



- Dr Veronica: [00:04](#) Hello. Hi Darryle. How are you? Alpharetta was nice. Hi Lynne, I see that you're there. I'm going to let you guys pop out a little bit and this is the end, but this is not the end of your journey. This is really just the beginning of your journey that you've been through over the last five weeks. And I would love to hear, Darryle, maybe you could type some about how you have done, what have you learned this far? What have you achieved? What was the wonderful thing that happened to you? I know something wonderful has happened. You've probably done things you didn't think you could do in a short period of time. And I'd like to know a little bit about what's been going on with that. So
- Dr Veronica: [01:14](#) Somebody is calling me, I want to just pop one second cause my phone is ringing like multiple times. So take a few minutes. We're just going to wait for, to see if a few more people pop on. This is going to be a transition. I'm going to not use slides, but I'm going to show you my screen because I'm going to give you some handouts at this point. So take a breather, take a break. I'm going to go get this message and I'll be right back.
- Dr Veronica: [02:50](#) Okay. I want to get started. If you have a chance to type in questions, what's been going on? This is the bonus week and this is talking about how to do a challenges and things like that. I want to share my screen so we can talk about where to go. I wonder if I can. I guess maybe I can't do it that way. So I want to share my desktop.
- Dr Veronica: [03:31](#) Okay. So I'm want to explain to you if you're at this point. These are the dietary transitions that you went through over the last five weeks. You, you hopefully complete it in as best that you possibly could, moving through, adding in some things like lots of vegetables, some fruit, the cranberry drink, which is stay part of your life in the perpetuity, bone broth, you should have added in also. And cut back on some of the foods that could be causing you issues. So we started off with removing caffeine and artificial sweeteners. The importance of the caffeine is that it can block fat burning and also with the artificial sweeteners it can trigger the insulin response in your brain and help you again hold onto the fat but also changes

the bacteria in your digestive system so that you're less likely to be healthy overall.

Dr Veronica: [03:40](#)

And that's the big deal about artificial sweeteners. They actually show people you use artificial sweeteners in that heavier than people who use just plain old sugar. And so first week caffeine and artificial sweeteners. The second week we were removing all kinds of sugars and sweeteners and fruit juice because fruit juice is very concentrated sugar except the cranberry drink. Fruit – Whole, fine. Fruit juice, it concentrate the fructose and then that can do something that can give you lots of extra calories. And so switching from soda, the fruit juice is problematic and that's why we went for that first, the types of things that are challenging for people. Then we went for the gluten. This is the one where people want to fight about all the time. And it's because the American diet is so heavy and gluten that it makes it challenging for breakfast, lunch, and dinner as to people say, well, what am I supposed to eat?

Dr Veronica: [04:40](#)

Because you're just not used to eating foods that are not gluten based, which you know, cereal, muffins, bagels, all those types of things that end up in our breakfast and corn also, which is a lot of high fructose corn syrup and a lot of products who are gluten free, they replace it with corn. People are sensitive a lot of times; gluten is very high sensitivity as well as corn. Then we went for grain, potato, soy, dairy and alcohol. And then finally, tomatoes, which are nightshades, eggs, shellfish, and legumes. And if you went through this whole process at this point, bravo if you got there. If you've got part of the way, Bravo. Some of us take longer to do a marathon. So I've done marathons before. There's the elite runners that finish in two hours. There's me that's five and a half, or five to five and a half hours later.

Dr Veronica: [05:38](#)

But guess what? I finished. So if you haven't gotten there all the way work to get there while adding other foods that are healthful into your eating style. Because these five weeks we're really about transforming your eating style and figuring out other food choices. And if nobody forces you to do it, you don't do it. So that's where you went for dietary transitions. Now a couple things also. So cranberry drink three times a day or you can use the tart cherry juice substituting or lime substituting for the lemon. The apple cider vinegar is a very important key. Do not remove that. So think about you're getting apple cider vinegar, which is healing the lemons and limes that are healing the cranberry juice or tart cherry juice, which also are our healing foods. So we're using food as medicine. Now, I didn't address water because most people

aren't drinking more water and when the first thing that they do when it comes to getting more healthful as they drink more water.

Dr Veronica: [06:43](#)

But let me tell you how much water to go for. And this could be challenging because you're going to be peeing all the time, but I'm going to tell you how to monitor yourself with that. So what we say, when you first start doing the water drinking, half your body weight in ounces of water. So if you weighed a 150 pounds, that would be 75 ounces of water. If you're 200 pounds, that's a 100 ounces of water. That's quite a lot. Think it's eight, eight ounces as one cup. So you're talking about, you know, 10 to 11 cups a day for somebody who is 200 pounds. If for drinking water, mineral water is the important types of drink because, most people are mineral deficient and so the mineral water has trace minerals in it naturally. And so you will get it that way and your body will incorporate the water better when it's mineral water.

Dr Veronica: [08:49](#)

You can get that either carbonated or not carbonated. It doesn't make a difference. That's not something that's a big deal. I like carbonated because it just gives it texture. And when you put lime in it, limited lime. It's very flavourful. I also doing my cranberry drink a lot is I will take a big bottle of Pellegrino is one of my favorites with the glass bottle and add into it, drink a little bit out, add into it, a tablespoon of apple cider vinegar, a tablespoon of tart cherry juice or cranberry juice concentrate. I'm talking about concentrate when I talk about that and I will squeeze in some lemon or lime. And so my bottle of Pellegrino is my cranberry drink, many mornings. I will make that up and thus drink that through today.

Dr Veronica: [09:37](#)

And I know there's three cups of water right there. And then the other thing is I put out bottles of water. That's something I need to get back into. Now let's talk about you. How much water is when you say, oh my gosh, I'm drinking so much water and how do I know that I'm hydrated actually, the goal is to get you hydrated and look at the color of your urine. It should be light, very light yellow. Now it shouldn't be so light that it looks like water and it's clear. That means you are hydrated. Drink enough so that you get your urine very light yellow. You know the difference you wake up in the morning, it's usually because the kidneys have been holding on to it and using very, very dark yellow. And then as you go along the day, we'll lighten up.

Dr Veronica: [10:22](#)

And so if you get to the point where you're going to the bathroom a lot and the urine you're actually looking at is very light yellow, you're drinking enough water and that's going to be different for every single person. Realize that you are, you

losing water throughout the day. So that was first your dietary transition. Now you're saying, okay, I'm ready to get back into. You know, I'm ready for a rest right now. I've gotten some results. What do I do now? So figure out what's going on. If you've gotten all these foods out of your diet, the important part is keeping them out of your diet necessarily, but figuring out which foods you're sensitive to. The gold standard for that is not a blood test. It's doing a food elimination and a food free challenge. So I'm, all these sheets are going to be in the portal for you.

Dr Veronica: [11:27](#)

Let's talk about what's called a food reintroduction. The, this is what's called a symptom tracker. It's made by the Institute of Functional Medicine. That's where I got my functional medicine certification. This is a food reintroduction tracker, and what you're going to do with this is look for symptoms, which can happen when you reintroduce food. They are not just digestive symptoms, it could be the first thing. So what do you do as you reintroduce one new food at a time. Now I will call it a food group. So let's say you're like, I'm dying to eat bread. You're going to reintroduce gluten first. And so what you do is you're going to eat that food two to three times a day on the same day. Then you stop eating it. You don't add anything else, you wait 24 hours. So right now let's say you're fully eliminated, which are going to do is say I want to add back x.

Dr Veronica: [12:32](#)

And usually I'll, I'll tell you what people like to add back as gluten, dairy and nightshades because that means you can have pizza if you're tolerant to all of them. I'm so add back gluten. You wait two to three days and then you look for any type of symptom. Now let me tell you, so one food don't eat anymore. You had to keep your eating plan the same as much as possible so you can figure out what your reaction is. So then you're going to look at, am I having any symptoms? Is anything happened with my digestive system? So am I going to the bathroom more? Go into the bathroom less? As far as you know, bowel movements, have they become constipated, have they become loose? Am I burping more? Belching more? Heartburn? Anything that's a digestive symptom. Are you noticing it?

Dr Veronica: [13:29](#)

And what you want to do is you want to say day one and day two, if you have no symptoms, you can go on to introducing another food. If you do have symptoms, you have to wait until those symptoms reside and you have to keep that food aside because that shows your sense into it. So there's digestive systems, you could have joint and muscle aches and pains. I will give you a, for instance, on myself, I know when I eat too

much gluten, I will get a pain right here on my elbow. I get a joint pain and muscle pain right here. And so that's how I know if I eat a lot of gluten, the pain's going to come right here. It's random, right? But this is what happens when things are leaking into your system. You could get headaches or head pressure. You might notice nasal congestion or postnasal drip or phlegm from it.

Dr Veronica: [14:28](#)

Kidney and bladder function may change. Your skin may start itching. You may break out, you may notice dryness. Your energy level could change. You could notice more energy but most of the time that's not what people notice. They notice I have less energy and then your sleep could be disturbed. You might have been sleeping through the night and all of a sudden you start waking up or you can't get to sleep or there might be some other symptoms. So what you want to do is assess everything that happens and be very honest.

Dr Veronica: [15:06](#)

So the time of the year people want to say, Oh, I have seasonal allergies and that's what it is. And it's usually the food. And let me tell you something. Food can cross react with what's going on in the environment. So the food, let me say this again. What you're going to do is you're going to add one food back, one food group, pick what food group that is. You're going to eat it two or three times a day. Big, big dose of it. Go crazy. Have your Bagel for breakfast, have a sandwich for lunch, have rolls for dinner; two or three times to same day next day, none the following day, none. You're looking for any change in your symptoms. You've only added that new food. When you're ready to go onto the next food. What's you want to do is everything eating in the modest amount.

Dr Veronica: [15:56](#)

So the food you just add back, I would recommend that you not eat that food more than one time a day when you're adding foods back. And so be very vigilant about, I'm going to show you how to track some of this too, on the next month. Be very vigilant about what you're eating because you want to figure out if foods are causing you symptoms. This could be a game changer because I can tell you people start adding back food. And the reason why they plateau in any weight loss is from the inflammation, from the food sensitivity, not from the calories. The inflammation where the fluid stays on you is a bigger deal than the actual calories or whatever you're going to eat, in a lot of people. So this is going to be in the portal. The food reintroduction. This is the way for you to keep track. Download it.

Dr Veronica: [16:54](#)

Make several copies of it, do the dates, write down whatever time, the food, you know, keep track of what's going on. So

you want to walk around with this because if you notice, wow, my stomach's hurting, or wow I'm just itching all of a sudden, or I really feel tired. You want to work it out. I'm waking up in the middle of the night again, I got the runs. You want to write that down on this. Everything that happens during that day, unless of course you feel wonderful and nothing at all happens and nothing changes. That's the food reintroduction. Now, if you notice that one of the foods you are sensitive to after you keep it out of your diet for at least three or four days and all the symptoms go away, you want to test it again. You want to test the same food again to reproduce the reaction.

Dr Veronica: [17:49](#)

So you are sure that it's that food that's causing a problem. You need to be sure to yourself. I'll be sure. Most people, they know what it is and they don't necessarily have to retest it, but they'll be tested to make sure. So that's the food reintroduction. Now next, this is, I'm going to put in here a diet, nutrition and lifestyle journey, diet, nutrition and lifestyle. I'm going to explain to you how to use this. This is a food diary for three days, but also checks how much protein, fats and carbohydrates you have and also how many colors of fruits and vegetables you are eating. I'm going to give you something to talk about, the fruits and vegetables. So if you want to follow what you're eating so that you remember what's going on with the food. That's where I introduced to you the three day journal.

Dr Veronica: [18:50](#)

These journals are, I have ones that are one day and ones that are seven day. If you want a one day or seven day, just say I want the one day or the seven day because you're doing the food reintroduction. The three day works well because every two or three days you can get a new one. And then as you're tracking food, you can write down. And so you write down what time you get up and what you're eating: breakfast, lunch, dinner. If you're having any snacks or putting those in. Type amount and the brand, this is important to put the type, the amount, and the brand is important because you may be sensitive to a particular brand. Now P is for protein, F is for fats. C is for carbohydrates. The key is down here, under this. Now these right here are the colors.

Dr Veronica: [19:42](#)

So think of ROYGBIV, the colors of all the different fruits and vegetables. So you want to eat the rainbow. That's what we say. So as you go through your day, you want to check off what colors you've eaten, red, orange, yellow, green, blue, purple, black. And then there's white, tan and brown. And this is how we categorize foods. Whatever part that you're eating. So, you know, apple gets red, orange gets orange, banana counts as yellow. The lowest part for people in the American Diet tends

to be the blue, purple and black type vegetables. So the blueberries, things like eggplants -- eggplants are night shade. You could be inflamed from that. But this is how you keep track of if you're eating enough, what we call phytonutrients and macro nutrients are proteins, fats and carbohydrates. Phyto nutrients are the antioxidants and all those weird names that you see.

Dr Veronica: [20:44](#)

Those are the ROYGBIV colors. Now you also want to track on this other areas of your life because this is not simply about what's your eating. We've been focusing on that because it's really tends to be challenging to people more because everybody's resistant to that feeling that they're deprived. I mean people are very fearful of deprivation and don't even want to talk about it. And so I focus heavily on it because exercise is not going to get you the result. It's going to be changes in your lifestyle with eating and then all these other pieces, which now is the time to focus more on putting in. So notice I wanted to focus on one thing and that was eating because I want a 21 days of you getting a routine. I told you it takes you three weeks at least to get some type of routine.

Dr Veronica: [21:49](#)

You're probably just feeling like right now. Okay, I'm getting this. Yes. Now you want to keep it cause you're in a routine. So let's talk about what else you have to look (inaudible) how many hours and what the quality is of it: there's poor, there's fair, there's good. Was it relaxing or did you have any forms of relaxation in your day? If not, it's good to start taking some other than when you go to bed. So yes/no type them out. Exercise. Any little amount of exercise that you do. My prescription to people when they're not exercising is do a couple times a week for 10 to 15 minutes. Anything, walking, it counts. Now this would be up and above your normal activity. Up and above your normal activity. And so if you know, you're normally or walking to work, we're talking about extra movement above that.

Dr Veronica: [22:55](#)

Now don't just think about going to the gym. There are other activities that you can do. Like I have a friend who's also a Dr Veronica, she's a ballroom dancer and her husband. They're ballroom dancers. They do all that type of stuff. That's intense exercise. Think about you want yoga or I mean not yoga and your aerobics for your heart. You want strength for your muscles, you also want flexibility. And so this morning when I went to body pump, that was my strength and at the end, which stretching, there was some flexibility yesterday when I went to spin class, that's my aerobics. So you want to talk about what you're doing during those three days and did you do aerobics, strength, flexibility, those are the three types of

exercise you need to get in. Pick one thing first and do that one thing. Do it at least twice so that you can keep your promise to yourself.

Dr Veronica: [23:53](#)

The smaller you start, if you go for the next four weeks and you get it in twice a week, now you develop a routine. I say twice a week because days can be unpredictable. And so if you plan to go to the gym on Tuesday, something happens, you can get there on Wednesday. If you plan to go on Friday and something happens, you can get there on Saturday. So two days a week is a good way to start and go slow because this is for longevity versus quickness. I say that because people will go out to be really fast and then you have an injury because your body's not ready. And then your sideline, the goal is to add in the new routine. So stress. What kind of stresses in your life? What are the stressors? What are you doing for stress reduction practices? I actually have a stress reduction class.

Dr Veronica: [24:47](#)

I'm not sure what I'm going to teach this again, but I have a stress reduction class. If that's something that you say, Hey, it talks about all the what's going on in your body and how to think about it and some things that you can do for it based on your underlying medical conditions. So stress, what kind of stresses are going on and start thinking about, well, what stress reduction practices I can do. The best stress reduction practices tend to be mindset practices. Why do I say that? Because stress is about perception. And so if there's anything in your life you don't like, it's the perception of whatever it is, the negative perception, the fear, the anger, the sadness surrounding that. And if you can remove it, and this takes practice, one way to do it is mindfull of meditation. That's something that can transmute stress or transmute your fear, anger and sadness over something into the health-promoting behaviours of gratitude, love and joy.

Dr Veronica: [25:51](#)

These stress reduction things are good to do regularly. Meditation – Excellent! I have taken up transcendental meditation TM. It's very easy. Everybody all over the world just say “Everybody can do it.” And it's just, it's relaxing and your personality will even change. You can deal with more. And transcendental meditation has been studied in medical settings for what it can do to the body. So that's not the only form of meditation. It's not what I'm saying you have to do. I'm recommending you find a stress reduction and meditation. And then relationships, what type of relationships are in your life, which ones are supporting, which ones are non-supporting and maybe a particular day it's something supporting happens or not supporting happens. And thinking about building more,

supporting relationships with all types of people and minimizing the non-supporting relationships.

Dr Veronica: [26:52](#)

And the relationship tends to be a hard area because people feel that they're just kind of thrust into it. I'm one of these types of people -- I'm going to cut people off. All right? Mental, emotional, spiritual -- what's going on in those three areas. This is just an area where you can document that. So this is a lifestyle journal. It's not simply a diet journal where you want to put that on there, especially if you're doing your food rechallenge just so you can figure out what you're having a problem with. And this is a way for you to start tracking. Are you getting enough of the vital nutrients in your food by getting all the colors? And so I think about as you're eating, when you're fixing your plate, when you're picking vegetables from the vegetables barn, when you're deciding what to cook. Are you picking vegetables and all of these realms.

Dr Veronica: [27:41](#)

And so you might say, oh my gosh, I don't have any blue, black or purple vegetables. I need to go out and get some purple potatoes. Yes you know, there are purple potatoes or I'm not eating. I need something yellow, I need something orange. And you know, it might be a pepper or red to be a plum, a red plum. So think about it as every day you're eating, going through the ROYGBIV, red, orange, yellow, green, blue, indigo, violet, and then some white too. Right? Now, finally, I'm going to show you, this is what we call the phytonutrient spectrum. It's, I'm giving you one, there's several phytonutrient spectrums that we use. These are all from the Institute of Functional Medicine. They made it so that we have nice handouts to give to people so they can be well. So when we're doing the phytonutrient spectrum, it depends on what eating program you're on as to what's on this particular list.

Dr Veronica: [28:44](#)

Because you have done elimination, there are other eating protocols besides elimination. I'm giving you the one that will, if you decide you're doing, you want to stay on the elimination for a while, you might decide I'm feeling good, I want to get more results. I'm going to do this a little bit longer. Okay, so elimination, there's all the different foods. If you're like saying, what's red? What's orange? What's yellow? Here on the different foods I'm going to put that in. This is great to take to the store with you because you're going to realize foods that maybe aren't in your eating plan. So let's look blue, purple, black -- figs, plums, potatoes, prunes, rice. In the right column tells you the benefits of all these. Notice, anticancer, anti-inflammatory is pretty much on all of these. I'm sure you've heard stories about people who've had cancer.

Dr Veronica: [29:46](#) They radically shifted their lifestyle and the cancer went away. This is the type of things that people do. They eliminate all the foods that I told you about and they adhere to these type of anti-cancer, anti-inflammatory foods. And that is the secret that the pharmaceutical companies that produce cancer drugs do not want you to know. And so I can't tell you that this will cure cancer because only pharmaceuticals and drugs are allowed to say cure. But whenever I've seen someone who their cancer is in remission, which means it's been 10, 12 years and they're still alive, and he had stage four, it's because they went on a eating regimen and decided my life is more important than that sugar. And some of these people, they don't even do fruit because the fruit, they're too sensitive. But they're alive and they're enjoying their life and they're happy.

Dr Veronica: [30:45](#) So my goal is that you don't have to get there, that you're able to take control right now, that you don't go blind on dialysis and get amputations because that's what happens when people get a lot of inflammation from things like what we call Cardio Metabolic Syndrome, which includes high blood pressure, high cholesterol and diabetes. It's called Metabolic Syndrome in holistic health. That's what's happening. It's your metabolism is broken down. So eat the rainbow that's a concept to think about. You see your fork, knife and spoon and all the different colors. And here are the six steps. Get nine to 13 servings of plant foods every day. The notice that I've pretty much. I wanted people to get at least two.

Dr Veronica: [31:38](#) If you can get more than two fabulous. If you're doing it for Brain health and for anti-inflammatory, getting nine servings is what's considered the area where you're going to get remission from disease. Know where they're coming from, your phytonutrients, eat the rainbow colors, vary your choices, that's very important. So I'm giving you the list so that when you go to the store, you don't buy the same thing every week. It's important to have different fruits and vegetables. So when you go and buy a big bag of one thing next week, you want to be a buy a big bag of something else. And even in you know, fruits, think about something like a grapefruit. They have pink grapefruits and they have a yellow grapefruits. There are different and the nutrients are a bit different when the colors are a bit different. Maximize combinations, so for example, they're talking about putting turmeric and black pepper together with olive oil. Why? Because it absorbs better in your body. The black pepper and the oil makes you absorb turmeric, which is very anticancer – better. Add lemon juice to spinach cause it helps the iron in spinach be more absorbed. Spinach is also a great source of calcium so if you find out that you're sensitive to spinach and kale are higher in calcium and are absorbed better, they're what's called bioavailable. The

calcium in them more than dairy. Moringa I also told you that's two or three times as much calcium as even kale. Swiss chard, another good form. So think about combining foods for the health benefit of them. And think about you might want to grow an herbal garden or something like this. This is the time of year where you can start planting. But even if you're in a city, you can, people grow them in their windows or gardens. And they have packaged, you can go to places and get these. And then six, be creative with the substitutions. For instance, things like cauliflower rice. Think about if you're sensitive to grains, if you have any type of problem, you want to keep the grains very low. And so think about cauliflower rice and replacing that which will work great with your chicken and Broccoli and Chinese food or as a nice side. So this is where we are now. The next step, if you decided that this is where you want to stop is do the food rechallenge.

Dr Veronica: [34:29](#)

Do the food rechallenge. So start adding back in the foods. That's the first choice. The second choice is to stay eliminated it because you realize that you feel good and you're getting results from that eating style and do that for another five weeks. If you haven't gotten fully eliminated, go back to the top of the list and say, caffeine, how can I work on that? Artificial sweeteners. Okay, let me get and just go slow and go back to week one of dietary transitions and make sure you're mastering what is there. Again, this is the dietary transition page where it tells you week one, two, three, four, five what you are doing every day. Um, all the recipes and directions are already in the portal. And so if you're saying I want to do more, you can step one, you could stop completely. Second, go back to the beginning. Third, do the food rechallenge.

Dr Veronica: [35:44](#)

Fourth is to look at where you're not getting it as well and go back to that step and master that step. Now the fifth option is, and this is where I usually take people on to a next step. The next step is to do the digestive repair. I start with elimination because we want to get as much inflammation, everything gone in your system, settle down, and some nutrients back in your system because then your body has more what it needs to be able to repair itself and that's the digestive repair protocol, which is the five R series which has strategic, targeted eating and targeted supplements so that your digestive system absolutely repairs from it's assault from stress, from antibiotics. If you have constipation or diarrhea or reflux or you've had a parasite, this is something that you want to go back for. And you can repair your digestive tract.

Dr Veronica: [36:49](#)

It can be reassaulted again from simply things like going to the dentist and taking an antibiotic because you're supposed to

get antibiotic when you've been to the dentist because they told you do because you have a heart problem or something like that or have flappy valve or something like that. Whenever you go and do that, it's important to understand that you're attacking your digestive system. When I do the digestive repair protocol with people. I also to explain what to do when you have to take antibiotics, how to rescue yourself when you're taking antibiotics, how much to take, when to take, which ones to take. So we go through a Five R protocol that takes about three weeks. And then in that, the next thing happens is a detoxification. Now the next phase requires supplements to do it. So when we do it for the next six weeks, it's in the whole plan. It is not just the teaching on how to do this and the support on how to do this, but the supplement package that you will require to get maximal results.

Dr Veronica: [37:52](#)

You cannot do this with food alone. If you're going to get rid of parasites and fungus and all these types of things and also really strengthen your digestive system, you're going to need things like more vitamin D, more turmeric with pepper in it. And we need it standardize so that we can know what type of result you're going to get. And so if that's something that you're interested in doing and some of you have already reached out to me that you're interested in doing, that's the next phase. So what would happen at this point is you get a rest week. Rest week means that you just take it easy and do whatever you want to do.

Dr Veronica: [38:28](#)

You're not going to lose everything just doing what you want to do for a week unless you completely go hog wild. What most people do is they just take a little bit of breather, have a few of the things they haven't been having. And then you go back to healthful eating. Okay? Now you're take a rest. Then what happens? You going to wait to reach out to you. What happens is during this rest week, continuing on to the digestive repair phase, we jump you into that and what I'll do is I have to order your supplement package because week one of the digestive repair, you start some supplements before we do anything with the eating. And so you would actually have two weeks of doing pretty much what you want to with the eating. What I say about that though is if you've been getting results, keep the results, keep you're eating as helpful as possible. Don't run back to the snickers. Don't run back to the ice cream. Don't run back to the gluten. Well you know these things break you down and so therefore you want to stay modest on anything, but you've gotten through five weeks. So Yey! Treat yourself at this point. This is the time to treat yourself and celebrate that you've got as far as you did.

Dr Veronica: [40:03](#) (Inaudible) in your mind to understand that health and wellness is a lifelong journey. People who are healthy and well, lived long. Every day at their life tend to it in some way.

Dr Veronica: [40:17](#)https://www.temi.com/editor/t/IownQvSm4huST9XGBBMwNcoBoX437A4Rv18QAZ_HV02cjQXhQaDaXIXjj7pXRh4bwolYN-peVEDRx1vOwqtyWuD6Os8?loadFrom=DocumentDeepLink&ts=2352.48 So I hope that you have gotten a mindset shift to embrace yourself and realize that this is something that's wonderful and good and you like doing it.

Dr Veronica: [40:29](#) If you haven't gotten there, yes, you need to stay on this phase to get yourself back to liking it. Because if you don't like it and this is drudgery, you will fail. Have you think that this is just a diet and I'm doing this temporarily, you will fail.

Dr Veronica: [40:48](#) This is making a life transition transformation. A transformation is firm and fit, so that's what I'm saying, if you aren't there on being able to implement the dietary transitions because you're too emotional about it, because I just can't do it, because I want that, because I'm going out. You got to take some more time to settle your mind because your mind is what's going to have you fail, your mind. When you were you are able to go and watch somebody else eat something that you used to be able to love and you can watch them and it could be there. They can put it in front of you, and you can say no thank you because you understand there will always be there another chance to eat something or to get there. You don't have to have it right then, your mindset has transformed.

Dr Veronica: [41:37](#) Just say, I'm not going to have that. Because it's going to Jack my cholesterol. It's got to Jack my sugar. It's going to Jack my inflammation in my body. I'm not going to do that because I'm more important than -- my health is much more important than that whatever it is over there. And so I tell people that when you get to the point of radical self-love, it's just some thing you're not going to do. If you're not there yet. That's okay. It's a journey. And that's what I'm saying. You have to decide what you want to do. Now what do I recommend you do? Go on to the digestive repair phase. Why? Because you're going to learn more. You're going to learn more about food, your digestion, different hormones, nutritional status. We're going to talk about all that type of stuff and the more knowledge you have and as we're getting the knowledge you're going to be implementing.

Dr Veronica: [42:32](#)

So this is not the same reading Dr Google, when you read Dr Google, you read it, but there's no feedback, you don't know how to implement it. Every week this is going to be talk about how you implement it. If you have something you'd have to ask about dietary transitions. We're going to talk about that. So it's been a joy working with everyone and hearing about everybody's results. I'm going to send around a survey to ask what's been going on with you so I know what you want more of. I packed a lot in this period of time and sometime if I pack too much, people get overwhelmed. And so that's what I'm saying. If you got to the point where, Whoa, I'm feeling, that's what I'm saying, step back. Step back to week one, take a break for a week, take a one week break and go back to week one. Take a two week they go back to we got or take a break for what you see, but set a new start date. But realize that if you take off like another, you know, three, four, five weeks, neither slip back to and your gains will go away. That's not, so take a week, take two weeks and then say, okay, I'm restarting my recommitment date is. I'm going back to week one cause you know this works and you're going to do it all again and you're going to master doing this and the idea is you want to get it gone and then you want to rechallenge and be eating healthful all kinds of foods.

Dr Veronica: [44:17](#)

I have...I'm trying to remember what the plan is called. The Institute for Functional Medicine has a eating plan that's, gosh, I'm trying to remember what it's called. They have their, their names for everything, but as for just, this is a healthful eating plan, just that anybody can use, not condition specific, that if you want something like that, I can offer that to you also. If you say, this is the end for me, but I will tell you that if you've never done a digestive repair, it's transformational to do a digestive repair because all of a sudden a bunch of stuff that you had that you couldn't explain that it even more goes away. You even get more benefit from food, more benefit from supplements because your digestive track can absorb what it needs and eliminate what it doesn't need and when it's repaired and your digestive system's not leaky, you don't get all the symptoms you get from inflammation from food. So reach out to me. Let me know what you need. I'm going to reach out and we'll tell you how to continue on and get you for continuing on. And it was a joy working with you. I'm going to stop sharing.

Dr Veronica: [45:42](#)

So I can say bye. Let me see. Let me just read. I'm gonna read the question before I go. Okay. As I'm reading, I'm reading somebody's calling, but it's private, so I'm not going to share it with you.

Dr Veronica: [46:03](#) Yay! Let's just say somebody sent me a message and said they've lost about 10 pounds and that's a major accomplishment, so let's celebrate that. Yay. And started scaling back on medications. I'm going to, I got to like, keep that without the names. So in our group, we've had people who have been scaling back on their medicines, lost weight. And I love to hear that because this works. And so what I've say is keep going. Let me just also say something. I want to say something. We have both, you know, a man and women in the group. And so, so I can commend Darryle for being the group with women. But let me just tell you, women, it takes a little bit longer for our bodies to react than it does for man. And so if you're getting to this point and you're getting results and you're a woman, it's just started.

Dr Veronica: [47:00](#) Because it happens quicker in men. Women have more complicated hormones, so it takes a little bit longer for them to get the balance. And so this is why going into the next phase can be even more important because your digestive system processes the hormones. And getting that into balance is key. People tend to have the most beneficial results in doing programs at around 90 to 120 days. So if I'd say you get the hundred days, about three months, three to four months is when really you feel in control and you've noticed behind you some major results and so we've gone through five weeks. I'm giving you, this is the bonus class, stick with it. That's what I'm saying. Go to the next phase because the next phase is the phase where you're going to say, wow, finally it's really doing something for me.

Dr Veronica: [48:10](#) And that's what's what I've noticed with people about a hundred days is magical. That's just even in your life with anything, a hundred days is the time where it's really etched into your brain and your body and your cells are getting it around that. Hemoglobin A1c that we check for diabetes is a 90 day test. And so if you're looking to say, is my A1c down or is anything down 90 days is what's going to happen. And so guess what? If you take it in three months from when you started, you're not going to have the full ability. You'd take it about four months from when you started and you're about four or five weeks in, you're going to notice because you've gotten a buildup over that time. So taking it A1c or your other black lab works from about four months from when you started is when you're going to start and see some dramatic results in your lab tests.

Dr Veronica: [49:13](#) So not just on the scale, not just your clothes, but your biochemistry in your lab tests we'll actually show improvement at that point. But now some people are more resistant and so

it takes a little bit longer. Five weeks is a very short time for the body. Your whole body turns over and so that's what I'm saying. Stick with it. You keep doing it. You stay on the trail, that's why I talk about the marathon. I watched the people, they run it in two hours. When I did the marathon, I finished, it was five and a half hours later and I ran and it was very hard. When I got to mile 22 I hit the wall. This is what working on your health is like. You're going to have some fits and starts. You're going to have plateau. You're going to have a time when you hit the wall and say, how am I going to get there?

Dr Veronica: [50:13](#)

And that's why it's important having the support. Because what happened when I ran my marathon and I did it with a team is I'm running at pass mile 22 and that guy came along and said, how you doing? You can do this, you can do this. Come on you trained. I saw you run all that miles, you did it. It's only a few more miles to go. You can do this. And so that support was what got me through two marathons and then I actually got just why I married my husband. I actually got him to run a half marathon and he had never run more than five miles before and then it was my time, I was going to do a marathon and have him do a half marathon and I decided, you know what? I want to run with him. It'll be easier for me to train for the half.

Dr Veronica: [50:55](#)

And so we went to the half marathon and that it was my time because you know, he's very fit person already. But the running (inaudible) .1 miles is not a joke. We both finished that and then I had to like, you know, grab them and get them to the bus and then when it's time to get off the bus, pull them off and get them off the bus. And then when he wanted to lay in the bed and just write, I had to put them in the ice bath. There's somebody who's going to be there helping you if you do this on your own. That's the biggest reason that people fail because they're going it on their own and that just, it doesn't work. You don't have somebody to help you get through those tough times. And so I know all of you have had some tough times through this.

Dr Veronica: [51:42](#)

Whether it be events coming up or family things or just your head, trash going on or just figuring out what about this or that, that you just don't know because nobody ever told you something. And so you couldn't, nobody, it wasn't your sphere before. That's why I say let's continue on so you can get to at least a hundred days. And that's when really that's a huge transformation. If you see people on my website talking and happy. And I know we have Lynn here who's done it before and can talk about what a difference it makes over that period of time when you're just really committed even when you're

doing your hundred percent. But my hundred percent is not the same as your hundred percent. And I realize if you're giving it the best you can, not making excuses are the best that you can and your best today is not necessarily what your best yesterday was and it's not what your best is tomorrow. You will keep improving. And so I'm here to give you the knowledge and the tools for implement and then answer those questions when you come over the obstacles and to have other people trying in to say, here's how I overcame this obstacle. Gina actually gave me some florets and said, I got these florets from Trader Joe's. Share that with a group. This is a great snack. The Latte. So people will give you other tools and tips and tricks to help you on your health journey, which isn't this better than going to your seven minute doctor visit where they just write a prescription and say, lose weight. Go exercise and don't even tell you how to eat less food. Okay? So makes you give yourself a rest, pat yourself on the back. Take a breather and a break. It's important to take a break. Just like after you exercise, you're going to take a break until you go back tomorrow. So this is your break to go back and do it this week. And then possibly next week is your another break where you're going to start with some supplements and then go into the digestive repair. Okay, so break even before you do food rechallenge. Alright? So I will talk to you soon.