

021 EHK Clubcast 102521

[00:00:00] Hi, I'm Anna. Vatina your host for today's nsng check-in we say keto? We say low carb, but we mean nsng, that's what we mean.

Oh my God. I'm so happy to see all your faces here. Thanks for jumping in. This is Crystal's first clubhouse. This is Megan's first or second club. Amanda. I'm so glad that you joined. Uh, I see you guys out there in the audience. Here's how it works. We basically just kind of do a check-in we talk in between if you have any advice or questions, or if you just want to check in, if you have victories, if you have stumbles, if you have whatever you want to share a non-scale victory, a scale victory, all victories are encouraged, but also defeats are also encouraged because you know what.

I don't know, whatever the phrases are, Rome wasn't built in a day, eat the elephant one bite at a time. Like this is a process and there's going to be, honestly, [00:01:00] sometimes there's more failures and successes, but then all of a sudden you have a success and it feels really good. So share those too. But I just wanted to start today's clubhouse by saying, how was your Rocktober?

I want to think about that. Raise your hand. Ted's already up here. You guys raise your hand and everyone who raises their hand will have a chance to speak. I promise this week we will land the plane at the top of the hour. That's my responsibility. I'm going to be taking notes instead of handwriting them.

I'm going to be taking notes because Megan is here. Oh, good. Leona's here. Um, Megan is here. Let's see who else is raising their hand and she's going to be helping me out with these. Okay. I hope. Oh, there's the owner. Okay, great. This is PR producing on the fly producing on the fly. I'm going to make you guys a moderator who's up here also because my internet sucks and sometimes.

Yes. I'm sure. It always asks me that about you Ted. It always says, are you sure you want to make Ted a moderator? I'm like, yeah, I'm sure I'm okay with this. It's got to get, apparently it proceeds him. [00:02:00] Um, okay. Let me, I'm ingesting some levels on the fly and we're going to get started here in just a second.

Oh, I know what I wanted to put out there. Thank you everybody who supported the pumpkin Marin era, we are officially sold out. It is gone. Daddy, gone love is gone. Like it is so gone that people got upset. Cause I, I guess an e-blast was scheduled to go out and it said there was probably like seven more twin packs

and it turns out there by the time the second round of that e-blast went out, there was zero more twin packs.

And in fact we had oversold, we got everybody taken care of, but I shut it down. And uh, I just got, I did. Thank you. I thank you for recognizing Nathan. I appreciate that. Are they from. Yep. Milwaukee. Oh my God. I should have known, well, my dad's from Kenosha. So maybe that's why I have a, feel a kinship to the violent femmes.

I, when that, when that pumpkin Marin era sold out, I got some messages from some upset people. And I do not tell a [00:03:00] lie. When I say, please pre-order stuff. If you want to make sure you get some, because we only made enough to pre-order and then a little extra, because I was hoping, and I was correct. Some of you guys would the poop pre-ordered it would get it and love it so much.

You would order some more. So that's why we made a couple hundred more jars, but we sold out pretty quickly. Don't worry in a year from now, we will triple down on how much we make. And hopefully in a year from now two, we'll be in more grocery stores and we'll have it spread wide. But just trust me when I say, when I'm not using scarcity tactics to like be a Dick.

Like I legit, like, that's all I made because my worst fear was making several thousand jars and then being stuck with something that nobody bought. So I have to be. Uh, err, on the side of judge judgment on the air, on the side of caution, I don't know what I'm saying. Um, I want to get this eat happy kitchen.

Check-in welcome to clubhouse. Welcome everybody. Who's here, Ted. What's going on over there. I'm inviting people up as we talk. So I'm going to be producing on the fly in the background. Ted, give us your check-in [00:04:00] friend. Yeah. Good stuff. Um, no cheating so far still. And they're saying G all the way. No bread, grains, sugar, but I've noticed something that was weird is I think that this is that fat adaptation thing.

There's probably noticing without trying to eat a big breakfast and I would suddenly be hungry. And I'd looked at my watch and realized it's two 30 in the afternoon. Wow. What happened? And I was doing some things. No in the past is a sugar burner. I wouldn't make three, four hours max, and I'm getting sweaty and dizzy and et cetera.

And I did. And then once I realized how much time went by, it's not a panic. It's just, well, a little bit hungry, I guess I probably should eat something and it's

kind of a nonchalant kind of thing. So I think that's the fed adaptation kicking in hard now. Um, have you taken some blood ketones to check because yes, I would say that definitely is that kicking in and that's awesome.[00:05:00]

They're still not following this like 0.3 0.4. It's not a big number telling me there's a 0.4. There wasn't a 0.4 before was there. Oh, okay. Good point. Trending in the right direction. Nevermind. You're right. It's going up maybe again, I'm doing the compare thing. I hear you and Vinny talk about you guys are popping these huge numbers and I'm like, well 0.3 0.4 last month.

Where's my, where's my 1.5. Two point, whatever I heard you say something one day on the podcast, 1.6 or something like that, but maybe that's where it is. It's trending. Okay, good. Cool. Yeah. Don't don't compare. Don't compare because your body's got used to it. Think about this. It's kind of like what you said three, four weeks ago, when you first were like, okay, I'm going to do this.

I've had 60, some odd years of eating, whatever the heck I want. So don't you think your body, and I'm not saying that your body can't heal quickly. It's not going to take 60 years for you to heal, but it's going to take some time to adjust it. It might take more than three weeks, right? Yeah, it might. It [00:06:00] just might.

But I think I was that too though. That's the thing I picked up on. I think you mentioned it on one of the Friday or Monday podcast. You mentioned something about this, the psychological part of this. I also noticed that, that I can ha what's an example. I can have somebody I can go to. And the person I'm with will want bread with their dinner and they'll have the bread basket and dropped in the middle of the table between us.

And I don't even, I could care less. And it's like, I think I've discovered that I used to think it was like, well, what's the formula for this? Or what's the magic thing? Or like, okay, I got the, I got the, uh, the PDF and I just, if I do this and, but it's, it was the commitment I think they did. It was just a few weeks ago that Mike finally said, okay, I'm all in, no more BS, no more playing around.

This is it. We're doing it. And then it finally came, but it was the commitment. I think that made the biggest difference. So it's been really, really good. I mean, no, no struggle at all. This is not even close to a struggle. [00:07:00] I'm just flying through this map. Ted, can I play devil's advocate for a second? And by the way, when I flashed, when I flashed my mic, you guys who are new to clubhouse, it just means.

I'm clapping on them. I like what Ted said. That's what the flashing of the mic means. Sometimes I'm terrible at it. And I forget to turn it back off, but it's not because I want to talk. I'm clapping for you. That's clubhouse etiquette for clapping. Um, can I be devil's advocate and ask you, is it easier now than it was in week one?

Or does your commitment feel so solid at the beginning that you just breeze through?

Um, honestly it got, it got stronger over time. It was, it was, I was there, but it was false provider, I think, in the very beginning. But then as I felt it and saw the benefits and then I started to realize, oh, maybe this, maybe this will work. Oh my God. And I think the first one was the, the scale I reported a couple of weeks ago.

I remember I said, I finally got to a drop after a year and a half to scale and move. And [00:08:00] I think that kind of clicked in with, oh God, this, this really will work maybe. And then the commitment got. And then it was just not often, I feel like I'm off to the races. I don't, I don't miss ice cream and, and bread and this and that.

It's just no interest. Give me a steak. I'm good. That's fantastic. And it sounds like it has increased because even hearing your voice, which is why I love clubhouse so much. So you guys raise your hands. If you want to check in, even hearing your voice, you've become less tentative. And now part of that is you've gotten used to talking on clubhouse.

So I get that you're more comfortable now, but you've gotten less tentative about the subject matter itself. Yeah. So it shows me that in your heart, and I've said this from the beginning, I know that we want it to be a physical journey, but it's not a physical journey. The physical is a reflection of what's going on with your, your emotions, your mind, your spirit it's one follows the other.

So I mentioned that [00:09:00] today on the podcast too. I remember you were, you were talking and it was like, the PDF is one site. But it's not the thing. It's that's, that's the start. And then you mentioned the fact that the clubhouse, like, again, what's the excuse. It's not, you don't pay for clubhouse. You don't pay for the PDF.

You don't pay for the club out, but when you add the clubhouse, it's an additive compounding effect. At least for me, that's what put me over the edge. The nervousness of talking to them. Yeah, I know it does feel weird. It feels like

when I go into other people's room, I'm very hesitant. I'm actually quite an introvert.

Believe it or not, not with you guys, but when I'm another, when I'm in other people's turf, I feel that way. So Ted, thank you so much. I love hearing your enthusiasm. What a great way to start this off. Sounds like you're going to end, uh, October just fine. And you're bringing me into, uh, we're going to talk to Leona and Leona and Megan Foxy Hoxie.

They run the Thursday clubhouse from five to six Pacific. Same time. It's just on Thursday and they run the. Uh, so definitely come just a [00:10:00] plug for their clubhouse to the NSN GAF group, but they also have on Facebook and another reason Facebook these days, for whatever reason or whatever they're gonna be calling it.

But, um, thank you, Ted. Cool. Thanks Anna. Appreciate it. Leona. My love. Hello, my friend. How are you? Good. How are you? I'm good. How's your training going? Miss Spartan pants. Uh, it's getting better. It's still not as intensive as it ought to be, but, um, but still good. I'm gaining some strength then and finally getting out and doing some runs and stuff.

Um, uh, it could be better, but it's, you know, candid always, but, uh, Brett is going well. Um, I just wanted to, oh, overall, everything's good. Eating's good. Um, survived Vegas. That was good. Um, uh, so doing well all around, uh, the only thing I just wanted to mention real [00:11:00] quickly, and I'm not going to be able to stay the whole time.

I just want to let you know that now. But, um, uh, I had started, uh, actually Foxy Hoxsey suggested this book to me. And, um, that's the one I mentioned to you the other day, say that, say this book, this book is called the mountain is you buy Brianne weest. And, um, and, uh, I have mentioned often how I struggle with consistency and routine and, uh, which often leads to your self sabotage and this book focuses, um, that's, it's focused on how to get around it and kind of deals with the emotional intelligence behind, uh, some of the, um, kind of.

Um, what's the word I'm looking for? Just kind of quick response things that, that make us, um, self-sabotage [00:12:00] and I really like it so far. It's I'm about halfway through and she speaks very simply and, um, uh, you know, she's just, it's just clarifying, like, you know, people can give you all kinds of the Wu and the science and everything.

What's your all has its place, but, um, she just states everything nice and simply and clarifying and it resonates. And, um, it's just going to be some good information to kind of like deep dive into why I do that. So anyway, I just wanted to recommend it. If anybody finds themselves struggling with those kinds of things that maybe this is a book that they can, um, read.

I don't think it's an audio. I looked forward in audio and I couldn't find it. So, um, but it's not, it's real easy read and, um, It might be helpful to somebody. So I just wanted to mention it. And that's how thank you. I'm going to put the link to the mountain. Is you in the show [00:13:00] notes? Uh, on Amazon, of course.

Cause can't seem to buy books from anywhere else. Can we, um, I don't, I don't know if there's a human being who doesn't struggle with the concept of self-sabotage in one form or another. Cause that's what I think it means to be human. And then also to kind of go on the journey of self discovery and figure that out along the way.

So I think it's a very apropos book and um, I appreciate you sharing that and I bought it already, but I haven't read it, started reading it yet. I, I feel like anything. Here's what I like to dive into. And here's another reason why I love these clubhouses and, and just the comradery of it. I always joke and say fellowship cause I grew up in the church, but I'm not churchy in case you haven't noticed.

Um, But the fellowship of knowing that we all have these little things that we picked up along the way. And, and in fact, I talked about that in Vegas, in my speech. Oftentimes we picked up things that are other people's things, and we don't even know it. And [00:14:00] we, we use those as excuses or subconsciously to self self-sabotage.

And so if we can kind of dissect that and find where that is and see when it comes up, crystal, I know you're out here. I saw your, uh, your post in the Facebook group and the main group, and I loved it so much. It resonated so much. And I just want you to know that you are heard and you are seen and whatever other verb of senses that you need to hear, because crystal did a post that was basically like, I have the best of intentions.

And then every day I eat a thing and then I feel like I'd beat myself up and it's just this endless cycle. And trust me, every single one of us in this room has been there. Nobody nobody's like a row, even Vinny's not a robot. He's not like

a robot superhuman. You know what I mean? I hate to, I hate to break it to folks he's human, like the rest of us.

And he's had to make changes in his life, just like the rest of us, you know, stuff comes up like that. And so I'm glad that everybody's here and whether it's going amazingly well, or whether it's going, uh, super crappy or whether it's [00:15:00] going somewhere in between, don't worry, everything shifts and changes because we're meant to learn stuff along the way.

So. Don't worry, the weather will change. Cause it always does. And that's a good thing. That's part of life. So thank you, Leona. Good job. Getting stronger. Leona and I have something in common. We both like to be rebellious. We have that personality profile and so routine is not our thing. So you have to learn to love the thing so that the routine doesn't feel like it's slowly killing you from the inside out when it's really helping you live.

That's right. And that's what I struggled with. Logically. I know all this, you can talk to me about it. I can talk to you back about it, but when it comes actually enacting it, at least in some areas, not in all areas, it's, it's really quite, I feel like I don't always have the bandwidth and I don't want to, you know?

Yeah. I'm not going to go into it, but yeah, it's a challenge. Well, thank you. And I, I agree with you and it, for [00:16:00] me, the actual physical steps of going in SNG and being fat adapted and being in dietary ketosis, I will say, does take that edge off that Ted was talking about the temptations just aren't there.

So when you're recommitting you're right, you do have to have a pretty strong mental game going and you have to be like, okay, I'm choosing this because I need to stop being, you know, a slave to these whims that I'm having. And by the way, I'm not, I'm not trying to belittle anything by calling it whims, but sugars will make you feel a lot more fickle, a lot less in control.

And so you almost have to have that mental fortitude to go into it and then know that the physical will catch up because you will get fat adapted and then things that would bother you like the temptation of having the bite of the thing, which don't get me wrong last night. Actually, I think for the past three nights in a row, I've said to.

You know, if really good right now is chocolate chip cookies. I have no intention of making chocolate chip cookies of [00:17:00] buying chocolate chip cookies of, you know, stopping at the grocery store and getting the little gluten-free fake ones. I have no intention of doing it. I just had to voice that. What

would be good right now as chocolate chip cookies and almost like just voicing it helped a little thing go away.

So, and I'm fat adapted. I don't really actually want to eat chocolate chip cookies, but sometimes you want eat chocolate chip cookies. You know what I mean? Like it never stops. It's going to come up and that's, that's part of this journey. So, Michael, how are you doing? Are you there, Michael? I'm sorry, I was rambling.

Maybe he's not available. Oh, oh dear. Oops. Sorry. Oh, there you go. Sorry. My phone rang, but I'm, I'll stop talking now. Michael, give us your check-in friend. How are you doing? Okay. Feeling pretty good. Um, some of the longer drives that I'm taking. Is taxing on me, but I'm getting through it. Uh, food is good. [00:18:00] Um, had my 62nd birthday on Saturday

and worked through it, of course. And, um, you know, things are going okay. Can't complain, loving the pumpkin gravy, just killer, absolutely killer. Other than that, things are pretty good with me. That sounds good. You're plugging right along. Or are you, are you, are you trending towards more healing or are you just overworking?

Cause here's the thing. I don't want you to overwork and hurt yourself more and then you gotta like relapse and chill out again. You know, unfortunately when you're an ATM repairman, Overworking is kind of part of the job they put you on. What's called availability. [00:19:00] So you may have an eight hour shift, but, uh, I worked one to 10 last week.

It's I can never explain the schedule. You'll work seven days, like I did one to 10 on availability. You may work eight hours. You may work 12 hours in that day. Um, then I've got today and tomorrow off and I do three days, eight FOBT, and I'll have Saturday and Sunday off. Then I'll work 10 to seven for five days.

It's just a it's it's a schedule for overwork. Let's put it that way. Well, we're sending you good energy. Um, I mean, what do you do? What do you do when your job requires you to do that? You have to take care of yourself. Yeah, it's kind of like a couple of weeks ago, you know, you power through what you gotta do, right. [00:20:00]

It's just an attitude, you know, but I am watching to make sure I don't hurt myself. You know, that is of utmost importance. I don't want to do this again. Yeah. I know when you, when you have a health problem, that's your fastest way to go. I never want a health problem. I think it was, was it John Lee Dumas

who somebody pointed out, like when you don't feel well, all you want in the world is to feel well.

And when you feel well, you want a million different things, but really all you want when you don't feel well is to never feel that way again. So you've made a lot of progress. You sound better. I'm still concerned about the strength or lack thereof and my legs, you know, but I'm stretching, you know, taking it slow, trying to get that strength back.

It's going to take. I was going to ask you, are you able to do the stretching that Vinny was talking about? Yeah. I've, you know, picked up some stuff off the internet, you know, and [00:21:00] nothing really taxing it's, you know, easy stretching, you know, making sure that I'm not, you know, doing more than I should, you know, if I start feeling pain, you know, I stop and that kind of thing.

So, you know, I'm just, you know, looking to get that strength back, you will, you're going to get it back. It's just going to be slower and thank goodness your innocent G cause it would have been even slower than that. Yeah, no kidding. You know, that's one of the things about I had two surgeries and in the same day in the same operation, uh, one of my neck, one of my abdomen, you know, for her.

And I'm not kidding you because of not having the inflammation. I just wasn't in pain. I never took any of the pain meds at all. You know? So [00:22:00] I'm telling you people, this really, really does work. If you don't have that inflammation, you won't be taking that narcotic that they're going to prescribe to you.

That is so true. Thank you for the reminder on that. Yeah. You don't want to take those narcotics if you can help it for so many reasons. So, yeah. Great job, Michael. It's great to hear your voice. I know you're going to keep working your butt off Mr. 62, but, um, you know, just take care of yourself. All right.

Yep. Thank you. And Linda, I'm going to get to you in just a second, but I saw Monica come up here and I wanted to say, because I know Monica, sometimes you have to go. I want to say that. I want to thank everybody who entered the gravy giveaway on Facebook and Monica. Ricky is the winner. Did you know that Monica?

Oh my God. Are you kidding? I'm not kidding you. You are the winner chosen [00:23:00] at random. Megan put everybody's name in a hat. I'm not kidding.

Megan. Put everybody's name in a hat, according to the entries and all that stuff. And chose your name at random

crazy town. I know. Um, so Y DME, your address, the best address to send you get a little six pack of salt. Which is freaking awesome. That's a good price. I want us to expect. I can't get a high on my own supply. You know what I'm saying? You, yeah, so glorious. I just had the best day connecting with this friend of mine.

I'm in Atlanta and I just left her house and I'm stopping along the way to get something on the way home. And I just happened to pop into your room. And you just told me I want a six pack a sauce. I mean, better today. I mean, Jon Bon Jovi, if Jon Bon Jovi walks up to me at this store, that's the only thing that could make this day better.

That's all I'm saying. Well, congratulations. My love, uh, I [00:24:00] was, I would say job well done, but everybody did the same thing. So you were just chosen at random. So good job aligning with winning and don't worry. There will be more giveaways, more book giveaways. I'm going to work with Stephen at Villa Capelli to do another giveaway.

Um, so I just wanted to chime in and say that, cause I know sometimes you have to pop in and out of rooms, Linda. Hi, Diana. Hi. How are you? Nice to hear your voice what's going on? Yes, I'm doing well was a good week. Um, I can relate to some of the things Ted said about just, you know, time and getting away, and then you're like, oh wow.

I guess it's time to eat. Huh. So, you know, I thought that working. Yeah. I'm glad it's, it's nice. This group is so nice because the things that I'm going through, you often can't talk to about them to other people. Does that make sense? Cause not everybody is doing this, so that's really nice. And um, as you know, I'm a nurse, so I prepare patients for surgery and I recover them when they come out of [00:25:00] surgery.

And sometimes I feel like they're, they're, they're meant we're meant to meet because I mean, I just had a gentleman the other day that had. Um, he had broken his ankle, his hemoglobin A1C was 10 and we just connected. And I just started talking to him and saying, Hey, it's really easy. Like you could do this.

And from everything that I've learned from listening to you and Vinny and just making all these different changes, I feel like I'm in a good place where I can talk to people about it and think it makes a difference. That's awesome. I love it

so much. And I know that you do that and I of course always appreciate the word of mouth.

So thank you Linda, for doing that. Let me ask you this. I know your work is very important and everything that you do is great. Did you ever make the low carb version of the mule anyway, alcohol? No, I'm just kidding. I had a really busy week. I kind of did the on-call being like Michael. So I was like 16 hours on Saturday.

And, um, I went in the middle of the night last night, so, but I [00:26:00] did buy yet, so I'm gonna do it right this evening after dinner right now I'm preparing some bacon wrapped asparagus. We're gonna use some tri-tip steaks. So it's my day off. So that's the plan today is to, um, grind it up the way you said pureeing it.

And I have the bottle of vodka right in front of me. I'm going to mix it up and by next week I should have a, a report out on the low carb meals. I wish you could see my countertop because I have four limes sitting there and ginger root and I just haven't gotten around to making it and tasting it myself because a part of me really wants to infuse the vodka with the ginger.

Um, cause I think that might be a nice flavor profile or it could just blow up in my face because ginger is such a strong thing. So just a reminder, if we're, we were talking about last week making a lower carb version of the cocktail because Linda is eating everything and then she's drinking ginger beer in the mule and that's just replenishing all the sugar that she's been avoiding all day.

So yeah, pooping it out in one fell swoop, you know? Um, so you [00:27:00] want to, uh, start with just the tiniest bit of ginger because it might be overwhelming and it might not work. I don't know. We're just trying things here, folks. We're just, we're just trying, I'm going to measure it out so this, I can play with it and find the right amount to put in there so I could do it again.

Once I get, I also bought mint because I thought mint would also go well in there. Yes. Just a mint is another one mint in the garden. Yeah. Question for you because you work such long hours. Do you bring your food to work that you eat? Oh, how do you, how do you handle, can you tell us that? Cause that would be helpful for folks to hear?

Um, I, I have, uh, I actually use Pinterest and I look at what I have saved in there just to get some ideas and then I just go and buy for the week. So if I'm working, I'm like, okay, this is for Thursday. It's usually a ground beef,

something because that's easy. Cause I could put the marinara, I could do a taco salad.

Um, a broccoli salad [00:28:00] is good with bacon, red onions and cheddar cheese. So I have my dishes that I, that I make to take to work and over the weekend because it was, I worked quite a bit. So I just took the prosciutto and cheese, little wraps that they have at Costco. And I just had that. That was, that's what I munched on all that.

That's great. Thank you that see, that helps for people to hear, by the way, ground beef just always have ground beef on hand because you can always make little burgers, little meatballs. You can do, you know, like you said, a taco salad, there's so many things you can do. In fact, I'm making burger bowls tonight because all I have is a pound of ground beef and some butter lettuce that needs to be eaten up.

So I'm gonna make a little, and some I'll chop up and carrot and celery and radish that I have. And I'll just put the burger on top of it. That's it. That's what we're going to have. Cause that's all I have. My favorite is a tomato with the ground beef inside, little lettuce, cheese sour [00:29:00] cream that is so failing and you eat it like you're eating a steak.

It's just, it is so good. That's awesome. I love that. Thank you. And thank you for the good tips and great job. It sounds like you, you have really, you know what, you're somebody who a few weeks ago you were like, eh, You know what I mean? You sound different do, um, yeah, it really would. I know it works when I do it and I plan and I have all the right things around me.

I know it works. And that's so refreshing after trying so many different things over the years now, I'm just like, okay, it works. Just do it. If you, it's not like you can't do it or you can't lose the weight or you can't feel better. Now I know how to do it. And that's, that's, that's the first part of it is just knowing how to do something and then sticking to it.

I mean, every day starts out nsng and I just try my best every day and every day gets better and better. I love [00:30:00] that. That's great. Well, thank you. I appreciate you so much, Linda and Linda. Luckily I get to see her sometimes because she lives in Southern Califor. And, um, we have a guys, I try to hit the markets.

Thank you to see if I can hit the market, California Quito market. Thank you. I appreciate it. By the way. I hadn't, I now have a page at the grocery it's called. If

you go to eat happy kitchen.com, there's there is a grocery page and it shows all the locations that we're at. So if you're in Southern California or in Scottsdale, Arizona, we're in one place there.

Um, okay. D there, I have the list of lessons and I definitely go out and support these places, uh, because they are definitely taking a big, they're taking a big risk bringing on a new brand. And so we want to support them so that they continue to do it. Um, so lessons in the valley, you know what, the closest one to the valley, where do you live in the valley?

I live in Tarzana. Thousand Oaks, probably the closest to you, but that's pretty far. And then unless you were like going out to that, like, for some reason I noticed in the past couple of years, all my [00:31:00] doctors moved out to thousand Oaks. So like that, that would be, you know, if you're going to a doctor's appointment or something like that, but I think that would be the closest one because, or else, you know, echo park or LA Las villas, which is traffic nightmare thousand Oaks.

There was one real close to my house when I lived there. Yeah. There's 1000 Oaks for sure. Um, they're in kind of random locations, but yes, that'd be awesome. Thank you, sweetheart. Not a problem. Thank you, Nathan. Hi, how are you? Good. I'm in the gym doing my workouts. Oh, I love it. I love it. What's going on friend?

Uh, not much. Um, I, uh, doing kettlebells right now, so they're kicking my core. All right. So I think I got my thoughts. Um, just wanted to touch on two things cause it's kind of all kind of circling back, um, by the way, I've had a good week too. Um, I've, uh, been really focused and [00:32:00] I'm also a couple more pounds down from the last time we talked last week.

So I mentioned towards, uh, being a lower weight, but, uh, Ted touched on it. Linda kind of touched on it and somebody else kind of did too. But, um, uh, I think, but Ted was saying like, you know, like the PDF is like one part of this, you know, it's not, it's not all, but it's one part. And, uh, I think Anna, you were kind of touching on earlier.

The club hosts is kind of like another piece of that. And for me, I think Anna could probably, it does. I'm on it a lot. I'm a clubhouse floozy. Um, so, um, Th the, my handle that I use in social media is my keto recovery. Cause I'm in a state of ketosis and I'm recovering from my food addiction. And I think probably a lot of us, I don't want to speak for everyone, but, um, we probably

have some spectrum of food addiction or a carbon diction or a sugar addiction or whatever you want to call it.

Um, and, uh, having these weekly get ups, um, or for me, it's like almost every day I'm on this app. So, [00:33:00] um, it's kind of keeps me focused and it keeps me in check. It's just one of the, it's a tool to keep me in line. And luckily Anna is nice enough to host this once a week. And then, uh, Megan and, um, I'm sorry, Leona.

See, I can't even remember her name either and just like Vinny, Lois, Lois. Yeah. Um, Lois or Leona. Um, You know, they host the, the other room later in the week as well. And there's, there's a lot of re low-carb rooms here as well. Uh, this is a great one. I, uh, I host some sometimes and I've met a lot of other contexts, so I'm actually meeting in a couple of weeks, face to face in Memphis, Tennessee, and in November plug for Quito Thanksgiving in case anybody's in the Memphis area.

Yeah. I donated two tickets for, yeah. Uh, it's November 13th. Um, there's a website for it. I think it's a, I think it's Quito giving [00:34:00] Memphis it's something crazy. Just message, message. Mere. Nathan will tell you about it. It's run by Judith. Awesome. Yeah. Keto friends, giving.com or keto friends giving memphis.com.

They think if you Google keto friends gaming, Memphis, it will come out. Um, and, uh, I think it's like 50 or 60 bucks to go. And, um, I've just met a lot of great people, um, and, uh, Yeah, so just, this is one tool. Um, I kind of look at this as my cover recovery, my very best friend. Uh, he's a recovering alcoholic of over a decade and he would tell me about his recovery and his experience going through 12 steps through AA and everything.

And, um, it just sounded, I just kind of came to the realization. Wow. I have a problem with food and I'm not saying it's like alcoholism, but there's a lot of similarities to it. Um, and I didn't go through a sweat 12 step program or anything, and I don't even know at what level I really am an addict, but I kind of treat my relationship with food that I am an addict.

And I think that's what puts me on the path toward success. [00:35:00] So, uh, just want to chime in with those thoughts. Uh, thanks for the time here, Anna and I am done. Nathan. That's amazing. And I love your perspective that you give. And by the way, if somebody wants to do a 12 step program, great. If somebody else has another way of managing it, great.

I don't, I would never presume to. And I think that's what Nathan was getting at too. Like sometimes the 12 step works really well for the food and other times they have to manage it in different ways. So I, I think what I like, and what I hear is a healthy, I don't want to say the word respect, but an acknowledged, healthy acknowledgement of where your boundaries need to be with your food.

And that's also a very strong part of this journey. And so, cause I hear some folks are like, I can never ever have a cheat bite. Right? And then some folks are like, I can do this level of whatever and you have to figure out what works for you. And so I really appreciate this [00:36:00] whole thing. And Nathan, you've been on quite a journey to.

And so, and I just love hearing your perspective and your voice is just so nice and soothing to him. I was like, yeah, that's right. Nathan, look, I just feel good when I hear you talk. So coming from you, that's a huge compliment. I like hearing your voice, but this is why I like clubhouse because it's like, you can really hear what's authentically going on with someone's voice.

And you can also hear when someone's just full of shit. Because there's a lot of that on clubhouse too. I know we have a little intimate group here and we check in and, and by the way, I see you guys down there. Ooh, Foxy Hawks. He's here. Um, if you want to have Susie's here, I don't know if you're in a place where you can raise your hands and say, hi, I would love to hear your voices and crystal, if you want to check in, just hit the hit the little hand raise thing, we'll bring you up.

And then when you come up, mute yourself and I'll get to you. But, um, also I want to throw this out there to you guys, Megan and Leona started that Thursday group. If you guys want to start a weekly support group in this thing, do it because [00:37:00] what happens is with the algorithm, is that everybody who's in the club, it kind of lights up like, oh yeah.

Oh, I could jump in that room. And you never know when people are just needing to hear someone else's voice and just have that touch point. So just want to throw that out there. Thank you, Nathan. Bob Zimmer, what are we making for dinner? No, tonight. It's what did we eat for dinner? I actually made it early.

Did we eat? So we had four, uh, 16 ounce. Uh rib-eyes and those were prepared, uh, room temperature, salt, pepper, uh, butter on the flat top to about 105 centered temperature. Let's sit for about 10 minutes and it turned out. Perfect.

So those with broccolini and green beans for the boys, and then a mixed green salad with almonds or not almonds.

I'm sorry, Pickens. Um, sliced [00:38:00] cherry tomatoes, shaved manchego cheese, um, all of press truffle infused olive oil and olive press white vinegar. It was funny. Anybody else has have a food gas I have to pull over right now. I got to go. I'm going to go make dinner. There you go. We tried to do a little bit early tonight.

Um, we're trying to eat, started eating a little bit early. I think we've been eating too late, you know, nine o'clock Spanish thing where you eat at 10 o'clock at night, sometimes depending on, you know what, like after the football games. Yeah. Um, but uh, the last football game of the regular season is coming up Friday and then we got playoffs.

So hopefully before Thanksgiving, we'll get back to a semi normal schedule. Um, the interesting thing from this week for us, um, so we had a cruise booked for spring break and my son did the research on the boat and he's like, Do you have to [00:39:00] change boats? I'm like, what are you talking about? I already paid for this.

He's like, it doesn't have a sport court. So they refuse to get on a boat without a sport court on it because there's like, there's nothing else to do. So they're very, very physical. So over the weekend, literally we switched cruise lines, boats, airfare, everything, but the good news is. It gives us a goal.

So over the over COVID we haven't had a goal. It's like, there's always been this goal. It's like, all right. So we've got this vacation coming up or there's some big milestone coming up that you can kind of shoot for. Right. And you kind of aim towards, Hey, I want to, you know, um, you know, lose X amount of weight or gain X amount of weight or do whatever, but there's been no goal.

So I think I've kind of been floating through this whole COVID yeah. Every day is kind of the same. And now we've got a goal again, which is, which is fantastic. So we're going to start eating a little bit earlier. I'm going to definitely stop the day drinking, which we did or earlier this year, uh, continue that as well as, um, you know, try and make a little bit more healthy [00:40:00] choices.

The one thing that I've rediscovered is pension at the, oh my God. Um, Absolutely. So I'm going to post this on your site later, but for lunch today? Um, we did, so I was, I wasn't even hungry for breakfast, so I just went off my run and then just did lunch at one, um, totally fasted, but, uh, I took, uh, eight slices

of penchant, uh, in the frying pan, maybe two and a half, three minutes, um, both sides and, um, got my little egg rings and I made a top and a bottom quote-unquote bun out of egg and put the pen sheds in the middle.

Oh my God. This is the we've literally rediscovered pen shack that we went down to. A buddy of mine. Um, he works for a restaurant chain and he know they want us to kind of test open a restaurant downtown. And we did that. And on the way back with the Jimmy's food store was here in Dallas. It was like the only Italian store you can go to to get real pinch that's our [00:41:00] real, anything Italian.

So we got the Penn up to there and I'm like, oh my God, I haven't had this in so long. So I think we're going to start replacing the bacon with Penn. Schechter it's most likely. Um, it's actually tastes way better, so much easier to cook. So we're just making little adjustments like that and, you know, we'll, we'll see, we'll see what happens.

Um, the one downside is I re I am like on my last keto strip with my keto mojo, they, I went to go order more and they're discontinued, they've upgraded the machine. Now you gotta to buy this whole new machine. So we've got a new ketone monitor.

Yes, it is. But I mean, you can still buy the 50 strips, but they expired March 22nd. I'm like, I'm not going to use 50 strips and rectify second out test that often. So, so we'll, we'll, we'll do the. And whatnot, but no it's been, it's been a good, it was a good week. My, my only issue is, you know, the, still with the COVID I've, I've been doing the gym kind of here and there, but I still have this kind of sinus thing going on.[00:42:00]

Um, that's not like congestion, but more pressure. So as anybody knows, when you, when you're at the gym and I hear it, I hear you with the kettlebells, right. You're just exerting and exerting and it just, it gets your blood flowing in the back of your head and kind of you get that headache. So I've been trying to avoid that.

Um, although I have been finding that it has been a lot easier to stay in zone two. Now that the temperature is getting a little bit less, you know, here in Texas at the temperatures a little bit cooler. So I'm just adding more zone two and hopefully we'll get back to the gym full time and in a few weeks, um, cause again, that is the fountain view.

It's like, like Vinnie says, right? I did have. I don't want to put you on the spot last week, but since Vinny mentioned it this week on the podcast, uh, keto con um, are you going the one in Austin? Yeah, I intend to. Okay, fantastic. When you guys figure out all of the details, if we're going to do a meetup, if there's a [00:43:00] preferred hotel, please have on the podcast, say, you know what it is.

And then, you know, I'll make my reservations. We still have our tickets from two years ago when they, when they canceled the show. So it will be there for the whole thing. I am very excited. I know that was a big disappointment. And I know Robin Switzer who puts on the event was very. Unhappy to have to cancel it.

And, um, she went through hell and back with that event and the internet being mad at her, which I was like, hello, a pandemic happened relaxed, you got an understory. It's kinda like the whole Del Campo thing. Look, they're going to try and do their best to make it right. Things happen, you know, there's, there's bad apples everywhere.

Right. I mean, they they'd already committed. So, you know, we've kept our tickets. We're, we're good to go, not unhappy. And I'm looking forward to it. I'm just hopeful that there'll be a special Vinny room. Like, like there was going to be two years ago. I think there probably will be. I'm sure we're still in early talks with Robin.

I talked to her, uh, about a month ago and yeah, it it's going to be a really fun event. I think that that one will be the one that, uh, folks should come to. Totally. I totally [00:44:00] agree. After I used, when I used to travel for work before they shut us down on business travel, I used to go to Vegas like 20 times a year.

So I would have been there for that. I, yeah, it would have been a much better attended event if it weren't, you know, shut down. I, and I think I know that the guy put that one on because he wanted to get momentum. So that next year we could do even more. And, um, I don't know if I could be there next year because actually one of my best friends is getting married and that's, I'm so old that I don't know people who get married anymore.

So, um, when that happens, you kind of gotta go, but I, yeah. You know, I mean, listen, the whole, the whole thing with any of these events and it's just going to happen is the whole, they have to have brands there as sponsors, not everybody's going to be what we do at energy nsng or what I like to call real food keto.

That's what I, that's the phrase I use for the mainstream keto community, because there's just going to be. Does the thing with the earth we're tall, original, [00:45:00] tall is not going anywhere you guys, but just try to avoid as much as no. You're absolutely right. And I think if people listen to the podcast and they, and they educate themselves and they, and they know the truth, they're not going to be tempted by anything with all this Quito on the bag.

Listen, if there's keto in the bag of the box, it's probably not a great thing. Right? Natural keto. I love the way you put it in natural keto. That real food Quito. Yeah. I've been trying to say that. So thank you, Bob. I appreciate that. And I wanted to just go, speaking of real food keto, let's just talk panchetta for a second.

Pro tip. If you have a jar of the marinara and you want to make a really fast bullet AEs, you can chop up three slices of bacon or a little bit of pinch Yetta, heat that in the pan, leave the grease in. Then do the ground beef, then just pour a jar of the marinara. Boom. You've got a bull and A's done.

Right. I hear, I hear a recipe for the next seed. Happy. I know I gotta, I gotta get on that. Um, the, uh, there, Bob, excuse me. [00:46:00] On your strips, you were saying earlier that it had an expiration date, are you sure it's not a best by date and according to Quito mojo, if I were to buy the 50 pack today, it expires March 22nd.

Now I know that. Well, they say it does now. I'm not an expert, but I know that they do register each time. So they may have programmed in an expiration date, uh, in the, in the chip. I don't know. Um, all I was looking at was luck. I can get the new thing plus 60 strips for less than a hundred bucks. I might as well do it with the discount and all that versus buying a \$50 pack of 50 that I probably will use 20 of between now and March 22nd when I take the risk.

And I think that they, I did see something after I'd already bought it. They said that they're willing to upgrade there's so there's, if you contact them and say, Hey, I've got an old keto mojo, though. They'll upgrade you at a discount. I'm not selling Kito mojo. I'm not, I've been, [00:47:00] I've been using it forever.

And I love it. Thank you, Bob. Thank you, Michael. Um, I just wanted to say two and then we're going to get to Monica before we land this. The pancetta for those you don't know is basically it's still pork belly, like bacon is, but it's cured in a very special Italian way. And it is really, it's so good. It's really, really good.

And here's my pro tip. You can't find it a lot of places. So if you see it, buy it because it lasts forever. So if you see panchetta or the other thing I always tell people to buy, hear me now, believe me later is called guanciale, G U a N C I a L E. It's pork jowl. And it's also cured in the same way that the pork belly is, and it is incredible it.

And so, cause you know, I always tell you guys use your cured meats to flavor stuff. Use the pan shadow the guanciale, the salami chopped up, all pursued. Any of that stuff chopped up in stuff, gives it like an extra layer of [00:48:00] flavor. It's pretty great. So I just want to throw that out there. Thank you Bob, for bringing it up.

Okay. Monica are our big wins. You finally get to do your check-in, although it sounds like your day is going pretty great. My day is rocking the damn house girl.

So, um, for those of you who have not met me before, which is all of you in Berlin, I live at nomadic existence. I no longer have a home and I travel the United States and I stayed with people and it is glorious and wonderful. And, uh, so I am a five-star house guest in case anyone is inclined. It's super fun.

And what's interesting is that the last guest I stayed with in Birmingham, who was actually a client of mine, health coaching client, and business coaching client of mine, she said to me, you can't leave because I've lost six pounds since you've been here. [00:49:00] So that's maybe my new business model. I don't know.

I'll be like Supernanny instead of coming and wrangling your kids, I'll, I'll come move in with you for, for a week and you'll lose weight. Um, so that's kind of what it's real, that's legit. My friend Tori has done that and gone and lived with people for like four to six weeks, gets them on their path.

Does that teaches them how to cook everything? She's done that it's a, it's a legit business model and great for nomadic existence. You know what I mean? That's awesome. Well, it's sober something to consider because I'm not even trying it, like it just happened. And my host that I'm with now in Atlanta, she's down three pounds and I'm only been here six days, so it's apparently a thing I'm magical.

So anyway, so that's what's happening there. Um, but as far as for my own journey, uh, I'm doing pretty well. I'm doing pretty well, and I really loved, I popped in late, but I really loved the topic that was up earlier of self-sabotage

and. [00:50:00] I was thinking about that very thing and about why it's so, so common and why it's, why we do it.

And there's lots of reasons, but one of the books I've read on self-sabotage is gay Hendricks, the big leap. And I don't know if anyone's read it, but it's fantastic. And it basically talks about. We self-sabotage when we bump up against what we perceive as our, our limit, that we can't do any better in our lives.

And it's some deeply held belief that we don't even know is in there. And that's what keeps us self-sabotaging because we can't possibly fathom that life could be any better than a certain point. And we have to reset that limit. It's fascinating and wonderful. And the thing that it comes back to for me, because I'm in a, I'm in a battle every day, just like everyone else, every stinking day.

And, um, I think people forget that sometimes when you see where a person is today, and you didn't know who they were before you forget that they still have to battle every day. Right. Or I shouldn't say the word [00:51:00] battle, I should be more positive and say, we have to make choices every day. But the thing that sometimes helps me and maybe it will help someone on this call is that I have to remember.

That unless I fully love myself and advocate for myself, I'm vulnerable. And so that's when I find that the rubber meets the road where, when I'm in the middle of a hard choice, when I want to have whatever it is I want to have, I have to check in and go, who do you love more? Who do you love more? You love yourself more.

You love your old self more. You love your future self more, or you love that pizza more. Who do you love more? And recalibrate my emotions that way, because food is emotional. And, um, Nathan was talking about it. You know, whether you're officially capital O you know, circle our registered trademark, a food addict, or whether you just feel like you might be, or whether you just struggle with Oreos for Pete's sake, you know, like it's all emotional because, because we [00:52:00] can't not eat, we have to eat.

It's not like cocaine. Like we don't need cocaine to live. We need food to live. And we always are in the midst of a hard choice, but, um, it's just a day to day and, and that's all we can do is day to day. So anyway, I could, I love this topic so much because self-mastery is totally my jam. I love you all.

And I so appreciate you. And I'm grateful for this room that Monica and I'm done piano is just going to touch base what Monica was touching on there, um, where you kind of feel inferior. It's like what they call the imposter syndrome. Uh, we talked about that in a lot of clubhouses and it is a very natural occurrence.

Uh, an isolated person. If you go through the experience, it's usually means that you're actually okay. And then it's okay to have doubts. Okay. Here's the part of the clubhouse where I get super. Woo. Thank you, Nathan. Thank you, Monica. So, uh, you know, we had Laura Powers on a few months ago and she's was talking about how to get in touch with your intuition and yada yada, yada.

And then [00:53:00] I kind of came out of my little Wu closet in that, uh, I Leona knows this, but she's not here, but I get, I get, I get downloads. Let me put it that way. And one time I was meditating and the download, I got that the imposter syndrome. And I said this before in a clubhouse, I'm gonna say it again. The imposter syndrome.

I want to make sure I word it the way that it was downloaded to me, the imposter syndrome is when those who are born very strong are told at a young age that they are weak. And because I had imposter syndrome big time. And for some reason when I got that download, I, I kind of reframed every. 'cause I didn't understand like, oh, well, I, I, you know, I was like, I'm gonna do, I'm gonna do voiceover.

And then I wound up doing a good job at my voiceover career. It went well. And I was like, well, one day they're going to figure out that I'm just like a regular middle-aged mom from America with nothing special going on. They're going to figure it out and I'll stop getting jobs. And it was such a miserable existence to be in.

And everybody has their version of [00:54:00] their imposter syndrome. Right. And I, and I was a pro at applying my imposter syndrome to pretty much every aspect of my life. And it wasn't until I think I got that downloaded, probably like my mid forties now I'm 48. So maybe three years ago and, um, and realized, oh, it's time to reframe everything.

And it's okay that you were born strong and were told you were weak because that's what you've been. Was that level of abuse. Right. And, uh, and then going, oh no, no, no. It's okay for me to be who I am. It's okay. For me to be strong. It's okay for me to own my strengths and own my weaknesses. And so when you

talk about Monica, you talk about, uh, you know, staying on top of your game and saying, who do I love more?

What do I love more this pizza or, or myself? I, I had the same, a similar process. And again, I've talked about it before. So forgive me if I'm repeating about a belief work and seeing when that stuff comes up, why is it that I want to have that pizza so badly? Why what's going on? What do I have to believe in order for that [00:55:00] feeling to be true?

You know? And so I go through this process and I D and I, I used to do it for years. I would journal the morning and I would, I would find something the day before that I got uncomfortable about, I got angry about something or frustrated or sad or. What came up, where, where did I interact with the world where I felt like I was either less than, or being treated as less than, and I would have this stuff come up.

And the reason why I go on this long description is because this topic, Monica, Nathan, it is so, so important to me. I hear you jumping up and down on that mic. Monica. I love you so much. That's awesome. And because this is where I'm talking about when, so when I see Crystal's post in the group and I go, no, you got to come in, you got to come into this clubhouse and you got to hang out for a little while with people who are going through the exact same thing as you.

And I'm not saying you're going to cure it today because you're not because also there's no cures. There's, there's no fast, easy thing, but the more you can look at stuff. And now I will say I see stuff in the moment. If I have a [00:56:00] bad interaction, a road rage interaction, something Monica might be familiar with being driving around, um, a row let's use as an example, that's a simple thing.

We've all gone through. Some asshole cuts you off and you're like, Ugh, but it's like, what is that? How come there are some people who never get angry at that, but then there's people who are like, would also pull you over on the side of the road and beat the shit out of you for doing that. You know what I mean?

Like there's gotta be, there's a continuum is what I'm saying. And so anytime that you feel that negative emotion and you might not even associate that you had the road rage thing, and it just brought up all the times and this again is very unconscious. You have the road rage things, it brought up all the times that people have shit all over you in the past couple of weeks that then you're like, screw it.

I'm going to stop and get ice cream at the seven 11. And you don't even put it together. That that's what just happened, but that's what happened. And so the awareness to me is really important and I'm super proud of everybody here.

[00:57:00] And Monica, I feel like you want to say more stuff, please do, and then we'll land the plane.

But thank you. When I was, when I was, um, tapping, I was merely clapping. Um, and because I am so, so. What you just said, and I'm a clapper, I'm a very enthusiastic person. Um, what, what can I say? But regarding what you said, I just had a major breakthrough tonight with his girlfriend. I spent the evening talking to, and one of the things that I got super clear on is that in many of us, and it may, it may not be women, but it may just be that my conversations are with women around it.

I would be super curious to have a conversation around this with men, but for many of us, there was no transfer of power. And what I mean is there's no transfer of power from when we were children to when we were adults to who is granting the permission. And so, um, when we're kids, you know, we need permission to do [00:58:00] things.

We need permission to do whatever, anything because we're children. And for whatever reason, we come into adulthood and some of us are still waiting to have permission granted by somebody else. We're still waiting. And one of the things that I tell my, my friends and my clients is you do not need permission to make your life better.

You do not need permission to take control of your food, to take control of your exercise, to take control of what you allow in your heart and your head in your eyes and your ears. You are the chooser. And we forget that. And that is our work. When we get to the middle of our lives or adulthood, to me, that is our work.

And that all goes back to what you just said, Anna, which is where are we feeling that we are out of control, where we don't have permission to live the life we want. And that's when we want to fill that void in my void in a lot of other people's voids is the biggest hole in our head, which is our mouth.

It's so fascinating. I can talk [00:59:00] to you all of that, about this. I just love it. Thank you for granting me the grace of being along the way. Thank you, Monica. Thank you everybody. Thank you. Thank you. Thank you, Monica. Make sure you give me an address where I can get that it's going to ship from

Tennessee. So not too far from you, so whatever you think you're going to be in the next week, we're going to get you that she's congratulations.

The great gravy giveaway winner. Um, thank you everybody for being here. Thank you for checking in. Uh, please join us every Monday. Same time, same bat channel every Thursday with Foxy Hoxie and Leona. Same time, same bat channel. But on Thursday, uh, I do Instagram live two 30 Pacific. Every Tuesday. That's been going amazing.

You guys have been chiming into that and I've been having a good time and they live, they stay on my Instagram by the way. So if you hear, for example, I think the Ruben Chopel has been sweeping the groups because people have been making that. We made a chock-full before I have the Rubin recipe in the second book, why don't we put it together into a Reuben shuffle, do an Instagram live about it.

It still [01:00:00] lives there. You can go. We did a Facebook live. Oh, we did a Facebook live this past Saturday and Megan's helping me out with all this stuff. Uh, we poached eggs and marinara, but we cooked the pen Chet in there. First boy, it's really good. It's really, really good. Um, by the way, and when you do eat this way and you take this special care to eat this way, especially listen to what Bob described tonight.

There was so many there's, rib-eyes flying all over. And manchego and broccolini that you're not depriving yourself. That's the thing. But you got to get your definition straight. You have to get your definition straight, your intention straight, and that's what we're here to help with. So tune into this stuff, please sign up for my mailing list.

If you haven't gotten my, my meal plan, you can D out Megan set up the coolest thing. You could DM the words meal plan to me on Instagram, and it will automatically send you the link to get it. I don't even understand what does happened. It's so cool. Um, so thank you everybody for being here. Thank you everybody for telling me be here next week.

I want to hear the check-ins and for those of [01:01:00] you guys who weren't able to raise your hands, I understand, but I might invite you up next week because I want to hear your voices. I love you all. Thank you for being here and, uh, go out and, and have a great last week. We didn't even talk about Halloween.

Don't buy any Halloween candy until the day of Halloween. Okay. That's there?
I said my piece. Thank you everybody. We're done. Thanks. All right, bye guys.
Thank you.