrhea or inflammation from different, let's say dairy or eggs or something like that. You can take a food test, see if something's causing more inflammation. I'm just saying you might need to take more steps and not saying this to scare anybody, but taking those steps in the long-term is better than taking a bunch of probiotics that you might not need.[00:06:00]

You could eat some sauerkraut, some kimchi kefir, which is that like yogurt, liquidy, yogurt, he stuff. And that stuff has a lot of probiotics in it. Eating things like, uh, onions, cooked, onions cooked, uh, what's it called oligos. Saccharides go down there and feed that good gut bacteria. So just putting that stuff out there that maybe it might help one to start with that.

And also wanted to start with our friend Bob Zimmer because I bet he's making something good, Bob. Doing good. You feel good? I feel fantastic. I'm going to probably go back to the gym starting tomorrow. Um, ton of ton of yard work, electrical work and plumbing work this weekend. So getting my exercise that way.

So tonight on the flat top, we've got a red bell pepper, yellow bell pepper, green bell pepper, a red onion, a white [00:07:00] onion, and we're going to, we're going to fry those up and Savilla Capelli on the flat top. And then we're gonna

do, uh, three pounds of 80, 20 ground beef. And then we're going to do, um, a tomato sauce on top of that to kind of make us a sloppy Joe, uh, for the boys, which they love.

And, uh, it was either that or meatloaf. So that's, uh, that's that's dinner. Um, I, I, it's very interesting with the probiotic. Um, I was taking a program. Um, for probably the first two years of nsng and then after about two years I stopped. Um, and I think, I think I stopped because Vinny said a few times, Hey, if you're eating the right, you know, the right food, you really don't need a probiotic.

You won't have all that stuff in your gut. And I stopped, but I think, you know, as, as, as we age and, uh, and, and whatnot, um, you know, especially, you know, with, with my wife and, um, you know, we're [00:08:00] getting up there in years. Um, it's interesting. And could you put in the show notes that, that particular podcast that you'd mentioned, um, I'm going to link to Dr.

Mindy Pelz in the show notes, because she's just a font of knowledge and she's constantly talking about, you know, they're like six to nine minute videos on her Instagram talking about this stuff, but I love her. I will absolutely link to her. She's a smart lady. Yeah. That sounds very, very interesting. And it might be something to.

When we were taking them, we were taking the ones that they sell. And I'm not sure if they're all like this. Um, but they're in the chilled section at the grocery store. You buy them cold. They stay cold all the time. The idea is that it keeps more of the bacteria living if they're chilled. And I personally trust those more.

However, there's one at CVS called flora store. That's been recommended by a number of doctors, so, and that's shelf stable. So. [00:09:00] Okay. Interesting. Ours were the garden of life. Rah rah, Rob probiotics. Um, and I, I, I know that because I just looked at, I still have the bottle, which expired in August of 2020 in my fridge.

Gosh, anyway, I think we'll toss those, but, um, but yeah. Yeah. So very interesting. Um, also, uh, downloaded that, that P and G book, um, we did the Kindle version of that 400 page book. You're talking about Ted Nyman's PE ratio book. Yes. Yep. What's it called? Is it PE ratio, the PE ratio, something like that, PE diet or something along those lines, but it's, it's a hard cover.

It was like 80 bucks. I'm like, well, that's a huge, heavy, hard cover in the last hardcover I bought was the final publishing of all the Kurt Vonnegut short

stories. That's almost a thousand pages and I've probably gotten through a quarter of it. It's just too heavy. It's too heavy to hold. I have it on Kindle.

There you go. [00:10:00] So that's that we're plowing through it on, on Kindle and it's, uh, it's very enlightening. So thank you very much for that recommendation. Absolutely. And I'll get more context for that a little bit. Um, Bob and I were talking about this book. I know Ted Nyman is Megan north Hawks, Foxy Hawk sees doctor.

And if she can't be here, cause she and Susie are both on a call with Vinnie, getting their weight loss, uh, weightlifting, tweaking advice. So they can't be here. But I know we'll have Megan on to talk about that more because there's some interesting things that Ted Nyman says in that book that might apply to, um, my fellow, uh, women between the ages of 45 and 60.

That's all I'm gonna say. Um, thank you, Bob. That's awesome.

Was that I think the wind's got you. Oh, okay. Am I back? Can you hear me?

Yeah, you cut out. [00:11:00] Are you, am I back now? Yes. Okay, great. Oh, you guys, it was touch and go there for a second there. For those of you joining late, there are windstorms where I am. There's a fire. Hopefully that's not going to come any closer to us. And this is October in Southern California, where it is full on summer and wildfire season.

It's insane here. So, um, thank you, Bob. I appreciate that. Your dinner sounds amazing. I'm going to do something very similar because once we jump off of this thing, I'm going to saute two pounds of ground beef, whatever vegetables I can find, and probably throw a jar of eat, happy kitchen sauce. By the way, if you bought the pumpkin marinara, it is on its way to you.

I hope you guys love it. I just posted another recipe. So I have four new recipes that use pumpkin marinara on my site. I posted pumpkin Marin air wings. I made them again last night, but without the pumpkin Baron air, because I didn't have any, because mine has not arrived at [00:12:00] either. And here's basically what it is, is wings with salt and pepper and cinnamon.

And then I brush olive oil all over them. And then I make a side of ranch and something. There's something about the ranch with the cinnamon. It sounds insane. You guys, it is the crossover event of the fall season. It is to die for. I highly strongly recommend, so go to my site, get the pumpkin beer and air wings, but first get the pumpkin Erin air for me to have a kitchen.

I would really appreciate it. I did want to talk about real quick too, cause I'm so excited to hear from Ted. Thank you, Bob. And chime in any time you guys raise your hands. We've got, we've got 45 more minutes together and I want to maximize all of it. Um, I did want to talk about, I am on day 11 of doing this continuous glucose monitor jammed up in my arm, back down in the wobbly bits of the arm.

Men, you might not know this, but women you'll know what I'm talking about. By the way, I've always had very thin arms. And I'm still coming into that [00:13:00] age where you get the little wobbly underneath your arms. And it's really upsetting. I don't like it at all. And, uh, yes, I have been lifting weights. Um, Jeff Simpson, if you're on this thing right now, Jeff Simpson just ordered some sauce.

Thank you very much. Um, this continuous glucose monitor is made by a company called Neutra sense. It's I think it's neutral sense.io. I never understand those websites that have anything weird at the end, but neutral sense.io. And from my understanding of it, I love this thing. It took me a second to get used to, it took about a day for it to calibrate you, you, you poke it onto your arm and it stays there for at least two weeks.

And then, so I'm on day 11 and you scan it with your phone and you get all the readings. Plus you can enter it syncs up with your health app data. It syncs up with my KIDO plot. So I'm putting my blood ketones in there. It syncs up with the aura ring. It's like. It is a data machine and you can do a coach on there.

There's some [00:14:00] lady named Jordan, who's reading the things and every now and then she checks in like, Hey, do you need anything? Which that to me actually creeps me out a little bit, but if you need a coach, like they're very much in the low-carb space, they get Quito there, they are there for it. So I really liked this nutrient dense thing.

And my doctor had been telling me to do this for a long time. And, but I didn't want to. And then they reached out to me and said, Hey, will you do a two week thing and talk about it with your audience, whatever your experience is is fine. What I really love about it? It's not that like a continuous glucose monitor is that revolutionary.

It's the tech, this app is, is pretty incredible. So, and I need to do a post about it, but if you, if you're looking into that message me, because of course they did give me a discount code. Ana, I think it's Anna 25. I want to make sure. And you get 25 bucks off one of these things. Um, they're not. So for me, I'm using it for

research purposes obviously, and they sent me one for free, but I would pay for it now, knowing what I know now, having the experience with it.

And I might pay for another one to, to finish out. I want to do a whole month. So just want to throw that out [00:15:00] there. Nutra sense. Dot IO, Ted, how is it going? You are now I think on week two of your Rocktober commitment. Am I correct? You are correct. Correct. I can't wait to hear how's it going? What's what's doing over there.

Yeah. First thing. Real interesting. Um, how do I explain? Yes, I started okay with the talk to Vinny last week and it was okay. Rigid. Nsnng that's, what's called for et cetera. So I got kind of fanatical and really drove it. And I went so far as to grab, eat happy to, and I made the ketchup and the cocktail sauce from.

Which was great, but it was kind of weird. I kept checking the worst to peak. This doesn't taste right. Something's something's off. And I kept going back and forth and what happened? And that's what I was thinking, like, what did I do? But I kept tasting it and I'm like, but it's okay. And then it dawned on [00:16:00] me, right?

I go and grab the, uh, uh, ketchup out of the refrigerator and look, and it's like 12, 16 grams of sugar per serving. And I'm like, oh, this is what it tastes like when there's no sugar. Well, it has, it does full disclosure. Everybody who's listening, my ketchup and barbecue sauce, recipes. The sugar is fruit, sugar, which is still sugar.

Your liver, your liver doesn't know the difference, but it's blueberries and dates and it's the least amount possible to make those recipes work. But you're correct, Ted in assuming that we are used to having some pretty sweet catch-up in some pretty sweet, barbecue sauce on our little standard American diet taste buds.

So it's, it's going to taste a little bit different, however, I, I guarantee you two weeks from now, you'll be like, oh, that tastes too sweet. I'm going to omit the dates from it. The next time I make it just saying, oh, you can do that. Oh yeah, you're going to do whatever you want. I was trying to think about what would be the next stage.

Okay. So the next stage is pull out the, the half of those end dates and then try it again. Okay. Kind of walk it back. Cause [00:17:00] it was really good after I had, I tried dipping some shrimp in the cocktail sauce and I did it a couple of days. And the second day I was already kind of like, well, it's just really good.

And I was already beginning to forget the sugar and I love that cocktail sauce too. It's very good. And I was listening to the podcast this morning when Vinny mentioned his Starbucks, the venture, I had that call with Vinnie last week that he had that, that last weekend. And he talked to me that Monday.

So I, I got that story before it came out on the podcast. In part of my fanatical innocent G thing, he gave me my new Starbucks drink, some kind of hooked on Starbucks and I thought drink is dry bread. Cappuccino, Darren, straight to the Vinny drink is I call it. And then with Vinnie a million times. And he orders that every [00:18:00] time, just while you guys to know that he's, he's, he's walking the talk.

Um, I, I followed right by that's. Another part of my, part of the journey was, okay, let's start off with, if we're going to be a rigid, we're going to, we're going to find every bit of sugar and drive it off. So the touch up, the cocktail sauce, my, my addiction to Starbucks, I, I noticed I had found, I thought I had found the lowest sugar thing.

You could find there, but then having talked to Vinnie and found the Vinnie drink, I said, oh no, this is, this is way better. This is really like, you drive it out. So I followed that. I noticed, I don't know if this is normal or not. Um, I started out the week just as a test to see, okay, where are we? Where are we starting with ketones?

And that was at 0.1 and, uh, checked again a week later. And I'm at 0.3. So I dunno if that's they say it can take up to two weeks. I don't know. Is that normal? Yeah, it definitely, it can take up to two weeks. Um, I, some people too, they, they won't [00:19:00] show a strong of ketones until later, or sometimes you show much stronger.

Bob, you can probably talk about this. You're a dude and you go, you test for your ketones, but you're a Nathan too. I'd love to hear from you on that. It, when you are checking your ketones to things like, uh, what's it called dehydration can affect it, uh, you know, imbalances. So go ahead, Bob, go ahead. Yeah.

It's depends on how you're checking it. Um, so I I've got the keto mojo, uh, the blood glucose and ketone test. Um, so testing it via blood versus peace trips, it makes a difference time of day makes a difference and your activity level prior makes a big difference. So for instance, if you go out for a run before lunch, then you come back and about half hour later, you test it.

It's going to be way, way higher than it would have been if you tested it prior to the run. So what, what I'll usually do is I'll test it in the [00:20:00] morning and I don't really test it anymore. Cause now I can just tell, but, but I'll get up or after coffee or what time in the morning, just in the morning before I could go in and you know, maybe after the chapter, a shower before work or whatever.

Um, and then that way it's always the same, right? So you're, before breakfast, you haven't eaten, you haven't exercise. You haven't really moved around too much and that's more than likely going to be your lowest point of the day. So I would always use that as my lesson, but Ms. Test versus the after exercise, which is always my highest point of the day, it's just like weighing yourself.

So when I, if I want to make myself feel good on a scale, I'll, I'll weigh myself right after I've gone out for a run, come home peed, and then get on the scale. That'll be my lowest weight of the day at any, any, any day. Right. Uh, so it's just, you get to know your body, but it's, it's, it's the progression that matters.

It's really not that the number, so you'll get there. Um, and it, it does take, like Anna said, it does take maybe two to three to four weeks. It just [00:21:00] depends on you and your body. Um, but once you're there, um, then, then you'll know, then you start to use the ketone test as kind of a litmus test as to, okay.

And I eat, this was this good. Was this not good? How did this affect me? Um, when, when I travel, if I go out to restaurants and I don't really trust exactly what they're bringing me, even though they told me that no, there's no garbage. I'll test it, you know, that evening or the next day. And it's something that if it's dropped low, I know for a fact that, okay, I can't eat there again.

So for me, um, you know, that's, that's pretty much, um, the journey. So as long as you're using the blood versus the piece drips, um, you know, it'll be very accurate as well as, uh, I just went in for a physical last week and, uh, they, they did the, uh, the blood draw and the ketones came back as moderate. Um, and it was, you know, morning, you know, fully fasted before breakfast.

So that kind of made me feel good. I know that I'm doing the right thing, I'm eating the right [00:22:00] way. Um, and I do have, you know, we talked last week and if anybody's kind of new, I, I I've been going through about, about with COVID kind of came out of that. Um, I do, uh, obviously, you know, we're working from home and having have kids and, and whatnot.

So at night I do like to relax with a nightcap. So I do have a little bit of life into living. Um, and, and that doesn't affect. My ketosis because I've learned what

alcohols, um, will and will not pull me out of ketosis. Um, so I'm, I'm usually ranging around a 1.7 to 2.3. Um, and it, but if I do have a crazy night out or we're traveling and I have to eat somewhere else at a restaurant, um, I'm usually get back up in the morning up to like a 0.7.

So hopefully for reference pet, that helps. Yeah. Actually I, I followed Vinny's recommendations, so I got the precision plus for the beta hydroxybutyrate from the blood. So I know I'm, I, I got that covered. It's just, uh, I figured it was new, but I don't know how fast you're [00:23:00] supposed to pop up. So like, you know, I just, just kinda like found on my disappointment.

It can take, it can take a little while and Bob, I'm glad you laid that out. Like I, and I'm a woman and so mine doesn't go as deep. I've been doing this a while. I just tested mine before we started clubhouse and it was 1.1 and I was like, oh, 'cause I like to wait until the afternoon or early evening to test mine, because that's when it's the highest for me, because why not test when you're going to be happy about it?

You know what I mean? Like, I don't waste the ketone strips in the morning anymore, but the blood blood does not lie whenever you can test blood over urine. That's why I like this continuous glucose monitor. Cause it's in there. I do have the precision extras while I liked that machine, but I was really curious.

And by the way, you guys, I didn't go out of ketosis at all. Last weekend, there were golfers at my house and there was a lot of whiskey being drunk, just straight, straight whiskey. My, uh, my blood sugar went like, uh, up and then dove, like it was nuts and there was [00:24:00] no internet. So it was interesting to watch.

But then the key to you're right, the ketones were absolutely fine. So, you know, it's fun to kind of start to do experiments on stuff once you have that. So Leland, I know you to. Oh, the only thing that I was going to mention, uh, Ted, when you be in brand new one, one important thing to remember is that your body is trying to get used to a new fuel source.

It doesn't know what to do with it. And really until you get fat adapted, which can take up to six to eight weeks, um, your ketones are all the majority of them are spilling out in your urine. So the blood test in the very beginning, it's not going to read that very high. Um, even though you are, um, getting towards that adaptation phase and you are eating an SNG and eating KIDO, so you could be doing everything right.

Um, it's just not going to read it. You're not, you're not going to be seeing numbers. You know, 1.5 light bulb was talking about one foot, 70.3. You're not going to see [00:25:00] that right off the bat, but you know, three, four weeks from now, If you're still below 0.5, you know, then, you know, it might be time to start looking at a few things and see if there's something that, um, is affecting you negatively.

So don't, uh, don't get discouraged by that. Um, but blood test is the gold standard. I test mine almost every day, uh, with the mojo. I don't use the precision extra, but, um, but yeah, uh, just kind of keep an eye on that and just remember, oh, cool. Thanks. That's great. Leland. Thank you. And hopefully Ted, that gives you some ideas.

I mean, those ketone strips are a lot more expensive than the glucose strips. So I definitely would say, you know, especially cause you're at the beginning and you know, it's going to take a little time. That's a place where you can save a few bucks, just test like every three days. And then once, like Leland said, once you're getting to like the four week mark, and if you're not in ketosis, then you probably do need.

And come on here, tell us like what you're eating in the day. Like w this is a [00:26:00] good group to problem, solve that. I mean, obviously book another session with Vinnie whenever you can. He's amazing. Um, but like, that's a great thing that we can also help folks to troubleshoot here because, you know, I mean, it's obvious stuff.

You're like, well, I went to sushi and I had rice. Well, okay, duh. But like, sometimes you don't realize it's like hidden little things and those dates, if you have a lot of the cocktail sauce yeah. That can kick you out. But once your body becomes fat adapted, you can eat that stuff and get right back in.

It's not, you know what I mean? It's like, and I'm not seeing, I'm not saying go drink it like a smoothie. Y'all you know, you know what I'm saying? Although cocktail sauce is a smoothie would be a very weird smoothie. I don't know. I mean, I love horseradish, but not as, as worthy. So anything else we can help you with Ted that you're thinking.

No, that helps a lot. I just, I think because I'm so new and I, again, like I said, I just, [00:27:00] I thought I was no it's like I told Vinny when he was on, when this all started with my part of the journey and asking him and telling him, oh, I'm 90 10. And, you know, discovering that, no, I was eating sugar here and I was eating sugar here.

And I was just finding all this stuff this week. So I'm, I'm really new at this, I guess. Yeah. Going through that thing where you're discovering all the places that you had been lying to yourself, and it's kind of awesome because, and I'm not saying like your nobody's deliberately lying to themselves, nobody's trying to mess with them on their own selves.

You know what I mean? But all those times where you're just unconsciously, like, well, I'll just grab this condiment or this pre-made ranch from the bottle or this thing, or I'll just grab a bite off of, you know, so-and-so's plate and eat their French fry. And you don't even realize. And, and so now you're being conscious of it and that's going to, you're just gonna make new belief systems, a new folds in your brains and your it's going to be a great thing, but it takes it like, hold on.

And I want to bring up the Ted last week was basically, like you [00:28:00] said, was it last week or two weeks ago? You basically said I've had however many years of eating the other way I can commit to doing this. And I just love that. I just love it by the way, then that's all that's on. I should say to him, I don't want to take up too much time, but I want to throw that into what I said that, and then I was still expecting the white knuckle thing for awhile, but it's not there because I think that, um, just that like, okay, you know, like I said, when he was on, like I said, look, I suck.

I'm not doing this. Right. I'm not whatever. Pardon me. That kind of confessional thing. And like, Commitment to, uh, the Rocktober. I said 30 days, but it might even go 90, et cetera. That changed my mindset to where I'm not really a white knuckle in this. It's more of a, where have you, where have you been screwing up?

Find it, fix it, move to the next one. What else? Find it, fix it, move to the next one. And I'm [00:29:00] not like, oh God, I wish I could have. I wish I could. I don't care. Don't want it don't want fries. Now. All of a sudden, I don't want to, just because of the, and I think that the mental change really helps because there was something that made you used to want to have those fries.

There was something where your desire for weight loss and getting healthy was overridden by the desire to feel good in the moment from the fries, right? Like we all have beliefs. Yeah, exactly. We all have beliefs. Absolutely. And it's real easy to do that. Thank you, Holly. Thank you. I'm just saying. Thank you, Holly.

Thank you, Michelle. Thank you, Bob. Thank you, Christina. You guys have all placed orders in since we've been talking, but I want to thank you. I really, really appreciate it. Um, Ted, so we have desires that we want to accomplish,

right? Whether it's in business or fitness desires or, or relationship [00:30:00] or marriage or whatever it is, I want my kids to, we all have hopes and dreams, and then you have a belief system, right?

And you can only build your hopes and dreams and take these action steps. As far as your beliefs. It's like, it's like the foundation of the house. It's like the blueprint for a house. And if the house isn't built sturdy, the house is going to crumble. And so what you've done in effect by making this decision instead of white knuckling, it you're like, no, I am firm in my decision and guys, you can't manufacture or drum up or fake that level.

Choosing, you have to really choose it. It has to be come from a genuine place because we talk about this all the time. You white knuckle your way through it and sure you'll lose the weight. But then, then somebody, I know who's been around for a while. They will disappear and they'll be gone for 18 months, three years.

And then they come back heavier than ever, because they're not going through the emotional [00:31:00] work of, of commitment. And it's not easy. Sometimes yucky things come up, Nathan's here. We're gonna talk to him after Leland. I know that Nathan, he has some thoughts on this stuff. It, you know, if you're ever in recovery, you're probably pretty used to dealing with this kind of thing.

But the rest of us who haven't been through that process, we'll be like, whoa, all this nasty shit was unearthed. It's like, yeah, it sure will. And so if you have to have that blueprint in place to have the, the foundation for a strong house, so you're doing a great job tat I'm glad you're here. Thank you.

Thank you. Um, yes, absolutely. Great. Thank you for everybody for chiming in, uh, Leland. We're going to get to you in just a second. I just want to say Susie Demeester and I were messaging when she told me she couldn't be here today and I love it that she, like, she messaged. She's like, I'm sorry, I can't be there.

I'm like, it's okay. You guys have lives. I get it. But I thought it was so sweet. And she said, uh, she and Megan are going to be on a call with Vinnie because what they really want to work [00:32:00] on is we have 75 ish days left in this year. How do we do a great job? How do we accomplish what we want to accomplish and not get into old patterns, especially around the holidays where stuff is really swirling.

So I want to commend you guys for being here. I want to commend myself for being here. Cause there are some times when I'm like, I'm tired. I don't necessarily feel like doing the clubhouse and then I'm always energized by you guys. So thank you very much. I just saw an ant on my computer screen and that scares the crap out of me because where there's one ant, there are a billion ants, um, Leland, what's going on, friend.

It's so nice to hear your voice. I know you've been busy. Welcome back. Yeah. Glad to be back. Hope all everybody's been well. Um, while it's fresh on my mind, I don't know if you know these tips about the neutral sense, but I figured I would give them. Yeah, please, please tell me. I love this neutral sense. Do you like it?

Yeah. Yeah. It was a grade. I did a, I did a two week thing. Um, I'm not, I'm not as well off as you, so I can't, I can't just [00:33:00] go, uh, doing it all the time. So the discount code Ana. You get \$25? Yeah, it helps. It helps. But I was like, before I do this, I'm like, come on research this. I want to make sure I get everything out of it.

So one thing, if you decide to go and do the next two weeks, again, one important thing to do is the sensor stick it in your arm, but don't activate it for 24 hours. That will let everything. I wish I had known that beforehand because it was too low. I was like, oh, my blood sugar is really low. And then they were like, oh no, it's just does that for the first 24 hours.

I was like, oh, and that way you get your full 14 days. And then if they haven't mentioned it to you, which they should have, it's, it's pretty smart to go ahead and calibrate it ahead of time manually. If you know what that means. Um, you need to like test your blood sugar with your precision Xtra, and then look at what your blood sugar is with the Nutro sets and do that [00:34:00] like for a couple of days.

And if you see a difference. Um, there's a part in the app where you can go in and like manually calibrate it to where it will like, say, say the neutral sense is 10, 10, uh, higher, you know, you can do a negative 10 and then that way it's more accurate to what calibrate your printer. Yeah. Yeah. And that way, you know, it's, you're going to be pretty close to what it is.

If you were just jabbing yourself all day. Um, you know, cause cause mine, mine was about 20 off and it was just, you know, each, each device is different, you know? Um, and I did it. I did it. Kind of, I guess, because that's just my

personality type. I was checking it against the precision extra for like the first couple of days.

Cause I noticed it was low and then they told me, oh, it's going to be low, but I was already a couple of days into it. And then it kind of synced up with the present. So I didn't have to enter a thing, but that's really good information. No, they did [00:35:00] not tell me that stuff. There's so much with this app.

I'm like overwhelmed. Yeah. They're great though. Like, uh, like you were saying, they assign you that thing, uh, uh, a nutritionist or whatever. So you can tell him your goals or whatever, you know, and, uh, they'll, they'll help you, you know, uh, through the day I used to look at the data and see things that you might need to change.

So it was cool. So, but yeah, I figured I'd say that real fast. Um, and I don't, I don't have a lot to say, uh, I would like to chime in on the, the probiotic. Uh, I don't have like a vast amount of knowledge on it, but I will say that I've probably taken over a hundred. In my lifetime, uh, I've tried the garden of law and I've tried everything.

I've tried stuff all the way up to a hundred bucks. I've tried the stuff with the refrigerator. Um, and even after going in SNG, uh, doing ketosis, even doing carnivore, if I don't take the current probiotic, I take now, um, I have major allergy [00:36:00] issues. My eyes are very scratchy, um, and they water a lot. Um, tell us the brand.

We want to know what you're taking. I've posted about it before in the, uh, in the group, but it's, uh, it's seed. Uh, the only problem that some people don't like is that it's a subscription model. Um, but when I first, uh, decided to check it out and got it within three days, my allergies, all that disappeared.

Um, I'm definitely gonna try it then. Nothing, nothing, nothing else was changed. You know, like I said, I tried, I tried even go on like said strict carnival where I'm like, I'm cut out everything. Like, it's gotta be something I'm eating, you know? Um, but, but nothing, you know, before I was, I was buying four to five different kinds, you know, seeing how many strings I can get, you know, just to see something that would work.

Um, and so far, this is the only one that does it. And it's 50 bucks a month. It's pretty affordable if you're like a teacher [00:37:00] or like, uh, served, uh, like a firefighter or something like that. I think they give you like a \$15 off or

something like that. So. It's worth it to me. Um, so seed S E E D like a S a plant seed.

Okay. Got it. Exactly. Yeah. Yeah. So, um, and, uh, the, they used to have a men and women's formula, but they they've done more research over the past few years, and now they just have one formula. Um, and, uh, it's, it's great. You can cancel at anytime. So I highly recommend, uh, if people would want to try one to definitely try that.

Yeah. I'm sure you could like Google, like a coupon code from somebody like maybe Joe Rogan or something like that. That does like a podcast or something that they'll probably have some kind of a, you know, \$5 off, \$6 off, something like that. Maybe being Greenfield. I think he used to have one. Uh, but other than that, [00:38:00] um, I've, I've, I've done a little life into living the past month and a half to two months I'm in between moves.

And, uh, so I haven't, I haven't been a hundred percent perfect. Uh, but, uh, in the process of dropping another, almost 10 pounds, uh, and I'm at now on the leanest I've ever been in my life, uh, all was doing a little bit of cheating. So, um, and the few times I did cheat, I did pay for it the next morning, but, uh, I can definitely tell of, um, I guess, advanced, uh, and my lifestyle with it because, you know, probably within.

Not even seven, eight hours of the next day. Um, I was right back to it. I didn't have any kind of weird hungry issues and used to back in the day, like probably a year and a half ago, if I would cheat or something like that, it would, it would take a few days to get the blood sugar back kind of under control to where I didn't feel like I was just [00:39:00] ravenous.

So, um, that, that was kind of nice, nice to know that I could do that. So other than that, uh, um, uh, just got back from the gym. So we finally getting back into that. Um, and Phil spills pretty good. And that's really all I got. I just wanted to check in and hear you guys and, uh, give you all some support.

That's awesome. Leland. It's great to hear your voice and thank you for the tips on the neutral sense, the tips on the probiotics. See I'm going to go out and get me some seed, especially today when the winds kicked in and then all my, all my allergies kick right back in. So you're literally preaching to the choir.

Yes. I was in choir for years and they tell you one last thing I want to mention about that. Like they say the way, you know, a probiotic is working, it actually,

your stomach will hurt the first few days of taking because it's rebalanced and everything. I've never had one that did that. Seed was one when that does that.

And it's so it tells you like, Hey, don't do two pills for like the first time you don't want to use probiotics. [00:40:00] They're like start off small, you know? And then after like a third day, you can, you know, you can bump it up to the two. Um, and that's the only one that's ever had that effect on me. So I'm like, I know something's working by the way you guys, if you think you have any sort of gut dysbiosis, which is just a fancy way of saying an imbalance of gut bacteria, There are a ton.

You can Google, there are tons of stool sample tests that you can do. I know we're all making dinner, so I'm not going to get into it. But yes, Leland is absolutely correct. If you're taking a good probiotic, sometime it can make you double over because it can make, it can kill off some bad bacteria. Um, but to get back to, to what Dr.

Mindy Pelz was saying, some, some, well spaced out intermittent fasting. I did a four day fast one time and it healed my gut in such a way. It was fantastic. And yet I'll never do another four day fast ever again. No, thank you. Thank you. Um, uh, [00:41:00] I would, I would, if I had, if I had to deal with a really severe issue, but I think this is great.

I'm a huge fan. Oh, hoo. I know Michelle is there. Who was coming to Las Vegas, Quito this weekend, please come by the way, the, the, the, the event. Guy, the guy who's throwing Las Vegas, Quito, LV, quito.com. I'm speaking at two 30 or two 20 on Saturday, the 16th that's this Saturday. Um, he just messaged and said for anybody who wants to show up day of get 50%, they're doing 50%.

If you want to show up 50% discount offer tickets, which I think is pretty awesome. I will be there. Andy Schreiber is going to be there with an nsng food slash pure vitamin club slash pure coffee club booth. I'm hoping he gives me some free schwag. I don't know. We'll see, I'm bringing eat happy kitchen shopping bags.

I'm bringing that on the plane. Just praying the Southwest is done with all their cancellations. Cause I am flying [00:42:00] Southwest from Santa Barbara to Las Vegas and I cannot wait. I hope you guys are gonna be there. Nathan.

How are you? It's so nice to hear your voice. Yeah, you too. What's going on. Yeah, it's been a hell of a summer for me. Um, it's uh, I'm uh, going through a

divorce. So there's that, I'm sorry to hear that. Yeah, it's all. It's all right. It's it's amicable and we do have two, two daughters and, you know, it's, we're, we're trying to make the best of a bad situation, so it's it's okay.

But it's still, you know, it's still a process. Um, and then, um, and then, um, my brother-in-law passed away from COVID. He was only 47 years old. I'm sorry, Nathan, you're going through it right now. Yeah. Yeah, I am so, um, and you know, with that, and, and then my favorite comedian nor McDonald died, um, Yes, [00:43:00] my absolute favorite comedian.

Uh, I only got to see him do standup ones, but, um, I I've watched clips of him all the time. And I know you guys, I remember listening to the podcast where you guys found a live, so that was kind of interesting. Did you know that I got to work with him? I didn't tell that story, but one day. Oh, no. Yeah, yeah, yeah.

Definitely tell that story one day. Excellent. Yeah, no, I I'm really jealous. Um, but, uh, yeah, but so anyway, um, obviously, you know, I didn't know norm personally, but you know, I really respected his work. Then the other two things were a lot more emotionally bearing, um, in my life. So, um, all said, uh, I've only put on about 15 pounds and for people who may not know I've lost 125, so it's not that terrible, but I've been pretty on track, uh, for the last, I don't know, three weeks or so.

Um, and, and, uh, I haven't really, I went off plan. I wouldn't, um, Eat that much, uh, [00:44:00] or I'm sorry, I wouldn't eat like, you know, the old, what I call the red strikes foods, like the absolute forbidden stuff. Um, so I did, I did, uh, you know, I was sticking to it, but I was probably just overeating. And if everyone else knows, uh, if you look at my bio, it talks about, uh, I've, uh, kind of come to the determination.

I have a food addiction. And so I, I treat it like recovery. And I remember, um, I don't know if you were a guest hosting out or not. Um, but when Don Cottingham was on the podcast and he talked about how he just viewed his relationship with food, like an addiction, and it kind of like a light bulb went off.

I, I feel the very same thing about nsng, uh, when I approached the lifestyle, because, um, that, uh, that just really is kind of set in for me. And I I'd kind of treat myself like I'm in recovery. Um, so this is why Jonathan. Sure. If you had to say a couple of things, That made you go, huh? I have a food addiction just, just in [00:45:00] case it helps somebody else go.

Huh? That sounds like me. Could you articulate those things? Yeah, absolutely. Um, kind of the way I kind of figured out I have a food addiction, my very best friend. He's a recovering alcoholic for about a decade now. And he's very involved in AA and his 12 step process. I don't necessarily go through that, but the way he was talking about how it kind of ran his life and how he couldn't control himself and, um, you know, just, it was overtaking him.

Kind of sounded similar to my relationship with food. Um, so for myself, basically what it is, um, you know, there are, I think there are foods that can kind of trigger you. I think that you can have stuff that's highly processed or high carbohydrates and sugar, I think that's it. But it's interesting. You were talking about earlier how there's like that, that part of it, the nsng part, it takes away a lot of those cravings and stuff, but there is still a component of it.

For me, that's like 20% mental. Um, and it's just something [00:46:00] I have to think about. I think I'll have to think about it until I take my last breath. Cause it's just gonna, it's just going to have to be that way. But, um, but when I did go nsng it took care of a lot of that. And I think I was so inflamed. My body finally says, oh yes, we're getting a break.

So it was relieved for a while. And then I was losing fat and then your body doesn't like that because it wants to hold onto. So, um, as far as my food addiction, um, I, I do track what I do just because I like to kind of have a diary of what I've had and, um, you know, I kind of, uh, um, it's not specifically calorie counting, but I kind of try to balance my macros and it's a little bit more protein heavy than the standard, um, um, you know, fat macros, but I still get a high amount of fat and my carbs are very low.

So I think for me, it's just that I kind of have to almost take it one day at a time and I have to have like a 36 hour cycle of, you know, what are you going to be eating? Where are you going to be? You know, how are you going to plan for that? [00:47:00] Um, you know, what foods can eat? Can you bring foods with you that in case you need something on.

That end. Um, and even some foods that are quote unquote keto friendly, I kind of have to be careful with like my big dumb thought was salted nuts. Um, so, and eat any nuts, like ever, like, just know that you're not the only one that we get all crammed out a bunch of nuts. God dammit. Right. But, but I think that's kind of the thing is you, can, you kind of have to understand that some of your that's kind of some of your triggers and, uh, for the most part, I had largely avoid those, those now just cause I can't just pick up a handful and eat them.

Cause I'll do half of the bag at least and maybe more, um, and it's like a Costco sized bag, so it's gigantic. Um, So, um, yeah, it's just, it's just a process for me. Um, I don't, um, I don't quite understand all of it. Uh, I'm still kind of learning things about it and, um, [00:48:00] I work with some people who've, um, had issues with what you consider food addiction or carb addiction, um, and you know, we're, we're kind of working through it.

Um, but, uh, yeah, so I, I think I just do that. Um, I'm taking up a lot of time, but I know one thing I did, I did see in this room was the title was about gut health. Um, I don't do PRI probiotics as far as pill forms. Um, but I do do, uh, due to, uh, uh, sauerkraut, um, I'd say maybe three times a week or so. Hey, I get an ounce or two in my, in my belly.

Um, I did get diverticulitis about two years before I started this lifestyle, which by the way, I'm coming up on my two year anniversary next month of nsng. Um, and, um, I've, uh, I've been kind of careful because my doctor back then when he got diverticulitis, he's like, make sure you get fiber, you got to get fiber.

And I don't know if that's necessarily true. I, my doctor's a little more old school, but [00:49:00] he's not totally like anti, you know, low carb or keto or anus and G or anything. Um, but I said, well, what's something I can do. And I make my own sauerkraut. Uh, I, I just have cabbage and salt and that's it. Um, and I make it, uh, and then I put it in my fridge and I just have a little bit every day.

And I think, um, like, I don't know if I can really feel the benefits of it. Um, and, but I, I think I'm just doing that just as a precaution and I kind of like sauerkraut, so I know some people are grossed out by it, but I've got German, German heritage in my veins. So maybe that's, what's coming out. Thank you, Nathan.

Um, tomorrow I'll be using sauerkraut in making. You know, every Tuesday I'm doing a, uh, Instagram live, trying to do, keep some simple recipes go. Last week, I made the pumpkin spice latte with no sugar. The week before we did a salad dressing, 1 0 1. Um, I did a cheerful a couple of weeks. I'm going to do a [00:50:00] well, basically a Rubin, and I'm going to use the sauerkraut.

I've found some organic that I bought from a store. If you could make your own, that's even better. I got lazy and buy. I bought it from the store today. I'm going to make a little open face Rubin. I'm going to use a chock-full with Swiss cheese and some I'm going to make my own everything, but the bagel seasoning

and have it be like a nice little open faced Ruben homemade thousand island dressing.

So tune in tomorrow, you got me going on that when you said the sauerkraut sauerkraut is great and yes, I agree having some kimchi or some sauerkraut, uh, is, uh, even they even say that there's some stuff in, in pickle juice. Probiotics in pickle juice and stuff. So I think that's great, whatever you can do.

And you kind of got to know thyself, you know, you kind of got to experiment with it. And the first step is cutting out the processed foods because you're not going to help a gut. That's just inflamed and, and just try and like take on the processed foods. So, and the other thing I wanted to say to [00:51:00] Nathan is that, uh, I find it interesting that as food addicts, we can oftentimes figure out a workaround and kind of think to ourselves, well, I'm still on plan because I do this too.

I'm still on plan. I just had a whole bunch of nuts. I'm still on plan. I just had 14 pieces of cheese and, you know, we're all adults, we know deep in our heart of hearts. What's on plan and what's not like, you know, if you're to look back when you're emotionally eating when you're not. So I think it's really great that you're in touch with that.

I'm so glad that you're here, Nathan, because I know that you, you provide a lot here to the Cub clubhouse, community, Kito recovery. And that's what we're all about is trying to problem solve these little things. So we can go out and live our best lives. Susie was here for a second and, uh, she didn't know that we even brought her up.

I hope her ears were burning, but thank you, Nathan. And I want to make sure I get to the lovely, the delightful, the beautiful Tina. [00:52:00] Oh,

how are you? I'm doing great. Did my phone thing show up? Cause somebody just tried to call me right when I was giving you an introduction. No, not for me. It did. Okay. Good. Welcome. How are you? I'm good. I'm good. I've been doing carnivore. Almost had some challenges this weekend, but, uh, and, and I don't know the exact ingredients, but I went to a gyro restaurant, Euro, whatever.

However you would like to say it. And I asked the question of, can I just order meat? So, um, I ordered a pound of your own meat and, um, I shared a little bit, but I ate it and I know there's probably some ingredients in there, but I think it is

pretty, pretty clean, you know, fairly okay for, and it's on where [00:53:00] you get it from?

Like my, uh, place near my old house there Jiro meat was. Uh, lamb and beef and that's all it was. So, you know, it's pretty darn good and spicy. It, it tasted like the good stuff and not the stuff that has all the, um, fillers in it that you would get, like if you bought it in the frozen food section and they're rectangular instead of sliced off of a, um, uh, the rotisserie thing that they put the meat on the spit or SPECT.

So whatever the word is, but anyhow, so I, um, I did eat the, to ZQ sauce, but, um, You know, wasn't tempted by the PETA, even though they have great PETA, but, uh, and then the family went to and I came home and made bacon and eggs for myself and was like, Nope, not going to eat that stuff. Cause I'd have been tempted to put the tomatoes on there and I'd been tempted to, um, do some other things and [00:54:00] just felt eggs and bacon were better.

So I'm doing the carnivores, but you know, I am still not seeing the results I would like. Um, but I did make an appointment to go. What are the results you would like? Um, well, my blood sugar is still hovering right around one 50. Whether it's fat, first thing. I mean, it's very, very, very stable. So, um, you know, whether it's two hours after I eat or an hour after I eat or right before I go to bed or when I get up, I, it, it doesn't really go under a hundred.

I'll get like a 1 0 5 in there occasionally or a 1 0 6. But, um, it is under one 20. Um, it's, it's usually right around one 15. Have you looked, have you looked at Dave Feldman's website? I have, uh, you sound a lot like me that, by the way, I've been doing this for the better part of 10 years and my blood sugar has gone up.[00:55:00]

And that's they say, according to Dave Feldman's website, it's because I'm so used to metabolizing things that, that my, I don't, I have an excess basically, so I don't need, you know what I mean? Like, and it, and it could be that because your body is very good at gluconeogenesis. You know the conversion, I'm not a doctor, but you know, I just, I'm trying to think of ideas, you know?

Well, so I, um, and I shared this, what is today's Monday? So I shared it Thursday on that call. I am going to go ahead. And so the, the, the Cleveland clinic, so I'm in the Cleveland area, they have a bariatric and metabolic department. So I am having a consult for a nonsurgical consult. Um, because I think that I need to get some more tests for thyroid and my insulin resistance and different things like that.

So I'm hoping that the doctor will [00:56:00] run some. Non standard tests and just test everything out, make sure nothing's wrong. And, um, you know, as long as my A1C is staying word, I can remember if it was five, seven or five nine last time. But as long as it's staying under six, you know, I'll just continue on the path.

But, um, hopefully, you know, if there is an issue, they'll be able to address it and then I can just, cause I'm pretty strict carnivore. We want to get, we want to get that A1C to like 5.1. Yes I do. And the pro my, my issue, like, I don't think I've ever had one over a six, but you know, I've been tracking it for 10 years now and I've been nsng since August of 17.

However, up until this year, I would say I was not as strict. I, I. I hesitated the whole [00:57:00] time to join this group, the H the AAF group on Facebook, because I was like, well, I know I'm not going to do it. Like, I, I set myself up to fail by not trying. And, um, so then finally, I don't know if somebody posted a post one time, that's what happened.

We're not sure. Yeah. But, you know, I'm like, okay. After it was after new year's whatever. And I was like, um, I think it was February when I joined, but I'm like, I'm going to do this because this will help hold me accountable. Even if I'm not 100% perfect. There'll be the support. There'll be all that. So, you know, I definitely appreciate these things and I come up, whether you, you know, I try not to take up too much time when I speak, but I do feel like it's very motivating and helps keep me on track.

So, yeah. Um, next month, beginning of November, I have that appointment. So, um, I'll find out that I'm either. Fine or that there's something that maybe they can help with. Um, cause I think, um, Craig was on, I think it's [00:58:00] Craig was on Thursday and he said that that's how he found out about, um, his insulin resistance and he had to keep going in for blood work because they would make sure it was tracking in the right direction.

That's great. Tina, I'm glad that you're going in and yes. Oh, by the way, they don't always check for fasting insulin. I'm I'm saying this is a, a general note. They probably will. Cause you're going to go get the fancy metabolic appointment, but don't just test fasting, blood sugar and A1C. Ask them to do fasting insulin.

That's apparently that's the new hot marker. That's the new hot marker. That's trending fasting insulin. You got to know your numbers, honey. Now we know this to be true, but uh, that might help. It sounds like. You're going to do

everything that you can with your diet to set yourself up for a good appointment.

And then you're probably going to have multiple appointments to see, like Craig was saying, like, to track it, get it, you have to get your blood work, done, guys, whatever, whatever your insurance will allow [00:59:00] you to do that you can afford to supplement with to get it done. Knowledge is power. Yeah. I started journaling my food today so that when I have that appointment, they can say, you know, okay, well, yeah, you might not be eating sugar, but you're, you know, 10 slices of bacon is too much.

Or,

or that half pound burger should have been a quarter of a pad, you know, just, but whatever, you know, I'm just trying to, well, maybe it's one of the, maybe you need to raise fat. Maybe you need to lower fat. You know what I mean? That's like, hopefully. Give you some, some insight. And I know that tracking food can be a Royal pain.

I get it. Cause that's one thing I'm not doing with the neutral sense, by the way, you can take pictures of your food and it'll like, divide up all your stuff. And I'm like, I can't be bothered. I've just done this for so long, but that's just me. I'm not a good tracker. I'm very poor at tracking. So I'm glad that you're doing that.

Keep checking in. I love to hear your voice and uh, thank you, Tina. And I [01:00:00] just got so excited to see my friend Judith, come in the room. I'm going to see you on Saturday at Las Vegas, Quito, and, and this is literally a relationship forged from clubhouse and I'm so excited. How are you? Give us a, check-in tell us, tell us the tea, honey.

Hey, so I'm doing pretty good. I, um, I'm super excited about. Vegas. And this week I am actually doing strict carnivore. I see my friend Mel in the audience. Um, so when Mel launched her cookbook, um, we did this like elimination, carnivore, um, reset. And so now I just keep restarting this reset when I feel like I just need to like, bring it back to square one.

So [01:01:00] here I am, day one back to square one. I didn't even tell her I was doing this because it was like last minute, but yeah. So, um, day one of, um, like a carnivore, but also like very strict eliminating all that excess dairy that I always like to add in there. I don't know about anybody else, but God can become a big crutch.

Yes. Yes. So I'm feeling pretty good. I, uh, Yeah, other than that, life's good. Over the weekend I did meal prep. My husband was on the grill. We had went to like Costco and we got like chicken and beef and ribs and pork chops and all the above stuff. So I have a refrigerator full of food, full of meat. Let me say that full of meat, ready to go.

Um, and that kind of, well, I will tell you that makes it 100% easier for me, [01:02:00] especially having a six year old. So like today I warmed up person, um, some chicken and she talked me into buying her noodles the other day. So she's been asking me for the past week. Two weekends ago. And so today I finally gave in, I made her some homemade macaroni and cheese with these damn noodles and, um, yeah.

And we both eat the chicken. So yeah. Then that's been a pretty good, that's amazing. I'm so proud of you, by the way. Shout out to Mel brown. Isn't down in the audience girl. Um, Mel has been on this clubhouse, this very clubhouse. If you go back and listen at my site, you'll hear the interview with Mel talking about her mouth watering cookbook, uh, keto carnivore.

And, uh, I have it linked there. You guys should all get a copy. Uh, oh, Mel's up here? Good. Hi Mel. I don't just sit here quietly. Thank [01:03:00] you. I mean, you know, I'm just tidying up from dinner and listening to your beautiful voices. Uh, my son rock these, like, you know that talking about you. It's like, where's my friend.

Yeah. We're talking about you behind. You're behind. You're behind. You're behind your back to your face. Behind my behind. Hi peaceful people. Hi, we're we're doing great. We're probably going to land this plane soon, but I couldn't do it without hearing your voice and giving you a shout out that's for sure.

No, it won't be, I hope they're not groundings any more Southwest flights. Cause I'm taking one on Friday to Vegas. Yeah. Well, I'm crossing everything for you. Those pilots are on strike me love. Are they now? Well, yeah. Um, Robbie cherry who's throwing this Vegas event is gonna lose his mind. Um, [01:04:00] Okay, ladies from Santa Barbara, do not walk.

You know what I'm saying?

Oh my goodness. I'm going to get. Hi, gorgeous. Thank you for being here. Everybody get Mel's cookbook to tap on her profile. Give her a follow tap. Judith, get followed you to do to the runs. A ton of rooms here on clubhouse. If

anybody needs support for nsng for Quito, jump in her rooms, Nathan runs rooms. I love that you guys are here.

I want to thank everybody for being here. You guys, a lot of you have been here for the whole hour, and I want to think a bunch of you ordered the sauce while we were doing this. So whatever a plug I said, I think it was the scarcity tactic, which worked. Cause I think now we're down to about 90 jars left of pumpkin marinara.

So thank you for that. And oh, I know Judith. I wanted to say too that the reset, I love the reset because we were talking about that with Nathan. Like it's so easy to go. You know what? I'm just going to have four pounds of cheese instead of actually eating real food and not the cheese, isn't real food, but it should be used as more of a garnish.

[01:05:00] Let's be honest. Like we don't need to eat cheese for our entire meal. We need. And some veg and some fat and that's good. And men sprinkle some cheese on there, but I, I got to say, setting yourself up for success on carnivore is the way to do it. And having tons of meat in the fridge, you're going to be ready for anything.

So thank you for that. Thank you to everybody who chimed in. I'm going to type up these show notes. This is being recorded. I will put it up on my site. Whereas you guys give a lot of resources, the PE diet, the neutral sense to think the flora store the peop I'm sorry, the seed. I can't even read my own writing.

I got it. Leland. Don't oh, yes. What I forgot. You know, as I come from Wisconsin, we do cheese as a main course sometime. Listen, my dad is from Kenosha, Wisconsin. I know how much cheese can be eaten in one sitting and I've probably done it. Oh yeah. Multiple occasions. No, no, no, no, no, no. You're absolutely correct.

Um, [01:06:00] by the way, those wings that I made last night, I was able to make wings. And then some broccoli and bacon and get full. And the whole dinner was like \$6 for my portion. You know what I mean? Like it's just get the meats, get, get your little vegetable and make your foods and everything's going to be okay.

We're here to tell you guys everything's going to be okay. We have 75 ish days left in this year. Let's make it freaking awesome. Okay, let's do that. Can we all agree on that? Um, thank you for being here. We're here every Monday from five to six Pacific eight to nine Eastern we're here every Thursday, five to six

Pacific H nine Eastern that's with Leona and Megan who run the NSN G a F group, no sugars, no grains, a F you know what that means folks.

Um, I'm Anna . I am a cookbook author and a, uh, I'm slinging sauce, baby. I've got all sorts of recipes at my site. You may know me from such networks as NBC. I'm also the voice of NBC. That's my day job. It's a very fun [01:07:00] job, but this, this is my path. Uh, thank you for helping get the word out to your friends.

Thank you for everything and supporting this community. And thank you most importantly, for being here. I hope this was helpful. And for those of you who I get to see on Saturday in Vegas, Michelle, Judith, uh, anybody else coming? Let me know. I can't wait to see you guys there. Uh, I'm in love with all of your faces and more in love with all of your voices.

So thank you guys. Have a great rest of your day.