



The 8 Ways Module 3 Office Hours by Dr. Veronica Anderson

- Dr. Veronica: Oh, there you are. How are you? I need to learn light. Noah pretty there. I see you, but I don't hear you. Okay. All right. Oh, there you are. Are you at home?
- Noah: Can you hear me?
- Dr. Veronica: Oh, now I hear you. Yes. How you doing?
- Noah: How is your doggy?
- Dr. Veronica: Yeah, that's, this is Artemis.
- Noah: Oh, he's nice.
- Dr. Veronica: Whenever he hears me talk to someone, it's like he needs, he knows he needs attention. So He's, he's sitting, he sits next to me quietly. As soon as something starts, it's like, oh my God. How are you doing? How are things going for you?
- Noah: It's amazing. I just got back into DC around two o'clock today.
- Dr. Veronica: Okay.
- Noah: From Philly and as I got off the phone with you, was that Saturday morning?
- Dr. Veronica: Yes.
- Noah: My brother (Inaudible) Marble, we're going to this this retirement party. His uncle or his father? His father's brother, his father's sister's husband was retiring from his bishopship. Okay. And he had a real big melt down where we had to 302 him.
- Dr. Veronica: Yeah, he had a what?
- Noah: A meltdown where we had to 302 him. What would that happen as soon as I got off the phone with you that day I went straight into it when I was walking out of the door and, I've been dealing with that all weekend, but I'm okay.
- Dr. Veronica: Wait, wait, who had the meltdown?
- Noah: Mucha Marble.

Dr. Veronica: About what?

Noah: Well they said it was under the influence, he was drinking and had PCP, and cocaine in his system or something like that. Yeah.

Dr. Veronica: So is he okay?

Noah: Yeah, cause we were down in Dover, Delaware and, they admitted him into the hospital, some, you know, evaluating of him over 24 hours. So, He's back home. He got back home Monday, they went down to pick him up. So he said that he's fine. He was just like, everything's good. I'm okay. I was just a little drunk and I'm like, no, no, no, no. It was a spectacle.

Dr. Veronica: Okay. Forgive me. You understand? I'm not. All right. So, tell me how you're doing. How's your health stuff going?

Noah: I'm doing well, you know, today it was a lot. I was traveling on the highway from Philly to DC and I was trembling with some, no, some people, but you know, I will say that my health today and vitamins and I'm keeping up with my cranberry juice and apple cider vinegar, lemon juice and water. Yes. I've been doing that consistently.

Dr. Veronica: So you're getting the consistency. Good.

Noah: Yeah, yeah, yeah. So in Philly I didn't have any, , cranberry juice, like, you know, the 100%, but I would just keep a consistent, of course with the lemon juice.

Dr. Veronica: Good for you! Wonderful. Hi Daryl.

Daryl: Hey,

Dr. Veronica: I see you there.

Daryl: Yeah, a little late.

Dr. Veronica: Oh, no problem. No, no, no, no. This is open. So whenever you show off is fine because it's just silly, you know, so, okay. I'm just like, let me, let me chat. I'll chat a little bit with Noah and then, you know, maybe Noah has something, like my dog is here and he's like, you do know Artemis. That's Artemis. He's one of my dogs. So, all right, so consistency with the drink. How about, getting in more vegetables and things like that? Have you been able to do that

Dr. Veronica: This weekend? With my travels, I haven't been able to eat more vegetables. I can take a few events that I was at Dover downs. They had some vegetables. I had some other mills this weekend that had a lot of vegetables with it.

Dr. Veronica: Oh yeah. So you're increasing your vegetable intake? I listen to this. Okay, good. Are you having any meals that you think are particularly difficult for you?

Noah: Hmm, I would say breakfast. I don't really eat, I don't really have an appetite until about 11 or 12.

Dr. Veronica: Okay. Do you eat late? Well, I'd be. When did you give your last meal?

Noah: I would say around maybe nine.

Dr. Veronica: Okay, so you eat relatively late?

Noah: Yeah.

Dr. Veronica: Okay, so one, one thing about getting more in balance is to do some meal timing. Alright. This is going to get your hormones in balance. Artemis is just like, he's just to be so upset cause I'm giving other people attention. Okay. So to get yourself more in balance, it's to talk about meal timing, and one of the pieces is to have a little something. Now if you're, if you're getting up early in the morning, do your best to have something in the morning and that something being something with a protein base in it as opposed to like a cereal or something like that. What you want to do is you want to give yourself a certain amount of time between meals and as best you can not do lots of snacking and if you feel like you have to do lots of snacking, we'll back you into this. But you want to have that five hours between breakfast and lunch and five hours between lunch and dinner and then you want to have 11 to 13 hours between dinner and bedtime or the last time you eat at night, and I'm sorry, not, not between dinner and bedtime, the last time you eat at night in the first time you morning. Now if you're eating at nine o'clock at night and then you're not eating till 11 in the morning, you have that. But what I want to have you do, is start off your day more with something that's protein base a little bit earlier and try to reset so that you have that five hours and and so it's going to be difficult for you to have the five hours if you're eating late. You see what I'm saying? So if you eating early, have something maybe before you run out, like that's why I like the smoothie as quick and simple. It's like this is a take it with you. All right? And then most people are noon to 1:00 PM so you want to have that five hours in there.

Dr. Veronica: But that means that if you're eating at seven, you're going to eat at 12 and then, or one and let's say between one and then you're eating again at like six and you move it so that between like six or seven at night and the next morning you have that 11 to 13 hour fast. And so now here's the thing, if you are, if you know there's going to be days that are going to be different, right? I'll probably have, you know, I have different days. But when I'll be conscious of the 11 to 13 hour fast overnight, be conscious of that because when you're in that fast state, the 11 to 13 hours, that's when the fat burning kicks in. So, and, and when you get over three hours is when it kicks in too. So that's why the five hours now, there's a lot of teaching about eating a bunch of small meals and let's just think about how people lived and everything like that. I mean, people didn't snack all day every day. That's not how our ancestors lived. And if you ever go to, other cultures and societies, you're not going to see people's snacking all day.

Dr. Veronica: I mean, when I go to France, people don't snack all day, every day. When I go, when I've been in Africa, people aren't constantly eating. That's not, this is an American thing. Okay? So, and people say to keep your blood sugar stable, but if you're not having blood sugar problems, you know your blood sugar's going to be able to stay stable, it's meant to be that way. Now when you're having blood sugar problems, you're going to deviate because if you're taking medications, the medicine's got to falsely lower your glucose and then you don't want that to happen and so, then you have to do things that are not natural, but we're, we're working to avoid that. So, let's think of it in terms more of what people were normally meant to do and be as close to that as possible. All right. And that's one thing, thinking about sugar. I mean, if you're, if people are just aren't necessarily eating (inaudible) of society Artemis you are so much. All right, does that, does that all make sense to you? Is that something that you can strive for?

Noah: I definitely could strive for that because I do a lot of Philadelphia, DC, Philadelphia, DC. So when I traveled to Philly, my schedule just changes and it really changes to the environment that I'm in. So I guess, as far as the protein in the morning, when I get up, I commit to that. That's like a boiled egg. I'm not, everyone's going to have a, you know, a blender or something like that, but I can definitely stabilize it here at my home. But if I can just get some type of travel meal packet that I have when I'm moving consistently back and forth.

Dr. Veronica: Exactly! Exactly! And so a lot of this is planning, and you have the lifestyle. So you know, plan, you know what's going to happen pretty much what's your traveling. And so plan for that. It's just like, I live in two different places. I lived part time in, you know, I'm Bucks County outside of Philly and the other part in New York, but at night when I finished, I'm going to get off a pack up, I'll go to New York. The whole thing is different when I'm in New York. It's just everything is different. And so you have to adjust to your environment and figure out, okay, how do I stay as true as I can to what my, what plan I set out for myself? And that's about getting a routine and plan what you're going to have to do.

Dr. Veronica: The biggest challenge probably for you when you're in the Philadelphia area is all the other people around who is something different, and you know, the, when there's a lot of people around, everybody's on a different schedule and it's relatively unpredictable and that's, that makes things challenging. But think about it in terms of, if you were, if you were the diabetic, you'd be like, I got to eat, I got to take my medicine. I kind of think about yourself like that. Not like you're a diabetic, but that your commitment to wellness is the same as them. Say, I gotta take my insulin, I got to eat, I've got a whatever. And, you know, just adhere to it. Say,

Dr. Veronica: Alright, anything else that you find the dryness?

Noah: No, not really. Well, you know, I don't have an appetite for things that has been carved out. Interestingly enough, it's been really, like when I mentioned to you the other day with my private session, I believe I'm going back to what my foundation was when I first entered this world. And it's just, I don't have a taste for something, so I would rather not eat. So if I don't have accessibility to

some things, it's like, oh, just give me a bottle of water. I'm okay because some days I really just don't even want to chew. I don't know if that's a mental thing though, so,

Dr. Veronica: Well, I can tell you a lot of times, it's just those, no, know Gina was on the first week and she said I restarted to it already....(inaudible)

Noah: Okay. And just one other thing before you move forward. I do, I really deal with a lot of constipation, so I think, I don't know what that comes from.

Dr. Veronica: Okay, this is one of the very good reasons to add the vegetables. If you eat the servings of fruit and vegetables you're going to get, you'll notice that will be one thing for your constipation to improve quite a bit. So one is that the second is making sure you're having enough fluid intake. So you're doing the cranberry drink. But the other part is you have your body weight in ounces of water a day.

Dr. Veronica: And so get as much as you can your fluid intake up, and when I say fluid, I'm not talking about soda. You know, I must say that I'm say if your unsweetened beverages that are not artificially sweetened. So, if you're drinking unsweetened tea, that's fine. That can count. But make sure you have enough fluid intake first of all. And the second is having enough fiber. Those are the first two things to do to get to, to start moving things for through. Third thing, I don't know if this is a year yet and I didn't talk about it. I don't push people on this. And I was going to say, okay, now we're in week three. We need to start moving more. So moving more. We'll also move your bowels for quite interestingly, so I don't know if you've started any type of fitness program. And now here's the thing about starting a fitness program. Do something that you know, you can promise yourself you're going to do. I always recommend people start out with whatever it is slow, so you can keep your promise to yourself. And what I mean by that is if you say, I can do 15 minutes twice a week, that's what I want you to do. So you keep your promise to yourself 15 minutes or something. When people don't make it, it's because they make a goal that's really aggressive. They can't keep it. And so then I said, well, I can't do it. So they quit the whole thing. So what we want to do is we want to start working you up to stock. And so with the reason why I'm saying 15 minutes twice a week, which doesn't sound like a lot, I want you to figure out where you can put it, because then once you figure out where you're going to put some time, then you can increase the time, then you can increase the number of times a week or whichever works best for you. What might be okay, I can do 15 minutes of, you know, I can go out and walk 15 minutes, you know, on Tuesday and Thursday because my schedules are good on Tuesday and Thursday. Now it's, you know, it's light later and everything like that. So that's a good thing. Whatever it is, you've got to make sure that you just get up and you lose more. Don't get aggressive about it being modest in what you're going to do so you can keep your promise to yourself and you will do it. Okay.

Dr. Veronica: Does that make sense? That's, that's your exercise prescription. And so, I don't care what it is. Okay. The other thing about moving is, it's moving no matter what. And so if you decide I want to go out and Salsa dance, go out and Salsa dance, just movement. You, what you have to do is something that you're

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going to find that you like and it's enjoyable. I happen to like going to the gym and taking classes. It's easy. Then I'm coming home and I'm like, all right, you know, I have the Doggies, I'm a walk him for 15 minutes and him, maybe even longer sometime. So, find something that you like and that will fit into your schedule that you'll continue to do. So that it's a lifelong practice. Once you start doing that, then you might find something where you say, you know what? Like I do martial arts, I do Taekwondo. So today was my Taekwondo day. I went to Taekwondo. So you might find something like that and you say, Hey, I want to take up, you know, Taekwondo, Karate, Judo, Krav Maga, Yoga, whatever. Now Yoga is not going to give you the cardiovascular of type that you need, but it's good for stretching and everything as stretching and balance. So you, think about two types of physical activity. One is cardiovascular, there's three, I'm sorry, cardiovascular, your strength and then your balance. So right now, if you're, when you're working towards, I want to work towards cardiovascular fitness first rather than weight fitness. One of the things to always keep in mind, people say, and I know you've worked out before, people say, I say, why are you having problems? They say, cause I can't get to the gym, I'm not working out. Okay. But that may be four to four to 600 calories per day. Nobody's workout is making or breaking. Now. That's why I don't talk to people about working out. I want you to know that you can get fabulous results and not step foot on any workout, nothing. Because that's not the mainstay of what you're going to do, for weight loss or anything like that. Is working out very good for you? Yes, but it's not the main stay of weight loss unless you're going to be on the biggest loser workout eight hours a day. And then nobody can sustain that. All right? So think about how am I going to write now begin to develop a lifelong habit. Like I brushed my teeth, how, where am I going to fit this in? So that's why I say 15 minutes, twice a week.

Dr. Veronica: So you could come back next week and say, Yay, I did it. Because even if you don't get it in, you can say, okay, Sunday I did it Monday, I did it, I got by two 50 minutes in. You know what I'm saying? And then you figure out how to spread it out and all this other type of stuff. Most of these things, you realize that you really do have time. And then if you say you don't have time, it's just your own resistance or you're making an excuse because you do have time. I mean, no, I hear people say they don't have time, but they've seen every, you know, Game of Thrones, you have time. We all have the same 24 hours, every single one of us. So I don't know if you're thinking, I don't have time. You didn't say that. It's just, I'm saying that as an example. Okay.

Noah: I think cause I actually have a nice plan, with, you know, I'm studying now for my MBA. So school is right up the street in the pool is open from 7:00 AM to 7:00 PM. The other thing is I have, and it's free again. It's a free, you know, pool, I don't have to pay any taxes for you or anything to get it. Yes. Also here at my building, Mondays and Thursdays they have a hit class. I rejoined the hit class last Monday. I wasn't here yesterday. No, this past Monday. So I have to make it up. Just come in Monday. Well not make it up.

Dr. Veronica: Is it only once a week?

Noah: Is that actually twice a week, Monday and Thursday. But I have a class on Thursday evenings at that time. Yeah, the other thing is I have done, I joined

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the Tai-Chi class with the district of Columbia parks and recreations and that is Monday, Thursday, and Saturday. So it was like the day of this, in a day of that. And you know, I have something that I'm interested in doing. Tai-Chi has I think really beautiful results from.

Dr. Veronica: Oh my gosh! Okay, so Tai-Chi is part of the traditional Chinese medicine system. It comes, Chiggong, it's like the original martial art of everything. And, you know, but we don't have this at all in western medicine and this is a problem. But in Ayurvedic medicine they have yoga and in traditional Chinese medicine they have Chiggong and Tai-Chi. And so but it's movement, it's movement, but it's also really about understanding your Chi, which is your energy. And so you have the movement and the balance, which is very slow and controlled, but it's also about understanding your energy. So Tai-Chi is a great activity. You will get a lot of, you can get a lot of core strength from it, and it also has a meditative component to it. And so that's fabulous activity, but also make sure that you get some cardiovascular in high intensity interval training is great. However, be careful because it tends to be intense and people hurt ourselves because it's just very intense. I mean, I used to, like in my gym, they have insanity classes and I don't, I used to love going to them, but then I got to the point where, you know, there there's so much impact type exercise and I like to go hard that there's that kind of almost like a high chance I feel like I could get hurt, and so, let me do something a little bit more gentler right then that now, you know, gentle means of going, I'll go to treadmill or run, I'll go in to spend. But you know, it's, it's, they're giving you in I'm like, some of these hit classes you can just gotta be careful that you don't do something that's going to tweak you or hurt you or something like that.

Dr. Veronica: As far as if that exercise is better than any other exercise, you can get results in a shorter time period. Like, you know, instead of having to do like an hour aerobic exercise, you can do like 20 minutes or something like that. So it doesn't mean that it's superior that that's the only way you're going to get results. It's just if you want to work out hard and quick that that's the way to do it. That's to me when I read the studies, how it reads. Hard and quick for people don't have a lot of time, which is such an American concept. We're going to rush through our exercise, but they also, you know, they're incorporating getting, you know, burst of cardiovascular and things like that, and you know, I think it's these things also I say depends on your genetics and things like that.

Dr. Veronica: So it's difficult to say. So just what I would say about that. Enjoy it, but do whatever modifications and things like that. Because just when you get in with the teachers that are into that, they're doing all this like advanced stuff and you're going to try to do the advanced stuff and just sometime you look and say, I think I can do that. Doing it. You might end up tweaking something, go, be gentle and you're in this for the long haul. And so when you're in it for the long haul, it means I got to do what I'm going to do to stay healthy, which means that if I tweak myself, I can't do anything at all. And that's one of the problems of high intensity interval training that I see. Okay. Especially as people get older. So I ever, you know, people do cross-fit and then they get broken up from crossfit. I was in such great shape and then I had an injury and you see they fell apart because they can't work out for months and months

because they have some major injury on the other side. People do those same kinds of injuries and yoga where they'll like tear something in their hip and then they're out of it for months and months. So the, the key to all this, why I said do 15 minutes here, 15 minutes there, make sure you get something in like, you missed yesterday. Okay, fine. Get off right now and do some 15 minutes of something. Figure out what your backup plan is when you miss the gym or whatever, you know, the other, the other thing to do that's really good is, you might get, no, I don't know if you do, people do iPhones and they walk around and they see their physical activity all day. That's great if you're physically active all the time. But getting a monitor where you can track when you're actually working out so that you're seeing how much extra activity that you're getting in versus your activity all day, every day, I think is a good idea because that way you keep track of your workouts. So having, I don't know all the different brands these days, but like a Garmin with a heart rate monitor in it where you say, okay, whatever, I work out, I'm using this. I don't care what you're doing. Even if you're doing Tai-Chi, you put on a heart rate monitor so that you can look back, and then see when you actually worked out as opposed to the apps that check everything all the time.

Dr. Veronica: So if you have the heart rate monitor a month from now, you'll be able to look back and say, Hey, I did get in at least, you know, 10 12 times last month I worked out. I mean I can look at when I have my monitor from like four or five years and I can tell you every moment how many effort points I got over the last five years. And I can see, you know, times when I was low and you know, I made a commitment. I said, okay, even when I'm traveling now I need to make sure I get my 5,000 effort points, which is kind of a lot. And so I'm tracking myself and everyday, I look at my workout to say, where am I? Okay, I need to get 500 more points this this week so that by the middle of the month I'll have at least 2,500 and then the second they are going to, well, if I could, you know what I'm saying?

Dr. Veronica: So if you do a monitor, then at least you're going to look back to see what you did. Then you'll have graphs and you'll see what your progress is in a different way than just tracking your movement all the time. I mean not, I'm not saying don't track your movement all the time, but I think being able to see exactly when you were doing workout activity is helpful because then you can say, okay, I only work, I work two months ago. I was only working out to two days a week for 15 minutes because you'll see your increasing time to. Now I'm doing three days a week for 30 minutes or whatever. So you'll see over time you're increasing the amount of physical activity. Okay.

Dr. Veronica: Darryl, do you have any questions over there?

Daryl: I sent one question via text? I don't know if you have answered it when I wasn't here, I was asking about oats being gluten free cause I saw that you had to have on your list in your slides as containing gluten, and I was just confused.

Dr. Veronica: Okay. Most oats have gluten, more because they're contaminated than anything else. There are gluten free oats, they tend to be the Steelcut Oats. You can have gluten free oats made sure it says on the box gluten free.

Daryl: Would that be like a whole foods or those or any place will sell them?

Dr. Veronica: Most places have them now you don't have to go to whole foods. I'm sure I can see the box in my head. I can't recall the brands the white box with like it's silver with a black. , but they have the steel cut oats. But one of the box, make sure you see that. It says gluten free.

Daryl: Okay.

Dr. Veronica: So yeah, some oats are most are not your, your garden variety or not.

Daryl: Yeah, oatmeal tends to be my go to breakfast. So when I saw it on that list I was like, oh no, what am I going to eat now? But yeah.

Dr. Veronica: Okay. So now on the other side, are you make sure you're getting protein in the morning. So have you been, I know it's, you know, a breakfast is the most child. I have this for the last five years consistently. Everybody always asked me about breakfast. Everybody's in company with the breakfast question, Because, yes, a lot of people eat oatmeal and cereal and some different types of bread, you know, the Bagel and the muffin or whatever, you know, the English muffin or whatever. So, it's really important, especially vis-a- vis the stress hormones to get the protein and start out in the morning with something. And so that's why I encourage, you know, the egg and the chicken sausage. They're Applegate, is that what it's called the Applegate. Applegate sausage, they have all kinds of different varieties. Do you shop at Costco at all?

Daryl: I do have a card. Probably it has to be renewed because I haven't been here in quite a bit. I kind of stopped buying from Costco.

Dr. Veronica: Okay, it might be worth renewing it because they have a lot of organic options, healthy options there. Notice that when you were there before, Costco made almost a commitment to go all organic, and so you'll go there and be able to get, , like let's say you want grass fed hamburger or they have it, they don't have a good section of all other grass fed beef, organic chicken, they have it. Different types of sausages that are chicken sausages that are flavored. So you cut up the variety of, you know, so you don't get bored. They have things like that. They're more than when you go to your store. So it might be, you might ask them, can I have a temporary card so I can go in and look? So you decide whether or not it's worth it? I would say yes it is. You know, you, you might, if you're going to, let's say you want to do smoothies and you want to get organic berries, they have the big bags of all kinds of organic, everything, Asahi, Tropical, oh, I just, I just got some organic cherries and I was, the first time I ever saw that.

Daryl: Cherries. Frozen or not?

Dr. Veronica: I got frozen organic cherries. So just in being able to get a variety and also it's good to get fresh stuff with some times it's hard to find it. At Costco, you can find all those fruits organic, frozen that you'll be able to have. So now I have organic fruit that I wouldn't normally have, because I couldn't find it in the

store, but I could get it frozen. So that's, I think Costco is good for giving me a kickback for as many people as I tell him to hospital.

Daryl: That you were talking about fiber earlier and you said that there was a particular fiber powder if you wanted to add it to our cranberry drink.

Dr. Veronica: Okay. So what I want to do,

Daryl: You have the name of that?

Dr. Veronica: What fiber? I want to send you a link where you can get it because it's not something you can buy in the store. The fiber I read it is called Herb Bulk. Let me see, I want to create this for you and send you like a supplement I'm going to create this for you. And again, I'm going to email it to you, so, Then you'll be able to get it.

Daryl: Okay.

Dr. Veronica: The problem with the ones in. What email do you want me to send to?

Daryl: Do you have the, the right way. I guess you have that one.

Dr. Veronica: The which one

Daryl: do you have that?

Dr. Veronica: Wait, hold on. Let me look. I gotta I gotta look at what it says. Yeah, I got that. That's the one.

Daryl: Yeah, you could send it here.

Dr. Veronica: Oh, I hope it has it here. It was, it don't mess me up. Oh, let's see. Okay. Alright, so what I recommend that you do with this is, you know, fiber's great for digestive system, for your good bacteria, helps with constipation, but it also helps get cholesterol under control too. So fiber is good. Now here's the thing, you can mix it with your cranberry drink. All right, so check your email because you should have that what it's called Herb Bulk. It's made by metagenics. The fiber. It tastes good, but it doesn't have anything unnatural ended at all. The problem with the metamucil citrumax or whatever or citrucil, or whatever it is, is they have artificial colors, flavors, and sweeteners in them. This one, it tastes good but it doesn't have any of that in it.

Daryl: Cause I used to use a benafiber That's probably.,

Dr. Veronica: yeah, I mean all the ones in the store, I've looked at them, they have stuffed in them that you don't want. So this is good one. I sent you it through what's called full script. I created, put your name in it with your email. You can create account and then there's, thousands, literally a product on full script, all the high quality products that are supplements. So you can almost get anything you want off of here, but you're not gonna know what to order. You'll, just ask

me and I'll say, you say what can use for this or that? And I'll say, okay, here's what I can recommend that will be a supplement. Okay if you didn't schedule your, your session with me scheduled at with me, cause then we can refine everything. But

Daryl: How do I schedule a session? Do I just send you an email?

Dr. Veronica: Oh I have a link. When you got your welcome email. All the, in your welcome email, there should be, here's where you schedule. But if you don't see it said send me an email or you know, Michelle's going away this week, but she's going to be back tomorrow. Send via email where Michelle is, we communicates. So where do I get done late? I can't find it, but it should be all in the welcome email cause I made sure you got it all right. Okay. So otherwise, how are you doing? How's everything going? Have you been able to implement?

Daryl: Yes, I've a little first week was easy for me cause I don't drink coffee and I don't use any artificial sweeteners.

Dr. Veronica: Yeah.

Daryl: So I felt like I was already there for that week. The second week was what?

Dr. Veronica: Yes. One question about that because you said I'm already doing,

Noah: But the first week I felt that was already there.

Dr. Veronica: Okay. So you're already there as in eliminating things, but we're also talking about adding on things. So there was that right? And the fruits and vegetables. So what have you on that? Okay.

Daryl: So, yeah, I didn't have to leave in it anything humans first week and I had been gradually adding more of the more vegetables actually than fruits because I guess, I was a little scared by your list. Like the truth I normally would bite are the ones that are higher in sugar, but you said we can still eat the whole fruit, right? It's just not the fruit juice.

Dr. Veronica: Yes. Now here's the, here's what I say about fruits and vegetables. It's great to have the whole spectrum of colors of fruits and vegetables. Eat twice as many vegetables as you're eating fruit. Now for some people that's hard because they're eating a bunch of fruit. I don't know where you are on that spectrum, but makes sure, okay, if I'm, if I'm having, you know, four servings of vegetables, I'm not going to have more than two servings of fruit and I'll think about it in terms of also, I don't know if you, you're doing a smoothie or anything like that. When you do a smoothie, if you're putting fruit into what that counts is your vegetable, that counts your fruit and vegetable servings. A lot of times people like to make the smoothies with fruit and that's absolutely fine. However, just find that that's your serving of fruit.

Daryl: Now for making smoothies, what's a good base to use?

Dr. Veronica: The two bases I recommend, one is coconut water unsweetened, almond milk, unsweetened, plain almond milk. That's what, that's, those are places, those are, you can get big box, big containers of that at Costco too, like six or nine time. And so that's another reason to go to Costco where you don't have to buy one at a time. When you're in the supermarket, you can buy six or nine at a time because once you start making smoothies, you'll be using these things up a lot.

Dr. Veronica: And then of course there's water. So, let me tell you one other thing that I, this can help you to Noah, one other thing I recommend for a smoothie base, unsweetened aloe vera juice. You have to order that. You have to order that online or Trader Joe's have gallons of it. So unsweetened aloe vera juice and that's great. And I'm saying especially Noah, because Aloe Vera is very healing for the digestive system. So having aloe vera is a good idea, but you don't want the one that's got the sugar in it of course, so they do make gallons or they do have it where you could buy it by the gallon. So therefore you can use it in the smoothie. A lot of times what I will do is use half out like a half a cup of Aloe vera juice too and half of something else, either water or almond milk or coconut water. Okay. So Aloe Vera Juice, , almond milk, coconut, coconut water and all unsweetened.

Daryl: Okay.

Dr. Veronica: When you, when we talk and you make your, we talk, we'll talk about like some, you know, I think practically everybody needs to get more protein. So I'll tell you like different types of protein that you can use depending on what your needs are. We'll talk, well, it depends. I want to figure out what's your, what's your primary needs are, and then we can say, okay, here's what you, here's what will be best to help you given what your goals are.

Daryl: Alright.

Dr. Veronica: But it's more about getting into the routine of doing the stuff. I'm sure you know now. So you were like week easy. Okay. But I'll say it. You have to give up anything. But what is easy when I say, okay, makes sure you're getting this in, right? So the reason why I talk about the smoothies, because they get me in the morning, I go for the Smoothie, I'm putting in that tablespoon and Moringa, the tablespoon of matcha and I'm already getting several servings of vegetables right there. Green. I eat, drink, I'll have the green juice. So these are like short cuts where it's, it's sometimes it's hard to get the volume that you need and you have a, you might have a fast life. Like today, I had one of those days and I still haven't gotten into necessarily the dinner where I did my smoothie in the morning, I went out to class, I came back, I was seeing, you know, on a Webinar, seeing clients. Then I just came home and started doing this. I didn't, I didn't have lunch. I had a cup of green tea for lunch. I just simply didn't have time to do it and I didn't bring something with me. And you know, luckily there was not, there's nothing that I can grab that I shouldn't be grabbing. But sometime that's what the day's like. I know you have days like that too. So that's the beauty of the morning smoothie with Greens, and yes you can put fresh Greens and I'm, and things like that. But these things like, and Costco has this too, were moringa powder, which has two times the

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protein and two times the calcium and you know, three times the this and that of Kale. You get the stuff where you're boosting your system in a very easy way. That's quick. I know how people live. You mean like I had, if you had a day like me, I just simply didn't have time.

Dr. Veronica: I did. Then I, I was on the road, I came in, soon as I got to where I was, I was on the road, he owes on the road doing a conference call. Then I got out of my car, I had like a half hour and then I got on a webinar. And then as soon as I, that Webinar, I had a client who came in to see me. And then we had, then I had to like, okay, now I have to leave to go and I'm going to be on the session just yet, you have to account for that you might have a crazy schedule.

Daryl: Right?

Dr. Veronica: Right. And so what I'll do is I'll also tell you when we talk, if you have crazy schedule like that and you say, but I'm hungry. I'm this and that, then we'll talk about here. Okay, here's what you can do so that you get, you get past that and you don't slip up. Right. A lot of people slip up, you know, this is something, a lot of people slip up under stress, not necessarily because they're hungry, but because they're stressed. So, and that's very, very, very common. And it's always people who have, you know, who need to do at least who have that. I mean, my, my husband is really skinny. And guess what, what he does when he gets stressed, he doesn't eat.

Dr. Veronica: And he'll say fat. Then I be like, are you kidding me? You're fat is everybody else's skinny and in shape? Don't say that around people because everybody's gonna be hating on you. So anyway, but this is the way it is. Most a lot of people are stressed eaters, very common. So, what happens, and that happens because when you're under stress, you get the hormonal release of Cortisol, which makes you hungry. But sometimes it can suppress your appetite. Because think about it, when you're, when you're under stress, you're really not supposed to be eating. But when you have all this release of stuff, what happens? A lot of times those people don't eat immediately at having distress. They eat after they calmed down a little bit and hormones have gone away. And then they eat because they feel bad. Right? And when you're having the stress and the hormones are up, the hunger is suppressed, because you're in your fight or flight. So that means you're not going to be relaxing in digesting. So one thing about being stressed, when I notice I said, your fight or flight, or you're relaxing and digesting. And so if you're under stress, you're not digesting well.

Dr. Veronica: And so that's a problem that people have. They're not absorbing well. And then that's when you're not necessarily, you start having digestive symptoms like bloating, constipation, diarrhea, extra gas, heartburn, because you're, that all can happen from stress. You know how they talk about stress? People get ulcers, so this (inaudible), all right. So week one was easy in that you didn't have to eliminate good. That was a victory because you're like, oh, I could do this. All right. And you've been able to drink your cranberry drink. Yes.

Daryl: Yes. I've been consistent with that actually.

Dr. Veronica: Most people say they find it refreshing when they start doing it. First it might be, I don't like this. Then you end up,

Daryl: You know I don't drink it to taste, but you know, but it's, I don't find it like, like having to spit it out or feel like spitting it out when I drink it. So.

Dr. Veronica: Okay. Good. And, so you're getting your vegetables, you're getting that. All right. Now when you had to eliminate sugar and other fruit juices and things like that, how did that, how did it, I remember last year you said, oh good, this is lit. So how's that sitting with you without, without sugar? Have you been reading the labels? Any problems with that?

Daryl: Yes, I do reading label, and I've been able to avoid fruit juices. But I, probably had a few lapses with, with the cookies perhaps. Okay. All right. So, you know, so cal could use a few weeks ago and I tried to get rid of them before I started the program. There's a few leftover.

Dr. Veronica: Okay. So are they all gone now?

Speaker 6: No, they're not, but I'm probably not going to eat them now. I'm going to, I know the less sugar. All right. Trefoil, whereas,

Dr. Veronica: No, we didn't have less sugar, so it's okay. No, no, no, no, no, no.

Daryl: We're given the choice between the two, which are the two that I bought. I, I put the thin mints and way, and I only ate like maybe two of the trefoil but per day maybe.

Dr. Veronica: Well, can we get rid of those? Can we go to the least one a day? Because this is important

Noah: Yes because I'm trying to eliminate them all. Cause now they also have flour in them. So that's another thing like that gluten. So that's two reasons to eliminate it. I'm trying,

Dr. Veronica: You just got to make the promise to yourself and understand that you can do this for three weeks. It's 21 days you can do this. And if you really commit to it, that's when you get the most results. And you'll be like, oh my God, I can't believe I did that. Cause you'll feel good psychologically because you did it. But on the other side, you'll give your body that time to say ah and let go with everything. So you gotta just do it. It's your mind is holding you. I know you can do this. Everybody, it's their mind of doing it and just everybody know him. Like I was telling Noah I'm solidarity with everybody. I decided, you know, when, when I work with people individually and I don't necessarily do exactly what to do because everybody's at a different phase. I can't do, you know, but now with you guys doing it together, I'm like, okay, when you guys are doing, I'm going to do the exact same thing.

Dr. Veronica: So there you go. And what? I haven't had whatever you haven't whenever you guys weren't supposed to have. I haven't had either. Yes. I'll admit I've done

this before several times, so it's probably easier for me, but it's easier for me, because I'm going to keep my promise to myself and on the other side I've already, I'm already have what I need to be able to implement it in my house. And you guys are getting it in your house. Those things that I not supposed to have, like let's say I had girl scout cookies, but I'm just not crazy about them anyway. I think there's some in there anyway. What I will throw things in the garbage. I don't care if they're full or whatever. I don't even stash them for later because the temptation is there. And so I will at times, you know, eat under stress and, I'll have things that are in the house for months and months and months and not have any problem.

Dr. Veronica:

And then something will happen because this is the way life is. And all of a sudden I'll be like, Huh, I have such a, such a, such a here, there someplace, and I'll go find whatever it is. So what I'll do once I realize I do that, then I'll be like, okay, I got to go throw this away and I'll just go put it out in the trash under the dog poop. Right. You're going to have to do some of that if you're in a house where, you know, people are saying, okay, I want this or that, and I don't care what you're doing, I'm having it, you can't do that. It's easy, but you could still be committed. I had a, a client who was an older Italian woman and her and her husband up, she was the one that she went on a plan, her husband needed to plan but he didn't want to go on it. Fine. They used to drink wine every night. She and he made the wine and this was their bonding activity and for a while she gave up the wine. Think about it. She's Italian. She stopped, she went to gluten free pasta. I mean we, she did everything as she was supposed to do. It got a wonderful result, was feeling great and to the point where she would cook for herself and cook something different for her husband because she's old school Italian lady. It got to where her husband will say, I'll have what you're having. This was like months in, she was like a three or four months in, but her husband said, no, don't cook me so I'll have what you're having now. He needed it to, but all of a sudden she was on her program and he ended up coming along too. And I can tell you he was a diabetic and he been (inaudible) her.

Dr. Veronica:

So this was a victory as far as I was concerned. Okay, but you know, old Italian where everything that I'm telling you to eliminate or like big and the Italian diet. I mean that's why I went to, I was doing the detox and I went to a wedding and they had the reception at an Italian restaurant. I sat there, I didn't eat anything cause I wanted to keep my promise to myself, and you know, if you, if you have a spouse like mine, I mean, I was eating dried fruit here, let me just tell you how much of a Nazi he is. You know, not meaning to end (inaudible), right? So, you know, I have some dried fruit and he was telling me I couldn't have the dried fruit cause it was sugar. I was like, baby, it's dried fruit, come on.

Dr. Veronica:

I have some like dried mangoes in there. And he was like telling me, well, you shouldn't be having that dried fruit. Now it's not, it's not, they're dried with no sugar or anything. So he's so like, and I'm like, you're having this, that and the other thing, don't tell me I can't have a little bit of dried fruit all right. So every, so the thing is when as you're going through this and here's what I would rather, you have some dried mangoes and the dried peaches and mandarins

that's no sugar then for you to have the tree foils. If we have to make a trade off and you say, I really would like something sweet.

Daryl: Yeah. But man, I can actually eat food. I just, you know, like I mentioned, it was just a little afraid of it, you know, like those , those little cuties and say they sell the little mandarin oranges.

Dr. Veronica: Okay. Now on the other side, you know, you have to be aware of the serving size with the fruit because you're getting more sugar. Now there's sugar in vegetables too, just it's not the same amount. That's why I gave you the list and said stay above the line. But if you're, if you're, if let's say you're, I don't want people eating peaches and apples and watermelon the whole time because you're eating stuff that's very high in sugar, mangoes, grapes are sugar balls. Grape is a sugar ball, pure and simple. So, I want you to sample all the other ones, all the other fruits. So if you're having, I'm having all these other fruits and then, okay, I got to apple, no problem. Okay, I gotta it's gotta be what's you're going to notice over time, especially when you're not eating the sugar, is the cravings going to go away and all of a sudden things are going to start tasting really, really sweet. And so the things that you thought weren't sweet enough before, will be just fine and tasty to you. And that'll happen in pretty short period of time. All right?

Dr. Veronica: So you can do it. This is the rest of the lit. You're smiling over there. Noah. Tell Daryl he can do it.

Dr. Veronica: Keep your promise to yourself. You said you were going to do it, you can do mother, you can do it for three weeks and then we'll, you know, you'll see what you decide you want to do after. But when I do longer programs with people, you do the five weeks and then week six is a rest week,

Dr. Veronica: so five weeks and then it's just like, whatever you want to do this week, go ahead and do it now. I'll tell you what happens to most people after they'd done it for five weeks. They don't go hog wild on week six because they've had results and they don't want to mess it up. So they'll treat close of all of a sudden they'll notice that they're able to have things in smaller amounts and be very satisfied with it. So I'm saying do this now because let the magic happen. It's just your body will rebalance your tastes. So rebalance and let the magic happen. But that means you have to go all in doing it and that's you and your mind say, I'm going to do this. One of the things is that really messes people up is because, they feel like I don't want to be deprived. There's the food isn't going to be there in three weeks. You're not going to be deprived, three weeks to tree foils. We'll be there

Dr. Veronica: Right Daryl?

Daryl: Yes, yes.

Dr. Veronica: Or I don't know. Like I said, for me, I was like, okay, I'm going to give up the sugar. I'm going to just go ahead and do it till Easter. My thing, I'm like, okay, as I'm giving up stuff, I'm just, this is, this is the period, and a lot of times, this is a

time I would do a detox because everybody else is doing something. So I'm like, let me just detox too. So although you're, you guys are ending pretty much at the end of March, beginning of April, you might consider doing some longer stuff just because the time of year and everybody else is doing it. So it makes it easy because you're in solidarity with everybody else given up stuff. And then say, Hey, 12:01 on Easter Sunday, I'm going hog wild. And you know, the interesting thing about that is, you'll go hog wild and then you'll feel like crap like, yeah, because you'll be clean and then you'll put all you'll, you'll eat junk because you think you want it. And then you will have the feedback loop kick in to make you not keep doing it. But we have that. We get you cleaned out, which takes about the next three weeks, you'll be able to stay clean when people end up losing it. It's because, you know, I'll tell you the hardest time for people vacation, because you lose it for like a week at the year off. But if you go and have like, you know, go hog wild one day on Easter and then on Monday you're like, okay, I had enough and I'm going back to my healthful lifestyle. You're not going to lose it and you won't gain weight. You'll feel fine. You won't have cravings if you do it just one day. Unless, of course you know that there's something that really triggers you.

Dr. Veronica:

Some people know something really triggers them. Like Lay's potato chips, they can't eat just one. And so those are the types of things that you have to be very brutally honest with yourself and say, I know this triggers me so when I have my rest week where I can pretty much do what I want, I'm not eating that particular trigger food because I can't stop and that's going to mess me up, and then I'm going to be off the wagon like an alcoholic and you know, so. So part of this is going to be shining a mirror at yourself to you know, and admitting where you are being okay that and realizing you think, oh I want to be like everybody else. Everybody else, no. People who are healthy are not eating junk all the time. I mean by and large I happen to be with a friend yesterday and his father's 92 and he was telling me his mother died at 82 and you know, she was a mess and you know, drank, smoked, did everything. It was still until 82. That's pretty good. His father has always been a clean living person, always did all that type of stuff his whole life. Very diligently and disciplined. So the question is what your goal, if you think nothing tastes as good as health feels, you're going to be committed to it. If you look at, you know, I remember seeing people in my family go blind, get amputations, go on dialysis, and I looked and said, I'm going to be different.

Dr. Veronica:

You know, you say you don't want to be a burden people, I'm not saying you said, but people say they don't want to be a burden on your family. I can tell you from dealing with people as a doctor, the biggest burden is when you're sick and even if your outpatient sick, you're worrying your and your family. You are. You know, I miss one of my clients today. Tell me all about her husband who does not take care of himself at all. It's his body, he's doing everything. But let me tell you what a stress he is to everybody else around him. Even when he's, he went in the hospital and he's not in the hospital, he's at home. He's not totally dependent, but he's got all kinds of crap going on. Stress to everybody around them. Do you want to be like that? Now? Maybe that doesn't motivate you. Some people that doesn't motivate or they, or they wouldn't do it. Or you know, the other, the other part of thinking about this is

in some, I think in African American culture, health is just not a value, it's not valued, pure and simple.

Dr. Veronica: People don't mind being sick. It's okay to be sick. Everybody's sick together. It's a club. They have the sick club. We all got the diabetes. We all got the sugar. We all got the, you know, I got pressure. I got pressure too, I got the gas. I mean, it's a club, right? And to be part of the club, you got to be sick. Nobody, there's not the club, the people, you know, now there's a newer movement of people who are healthier eaters. But you, you're probably the healthy eater and your family. If you go look, especially your extended family, cause that's just the way it is. At least you are for these five weeks. You're, your family will love you when there's less of you too. They love you. They love your being happier for you, when there's less of you. Why? Because they won't be worried about you. So they'll feel good about it if they really truly care about you and they do. Okay. Other questions? All right. There you have your marching orders. No excuses. Go ahead Noah.

Noah: Oh, I don't have any, I don't have any questions right now. I just would like to say that, I agree with the whole, sick club and all of those different things and I've told myself that I wasn't going to be a part of any of those clubs. Mentally, emotional, physical fitness. It's just everyone, it's the body. And, yeah. So, I'm, I'm looking forward to the results from all of this.

Dr. Veronica: Yeah. You know, what happens with the sick club, is you hang out around the sick club and all it's okay. And your standards start dropping, for yourself because you may be a little bit better than all of them. And so that's a lot of times what happens is, well I'm not as bad as that person and they're all. Right? And so you're the standard of where you really should be your high standard for yourself, will drift to the people you hang around. So I don't hang around with a lot of people because it's hard to find people with my standard.

Dr. Veronica: And, and now that's something that you have to give front because that's scary for a lot of us because you think, oh my God, I'm going to be lonely. But you're not going to be lonely, because you will find other people who will love you just as much and more as the sick club. They'll be more than the six clubs. See, the sick club won't love you if you're not enabling them and participating in their sick club. Cause they're not going to love for you. So you're going to have to have, this is part of the whole thing. So I think you know, for Daryl, you know, I can tell you that it's challenging for Daryl the most because of all the clients I've had. I've had very few black men, very few. You got a lot of people in sick club with you. I don't know what it is, so it's harder for you. But that doesn't mean you can't do it. And there's not people like that. You're just going to have to really look for them, harder. Because they're not in your demographic. Your demographic has just not embrace this message so much. Maybe there's just too much other stuff going on. So this is low down on the priority list,

Dr. Veronica: But you've got to, we have to start changing. You know what I'm saying? So it can be you saying, you know what, I'm, I think we need to be, well, we're going to be well and we as black men have to start saying that we really do care about ourselves. We can't expect the society to care about us if we don't care

about ourselves. So you've got to care about yourself first and love yourself first.

Dr. Veronica: And so we can't be making excuses anymore. Yeah, I know it's hard. I don't know directly, it's more being a black man, but I've been married, I'm married to my second one. I got three sons and I got two black doggies. Right. So, yes, I understand there's cultural and societal things, but you know, like I said, I told you the story about my Italian lady because she was having no same type of issues because their culture has, you know, they're eating all that food that's not particularly helpful and it's very, you know, there was holiday, I remember we have to have, wedding soup or whatever it's called. What is it called? Wedding soup. Italian wedding soup. How am I going to, and it was, it's a big deal to have on whatever holiday we're having the feast of the seven fishes.

Dr. Veronica: What does that happen? Does that happen like the day before Christmas or after Christmas or you know.

Daryl: I don't know if you look around that time, I'm not sure.

Dr. Veronica: Right. There's, there's, there's all these cultural things that are just, we have to do this and how am I going to do, don't Italian soup. And the feast of the what we have to have the dumpling. What am I going to do? So just in other cultures, I've had these, I heard the same crisis to just with the different food and things like that. Like I said, she had her husband made wine part of their bonding was to have this two glasses of wine every, every day at, as her commitment to her health, she said, I'm going to give up my wine for this particular period of time. It started now because that's when you give up sugar. You give up alcohol because that's sugar.

Dr. Veronica: And she did it. Her husband was on board with her, but you know, psychologically that was something to go through because that was the activity that she enjoyed with her husband. So now what do I do in Hell? I replaced it and she had to figure that out as she did figure it out for the period of time. I said it wasn't that you were supposed to be offline forever and in fact, I don't mind you having a glass of wine every night, but right now when we're doing this, when we're not doing the sugar, when we have to do a detox, wine is off the list because it's alcohol. So this is temporary and you will be able to go back to drinking wine. My goal is that you can eat a lot of things. Now what happened is when we started reintroducing all kinds of food, she noticed that her weight loss plateaued and she wasn't happy about that.

Dr. Veronica: And so guess what? The gluten came right back out because she realized it was a food she was sensitive to and this is an Italian lady, and it's because she was doing really well and everything was great. The plateau pissed her off, and so then no more gluten for me. Now what happened is because she started, you know, she's just added it all back and was doing it. So what happens is, let's say you were like that and you realize what you do is you'll be like, okay, I can have it once a week, and I'll be okay, but I'm not going to have this every day. And you know, a lot of people when they eat Italian every single week, every single night they have pasta, pasta serve with everything. So you can do

this. You don't, you, could still be in the cloud of, of black men without being in a club with sick people. Right? Noah, you understand the sick club? I just remember, I remember people get amputations and I, you know, it's still be willing to me, and I saw this in my medical practice to how people allow themselves to go blind, on dialysis, and get amputations from a lifestyle related disease that they have complete ability to control.

Dr. Veronica: And people do that every day. The dialysis centers are filled seven days a week from early. I have a now this person who it goes to dialysis doesn't have it from diabetes from something else, but is at dialysis at three o'clock in the morning. I'm like dialysis at three o'clock the dialysis's centers that are running 24 hours a day. Most of the people are in it related to lifestyle diseases that are completely reversible. For instance, type two diabetes is completely reversible. Okay, so you lost your, you lose limbs. You let people saw off. I've been in surgeries when they got out the saws on somebody's body part. Luckily it doesn't sound nice. It makes you cringe that you're sawing off somebody's leg, a BKA, a BKA stands for a below knee amputation, and if you're really bad, you had to have an Aka above the amputation based on how long you decided to wait to go to the doctor.

Dr. Veronica: On that note, I hope you're sufficiently scared to fall. You know what? I did that, but I know that this fear is not what makes people change. You're going to change because you decide you want something better than you. For you, seriously. You're just not making people change. Because I find a fearful to think about getting something cut off. But there are people who have these surgeries every day, and have things cut off. So it's not that it's not fear provoking enough. You're just going to [inaudible] whatever's better for your, whatever you think is the best for you. And for those people are getting things cut off. That's the best for them and that's their choice. So go, get your email, make your, make your appointment so we can figure out what else we need me to do the adjust. And you know, have the stick to witness that you have with all the rest of the things you can be disciplined in life for Mr Syron you're the experts. All right? All right, I'll talk to you guys next week. Bye. Bye.