



The 8 Ways to Wellness - Module 4
Sorting Out Supplements – Office Hours Transcripts
By Dr. Veronica Anderson

- Dr. Veronica: There's Darryle. Hi Darryle. And I see someone on the 215. I know who that is.
- Dr. Veronica: Yeah, it's me!
- Dr. Veronica: I was like, I recognize that.
- Dr. Veronica: Thank you.
- Dr. Veronica: Iphone. I don't know who's that with the iPhone. Oh, there's Pam. Okay. So Darryle, since you popped on first, do you have any questions? Do you need to be un-muted particularly? I know we just talked earlier today. I'm sitting in my meditation chair.
- Darryle: No, I don't have anything offhand right now. I still haven't had a chance to research the things you mentioned.
- Dr. Veronica: I know, I know. It's been a work day, so I completely get it because I haven't had a chance to do what go from, cool. All right. If you have any other questions, problems, concerns, just, you know, mentioned jump in. Ms. Lynn.
- Dr. Veronica: How are you? Hi. I'm doing pretty well. I haven't gotten really into the program because I got late, you know. We went away for your first lecture, whatever, and Lie you were saying, I'm trying to get a lot more vegetables and it's almost Easter, it's hard to get away from couple of things, most of the things around holidays, don't bother me, but every once in awhile there's a couple of things. But other than that, yes, I'm doing well.
- Dr. Veronica: Okay. When you say there's a couple of things that bother you, like what?
- Dr. Veronica: Not Bother me. It's like around Easter there's hot cross buns. I like those. And around Christmas time there's Sephernus cookies and there's papca and pannetone. I don't go overboard on them, but I know they're not all that good for you.

Dr. Veronica: Okay, the idea is to have your body well enough so that when special occasions come up you can enjoy them and not knock yourself out of balance and then go back to living life in a reasonable fashion that keeps you well.

Dr. Veronica: Yeah.

Dr. Veronica: So when Easter comes, I want you to have hot cross buns.

Dr. Veronica: Not Too many though.

Dr. Veronica: Well, I mean I don't expect you to binge on all day and all night for a week or any day.

Dr. Veronica: No. One or two a week.

Dr. Veronica: One or two a week for how long?

Dr. Veronica: Well, Easter will be over and it doesn't mean I have to have them every week.

Dr. Veronica: I see. Yeah. Okay.

Dr. Veronica: It's just an occasional thing. I'm not addicted to them. I just liked them. I'm not, I'm very particular. Which ones?

Dr. Veronica: I mean, you got about a score and is there something that's your favorite? Cause you know, we all have favorites. Things like.

Dr. Veronica: Well I like the Enntaman ones, the other people's just don't measure up.

Dr. Veronica: Oh, okay. Okay. Are these the types of things? They only have a certain type of year because for instance, Eggnog is not around 365, but from, let's say right before Thanksgiving through New Year's, you can get eggnog. So is that right? Well, similar.

Dr. Veronica: Well this is only available. They only bring them out after Saint Patrick's day and after Easter you can't find them.

Dr. Veronica: Okay. So when we're talking something that's short lived,

Dr. Veronica: Very short list. Okay. And I only need one box of them and I cut them in half and have a piece now and sometime later I have. And if they dry out, they go in the trash.

Dr. Veronica: Well that means you're not going crazy on them because they wouldn't have to dry out and go in the trash.

Dr. Veronica: No, I don't like them when they're dried out.

Dr. Veronica: Yeah. Okay. I don't think I've ever had a hot cross bun in my life, so maybe, yeah,

Dr. Veronica: It's one of those green things. It's an indulgence. But yeah, they're, they're tasty to a point. Can I ask you some questions about your lecture yesterday?

Dr. Veronica: Absolutely. Go ahead.

Dr. Veronica: You were mentioning some supplements and because your computer gets funny noises every once in a while. I missed some of the things she said, but vitamin D, Did you say K2?

Dr. Veronica: Yes. D3 with K2 is especially should be used in people who are,

Dr. Veronica: Oh, with d with k two not k, two by itself.

Dr. Veronica: Yes, I didn't say k two by itself. so first of all, it, it is rare for me to recommend something just all by itself. Three, I would recommend that you have your vitamin D level tested so that you know, if you need extra supplementation. Now I know that, you were in my office and we up with a supplement for you and that has in it D3 and K2 it has already there. But the question is do you need more than what's there?

Dr. Veronica: You mean that the pack that I sent for?,

Dr. Veronica: Yes.

Dr. Veronica: Yesterday.

Dr. Veronica: Okay.

Dr. Veronica: You think it'll take a week or so?

Dr. Veronica: You know, usually when they get stuff they send it out pretty quick. So you'll probably have it sometime next week.

Dr. Veronica: Okay, that's good. Something else you said about, let's see. You mentioned you mentioned fish oil, you mentioned Berberine, Oregano oil, I love oregano oil, I can't remember what it was. I'm looking at my notes. You said Bromoline,

Dr. Veronica: Yes I was telling you that it's in Berberine is one of the substances that you signed in pineapple and bromelain is a very good anti inflammatory, anti pain substance. So I had an, I don't think this is your issue, I'm really, but I have, when people say they're having pain, I have a particular pain formula that I recommended has bromelain in it as one of the components.

Dr. Veronica: So bromelain it's all also good for digestion.

Dr. Veronica: Yes it is. Yes it is. it can digest food. Yes, you're correct about that.

Dr. Veronica: Okay. And you mentioned, I forget you mentioned minerals. I got that all. I think it was a just couple of things I missed because your computer makes a ding, static-y little sound for me. A couple of things. Sometimes I miss.

Dr. Veronica: It was probably because I didn't turn off my email in the background, so I apologize for that. I'll do remember. I usually, I usually say, oh, I got to turn off my email and I didn't, I can't see you and, and when I'm going, I don't even hear these things. So I apologize for that.

Dr. Veronica: That's okay, you wouldn't know probably. Yeah,

Dr. Veronica: I know it happens, but that's probably what you're hearing. But I don't, you know when I'm, when I'm presenting (inaudible)

Dr. Veronica: Let me tell you about minerals as far as minerals are concerned. The supplement, I'm turning off my email that it just said that the supplement that I recommend it for you does have the minerals in it. It has magnesium, selenium and zinc and also has iodine and every grade though, so it is, it's going to have everything that people tend to be deficient in them and don't even think about. So in addition to D3 and K2 and all the other vitamins you hear you're about and think about, it has these micro minerals in them that you need also.

Dr. Veronica: Okay. I was looking around my supermarket today and I was finding no vitamins that had that. G, the two initials you mentioned the adequate one. And the superior one. The N s. S. S. S.

Dr. Veronica: Oh yeah, it's not, it's it's a very high standard.

Dr. Veronica: But I'm not finding it in any place. I went.

Dr. Veronica: You May, you may, I've, I've come across a few. I can't tell you which ones, I just don't keep it on the top of my head. But if, here's the thing, and NSF's, you know, that's a very high standard to meet. So not a lot of supplement companies have done it, so that's why you don't see it a lot.

Dr. Veronica: The other one, the other one that you said was, gee, something

Dr. Veronica: GMP and if you look in your supermarket, you probably won't even find a lot of GMPs either. So if you're going to keep remark and you absolutely have to buy something, at least get the GMP. This is why I don't buy supplements at places like Costco. They don't have any of that stuff on it at all.

Darryle: Oh, well whole foods does.

Dr. Veronica: Yes. Whole foods has a lot of high quality product. You still have to look, you can't assume everything just because it's that whole foods is good, but whole foods does have higher quality products. Like for instance I was saying, I know they carry Nordic naturals and I think Nordic naturals is a, is a solid brand. No

no, you just learn. The importance of that was just getting you to understand there's not good oversight in the supplement industry and that you'd have to start looking for the quality and it's difficult when you're in the store.

Dr. Veronica: What I recommend with everything that's on your shelf is to look at something like consumerlabs.com to look up that exact supplement. If you can't find it there, it doesn't mean it's bad though. It's just we don't know. So it's just a lack of knowledge. It might be made absolutely fine, but the really, really ethical high standard companies, they want you to know that their stuff is really good so they take theirs. There's time and money that it takes to get even a GMP and especially a NSF and so know that that company is really committed to really purity and high quality and everything like that when you see the NSF on it. And so that's why I love that because I know when you get it, you're going to get a result. You're going to feel, usually you can feel something yourself, which is better. And that's what we want. If you're spending your hard earned dollars, I want you to be able to get a result from what you're spending it on.

Dr. Veronica: Turmeric, curcumin. I know you can find those around, I don't know, drug stores or something. Not Everywhere, but is the same thing true for that?

Dr. Veronica: Yes. Because one thing about the turmeric, which the active ingredient is the curcumin ingredient in Turmeric, is that it has to be concentrated a certain amount and it has to be certain parts of the plant they give.

Dr. Veronica: Somebody said it's beneficial if you take it with an oil rather than a water.

Dr. Veronica: Yes. And so notice that, before when we were working together, I gave you a list with turmeric. You remember that?

Dr. Veronica: I might still have some,

Dr. Veronica: yes.

Dr. Veronica: Right. I dropped a drop of that on my shirt and I couldn't get the color out forever.

Dr. Veronica: Yes, it does stain. So you know, it's real. It's not think about, if you think about Indian style cooking, a lot of their things are formulated with the oil. So the reason why they knew about this in the first place was from studying the large population of people in India to realizing certain things weren't showing up. But if you notice how they formulate their food, it's not usually just a sprinkle of curry on something. It usually does have oils in it. the problem with food, as I said, is it's not standardized. And generally for somebody who's in America your way not eating the amount and concentration of the curcumin that you would need to get the therapeutic result in research, it's been used in much higher doses safely in much higher doses and it's been anticancer and anti-inflammatory, anti-pain anybody I talked to who has any level of inflammation and pain, I'm like, there's a formula one. Did I particularly recommend that I said, boy for tile at all. Don't go for the yes, use the, the anti-inflammatory

formula that has that in it and it's, it's not usually used in isolation. It's usually use with a pepper that puts it together and it causes you to absorb it better. So it has to be formulated a certain way. If you see it alone, you're probably not going to get the absorption that you need and we'll thing that, that people don't know. So if you see it just says just turmeric and nothing else, you're not going to absorb that well. And so that means it's not going to work the way you want it to work.

Dr. Veronica: Okay. Do you recommend any other things that wouldn't come in this pack that I'm going to get? I heard Berberine long time ago was really good for your heart. Where do you get burned marine? Do you get it at a health food store or

Dr. Veronica: Berberine? I suppose, I suppose you can get it at a health food store. I generally get it from UB supplement companies that goes through practitioners so I know exactly what it is. Okay.

Dr. Veronica: Yeah, because you don't always know

Dr. Veronica: Exactly should you, you know what I'm talking about. So I don't necessarily, I recommend that you start, your foundational supplements and then we see what we need to add to it. We may or may not need something like a Burberry. And what I would say for you, and you talked about this before, is we need to look at some of your laboratory testing to decide whether it would be appropriate for you. It's not one of those things you say, Oh yeah, I can help your heart and you just throw it in like CoQ10. Everybody, anybody would a heart problem like I think CoQ10, berberine not the same way. Okay. So I wouldn't say go take it right away at this point.

Dr. Veronica: No, I'm not planning to, I just want information.

Dr. Veronica: Yes. All right, good. Now I think, Pam, you had a question.

Dr. Veronica: Well, I had a series of five questions and I left him sitting on the desk. So I'm going to go, yeah, I'm going to go off my memory. Chia seeds, I have been putting them in smoothies sometime in salad using them. I mean, did they have any real benefit? Chia seeds?

Dr. Veronica: So yeah, they're great and they're great for fiber and for also, some of the essential fatty acids. And so, yeah, like, and I think one or two tablespoons, one to two tablespoons per smoothies. A good idea. That's about how much so yes. Yep. That's from them and they're excellent. So I don't know. Also you might've seen, Chia pudding, which is very good. So that's something right now I'd say to stay away from it because of the sugar in it. But I'll tell you that a lot of times people formulate, chia seed puddings and things like that are not going high sugar or anything like that. There are people who are very health conscious, so they do it so it's not, you know, won't be sweet. Sweet, sweet, sweet, sweet. When you taste it, it'll just be, you know, have a little bit of pleasant taste.

Dr. Veronica: Okay. The other questions were around round the supplements. Where, can I get the, those, the certified supplements, the, that you were discussing yesterday. I mean, where, where, where could I find the GM and the NSF?

Dr. Veronica: Yeah, that's the, that's that's the whole thing. well, so first what I gave you the, the Pharminex link, they have NSF certified ones. also I have another link I could share with everybody too. I got to remember to do this. I use a company where you can get your own account. It's called full script. I think somebody I said, I think Darryle, I sent something through full script. It's a company where, practitioners use it. So we can give all our clients from all different companies and we can give you like a "prescription" so we can pick off the shelf different things that you wouldn't necessarily even know exists and then be able to send you and say, here, this is what you should get, where you should order it. So we can look for if there's certain ones, through Fullscript, I know you're with a lot of the companies, so I know the quality of the companies and so, okay. And, and when we're talking about yesterday I was giving you a lot of them. When you use in a targeted fashion, there's two ways to use supplements. One is the foundation, which is getting your vitamins, minerals and nutrients and antioxidants to a level that will promote wellness. Those are the foundational supplements and the ones that I think are the best on the market are the ones through Pharminex. They think they're all NSF certified and they guarantee that you're going to get a result and people don't have problems with them. They're all other ones out there. But as far as they get foundational line, I have found a line that has it all NSF certified or something like that. When you start using them in a sub in a targeted fashion, then I can help. And so I got to remember to, you know, probably my, my, also when my team listens to the recording, I'll say, remember to give them the full, where's the full script leg? I'll give you a link. You can set up an account and then going forward forever more. You have an account where you can look quality supplements. Now let me just tell you on this link there are thousands of choices.

Dr. Veronica: So it's going to be difficult for you to do it without guidance. But if you find something you like or you want to know, okay, what should I use for this? I'll say, here's a good product, I'll send it to you and then you'll know forever and you'll know where to get it. And on the full script, you know, the prices are, you know, very, very reasonable and actually discounted. And I know you're getting the best quality stuff. So what I would say is rather than go into store is to use this service that I'll give you full script to be able to order stuff. Yes, whole foods does have a lot of supplements and you just have to look at the bottle. So I found, okay, let me just say places like Vitamin Shoppe, they have had a cease and desist order from having a lot of contaminated products.

Darryle: Okay. I won't bother with Dane.

Dr. Veronica: Yeah. GNC and GNC, this is where it was also tested and they pull it off the shelf and found out that a lot of the supplements didn't have what they said it was supposed to have in them. They were tested independently. And so these big change that everybody knows of it goes to kind of failed the test. And this is all, if you, if you searched the news, you can find it. I'm not telling something

that hasn't been out there. It's just something you, you would have missed and not necessarily paid attention to if not, not being in the industry. So that's why I give people account because I want you forever more for you and your families to be able to get high quality supplements for whatever your needs are. And clear. You know, if you want children's vitamins, if you want, you know, whatever it is, I want you to be able to have access. So I'll give you the link for that.

Dr. Veronica: Okay. And the cranberry drink? There had been days. Most days I get, I get it in. There had been a few instances where I start eating a meal. Oh my God, I forgot to drink to Cranberry drink. So what I, in those instances, I've drank it like with the meal or afterwards if I remember. Is there any harm in doing that? I mean, you know, most of the time I have it ready to go before a meal, but there are times, you know, I go out and I don't have habit with, I have a meal.

Dr. Veronica: So drinking it get, the most important part is getting it in so that you're getting the value of it. However, the idea of drinking it before is, so when you drink before, a lot of times when you think you're really hungry, you're actually thirsty. And so that already cuts down on your appetite and everything else. I remember Gina. Oh, my appetite's already changed. Yes. So you drink it, you're getting some nutrients in it, including, by the way, I said people are, a lot of times are deficient in potassium and cranberries have a lot of potassium. So you're getting potassium you're getting all kinds of vitamins, minerals and nutrients just from drinking that. But if you forget quote unquote, forget meaning he didn't do it before, there's not any harm in it. Just drink it when you remember. I wanted to get to three cups in a day.

Dr. Veronica: Okay. Can I make a comment about that? I didn't want us my recipe for the cranberry drink. Can you tell me the amounts of the ingredients? I know there were three. There was apple cider vinegar, cranberry juice without sugar and water.

Dr. Veronica: Okay. If you're using, cranberry juice, that's, it should be, everything should be unsweetened, organic, I'm sure.

Dr. Veronica: Yeah, I know that.

Dr. Veronica: Yes. All right. So if you're using cranberry juice that's already constituted in the store, you would use a quarter cup of cranberry juice, a tablespoon of apple cider vinegar, a tablespoon of organic lemon juice, and then six to eight ounces of water.

Dr. Veronica: Okay. It's one half cup, you said one half

Dr. Veronica: quarter cup of cranberry juice. One tablespoon of apple cider vinegar. One tablespoon of lemon juice.

Dr. Veronica: And then that's in six to eight ounces of purified water. So what I'm saying about that is not tap water. You want a clean (inaudible) Now let me give you one about the cranberry juice. What I recommend people do, because you're drinking a lot of this, and this is what I have in my house, is you get the cranberry juice concentrate so you can get organic cranberry juice concentrate a place like big bear market or organins. They usually have the concentrates of these types of things. I'm not, I haven't looked, but I'm assuming, but you get a concentrate and if you're doing the cranberry juice concentrate, you would use just a tablespoon in the cup. And that is one serving. So be the split of can't cranberry juice concentrate, one tablespoon of apple cider vinegar, one tablespoon of lemon juice, and then that's in like the six to eight ounces of water.

Dr. Veronica: And, and this is three times a day.

Dr. Veronica: Three times a day.

Dr. Veronica: I have forgotten from last time.

Dr. Veronica: Yeah. So let me just say what I generally do is I make up a big pitcher of it. Keep the picture in my refrigerator. I don't make it every time. So like do the pitcher in the refrigerator. I measure all the cups in and then I do how many tablespoons I need per how many cups is in a particular pitcher of everything. So I have a pitcher that's about 10 cups. I put 10 cups of the water in from the filter and then 10 tablespoons of the concentrate, 10 stable soon. The apple cider vinegar, 10 tablespoons of the lemon juice. And I have the pitcher in my refrigerator. If you have 10 cups, that's three days worth.

Dr. Veronica: Oh boy.

Dr. Veronica: And then the other part of it is you are not limited to three cups. You could have more. But I say get it at least three cups.

Dr. Veronica: And when the whether it gets hot and you, yes, you could get, you would have when it gets hot. it, here's the other thing that I do. Also, I will make tea, like green tea or another type of herbal tea and then I'll put the ingredients in with the tea. So I have green tea with the cranberry juice, lemon juice and apple cider vinegar. And so in order to give myself different varieties and flavors, I use a base as a tea. I'll also do Aloe vera, as a base to aloe vera juice. And you could get like gallons online at Amazon. And also Trader Joe's I know sells it by the gallon. Aloe Vera, unsweetened aloe vera juice.

Dr. Veronica: Okay.

Darryle: Apple cider vinegar, a teaspoon or tablespoon?

Dr. Veronica: So I put on there a teaspoon because sometimes that's all people could take, but applying it to a table school, I recommend. So you may be getting about three tablespoons a day. Yes, I know what the recipe says.

Dr. Veronica: And it's a good idea not to measure it with aluminum measuring spoons.

Dr. Veronica: Yes, we do know aluminum has known, have been toxic at certain. Especially, people can build up aluminum in their brain and have problems from heavy metals and also has been associated with some cancers as well.

Dr. Veronica: The apple cider vinegar is an acid which you want to use plastic

Dr. Veronica: It's all gets to be, but yes, fair enough.

Dr. Veronica: Okay. Some people don't know that.

Dr. Veronica: Okay.

Dr. Veronica: This is why we're all here to learn, so thank you for that point.

Dr. Veronica: Gina Nolan. You guys have any questions? Pam, if you think of anymore, you had asked a question you sent me and asked about, there were two questions. One was about potatoes and so I remember that sweet potatoes and yams are yeses and goes excellent. Okay. Now what I'm saying, when you have things like that, make sure that you are not having more than a serving a day and a serving for a sweet potato or a Yam. Having the whole thing is a lot. A half of one is about a serving.

Dr. Veronica: Okay, well I wouldn't be eating them on a daily basis, but I managed to find some restaurants that do serve them in conjunction with other healthy items that you've been talking about.

Dr. Veronica: Yeah, root vegetables, root vegetables, all kinds of root vegetables tend to be very health promoting. The potatoes that are white tend to be ones that can spike your sugar. And so that's why I back off of them. They don't have enough nutritional value. It doesn't mean you never eat a white potato. Again. As I said, it's very, that's something that's very heavy in the American diet. Potatoes, baked potatoes, French fries.

Dr. Veronica: Yeah. I don't bother much with white potatoes and I try to avoid as many French fries as possible, but I do like to have sweet potatoes. So I just wanted, I just wanted to make sure the sweet potatoes are okay. And the, and I remember the other thing you been talking about is tomatoes and I don't eat a lot of them, but is there any issue around tomatoes?

Dr. Veronica: So, during week five, that's when I asked to eliminate tomatoes because eliminated. That's not until next week. All right. So don't worry about it this week. God, one of the reasons is it's what's called a night shade. Okay? So potatoes are a nightshade eggplants or a night shade and nightshades have a substance in it that can be inflammatory in certain people. And we will know if that's you. So there are some people who are sensitive to nightshades and so therefore that's why I remove certain things, like tomatoes, which are considered nightshade vegetables out so that we can determine whether or

not their problems for you. And now we don't know there's a problem until we stop it or end or re challenge you with it.

Dr. Veronica: Okay?

Dr. Veronica: Okay. So that's why we have you stopped so that we can see, do you see a difference? And then we have what's called the food rechallenge, which I'm going to tell you about one after next week we're going to next week, what's kind of interesting. Next week I have a, I'm going to be traveling. I plan to give the class at 12 o'clock, but I have to, I'm not going to until Monday what my schedule is. So I'm going to have an email sent out and Wednesday I'm going to need to change the office hours to another day because I'm going to be traveling back on Wednesday. so, next week, nightshade elimination. Then we go to talk about food, really challenges. The idea is to get you as clean as possible and then have you add back different foods to see what your reaction is. And I'll explain that in week six.

Dr. Veronica: Okay? However, what I'll say is that after going through these five weeks, the next step is really not to just call it a day and stay off of everything. That's not how it ends. I'm going to tell you about a food rechallenge. But the step that works next is to do a digestive repair. Not just stop right here. It's the fix things that could be causing you to have problems in the first place. But I know everybody doesn't necessarily go to that phase, but that's the phase that's also important. Digest to repair is important. Detoxification is important. But if you want to just stop right here, I'm going to explain how to do a food rechallenge though. Did you know how to do that? But of course, as I explain, you're going to need to modify based on where you are and your results and most people, although you can get results during five weeks, you need more than five weeks to get where you want to get. But I explained to you enough, give you a foundational knowledge that you can go forward. Okay, so

Dr. Veronica: I'm sort of in the dark because I have no computer and I have no literature, so I don't remember what the five stages are of your program. You know, you said week one and week two week.

Dr. Veronica: So my team's got to put everything together and make hard copies and send to you, which is one of them include, transcripts and all the recipes and everything that we've talked about week to week.

Dr. Veronica: That's great.

Dr. Veronica: So we already have that in the plans. It just has to because it's happening in real time. I can't give it to you beforehand. So even when we do these calls and people are asking questions, they're going to have a transcript where to questions are there so you can read questions and answers.

Dr. Veronica: Yeah, that's great.

Dr. Veronica: All right. So everybody else, whoever's doesn't get to calm or you know, it's, it's two months from now. You're like, I remember we talked about that, but I don't remember what was said. So you will close to it.

Dr. Veronica: Good idea.

Dr. Veronica: Yes. I want you to, I want you to have all the information, cause I know there's a lot of it and because you're getting a lot of it, the average person remembers about 10% of stuff really? And, but you're in the back of your mind, you've heard it before and you know you have, I want to make sure you have good information. So

Dr. Veronica: he only telephone person that doesn't have a computer.

Dr. Veronica: Yeah. But don't worry about it. That's why we thought about it.

Dr. Veronica: Yeah. I'm glad to rejoin you because a lot of benefit last time, but that was a few years ago.

Dr. Veronica: Where did this two years now. But okay. Yes.

Dr. Veronica: I need to get back in the program.

Dr. Veronica: Yeah. Well you were, you started and so, as I said, we're going to meet again anyway, so I'll make sure you're taking care of, I know your situation and so that's why I'm going to, we're, we're putting, you'll have a pack and the stuff and I understand your situation. Okay.

Dr. Veronica: I just want to mention something before we end up. it's really noisy where I am, so I've been just keep myself muted, but I want to mention that I prefer the sour cherry juice cranberry because it has a little bit of a natural weaknesses. It sometimes cranberry turns my stomach a bit. Oh, I don't know if anyone else who's using the sour cherry. Okay. All right. I'm trying. I actually purchased a, the cherry juice.

Dr. Veronica: No, no way. Let me just say something about Sherry to make sure you have the right kind. It's tart. Cherry Juice had tart cherries are a particular type of cherry and that

Dr. Veronica: I got to our cherry. Perfect. Yeah, just, just to, as a to compare and contrast with the cranberry juice. I find that the Tart Cherry, I don't know, I'm, I'm, I'm still testing it out. I've just started testing it over the last day or so. So I'll, I'll be able to maybe by next week have more of a, a critique on the cherry.

Dr. Veronica: Yeah. So personally what I do is I have, you know, all like half and half it like I'll make a batch up that it'll have cranberry juice, I'll make another batch and it'll have tart cherry. And I do the same thing when I'm drinking tea and I'm going to put it in cramping. So I be like, okay, last time I get cranberry there's some

going to have tart cherry. So I kind of half and half it. And even sometime when I'm making a picture just to get a different flavor, I'll mix both the crane.

Dr. Veronica: Okay.

Dr. Veronica: So anything else that you can add in and has been shown to have medicinal properties, especially for problems like blood sugar? Tart cherry juice is absolutely wonderful. So yes,

Dr. Veronica: I understand it's also good for arthritis.

Dr. Veronica: I didn't know that. I'd have to look that one up. But if that's the case, thank you for that.

Dr. Veronica: I know during the first week you mentioned avoiding caffeine and I, I mean I'm not there yet. I have had coffee. but in terms of t most teas have caffeine, there are teas that are made that are decaffeinated. What is your critique or what is your assessment of tea?

Dr. Veronica: So it's the, it's the get off all the caffeine. Yes, tea has less in it. People are caffeine sensitive and it can affect your adrenal glands and that's why it's the remove the caffeine because it could be one of the issues that's causing you to have a problem and you just don't know it. And so that's what eliminate it. is it, what, what is the difficulty for eliminating it?

Dr. Veronica: Well for me it is, and I'll just tell you very honestly. So in my everyday life, I have access to a machine that makes all kinds of hot drinks. And those hot drinks include hot chocolate. They include Cappuccino, Vanilla lattes. And I happen to love the vanilla latte. And there it's made in six ounce portions. So I've said to myself, I want to avoid that because that's between, you know, it's a process thing between the sugar and then of course the coffee part of it. So the fact that I've eliminated just about everything that's sweet, you know, other than a few fruits, the sugar elimination is particularly challenging. And so I'll find that later in the day after lunch because I haven't been finding meals that satisfying with take with removing all the grains and everything. You know, like sometime later in the day I'll go have like a vanilla Latte, so that's double bad because of the milk and the sugar, but it's not every day. And then I said, well, I have tea.

Dr. Veronica: It's every day. It's, it's, I guess for me it's called, I'm still getting there in terms of the elimination and I'm trying to figure out how to not fall back on something like that, what I can do to replace it. I haven't found anything that's satisfying enough to replace it. I have nuts. I have the epic bars and all that, but it's still, it's, it's a lack of satisfaction. So I'll fall back on once a while. Okay. I'll have coffee or something, you know, because I'm tired of drinking water and I want to ask everybody else to give suggestions of what you do when you have these types of struggles.

- Dr. Veronica: In a health food stores, you can get something called Carob and I think it's like coffee. It's sort tastes like coffee. They also have things that have chicory in them that sorta tastes like coffee. I don't know what else. They don't make posts the many more. Post them was a grain beverage that tasted like coffee but had no caffeine. You remember that? That's really old.
- Dr. Veronica: I don't even know it. for me the challenge is I've gone cold Turkey with no sugar. I said no candy, no cookies, no cakes, no muffins, anything that has sugar. I've gone completely as much as I can cold Turkey and that only fruit. I'm struggling with that because I've had to cut out other things in my diet. Like stop eating rice, all grains. So I'm down to just vegetables and I don't find vegetables very satisfying I don't stay full. So that's the straw and I'm trying to figure out what I can do, you know, to replace it without feeling.
- Dr. Veronica: How do you feel about the decaffeinated coffee?
- Dr. Veronica: So I drink the coffee that I primarily drink is decaffeinated. I do decaffeinate but I thought that we were eliminating even, cause I remember it was said that even decaffeinated coffee still has traces of caffeine. So I drink decaffeinated.
- Dr. Veronica: Can you do, can you d oh I know Jesus is talking about, I don't hear you. I know you're there. It was probably going to be really good
- Dr. Veronica: In and out. Oh, when I need a coffee specifically be oh, what to here cafe coconut latte.
- Dr. Veronica: Okay. So, so Gina, you're going in and out. If you could send me a message of what you do, like email me or text me or something so then I can share it with everybody else since you're going in and out. Cause I heard you say something about coconut milk, salt something. And I'm like, okay, this is going to be good. That's why I asked everybody else. one again, what I'll say is that sometime you need more time. I hear you now. Go ahead Gina.
- Dr. Veronica: Okay. Gina, we don't hear you. You guys hear her? Okay. No. So yeah, I'm going to I'll, I'll send her a message and ask her because she's been through before so I know she has some good suggestions. so the, the, the biggest thing is what the biggest part is going to be exploring other food. And so going to the store, exploring other food options go into place. Like, like whole foods has food bars and things like that where you can see other food options and pick out things that are going to fit in with your eating at this point in time. The goal is not for you to be off of everything forever, but if you don't get to a point, we can't figure out what's working, what's not working. Now that's number one. Number two, we had talked about you ordering this, the, the shakes, the protein powder. And if that's going to help with the appetite in the satisfaction and all like that. So if you haven't done that, I would recommend that you do because that's going to help you feel more full and satisfied.
- Dr. Veronica: Okay.

Dr. Veronica: I mean I think that's important because then you're going to be getting vitamins, minerals and nutrients, but it's gonna help you feel full and satisfied and they have special natural products there that they've researched that help you not feel hungry that help you not have cravings that are all. Plus you're going to get the protein, which makes you feel fuller too. So if you're at the point now where you're like, I let nothing tastes good enough to, you know, I'm like, here, go for the shakes where you're going to get vitamins, minerals and nutrients and stuff that your body needs plus extra things that we know that are in nature that help with things like appetite and cravings, which sounds like what the big issue is. So order it and get it and start using it. If you're taking a shake twice a day along with your meals, you will probably find that within a week you will probably not have this issue within the week. I'll do make sense. Okay. Okay. Noah? .

Dr. Veronica: Are you going to talk to us?

Dr. Veronica: Yeah, I don't, I don't, I don't have anything today. yeah. Then, you know, just working on a consistency of everything that we're talking about. I have been of course consistent with the cranberry juice, the apple cider vinegar, and the lemonade, the lemon juice. Excuse me. I still have to get on some type of schedule regarding getting my three meals in for the day. I have also been consistent with my vitamin D and fish oil. Yeah. So I've been doing it since like January, so that's, that was already inside of my to do for a health and wellbeing. But I'm, a few other, what do you call it? Supplements and things like that. I have some other questions about it. I'm just, I had to get off of the call yesterday because I was inside of the library and one of my classmates came.

Dr. Veronica: So, I'm gonna Finish that module from yesterday just to get, gather my questions together for you. But for the most part, I'm still at time snacking in the library, honestly. as far as the sugar content and, what I substitute for tea and for the suite in part at times I drink my tea without any type of a sweetener at all. I just sometimes brew brew down peppermint, like fresh peppermint or fresh came a mill or, or a mug ward. I'll do that sometimes. I know we can talk more about that, but so I'm just building up of consistency now and then, adding some things into my regimen, globally. So, yeah.

Dr. Veronica: Okay. So for, for what I'm hearing, I know I want to focus that everybody, everybody that I've talked to has made progress and changes. So celebrate. I know because everybody is a high achiever. I know you're all are high achievers, you're really hard on yourselves and you want it yesterday. But I know from listening to everybody and talking to everybody for where you started or weeks ago, you've made progress. Every single one of you has made progress. Even if it's, if you make any little progress. Remember life is a marathon. This whole thing is a marathon. And so don't think that you have to get it in five weeks. I have different, you know, things that I do that I'm doing it the second, a third and a fourth time like, you know, actually Lynn and Gina had been with me before and every time you do something again, you get it more and more and more.

Dr. Veronica: I think we feel like we're supposed to hear, you're wants to learn it, master it really fast and that's it. It's not how it works with anybody. The people who succeed are the ones that just keep at it slow and make little, little changes. So that's why I said yesterday, if you haven't gotten there, celebrate where you got and just slow down a little bit. And if it's a I, you know, if you're saying, hey, you know, I, I'm, I'm right now, I've, I've, I've, I've gotten off of, I haven't gotten off of caffeine, but I cut it in half. I cut it way down. I used to have 10 cups a week and now I'm having three cups a week. That's progress. I used to have candy every day. I don't, I haven't had candy, that's progress. I used to whatever it is, you know, I used to have tree foils and I'm not eating.

Dr. Veronica: I used to have the whole box of tree foils and the sitting. I've had one tree foil a day and so what you're measuring is how much progress you made. Not that, oh, I had one, I'm not perfect and realize it's not me saying to you, oh my God, you're horrible because you had a sugar or you had a lot. I'm not saying that. I realize that this is your, your journey. This takes work. You will get to the point you're still developing a habit. Remember in the beginning, the first couple of weeks I talked to you about mindset and how long it takes to develop a habit. It takes about three weeks. During week one I told you what to do. So you really only been doing this three weeks and you've been maybe key more than one change at a time because I'm pushing you, but anything that you've gotten, what I'm saying is keep with it, keep with it, whatever.

Dr. Veronica: If there's one thing that you say, I know I can do this one thing, do that one thing and do it well. So if you got to the point where you're like, okay, I used to have lattes every day, now I have them every other day you've cut down, I used to have cookies every day. Now I have in the every other day or something like that. So sometimes like he said, I'm going cold Turkey with this. That's a big deal. And so celebrate where you are and understand that it takes, it took years for you to get into the current condition that you are. So they expect in days that it's all going to be fixed. Just to anybody listening would know it wouldn't make sense for it to be right at all. It a few days, it took years. So at least give yourself that you're going to need months to get it together.

Dr. Veronica: All right? So you're going to have the foundation and I push you because usually without pushing, people don't do anything. Okay? But I understand that sometime you got to slow down. So what I say about it is if you've said, okay, I really want to get rid of the sugar. And so my real goal is over the next two weeks, if I can't do anything else, I'm getting rid of the sugar period. Now that might mean that no Latte, because Latte has the sugar in it. I'm not even talking about the caffeine. If I say give up caffeine, a lot of times that means you're giving up sugar. Because I mean, for me, when I say give up sugar, I'm not drinking coffee because I don't like coffee without sugar, I think is nasty. Yup. Yeah. I mean, I just, I mean, I've had, I've had some good coffees that I probably could drink without sugar, but you, I, I, it's hard for me to find them that are good like that.

Dr. Veronica: So I just say, forget it. I'm not going to even try because I go to the store, I order it and it's so nasty because most people don't have good quality coffee

anyway that I'm just, that's a waste of money. So I'm just all right coffees out of my heating because I think it's nasty without some type of sweetener in it. so, so you'll things go hand in hand and you'll say it might be all right. You know, I'm going to for the next couple of weeks, my biggest, my biggest challenges dealing with the latte. So for the next couple of weeks I'm going to work on that. I'm not going to have the Latte, but that means today you have to plan. What are you going to do tomorrow when you want the Latte. Now Gina idea about fat. So I want to get to her and asked her what her idea was about. I really want to call but I do, I'm going to, okay. So

Dr. Veronica: Today, I didn't have a latte yesterday I did. And today I think I attribute that to, I had a bit more protein than I did yesterday.

Dr. Veronica: So one thing, and I told someone a idea about this. one thing, I don't push people to count portions or document or anything like that because it's a lot to do that type of stuff. However, one thing that's helpful in writing down what you're eating and how you're feeling is, you know, like your mood, everything. Like you write down what your energy, like what's your moods, like what's your, you know, your bathroom habits are like in bowel movements. And what the importance of doing that is because like you just realize pros, I don't feel as hungry. And so you start noticing, you can look back at patterns. So it might be that it might be a good idea for you to start keeping a journal of your life, not just what you eat but your activity. And so when I say keep a diary, it's not just a food diary,

Dr. Veronica: it is a life diary where you're talking about are right, I had this and you know, x happened at work or you know, and then you can look back and see what the patterns are and then learn what's going to help. Or not help. And so I recommended that people have protein snacks. That's why I recommend, you know, sardines, mackerel, salmon, things like that that you can get into a, yeah, in a big hard boil, eggs, nuts, things that are high in protein. epic bars, bars was, the other part about the protein is that's why I recommend to get the protein powder because you'll get 15 to 30 grams of protein, which is, there's an epic bar. Yeah. You'll get lift 15 to 30 grams of protein when you're taking a protein shake 'em all at one time, which will make you feel satisfied and all of a sudden you'll notice, oh wow.

Dr. Veronica: Yeah, this really is the key to me not feeling hungry and having that Latte to afternoon. So once you get ordered at like right away, so next week you're taking a shake to work and when you want that Latte, you have a shake to drink. And so it does have a little, no, I'm saying the shape has a little bit of sweetener in it and, but I'm saying it's okay because know that you're going to get the vitamins, minerals, and nutrients and the benefit of having a little bit of sweetener and that outweighs everything and every other sweetener that you would give yourself on your own. So that's why that's good. Now, I have another appointment that I got to go to. So, now next week I'm going to adjust when we do the office hours. I don't know what day it might be. Thursday, I'm going to be traveling Monday, Tuesday, Wednesday, Tuesday. I plan to do to class as usual, even though I'm going to actually get a B in Darryl Dylan, we

talked today. A Darryle told me, I was like, I'm coming down where you are. He said, that's really funny cause I'm coming up to where you are. So we're switching pieces next week.

Dr. Veronica:

um, and I'm going to be at a conference, but I plan to break so I can give the class, but I'm probably gonna do the office hours on Thursday, but I got to look and see what the, what looks like, but I'm going to make sure I, I get it in some time next week. I don't like to do things on Friday evening just because everybody's quiet and nobody. So we'll probably be Thursday evening instead of Winslow. Okay. Very good. All right. Send in questions if you had it. But I handled another engagement and people are going to be waiting for me, so I got to hop to it. You're welcome. See you soon.