



The 8 Ways To Wellness

Module 2 Office Hours Transcript

Dr. Veronica: [00:17](#) Right. Awesome. Okay.

Dr. Veronica: [01:03](#) Hello?

Lynne: [01:04](#) Hello this is Lynne.

Dr. Veronica: [01:16](#) Hello Lynne

Dr. Veronica: [01:17](#) No, it's Lynne. Hi Lynne. Hi everybody.

Lynne: [01:27](#) Hi Veronica, how are you?

Dr. Veronica: [01:27](#) How are you doing?

Lynne: [01:29](#) I'm doing pretty good. I'm glad to hear that. Yes, I'm glad

Dr. Veronica: [01:40](#) I will catch you all up. You're close by. Have reach out to you and make a time where you can come visit me.

Lynne: [01:52](#) I would love that.

Dr. Veronica: [01:54](#) All right. So, I don't know if you have any questions at all that you want to ask. We do this informally in people pop on. Okay.

Lynne: [02:14](#) I have a couple of questions. I'm not concerned about losing weight. I think I lost all the weight I needed to lose and don't need to lose anymore. But I am concerned about my body being an out of whack. My stomach's gotten out of whack and I like to be brought back to balance. I know before when I used to see you, you gave me a sheet for a blood test, if I would do that, how would I pay you? You know I may be deficient in minerals and some other things.

Dr. Veronica: [02:54](#) Let me talk about that with you, let me reach out to you tomorrow.

Pam: [02:58](#) Okay. It has to be in the late afternoon.

Dr. Veronica: [03:03](#) In the late afternoon. Okay.

Lynne: [03:06](#) Four o'clock or so.

Dr. Veronica: [03:08](#) Okay. It may need to be off Friday cause I got a full afternoon.

Lynne: [03:12](#) Okay. Because I paint on Tuesday and Thursdays.

Dr. Veronica: [03:16](#) Ah, okay. I got it. Just look on Friday just to see.

Lynne: [03:22](#) Friday would be the eighth. That would be better.

Dr. Veronica: [03:25](#) Friday the eighth would be better?

Lynne: [03:27](#) Yeah. When can you do that?

Dr. Veronica: [03:31](#) Can you do it noon?

Lynne: [03:33](#) Yeah. Well, sure. Okay.

Dr. Veronica: [03:37](#) I want to put you into scheduled for 12 o'clock and then I'm going to call you then.

Lynne: [03:43](#) Okay. Okay. That'd be great.

Dr. Veronica: [03:46](#) All right. Do you have anything else that's going on? You want to ask me specifically?

Lynne: [03:51](#) Well, other than getting older because I just turned 78, other than getting older, I just like to get some things back in balance where they used to be.

Dr. Veronica: [04:01](#) Okay. All right. Wonderful. I'm just putting you in the schedule right now, so I'm like, oh,

Lynne: [04:14](#) One other question I asked Michelle, because I missed the first lecture, which was Tuesday and Jeffrey and I were on a trip. Yeah. How can I get a printout of what you talked about or even the second one. Would that be possible?

Dr. Veronica: [04:35](#) It's going to be possible. I have to wait for the, my team to do the transcripts and the synopsis. So there's a little door, but we already had it planned. We already talked about it as a team that we're going to mail it to you.

Lynne: [04:49](#) Thank you very much. I appreciate that. Let me, let me, sorry, I missed it, but our trip was wonderful. We went to a Hindu temple.

Dr. Veronica: [04:56](#) Good for you. Yeah. Tell me, tell me what your phone number is. Two one five...

Lynne: [05:01](#) Nine, four, six, six, one, three.

Dr. Veronica: [05:08](#) Okay. It's what I'm seeing there.

Lynne: [05:09](#) So nine, four, six, six, six one six one three.

Dr. Veronica: [05:13](#) Okay. I'm just putting it in the schedule so that I'll have it there and I won't have to look around for it on Friday. All right, beautiful.

Lynne: [05:23](#) So other people are joining us in this conversation.

Speaker 2: [05:27](#) Well, the only person here right now is Pam. Sometimes there's Gina or Darryle or Noah that are in the conversation too. So, Pam, do you have any questions? You got everything straightened out?

Pam: [05:45](#) Well, I was hungry all day, and and I came home with a headache actually. So I'm, I'm sitting here having some popcorn. So just trying to figure out too, which I guess from an adjustment point of view, how, is there anything I can do quickly to fill in the gaps, like know since we're eliminating a lot of different things.

Dr. Veronica: [06:14](#) Okay. So the first thing is did you order the shakes and the, did you order the TR90?

Pam: [06:20](#) Not yet. I see it. I went online this fall. The TR90 won't ship until the 15th.

Dr. Veronica: [06:28](#) What really?

Pam: [06:30](#) It said your, it will ship on the your products we'll ship on the fifteenth.

Dr. Veronica: [06:36](#) No you didn't go in, go in. , can you log into the account right now?

Pam: [06:42](#) Yeah. Let me get my other phone.

Dr. Veronica: [06:46](#) Okay cause you're going to you can adjust that.

Pam: [06:48](#) Oh, all right, well that's good cause I was trying it today and I said I can't get this until the 15th that's crazy.

Dr. Veronica: [06:56](#) No, I'm sure it's the way you have it adjusted in your account. It's what's called the Adr.

Pam: [07:00](#) Oh Adr. I didn't notice that. Okay. Let me try that again then. Let's see.

Dr. Veronica: [07:12](#) All right. The other thing about what we're doing, this is, um, are you drinking? Are you drinking enough water and things like that? Because a lot of times if you're not, you're thirsty is masked as hunger.

Pam: [07:35](#) Well, I think that I'm hydrated enough. I mean, I am drinking. I would say from a water perspective, at least eight to nine eight ounces of water plus tea, lemon and ginger tea with me. Of course. Just the tea and what else is water? I had some like Seltzer water, so I think, you know, I'm, I'm okay on the water. It's just, I'm not sure what to do about food.

Dr. Veronica: [08:19](#) Okay. So again, things, good things for snacks or things that are protein based. And so another thing, nuts, like walnuts, you might want to get ones that are already shelled that you can take the work with you. Trader Joe's has packets of those where you can get walnuts. You know, pistachios, almonds, walnuts, those are the best ones to have. Brazil nuts. Macadamia nuts are very good because they're high fat in it and their protein too. So there tend to be more filling. So nuts. And then the other thing like I was a hard boiled eggs are great. Make some hard boiled eggs to take with you. Because at this point I want you to eat. If you're hungry, I want you to eat when you're hungry, but I want to make sure you're eating the right thing.

Pam: [09:19](#) Okay?

Dr. Veronica: [09:21](#) Okay. Will you when you get logged in, Okay. Wait, go to, where it says, there's a section where it looks like a little person at the top and there's, it should say, let me, let me look. I think it says manage my ADR.

Pam: [09:44](#) Adr Manage.

Dr. Veronica: [09:45](#) Look at manage the Adr. Does it say it's going to ship in the 15th then?

Pam: [09:50](#) So it looks like you have not created an ADR something. Create an Adr, navigate to the product you want and click add to ADR.

Dr. Veronica: [10:00](#) Do you see where it says your orders?

Pam: [10:04](#) No, let me, let me put something in, in the basket I actually did earlier. All right, so I wanted a 30 day, six 30 day. All right, here it is. It's 30 day. All right, so we'll add that to add to the ADR of the add to bag, right? I add it to the ADR instead of adding it to the bag and it's an ADR and then go to checkout. All right. One item added to your bag. Okay. Okay.

Dr. Veronica: [10:42](#) Now I'll try to check out. Tell me what happens. Okay.

Pam: [10:51](#) Okay. Yeah. You bag all right.

Speaker 4: [11:16](#) Purchase now?

Pam: [11:18](#) Yes. That's what you want to purchase now. Okay. Please select when your ADR order will be processed. Processed my ADR today, right? That's,

Pam: [11:27](#) Yup. Yup. Okay. Okay, so yeah, there a PFC introduction catalog.

Dr. Veronica: [11:47](#) Yeah, that's just the catalog for all that stuff they have. Just leave that there. It'll come to you so you, you can see the products that are there and read about them and all that stuff.

Pam: [11:57](#) All right. It's good as your products will ship by 3-15 2019

Dr. Veronica: [12:04](#) Ship by 3-15 interesting.

Pam: [12:07](#) That's what he said.

Speaker 1: [12:09](#) Huh?

Pam: [12:11](#) And I tried earlier like other iterations of the same like I wanted to 30 days.

Dr. Veronica: [12:18](#) Well you need to get it so check out. It's a little ship by check out so you know what's in there and it's going to ship.

Pam: [12:25](#) Okay.

Dr. Veronica: [12:26](#) Cause the longer you delay it will get an order. Might be that everything's just really popular right now. So they just have a lot of requests for the same thing.

Pam: [12:38](#) Well until I could receive it cause that's going to be...

Dr. Veronica: [12:42](#) Well that's what I told you to do. I said protein things. Nuts, eggs especially hard boil eggs. Take it. Protein. You know the other thing or things like sardines and salmon and tuna and that you can get in a can. Things that you can take with you. So think about the things that are protein base. That's why I recommended things like Jerky. Not necessarily you want the ones that went out a lot of junk in them, but you know, you should read a fine, good quality around New York City.

Pam: [13:23](#) All right.

Dr. Veronica: [13:24](#) They also have online on Amazon, they're called epic bars. Epic. See epic.

Pam: [13:31](#) Epic bars. Okay.

Dr. Veronica: [13:32](#) Yeah. Epic bars, which are the epic ones are, you know, protein. They're not, when I say protein, they're neat bars.

Pam: [13:42](#) Oh, interesting.

Dr. Veronica: [13:44](#) Yeah. they're meat so, they're boar and beef and things like that.

Pam: [13:50](#) Okay. Epic bars.

Dr. Veronica: [13:55](#) The reason why I'm recommending protein, protein, protein, I don't remember if it, when, when you saw, when I did the talk, the Webinar and I talk when people have problems with Adrenal, what they need and adrenals are what get out of whack when you're under stress. And so I said protien, the first thing I have on there on the slide of what you need to do with your adrenals, it says protein, protein, protein. Okay. But that's why I'm telling you protein snacks. And that's, and that's, and that's important.

Pam: [14:25](#) So if I didn't miss that part.

Dr. Veronica: [14:28](#) Well, I mean it was back in the Webinar and I gave a lot of information. And so this, this was, this was before the program started. That webinar. Okay. Oh yeah. Okay. All right.

Pam: [14:41](#) Yup.

Speaker 4: [14:42](#) So that's why I said, I don't know if you remember. That's what, but I'm saying when you have imbalances in your body, because your adrenals are out of balance from being stressed, one of the big things is to make sure you're getting enough protein. Okay. So make sure you're going with your fluid balance at this point, eat when you're hungry, but you want to eat the right stuff so that more or less means you gotta be prepared. So I don't know if you have any eggs in your house. You might want to cook some hard boiled eggs now so you can take one to work with you.

Pam: [15:21](#) I have eggs

Dr. Veronica: [15:21](#) You might want to go out, get some nuts or you know, put the nuts in the bag. Even if you have to take the cracker or whatever you have to do. But it's where the nuts, pistachios, walnuts, almonds, Brazil nuts, macadamia nuts. Okay, and

have those on hand. And as I said, if you have a trader Joe's around the trader Joe's, they tend to have the pack little they individualized package, you just go pick it off the shelf so you don't have to put it together yourself or you could put it together yourself. I buy like big bags at Costco and keep them in the cabinet and you can take her with you. But Trader Joe's makes them so they're individually packaged so you can just grab them and throw them in the bag. So you want to always be prepared with something to snack on. Okay. You just want to be compared with the right stuff to snack on. Does that make sense?

- Pam: [16:19](#) Yep. I agree. I, I had in the past this week, for some reason when I went shopping, I didn't buy any nuts, but I usually get almonds or walnuts or some kind of nuts and I didn't this time around, so I was so focused on having the cranberry drink and that I lost, you know, lost
- Dr. Veronica: [16:42](#) The better almonds, a lot of times is to have the raw almonds if you can get them.
- Pam: [16:49](#) Yeah, raw is good
- Dr. Veronica: [16:52](#) The other thing is when you're getting things, get less salt because more salt, it's going to make you thirsty and hungry too. So if you can get things that are unsalted so that will add to that hungry feeling.
- Pam: [17:06](#) Yeah, I've been, I've been doing no salt and raw.
- Dr. Veronica: [17:10](#) Okay. All right.
- Pam: [17:12](#) I just don't have any right now. I have to get some.
- Dr. Veronica: [17:15](#) All right. Well, , it's going to this is like the adjustment time. It's like the adjustment time. So you just, it's the stick with it time.
- Pam: [17:32](#) Right. No, I understand.
- Dr. Veronica: [17:35](#) And the thing about, uh, sugar, the sugar kind of makes you crave because like, so when you, when you decrease it, you feel like you want more, cause you're getting the, crash from the sugar. So that makes you hungry too because the insulin is being released. And so when you get insulin release and things like that, it makes you crave and get, makes you hungrier. All right, so you're going to feel some of that. You usually, the first three days are usually the most challenging, but usually after three days things get easier. Okay.

Pam: [18:21](#) Well it was, it was difficult because you know, I've been using Stevia and so like at this morning I had oatmeal and one thing I forgot to put my oatmeal with cinnamon but I put some berries on it and it just, it did, nothing I really ate today tasted good. Then I had a can of sardines and I had, I had a salad, it was a Caesar Salad. But what I did was I got black beans. Blue Cheese, with Kale Romaine and that was basically it.

Dr. Veronica: [19:00](#) Yeah. Well this is the part of this is the part of time where you're finding that part of it is going to be finding different foods and trying different foods that you like, so you're able to expand your variety. Okay. Now oatmeal is, oatmeal it was still okay. Okay. Yeah. All right. So, yeah the cinnamon is going to do it in putting berries with it is going to work too. As long. Make sure if you're eating oatmeal it's gluten free.

Pam: [19:36](#) Okay. Cause I have steel cut. Something I picked up, but I got, I made sure I got steel cut.

Dr. Veronica: [19:50](#) Is that what you ate for breakfast?

Pam: [19:53](#) Yeah.

Dr. Veronica: [19:54](#) Okay. So if you ate that for breakfast you didn't hardly have enough protein in your breakfast and that's one of the issues too. And that's going to make you hungrier.

Pam: [20:04](#) I was lazy this morning. I didn't have time to make the shake so I just get the oatmeal. Okay. You know it just to see, it just depends on the morning. Every morning, here's the, here's the bag of steel cut. Okay.

Dr. Veronica: [20:28](#) So the thing about this is the plan the night before, what you're going to have. So right now when you're thinking about dinner, think about what's going to happen tomorrow for breakfast. And that's what I'm saying. You might want to just, if you have the eggs, cook four hard boil eggs. So you know, you have eggs in the morning. If you have time to cook it, you can. But if you don't, you already have the hard boil eggs made. The other thing that's good to pick up, and these are good to carry around too, the chicken sausage. Have you seen like chicken breakfast sausage like Applegate?

Pam: [21:02](#) I've heard of it. Yeah,

Dr. Veronica: [21:04](#) Those are really good. Applegate sausage, write those down. Get those.

Pam: [21:10](#) Okay.

Pam: [21:11](#) Applegate sausage.

Dr. Veronica: [21:12](#) Yeah. Lynnen, if you have any, uh, suggestions you can always jump into cause that's what it's about.

Lynne: [21:18](#) Yeah. I think the first three days are definitely from the previous program I had with you. I think, also if she has headaches, it might be because if she drank a lot of coffee before, and not having coffee that that leads to headaches sometimes. I found that giving up sugar was easy.

Dr. Veronica: [21:48](#) You're unusual in that?

Lynne: [21:50](#) Well, I just developed, I didn't go on a taste for it anymore. I do have stuff every once in a while. I'm human, but, but yeah, I eat a lot more vegetables and you're right about the protein. You have to get enough protein because that makes, should not be so hungry.

Dr. Veronica: [22:12](#) There you go. So you, so she knows from experience, so I would make sure that you have protein in the morning.

Dr. Veronica: [22:21](#) So put on the list to get like some of the chicken sausages like Applegate or something like that. Those are really, they have all different types of flavors, and also think eggs and sausage. And then when you end up getting, make sure you order the stuff because when, if you start having a protein shake, it's going to cut way back on the hunger. But also about having the protein shake with all the other stuff is it's going to have the vitamins, minerals and nutrients in it. So you'll be getting other stuff that you need and that will cut back down on a hunger too. But for now, think about making sure in the morning, and this is, it's common for people to, it's part of the American culture to eat things that are not necessarily high in protein in the morning, eating cereal like, or hot cereal, like oatmeal and regular cereal or like a muffin or a Bagel or something like that. And they don't have any protein. And so therefore, and they're heavy and carbohydrate. And so that ends up making you actually at the minute you take it, you feel like, okay, I'm full, but hour or two later you're hungry and that carries through the rest of the day.

Pam: [23:32](#) I understand.

Dr. Veronica: [23:33](#) Okay.

Pam: [23:34](#) So what about so every, every Friday work has a breakfast buffet. The buffet has Turkey, Bacon, pork, bacon, there are some, there is some sausage. They do have a vegetable mix of cucumber, tomato and onion, like diced and he have berries.

And of course all the carbohydrate. The things that you don't necessarily want us to touch.

- Dr. Veronica: [24:05](#) Well they have, well it sounds like they have a bunch of stuff that you can eat.
- Pam: [24:09](#) Well this is the thing I liked to bacon the old fashioned traditional bacon. And what I'm trying to move away from that,
- Dr. Veronica: [24:18](#) You can eat bacon. There's no reason you cannot have bacon.
- Pam: [24:22](#) All right. So, but what I do do with the eggs, they all have scrambled eggs. Both you'll have egg whites, scrambled egg white and you know, but what I'll do is I'll bring my own hard boiled it.
- Dr. Veronica: [24:40](#) Do they have regular eggs? Like the whole egg?
- Pam: [24:45](#) Well they have scrambled eggs like scrambled, regular scrambled eggs, scrambled egg whites.
- Dr. Veronica: [24:53](#) All right, so you don't want to do just egg whites. You want the whole egg.
- Pam: [24:57](#) Okay. Well what I've been doing because I don't know how the eggs are prepared. What I do is I bring my own hard boiled egg and I'll have some of the bacon or the sausage with it. I'll have last week I had the vegetable of some of the vegetable mix end and the berries.
- Dr. Veronica: [25:15](#) Okay. That's fine
- Pam: [25:17](#) And I been trying to move away from like, they have things like apple turnovers, which I love, but I haven't eaten one of those since December, so I'm not, I'm not touching, I love bagels. I haven't touched a Bagel this entire year and I've been trying to move away from the things that you say, you know, like lead to the crash and the hunger. So, and what I find when I eat I'm pretty comfortable in the day and then I go for lunch. I'll have salad or something for lunch, but I'm not, I'm generally not that hungry. But this morning I was, like I said this was not a morning that I was going, I got up in enough time to make the shake. So tomorrow morning I have an early morning so I would have to figure this out tonight.
- Dr. Veronica: [26:14](#) Yeah. The big thing about the whole thing, but Lynnen can probably say this too, is planning. Plan. If you, fail to plan, you plan to fail. That's how it is. So that just means that if you don't plan what's going to happen, it means you're setting yourself

up for a difficulty. So just like today you're saying, oh my God, I don't feel good because I feel hungry, and then you're obsessing about it cause you're thinking about, but what I'm, what I'm pointing out is here's what happened that probably made you feel hungry. You didn't start out the day with protein, enough of it. And you do need a lot more protein as you get older, more than you think you need. And what happens is you just, a lot of times people in our culture are eating a lot of carbohydrates and not a lot of proteins, and that's what happened today. It fruit and vegetables are actually carbohydrates, the carbohydrates that you want, but they're actually carbohydrates too. So all your breakfast was carbohydrates. That's it. The whole brand

Lynne: [27:23](#) One thing that's very satisfying for breakfast, when I was doing this, and I didn't have time, they made individual boxes of bone broth and you just stick a straw in it and to me that was very satisfying. and to me it was protein too.

Dr. Veronica: [27:41](#) Yes, the bone broth, and it depends on what kind it is, of brand is that?

Lynne: [27:54](#) I get several brands, I don't have my glasses on, this one is Kitchen Basics bone broth and this one is chicken

Dr. Veronica: [28:03](#) And where did you get that from? Is it just a regular store?

Lynne: [28:08](#) Supermarkets, I think Shoprite or Giant might have it. The bigger supermarkets has a better variety of things it's like a cup or a little more than two cups. But it's very satisfying. And one other thing, if she was getting a headache and feeling very hungry, she might've also been thirsty and didn't know it.

Dr. Veronica: [28:34](#) Yeah, that's what I asked her

Lynne: [28:39](#) Sometimes, she can drink something. If she's feeling really hungry, she might be really hungry. But sometimes we are also thirsty.

Dr. Veronica: [28:53](#) So I recommend that when you're feeling really hungry one thing is the cranberry drink. A lot of times if you drink that, it'll take off the hunger. Cranberry Drink and wait like five or 10 minutes and see how you're feeling. Because if you drink and then your body has more fluid in it, then you're going to see am I really hungry or not. That's what you have to assess. The other thing, what Lynnen was suggesting also with the bone broth is very good because the bone broth has a lot of vitamins, minerals, and nutrients in it, so that's why it's probably satisfying to the hunger. Although it seems like it's

just simply liquid, so bone broth is a good thing too. Yeah.
What brand is that? Pacific, right?

- Lynne: [29:41](#) This one was Kitchen Basics. I think I have another one that's a different brand. Both of them are kitchen basics, but you want to make sure you get the bone broth and not the stock. You know they have vegetable stock and other stock. You want to get the one that says bone broth?
- Dr. Veronica: [30:04](#) Yes. Pacific is the one, for me, that's my least favorite because I don't think it taste good at all. The Pacific.
- Lynne: [30:11](#) Where do you get that?
- Dr. Veronica: [30:13](#) That's the common one they have in all the stores. Pacific, they're the biggest. They're pervasive everywhere.
- Lynne: [30:22](#) I didn't go any do specialty shop to get this. It's just a regular supermarket could have been giant, could have been. It wasn't one of the smaller ones like Redners or, or uh, acme. They don't have such a stock of stuff.
- Dr. Veronica: [30:40](#) Yeah, I'm sure it's in the stores. In New York City they have different brands, but to me the Pacific brand is the least satisfying and the worst tasting, probably the cheapest, but the least satisfying the worst tasting. So even though it's less expensive, it's almost like you're wasting that money and spend a couple dollars more to get the one that's going to do what you wanted to do. Which is quench, your hunger and your thirst same time.
- Pam: [31:08](#) Yeah. Well that was leftover and mom and mom's refrigerator. Okay. Suddenly your son. Okay. So I said, well maybe I could use this for something. Right. So I, I, every once in a while I'll take, you know, because I might have a taste for it, but no, you're right. It's not the most, it's not the most tasty.
- Dr. Veronica: [31:38](#) Yeah. My favor is a brand called broth masters. I'm going to look it up. I'm going to look it up for the brain down broth mess. , I'm going to, what I'll do for bone broth. I'm going to send it. Yeah. So you, so you'll have it. I'll send you the link.
- Pam: [32:19](#) What kind of eggs do you recommend?
- Dr. Veronica: [32:22](#) I recommend the ones that are high in Omega three. Okay. I've got organic.
- Pam: [32:33](#) I got organic eggs here. Pete and Gerry's organic eggs. I bought, enjoying read free range eggs. Okay. So anyway, I just put in three of them to boil. I think when it comes to the liquid,

I'm doing okay with the liquid. It's just I have to adjust to the fact that if I drink tea, I, you know, I usually put Stevia in it. Now I'm not putting Stevia. Righty. Drinking tea. I didn't have coffee today. What else? I was thinking about mineral water.

- Dr. Veronica: [33:24](#) Yeah. So you can.
- Pam: [33:26](#) Mineral water. I mean, is that, I know it has sodium.
- Dr. Veronica: [33:31](#) You want it? Yes.
- Pam: [33:33](#) Oh, okay. All right. So I'll go get some mineral water. Any particular brand?
- Dr. Veronica: [33:49](#) Pellegrino, Perrier, Evian.
- Speaker 4: [33:56](#) I found this Aquafana.
- Dr. Veronica: [34:02](#) Uh, hold on. Let me see. Oh yeah, yeah, yeah. That's a good one.
- Pam: [34:11](#) Okay. I'll work on stuff. Toscana Italian.
- Dr. Veronica: [34:14](#) A lot of times the Pellegrino is very easy to get it. You can buy it by the cases in most stores.
- Pam: [34:20](#) Okay. I've seen it a Duane reed downstairs.
- Dr. Veronica: [34:23](#) The good thing about the things like Pellegrino is they do have minerals in it and that helps replete your minerals. So as opposed to drinking regular, plain old water, it's going to be better to drink mineral water. So probably right now if you're drinking out of the tap, it's just regular water. If you're drinking mineral water, that's something else that could make you feel more satisfied than drinking plain water out of the tap because it has the minerals in it and that helps you. So drink the mineral water with like lemon or you don't have to drink it with lemon or lime, but you know, it tastes kind of good with lemon or lime in it.
- Pam: [35:06](#) Okay.
- Pam: [35:06](#) Now it appears you office, we have these cans like Canada dry makes it. Yeah, I don't think it's mineral water, but it's like carbonated water.
- Dr. Veronica: [35:17](#) I mean that's fine. As long as it's not sweetened.
- Lynne: [35:22](#) You mean like Seltzer water or tonic water?

Dr. Veronica: [35:26](#) Yup. Yup. Seltzer water.

Dr. Veronica: [35:28](#) Seltzer water is fine. It's not mineral water, but it's bubbly water. Mineral water. And Seltzer is not the same thing. Salts waters, just like carbonated water. Okay. So when you can drink that to break up the monotony,

Lynne: [35:45](#) And tonic water, tonic tonic water is not the same either.

Dr. Veronica: [35:49](#) Tonic water tends to have sweetener in it.

Pam: [35:54](#) These cans or water, it's Canada dry brand and there's no, no sugar, no artificial, nothing. It's all zero calories, zero sodium, just carbonated water. So I tried that today for a variety of my water once I was just finished drinking the filtered water, you know?

Dr. Veronica: [36:30](#) So did you have like a list of the things you need to go get so you make sure that you have on hand what you need and then yeah, you're going to go be running back and forth to the store now just because you're, you're not going to be stopped yet with all the stuff that you need. So part of this is going to be knowing just knowing what you need and getting that it's always in your house at your fingertips.

Pam: [36:56](#) Yeah. You know I these things, now of course these have sugar. They are by a company called enjoy life. They're baked chewy bars but their milk free nut free and soy free.

Dr. Veronica: [37:24](#) Okay,

Pam: [37:25](#) Well I mean I don't know if you've seen these, but this is what the box looks like.

Dr. Veronica: [37:31](#) Let me see, it's hard for me to tell.

Pam: [37:35](#) Well there by a company called enjoy life, their milk free.

Dr. Veronica: [37:39](#) Oh they have sugar in them though. They look sugary.

Pam: [37:40](#) Yeah they have sugar.

Dr. Veronica: [37:43](#) All right, so those go on the back burner for now.

Pam: [37:46](#) All right. I took one with me today.

Dr. Veronica: [37:51](#) You're going to have to be diligent at looking at these type of things.

Pam: [37:54](#) No, no, no. I know, I know they have sugar. I, I'm well aware of that. So I'll just leave those alone for the time being. I have to find no sugar. That's not it. It's right, so that's good. So it's quiet tonight. Where is everybody?

Dr. Veronica: [38:31](#) I don't know. Do we have other questions?

Lynne: [38:35](#) I have a question. You mentioned when you're saying your lecture the other night about the recipes and the supplements that are listed on the website. Well that leaves me out, you know.

Dr. Veronica: [38:49](#) So the things like recipes that we're going to there all the copies we'll get to you.

Lynne: [38:57](#) Okay.

Dr. Veronica: [38:58](#) So what's happening is once they're all there and they know that once I have the copies of everything we want to send, like week by week, the whole packet to you, so you have,

Lynne: [39:08](#) That would be great.

Dr. Veronica: [39:10](#) Okay. You know I want to make sure you have everything.

Lynne: [39:14](#) Thank you. I know

Dr. Veronica: [39:18](#) As far as what I want to do is, I'll talk to you on Friday. We'll talk about some individual stuff because everybody, we were doing their own session so we can talk about what's going on with them specifically, but on the other side, I'll have you come into the office one day and then and I'll show you different supplements that are foundational. Uh, if you decide that you like them, you can order by phone. You don't have to order by computer. So it's okay. So we'll set you up with your own account, you can make a phone call, place an order and you're good. All right. So there's another plan. Oh, I've been thinking that we've already thought it through. It's just that there's going to be a little bit of a delay because we got to get all the stuff back as good as things are happening in real time. So because it's happening in real time to wait for all the written stuff means I have to get the transcript done. And then I have my, you know, copy writer who was in charge of making a synopsis up of everything now has to write the synopsis that I have to review it to make sure I like it and everything's the way it's supposed to be. And then when that gets, it gets finalized. That's the last step.

Lynne: [40:47](#) Can you hold on a minute, I think Jeffrey's calling me, they went out.

Dr. Veronica: [40:51](#) I'm holding.

Pam: [40:56](#) All right. So I'm mixing my cranberry juice.

Lynne: [40:59](#) He must have hung up. I think it was Jeffrey, but, uh, don't know. Lots of other people call and I don't want to talk to them.

Dr. Veronica: [41:08](#) Okay. Is there any other questions that you have right now, Lynnen?

Lynne: [41:13](#) Right now, no.

Dr. Veronica: [41:16](#) We are going to talk on Friday.

Lynne: [41:17](#) Yeah. Since I'm getting into this a little bit late because I missed the first lecture and I miss last Wednesday, I guess.

Dr. Veronica: [41:25](#) Well, we're going to catch you up. You know that.

Lynne: [41:30](#) But I sort of know where you're going because I've done this. This is so familiar. I just got to get with the program again.

Dr. Veronica: [41:38](#) Yeah. I want to customize it for you so that's why I want to talk to you on Friday to find out exactly where you are.

Lynne: [41:48](#) And then old lady. I'm pretty good.

Dr. Veronica: [41:50](#) I do, I agree. And so what we'll do also is we'll figure out a time that you can, that works for both of us, that you can come in and see me since you're like, you know, 10 minutes away from the office.

Lynne: [42:04](#) Yeah. Right, yes, I would appreciate that.

Dr. Veronica: [42:10](#) All right. So I think right now it's more just about implementing what you have and doing the best you can.

Lynne: [42:20](#) I'm trying to get more vegetables back to more vegetables.

Dr. Veronica: [42:25](#) See, everybody has to say the same thing going on.

Lynne: [42:29](#) Well, you know, with my husband and Jeffrey, they are not with any kind of program for sure. But I need to, if I cook something I cooked like last night I cooked Brussels sprouts with onions, olive oil and garlic and they lapped them up, because that's good. Other vegetables, I like the baked squash in the oven. I think that's very satisfying. And it's filling, you know, like butternut or buttercup or some of those acorn squashes. I think they're delicious and they're filling. But I got

to get more green vegetables and more salad. I'm a little bit leery of the Romaine because, what was it last year they had this scare about the ecoli or whatever it was that was on though, right?

Dr. Veronica: [43:30](#) You mean you want to make sure you get Salad Greens? So if you don't have Romaine, it's not a big deal.

Lynne: [43:38](#) Well, my point is I need to eat more salad greens. Uh, yeah. And it's just sorta hard to work around that when these guys are bringing in new all this junk food, fast food places. And why don't you eat this? Why don't you want this? And, Jim has gotten much more hard of hearing and he's gotten dementia besides and he may also have prostate cancer, which he won't do anything about. So it's a little bit challenging sometimes to do what I wanna do. So, well I try hard.

Dr. Veronica: [44:23](#) Do you have to do the best you can? I know, I know you have challenges. Everybody does.

Speaker 3: [44:28](#) Yes, we do. And I always say to myself, it could be worse and it's not, you know, and, this too shall pass eventually. You know, it all either get better or worse or stay the same, but it will and the seasons are changing, so it might get better.

Dr. Veronica: [44:50](#) Okay, good. All right, well let's wrap up. Now you, everybody has their marching orders. So it's just pretty much about implementation. And you know, Lynnen, I'll talk to you more on Friday.

Lynne: [45:06](#) All right. Yeah. Now d. Okay. Do you want me to still call in on Wednesday night or is that,

Dr. Veronica: [45:13](#) Yeah, that'd be, yes, you can call on Tuesday and Wednesday. So Tuesday is when I'm going to teach you. Wednesday is when you ask just general questions about what's going on and talk about what's happening with the implementation. So you don't

Lynne: [45:32](#) I have to tell you about the Tuesday part. I paint on Tuesday and Thursday morning and I, my class ends at a quarter to 12, but I tried to leave early sometimes and if I can leave by quarter after 11, I can be home by 12. Otherwise i will miss the first few minutes of your lecture.

Dr. Veronica: [45:55](#) Okay. That's fine.

Lynne: [45:57](#) No, you'll catch me up.

Dr. Veronica: [45:59](#) Yeah, you're going to end up with even the transcripts of everything. Both jumped in when you can. It's fine.

Lynne: [46:07](#) Thank you so much.

Dr. Veronica: [46:09](#) Okay.

Lynne: [46:10](#) Appreciate it.

Dr. Veronica: [46:12](#) All right. You, are you good now Pam? You just got to get things together?

Pam: [46:16](#) Yeah, no, I have a plan. I've written everything down. So in the next couple of days, I'm going to be out looking for these items and okay.

Dr. Veronica: [46:25](#) Make sure you place your order for the stuff so at least you know it's on the way.

Dr. Veronica: [46:30](#) Okay? Yes, definitely.

Dr. Veronica: [46:32](#) All right. Talk to you soon.

Pam: [46:34](#) All right, sounds fine.