



## The 8 Ways To Wellness Module 1

### Q&A Office Hours Transcript

- Dr. Veronica: 00:00:00 I'm going to do a record. Okay, cool. All right, so.
- Lynne: 00:00:05 Turn on the light here.
- Dr. Veronica: 00:00:07 So at this point if you guys, I want to open it up, if you guys have any specific questions that you want to ask, other people may pop on. If there's anything that you say, "okay, you said this yesterday, I don't understand this. How do I deal with this? What about that? Whatever it happens to be," that's what office hours are for, for you to ask all your questions.
- Lynne: 00:00:38 Well, I just came from Whole Foods on the way home buying cranberry juice. I got the organic lemon juice, I have the organic apple cider. So I'm going to start the drink and just trying to figure out how to do this with a full time work schedule. I guess I'm going to have to find a bottle to transport it.
- Dr. Veronica: 00:01:05 One of the best things to do with that is to make it up. Make up the whole thing the night before and just carry it with you. So like a lot of times people carry water bottles. I don't know if you have a water bottle, but people carry around water bottle and you know, just put it in your water bottle and you can drink it throughout the day. So you make sure you get it. But just put it up the night before, put it in the refrigerator, grab it out of the refrigerator, go to work.
- Lynne: 00:01:34 Okay.
- Dr. Veronica: 00:01:35 It's going to be a lot about preparation with all this and just getting into the routine.
- Lynne: 00:01:41 Yes. And I'm an egg eater. Any recommendations on eggs?
- Dr. Veronica: 00:01:50 Well at this point in time there's no restriction on eating eggs. So eat eggs, they're good for you. There's going to be one point we're going to eliminate just because we want to figure out if there's any sensitivity to it. But right now eat it.

Lynne: 00:02:07 Well, I have these thing into the fridge now. I bought these organic eggs, Pete and Gerry's organic eggs.

Dr. Veronica: 00:02:22 Okay. Are you asking specifically what kind of eggs are the best kind to buy?

Lynne: 00:02:29 Yeah, because you had mentioned that there were eggs are not created equal, so

Dr. Veronica: 00:02:35 Okay. So yes, you want the organic and also the ones that are high in Omega-3. So when you go there, when you see, you know, free range or cage free, that doesn't mean a whole lot. Organic usually means that they were raised properly and they're not getting pesticides or extra hormones or anything like that. And then they have another type that are "High Omega-3." Those are the ones that tend to be the best for your body.

Lynne: 00:03:08 Okay.

Dr. Veronica: 00:03:09 Do not simply get, you know, free range or cage free. The organic is important because the pesticides are a big deal. I'm sure you've seen lately on the TV about the Glyphosate which is

Lynne: 00:03:21 Oh Yeah.

Dr. Veronica: 00:03:22 Yes, those are the pesticides roundup by Monsanto. And so what you want to do is avoid that as much as you possibly can. I didn't talk about eating organic at this point in time. One thing at a time.

Lynne: 00:03:41 Okay. So eggs organic, high in Omega-3.

Dr. Veronica: 00:03:47 Yes. So when you go to the egg section, you're going to see all kinds there and then you'll be like, okay, that's the one, cause it'll say, it'll usually has right on there omega-3, high in Omega-3 or something like that. It's on the carton.

Lynne: 00:03:59 Oh good. What about rice? A lot of my meals contain rice. I'm trying to move away from rice, but a lot of them contain rice.

Dr. Veronica: 00:04:13 At this point, what I would say is the important piece is to get your servings of vegetables in. So rather than say don't eat rice, I want to make sure that you get in what you need to get in from a nutrient standpoint. And so I said the drink and the other thing is getting the vegetable servings in. And so the two -- two each meal or, I mean you can, you know, pile one salad at lunch and at dinner, not have a vegetable, but it's usually easy when you're eating dinner to have a vegetable. Most

people, breakfast is their meal where they have a hard time getting the vegetable in. And so that's why I just said add in the salad or go for a green smoothie. If you're going off to work and I know they have those little shops that make up, you know, just a lot of places that make those greens smoothies now or you can always get your own. I'd highly recommend this get your own NutriBullet.

Lynne: 00:05:15

Okay

Dr. Veronica: 00:05:16

And they have at Bed Bath & Beyond. If you, if you have another blender you can use another blender. I like the NutriBullet for, you know, they have it where you can blend and then you can put the top on it and you could take the container with you and you can drink through it. So the NutriBullet, I think it's like 900 watt one is the best one because it really grinds the stuff at very good. And you can make your own green smoothies, but a lot of times in the morning, if you're pressed for time, it's pretty much easier to go to the place where you grabbed the green smoothie with you. If you make your own smoothie, the rule that I tell is, okay, you're going to put in, either almond milk, a cup, coconut water, unsweetened, a cup as your base or water. Not yogurt or anything like that. You want a liquid as your base. So you can do plain water, almond milk or coconut water.

Lynne: 00:06:24

Okay

Dr. Veronica: 00:06:26

And then you're going to add in at this point, vegetables and or fruit. And so if you get greens, some type of green vegetable, Kale...

Lynne: 00:06:37

Cauli..

Dr. Veronica: 00:06:38

Kale, Cauliflower, Arugula, you know, all the different types of greens, you will use that. Like let's say you're going to use some fruit, you might do two cups of greens and one cup of fruit.

Lynne: 00:06:54

Okay. Two cups...

Dr. Veronica: 00:06:55

And, I will buy from the store different types of berries, fresh. And then I get the freezer bag, I wash them off, you know put them, I put them in a freezer bag and I have my own. The other thing is there are a lot in places like Costco and other stores, you've got to look from harder. In Whole foods, you probably can get this pretty easily. I was there at other day, but I look for it. They have generally bags of frozen vegetables that are organic already that are cut off. And so that's great because you just throw those in and they had the berries and

they also have usually like a pineapple mango type tropical vegetables and then you just take those and you, and that makes it cold instead of having to use ice also. So the frozen, you can do your own frozen fruit or you can get in the frozen section of a Costco, of Whole foods, of a Trader Joe's, most supermarkets, the organic berries and organic tropical fruit. The other shortcut I mentioned this also is to get, you know, nourishing greens like greens, which are the powdered ones. And as I said, Bed Bath & Beyond has a really good one. They tend to keep it little bags next to where they sell the NutriBullet is actually put out by NutriBullet. They're organic. You use like a teaspoon and so you have the teaspoon, you put your fruit in, your liquid in and you have your, your green smoothie right there. And that's giving you usually multiple servings of vegetables at one time.

- Lynne: 00:08:57 Okay. That's good. All right.
- Darryle: 00:09:05 Have you tried Cauliflower rice?
- Dr. Veronica: 00:09:08 Cauliflower rice is good. You can...
- Darryle: 00:09:10 Yeah. That's what I've been using lately in place of rice since, you know, like a, is it, is it Pam?
- Dr. Veronica: 00:09:16 Yeah. Yes.
- Darryle: 00:09:17 Is it mentioned that, you know, a lot of her meals have rice and I've been finding that too. It was a staple in a lot of meals, but they say it's not always good for you. So
- Dr. Veronica: 00:09:28 So one thing about rice, okay one thing about all these different food groups, they all have nutritive value and so there's going to be a part where I'll say we're going to restrict to greens, but the goal is not to keep any one thing totally out of your diet. At the point where you do some elimination, the idea behind that time, like we're talking about now, is learning what else you can put in. So I'm more focused on learning what else you can put in versus taking out things like that. Now when it comes to things like the rice, you may be eating it a lot just because of lack of creativity more than anything. But there are good alternatives at this point like cauliflower rice, you can make it yourself, but the places like Costco and all these other places, they already have it pre-packaged bags. But you can buy a head of cauliflower, cook it all up, mash it, and it's like a rice substitute.
- Lynne: 00:10:35 Okay.
- Dr. Veronica: 00:10:36 And it's tasty. I think. Darryle, you thinks it's tasty?

Darryle: 00:10:40 Yeah, it's the only way I eat cauliflower 'coz I didn't like the vegetable whole, but as rice it's, it's tolerable. So,

Dr. Veronica: 00:10:47 Good. So you've already Darryle's already started some stuff. Good. What else do you have? What are the questions, Darryle?

Darryle: 00:10:58 I didn't have a lot them but I think my question is more general, which is that you know, you, you get bombarded by all of this information and some of it is, is contradictory. So you're not quite sure, you know which one to believe

Dr. Veronica: 00:11:17 Well, ask.

Darryle: 00:11:18 You know, so it's like, you know, I watched this one documentary and this guy claimed he cured his diabetes by eating nothing but bananas.

Dr. Veronica: 00:11:27 Don't do that. No No No No No

Darryle: 00:11:29 But bananas was on your list of things not to eat. So

Dr. Veronica: 00:11:32 Don't talk about this, but let's talk about this, those research. Now, first of all, you have to realize that everyone is genetically different.

Darryle: 00:11:41 Correct.

Dr. Veronica: 00:11:42 There's specifically a study in the literature, the medical literature where they wanted to test the glucose response to different fruits and vegetables that were known to be, let's call higher sugar or starch here. And so we did this study where they did potatoes, they did bananas; potatoes versus bananas. And so what they would do is they give people potatoes, they test their blood sugar. So they gave one group potatoes test their blood sugar. They saw what happened to all the people. Another group, bananas, test their blood sugars and see what happened. Now it ended up that some people, they had a big rise in their blood sugar and other people did not. Then what they did is they switched everybody. So the people who had bananas, have potatoes, the people who had potatoes, have bananas. And what happened is some of the people have rises in their blood sugar and some people didn't. So there are different, you don't know necessarily what you are going to react to. We're going to talk about it once we clean up. We're going to talk about doing a "Rechallenge" at the end of this. So although this is planned for five weeks, we're going to do some elimination. The six week is going to be okay. I want you to rechallenge yourself and here's how, what I want you to look for. And so you're going to test things like bananas and chip

potatoes and you're going to know what to look for to see what your response is. You don't necessarily need to go get a blood test. You might notice a particular response. So, for instance, I noticed that I have, a blood sugar response to apples. It doesn't mean I can't eat them, but I'll notice if I eat apples, maybe 10 minutes later, all of a sudden I'll feel tired and a little dizzy. And so now we all been taught that apples are funny, but apples for whatever reason, when I, if I eat a whole apple, will jack up my blood sugar. So I'll have that feeling of my blood sugar going up and I'll, I'll teach you about how to figure that out because we're going to do some elimination of different things and once you get clean, then you're going to be able to assess what your different reactions are to different foods. So you're going to test out different foods. And that is the testing of the foods. The food rechallenge is the goal or be able to, okay there is a (voice in the background). Gonna Mute.

- Dr. Veronica:                    00:14:28                    Okay. Noah, I see you're there, but I'm going to mute you because, I'm hearing your background. So we can turn off what's in the background and then type in. Okay. So that's the, the story with... You don't necessarily cure your diabetes with one particular food. I will let you know though, if you watched the webinar of one of my clients, you will get a great response. What's going to happen is all your lab numbers are going to improve. It usually takes totally about 90 days to be able to see the change. Think about if you've ever had a haemoglobin a1c. (reads "Last night for your economics course. ") Okay. Alright, got it. Noah, she's in her economics course. I'm going to just, you know, do you know if you have any questions, type them in. Okay. So what's going to happen is as you get control over your eating style, your strategy that's going to work for you,
- Dr. Veronica:                    00:15:39                    you're going to be able to control your blood sugar. So you had to figure out what it's going to be for you. So we're going to talk about this more and we're to talk about it, cause I'm going to say I want you to add on this. I want you to do that. But I want you to eliminate this. And here's how you're going to do it. And then by the time you get to week five, a lot of times you're like, I'm feeling good. You know, I've lost, I've lost some weight. If you do it the way I'm telling you to do it, you're going to have a remarkable result in a few weeks.
- Dr. Veronica:                    00:16:13                    Week six. The bonus week when I want to talk about is challenging yourself so you can figure out which foods work for you and which ones don't. Just like, I know that thing about apples. You may also learn some information because somebody in your family has something and you want to test that. So for instance, how I figured out that I was sensitive to wheat and soy was because my two oldest sons were sensitive to wheat and soy. They were having a problem. I took them to

a friend who does a lot of you know, type of stuff that I do. And she tested them energetically and with what's called Tony total body modification away. And she said they're sensitive to this, they're sensitive to that. Come here mom, let me test you too. She tested me. Now, the interesting part about that was it answered questions of when I would have problems with something and I couldn't figure it out. So for instance, I would go out and eat Sushi with Edamame and I'd come home and I would get so sick, I will go to P.F. Chang Restaurant. I would have something and I would get, I'd come out and I'd have violence, stomach pains, and I would feel really, really horrible. And then I found out where I'm sensitive to wheat and soy and an answered why when I thought I was doing healthy (inaudible).

Dr. Veronica: 00:17:49 Okay. Yes. You know what, I'm working on the assessment, Noah. Alright. So let me just, I'm going to mute just what it's going on in the background. So let me just say one other thing. All right. What's going to happen is we're going to send you a link because I want to have a private session. Everybody gets that bonus private session with everyone. And before you do that, you're going to have a what's called a Medical symptom questionnaire and we have this answer honestly from 1 to 10 for where you are right now, where you want to be, not where you were last week, but whatever day you sit down and do this, you take the Medical symptom questionnaire, it's going to give you a number score. Everybody's score is different. You can't compare your score necessarily to somebody else's score.

Dr. Veronica: 00:18:45 It's like when you go running and you have your own personal record --that's what this is like. And so different areas when I look at it will be high other areas are low, but what's going to happen is we'll be able to look at the particular area and say, Oh, you're having a lot of symptoms related to your thyroid. You're having a lot of symptoms related to your peripheral blood sugar. You're having a lot of symptoms related to your central blood sugar. You're having symptoms related to your large intestine, your small intestine, your thyroid whatever, adrenal, that is adrenal cortex. So when you do this, this is something that I'm going to be able to look at the pattern and tell where specifically and looks like you're having the biggest problems. So then once I see that we can talk about customizing everything so that you can even get better results.

Dr. Veronica: 00:19:40 So when you get that, you know, click on making them get, you'll get the link to fill out the assessment, but when you get the link, make the appointment so that we can have our one on one and then you figure out exactly what's going on with you. Now I have other assessments and things I can give you along the way and other suggestions. Okay, here's one. Let me give you one suggestion that I think is a great idea to do for

your health. Do a 23andMe and the reason why you do a 23andMe is because behind the 23andMe, so you then link to relatives and all that kind of stuff, right? But behind the 23andMe is your raw genetic code. And I have programs where I can link your raw genetic code with the program and tell where you had differences in your genetic code that might explain why you're having certain symptoms, but it also can explain what vitamin deficiencies may tend towards what eating style is right for you, what exercise style is right for you.

- Dr. Veronica: 00:21:00 It's just very powerful data so that you can say, Oh wow, this is why I like, you know, it might say like for instance, my code says you need to get 60 minutes of vigorous exercise a day in order to be physically fit. Right. Now I can tell you already kind of figured out I need to get 60 minutes of vigorous exercise a day, alright? So you can link your genetic code with health programs to be able to help you figure out what's going to be best for you. And this is really individualized. So it's your information, it's your body. So you can go to 23, don't go into 23andme.com yet. I actually have a special practitioner code that I can give you that we'll give a discount. So, I got...
- Darryle: 00:21:53 I actually already done it. I've done 23andme but I opted out of the medical research because I don't necessarily want the information out there and being used by insurance companies. So I'm a security guy if you don't know, hence why you don't see my camera. And so I'm just very paranoid about a lot of stuff.
- Dr. Veronica: 00:22:16 Yeah, I understand. You know that they sold 23 and me to somebody, right?
- Darryle: 00:22:23 I do not know. I wasn't following the company itself.
- Dr. Veronica: 00:22:26 very recently. I follow all this type of stuff too. Your stuff is all over the place. Even though you opt out that the data's still there.
- Darryle: 00:22:39 Oh yeah. I know that. I know that very well. And I know behind the scenes they might be still using it. Just, you know, not telling me. And you know, I did write to them and I got my raw data downloaded. So I have, I have my own data
- Dr. Veronica: 00:22:54 Okay Cool!
- Darryle: 00:22:55 and I can send it wherever I want to I guess. But I haven't done that yet.
- Dr. Veronica: 00:22:58 Alright. We'll talk about your session, you know, whether or not that makes sense for you to do, but I'm just saying if you



have not gotten one, there are places, you know, it's good to get tested. So it's your body, you have the data about it. And it's, to me, when you do that medical side of it, it's very informative. You just.

Darryle: 00:23:17

Right. Yeah

Dr. Veronica: 00:23:18

You just learn pieces of information that you're just like, oh, that makes total sense. I get it. And then you can use it. It's, it's to me, you know, some people get and they get really scared because I found out, for instance, I have an APOE gene. An APOE gene is the gene, one of the genes that's associate with a couple of things. One is, dementia, Alzheimer's. Okay, I'll have one copy of it. I have a one copy of a Celiac gene, which is, so this explains when I look around, for instance, like my father's having memory issues and he didn't, he didn't take care of himself the greatest, but it explains why he's probably more having this and other people don't necessarily have it.

Dr. Veronica: 00:24:06

He has now you can turn on and off your genetic code. That's the field of epigenetics. It's environmental. So what you want to do, if you know you have it, then that can guide what you're going to do from a lifestyle standpoint. So for instance, because I know I have this gene, one copy of it, I use a particular brain protocol formula. It also explains why the genes also associated with lipid abnormalities, lipids being cholesterol, triglycerides and things like that. Now my lipids have a high cholesterol, but I have a very high HDL. I don't necessarily have to think. So I go to the doctor, they want to put me on medicine and I know that's not the best thing. Okay. And so knowing things about your code and then how to use it to your benefit is very powerful. And so I recommend people do it so that you know, you have some idea from a lifestyle standpoint, what your body, what's going to work for your body and which not going to work for your body.

Dr. Veronica: 00:25:20

So this is why when people say, what diet should I do? I say, I don't know, because they're, you know, there's all these different, there's Keto and there's this and there's that out there right now. My goal for you over the next five weeks is that you get to eating real food, whole food. We get rid of cravings, we clean up your body and you feel like you're in more control and you have more information and then you can continue it and take it to the next step. Okay? So when Michelle sends the link, you're going to click on the link, get into my calendar and we're going to have a session. So if you have any lab tests that you have gotten, that you're concerned about, if there's something that you feel as an obstacle that's going on, then make sure that you ask about it on the session.

Dr. Veronica: 00:26:22

Okay. So, all right, go ahead Pam.

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Pam: 00:26:29 So I think you left me and ancestry DNA kit and you know, like ancestry.com I haven't done anything with it. Does that offer any medical history, you know, any history about your batch of physical at all?

Dr. Veronica: 00:26:49 They're all doing the DNA, but the ancestry doesn't do the medical side of it.

Pam: 00:26:56 Okay.

Dr. Veronica: 00:26:57 So you're not going to get the information from their 23andMe does. There is some other ones that do, but I think 23andMe is the biggest, but they also tend to partner more, you know, I think 23andMe, I want to say, I feel like the GlaxoSmithKline or something like that, I'll have to look it up very recently, within the last year, maybe within the last six months, a big medical type company bought the 23andMe. And so Darryle, you're right to feel paranoid about it, but our information is all out there anyway.

Darryle: 00:27:34 Right.

Dr. Veronica: 00:27:35 This is why the preexisting condition thing to me is a big deal because, everybody has a preexisting condition. Everybody, when I've looked at people's genetic codes, everyone has things in their genetic codes that could indicate a possible predisposition because this is what it is. It doesn't mean you definitely have some predisposition to a particular disease process.

Dr. Veronica: 00:28:01 So Noah, do you have any questions over there? If you hear me, you can type like in. Darryle other questions?

Darryle: 00:28:14 Not specifically at this time.

Dr. Veronica: 00:28:20 Okay. Any issue with being able to implement this first week?

Darryle: 00:28:28 I haven't visited the Amazon link yet. But I was going to also go to the Whole Foods however and get some of this stuff in the meantime.

Dr. Veronica: 00:28:42 Yeah, you can do that. I mean, it's certainly fine to go to Whole Foods. The thing about when you go to Whole Foods, you can't necessarily, first of all it tend. Now Whole Foods and Amazon, you know now are save thing. However.

Darryle: 00:28:58 Right? Right. Yeah, yeah, yeah. Yes.

Dr. Veronica: 00:29:00 It tends to be more in the store plus when you're on those sites you can get bigger sizes and things like that. And so for

instance, I put the recipe in for cranberry drink. But what I said when you buy it, buy the cranberry juice concentrate and instead of using like two ounces or a quarter cup, use one tablespoon or three for a whole day. And so yes. Good. You got your stuff because the cranberry juice Knudsen is the main brand. Is that Knudsen, Pam? I don't know. But Knudsen is the main brand and

- Pam: 00:30:06 They didn't have. I went to the one by Brian Park that doesn't have a high supply of thing. It's right across the street from work. So I said, well, I got organic cranberry juice concentrate and organic lemon juice and I ask. I did ask them for Santa Cruz brand and the one you said Knudsen. And they told me, yeah, we carry it but we're out of it.
- Pam: 00:30:06 No, right. I was like, darn, they beat me to it.
- Dr. Veronica: 00:30:10 You have to realize what we're doing now is, you know, like hypocrisy said about using food as medicine and your food is your medicine. That's what the strategy is right now. Instead of taking a pharmaceutical, this is about using foods that have medicinal properties and are quite a few of them out there. So, the cranberry, you know, the reason why it's out is because people know that they use it for medicinal purposes so that it's best to go for me. What do I do? I keep the concentrate of everything. Right. The cranberry juice concentrate I have, if you're going to order off of Amazon, another thing to get is tart cherry juice, tart cherry juice.
- Pam: 00:31:00 I'm going to buy the tart cherry juice as well, but I'm gonna put a note tart cherry juice. All right. Good stuff.
- Dr. Veronica: 00:31:10 Okay, let me just, I want to answer that. All right, so let's talk about making your house conducive to success.
- Dr. Veronica: 00:31:37 You're going to do it slowly over the next five weeks, but the goal is that even if you have "unhealthy food" in your house, you're going to be able to have it there and it's not going to call your name. Now, I know sometime the unhealthy food calls your name. I know people that if they have a brownie downstairs, the only thing they can think about is going and having that brownie. My strategy is this. If I find out something that I think I'm having too much of, it's unhealthy in the house because we all have "unhealthy food." We don't all have 100%, but let's say I buy something, I think I'm having too much of this. I go put it out in the trash, pure and simple. Right? So I'll like every once in a while by like a candy or something or, right.

- Dr. Veronica: 00:32:34 and I'll be like, okay, I'm popping these, I'm thinking about this too much. Let me go put these out in the trash. But on the other side, I would like you to be able to get to the point where you can have treats, let's call them treats and they can be there but you don't have to have it all the time. And so you could have ice cream in the freezer, you could have, I bought cookies to bake over Christmas and they were like, you know the chocolate chip ones that you know, you, you cut them off and you put them on.
- Dr. Veronica: 00:33:08 And yesterday, finally I cut off three and baked three cookies because I said I have these cookies since Christmas and I thought like baking them. I feel like some cookies today. I'm going to go bake three. So that's another strategy. Let's say you want to have some ice cream. Instead of having a whole gallon in your house, you go to the store and have ice cream or you get the small one, you do what you can to help yourself, right? And I don't care if it's more expensive to buy the small one or go to the store and get it. It's just you're doing it to make, and set yourself up for success and so as I'm saying, hey, we're going to eliminate artificial sweeteners. We're going to eliminate caffeine.
- Dr. Veronica: 00:34:02 If that's something that's a problem too. Now a lot of people are going and having their Starbucks every day or something like that, then you're going to transition away from that. But if you have artificial sweeteners in your house, that's one thing I say, go throw it away because these are very health harming to you. I'd rather you have raw sugar, raw sugar and Stevia are approved.
- Dr. Veronica: 00:34:26 And we're going to talk about sugar next week because this is the next thing that we have to figure out -- How are you going to deal with it? All right? But I have to talk to you more about sugar that, so
- Dr. Veronica: 00:34:39 look at, I'd say week by week you're going to replace these foods that are health harming with foods that are going to serve you. So if you feel the best thing is to go through all the way everything that doing that cold Turkey, maybe, but I've found more with people, it's easier to do the transition because I'm telling you, here's what we're going to do. Let's replace it. Let's think about this. Okay? Now I want you to go through and look for these things and pay attention to it, and then decide whether you want to keep it or get rid of it. So I wouldn't say go throw away everything right now. Week by week, you're going to figure out what you're going to replace everything with that you figure doesn't serve you. And it's going to be stuff that you like.

Lynne: 00:35:37 And so let's say you're cutting back on rice. You found the cauliflower rice. You want to go more to healthful grains that are non-gluten grains, non-Rice grains and you start and you say, I'm going to use quinoa. I never did that before. And what's this quinoa stuff. Okay. Let's talk about alcoholic beverages. When it comes time to give up sugar means that alcoholic beverages have to go away with that. If you're doing a lot of drinking of alcoholic beverages, then you're going to wean yourself off slowly. Now again, what I want to say is the goal is not that you never have another drink again. Now if you're alcoholic that's a different matter. You have to deal with that in a different way. There's Gina, but what you're going to do with the goal with the drinking is that you're under control and that once your body is balanced, you can have it and not throw yourself off, but you're not going to necessarily, you know, people say drink two glasses of wine a day or things like it depends on your particular body and how sensitive you are to.

Dr. Veronica: 00:37:07 I can tell like, you know, I'll tell him myself as an example. I can't drink a lot and I know I can't drink a lot. Now I know genetically why, because my detox pathways have, they're called SNPs, single-nucleotide polymorphism. I don't detox as well. I get drunk quicker. So as I have, I usually don't drink more than two drinks. I don't drink every day. And so I would not drink two glasses of wine every night because my body would never take it. And so it's not good for me. And there may be others out that you've noticed, something like that. Okay. So what we're going to do is next week when we talk about, let's deal with the sugar issue, that's when you're going to deal also with the alcohol issue. And what I'd say is a slow weaning off of whatever it is with the ball act, through your bodies cleaned up, you're going to rechallenge yourself and you're going to figure out what the right amount is so that you're able to maintain your health.

Dr. Veronica: 00:38:11 And we want to make sure that you're not dependent or addicted to it. So it's not that you can never have it, it's that at this point in time we want to make sure your liver is going to be working and that you're not messing the rest of your health off. And once you get that in order that is going to be like, what amount is the right amount. The goal is that you can go out, enjoy yourself pretty much anywhere. So I talk about, you know, one of my clients who actually went on vacation to Italy and still managed to lose weight while she was vacationing in Italy. I think that would be just downright hard. Okay. But she managed to do it because, she had a strategy and a plan. So what it is now as you're going along, week to week, you're developing a strategy and that's why it's going to be slow.

Dr. Veronica: 00:38:57 So Darryle, I'd say get your stuff soon as possible. Put it in your schedule. Then, by the time we get to next Tuesday and Wednesday, you've already have 4 or 5 days under your belt. Right. Okay. I know how my routine is going to be. I know how I'm going to do this. Okay?

Darryle: 00:39:13 Okay

Dr. Veronica: 00:39:15 Hi, Gina. How are you, Gina? Can you hear me?

Gina: 00:39:20 Yup. Yup. I can hear you.

Dr. Veronica: 00:39:23 Okay. So, any questions, Gina?

Gina: 00:39:27 No, but I just wanted to tell you that with getting myself back into drinking the drink again, I realize that I'm not hungry.

Dr. Veronica: 00:39:40 Yeah!!

Gina: 00:39:43 So like for lunch, we had a small bowl of soup and I was like, Gosh, I'm not going to push myself to eat because I'm actually not hungry.

Dr. Veronica: 00:39:52 And that's exactly the way to do it. It's, you get to the point when your body's out of balance, you're going to have cravings. You're going to feel hunger. When your body gets back into balance, this is what your body says. And so you knew exactly what to do. But a lot of that, it's already starting to get you back into balance. That's quick.

Gina: 00:40:18 It's not that I really fell off the wagon, it's just that I brought in junk food.

Dr. Veronica: 00:40:26 And what's your favorite junk food?

Dr. Veronica: 00:40:29 Chocolate and anything crunchy.

Gina: 00:40:34 Yeah.

Dr. Veronica: 00:40:34 Okay. I love crunchy stuff too.

Dr. Veronica: 00:40:40 Here's what I use when I want crunch. I like organic popcorn. Did I pop up myself.

Gina: 00:40:51 Okay.

Dr. Veronica: 00:40:51 And I pop it. That's a good thing for crunch and use Himalayan Sea salt or top it with coconut that works a lot for the crunchy. You know crunchy can be challenging. What you want to do is that be in control of it.

Gina: 00:41:06 Yeah.

Dr. Veronica: 00:41:07 A lot of times when people are having -- Is it's like crunchy, salty?

Gina: 00:41:12 Yes.

Dr. Veronica: 00:41:13 Okay. So a lot of times when people are having that type of craving, it's because the adrenals are imbalance and the cortisol's are imbalance. And so you have that craving for that type of stuff.

Gina: 00:41:31 Uhm.

Dr. Veronica: 00:41:32 So think about, a lot of times when we talk about something we say, "okay, no corn," but this is the type of thing where if you need to have something cause you say, I got a crunch, my favorite snack is to do the organic popcorn, which you can order and it's easy to find organic popcorn pretty much. Or they usually have organic coconut oil and so that satisfies that crunch.

Gina: 00:42:02 So you don't want me to buy organic popcorn in a bag that's already popped?

Dr. Veronica: 00:42:08 I don't see a problem with doing that. You could probably do that. Where did you get that?

Gina: 00:42:02 Well, I've seen at Whole Foods they have one that's with coconut oil. I've seen it at Wegmans as well. I've seen ones with avocado oil. It just depends which flavor you like.

Dr. Veronica: 00:42:31 That's fine. Just be mindful about not sitting in eating the whole bag.

Gina: 00:42:37 Yeah.

Dr. Veronica: 00:42:38 Okay, let's talk about being mindful about not sitting and eating the whole bag. Pay attention when you're eating. Okay? So if you're watching while you're eating it, you're just going to be like doing it. If you're doing anything else while you're eating other than sitting and chewing. So I'm not saying turn off the TV, but pay attention to chewing in everything well. Letting everything digest a little bit at a time. Go slower because you want the signal to get from your stomach to the brain that you're satisfied. And when you're distracted with things like TV, you just don't realize that it's happening plus you're eating because

Gina: 00:43:35 So should I eat one serving size?

Dr. Veronica: 00:43:39 If you know what a serving size is.

Gina: 00:43:42 It's like three and a quarter cup, which is, I think that's what's on the back of the bag.

Dr. Veronica: 00:43:46 Yeah, that's fine. So I would say it's a good idea when you're doing things like snacking is to get out some put, whatever it is away.

Gina: 00:43:57 Okay.

Dr. Veronica: 00:43:59 Here's a piece that you want to do. You want to be able to do what you can. That's why I'm not like, do what you can because you want to keep your promise to yourself and so decide what it is that you know you can do. You know you can do it so that you can be successful. Alright?

Gina: 00:44:20 Okay.

Dr. Veronica: 00:44:21 I appreciate that you're sharing with us. I don't know if Noah or Pam or Darryle, I like to ask people since they decided to say yes to themselves, what good things has happened. Because a lot of times before people, whatever they're doing, when they start the program, all of a sudden they said, you know, I've talked to people and they say "this great thing happened to me. Oh my God!" And so Gina, you already just said, "I'm already not hungry."

Gina: 00:44:50 Yes.

Dr. Veronica: 00:44:51 As it already happens.

Gina: 00:44:54 That was an amazing realization today.

Dr. Veronica: 00:44:57 Yeah. I don't know if anything else good happened to you or Darryle or Pam or Noah. If something good when you decided to say yes, I'm going to say yes to me. I'm going to do this. If there was somethings that happened that you consider in your life that was good, something shift, all of a sudden you notice you weren't hungry anymore or you didn't crave the whatever.

Darryle: 00:45:23 I'm sorry it was the opposite that happened to me but

Dr. Veronica: 00:45:26 Okay so what is it Darryle?

Darryle: 00:45:30 Well I mean, when I signed up and then I travelled for a week. So during that week of travel I gained weight, you know, and before that my weight had been pretty much steady, you know, up until that point. And I don't know why this time around I gained weight; maybe subconsciously I was thinking,



oh, I'm about to go on this five week program where I'm going to lose it all so I can like stuff my face now. I don't know if that was a subconscious thought on that, but it just, it just seemed weird. And while I was gone during that week, I was, I seem to be hungry all the time. So I just sort of snack throughout the day.

- Dr. Veronica: 00:46:02 Okay, did you do air travel?
- Darryle: 00:46:04 Yes.
- Dr. Veronica: 00:46:05 Okay. So realize one thing that when you do air travel and you go across multiples of times zones or even across the lines, the latitude and longitude lines, energetically, it's affecting your body. So one thing that could happen, you could be retaining fluid and so that you gained real weights. Alright? Now you might've said if you did stuff, you said, I was hungry all the time, okay? That might be because you were dehydrated from air travel, right? Or be aware of these things that can happen. Your body can shift because you're going across all of these latitudes, longitudinal lines and the electromagnetic fields will affect your body. You might retain fluid and you might, you'll retain fluid, but you'll also be losing fluid. And so hunger maybe thirst. And so that's why it's a good idea to drink your cranberry drink first thing in the morning and to also think about drinking water. Alright? So when you travel, make sure you're drinking a lot of fluid, try to sit on the end of the aisle, drink a lot of fluid because you're going to lose it. And then it's going to make you feel more hungry. Okay, so part of that might have been just normally things that happen when you're traveling because these are the dynamics of traveling. Okay?
- Darryle: 00:47:30 Okay.
- Dr. Veronica: 00:47:30 Now if you were just like I'm going go to play, it's all going to binge
- Darryle: 00:47:37 And even subconscious, but I didn't intentionally do that. It just sort of happened. I was surprised when I got on a scale when I came back.
- Dr. Veronica: 00:47:45 Yeah, but now on the other side, like you've got on the scale and you probably were retaining fluid and so it's not real weight. The second part is if you feel like I got a binge because I'm going to do this.
- Dr. Veronica: 00:47:58 Some of those things to start doing is examining from a thinking perspective, why do you feel deprived? Why is this in your mind a state of deprivation? Are you saying to yourself,

I'm not going to like any of this stuff. This is not real. I'm only going to do it for five. What is your self-talk that's going on?

Darryle: 00:48:27 You're asking me?

Dr. Veronica: 00:48:28 Yeah.

Darryle: 00:48:29 No, I mean, like I said, it wasn't a conscious decision to binge. And I mean, I do, I mean, I've been gradually doing a lifestyle change, you know, over the past few months anyway. You know, I recently became a vegetarian and I guess that hasn't affected me as much as I thought I would, you know, I don't crave meat. You know I'm comfortable not eating meat. On my cheat days, I eat fish. I guess maybe the loss of perhaps carbs is what I might be thinking is going to happen soon, you know?

Dr. Veronica: 00:49:17 Let me just say a word about meat and not eating meat and things like that and what you decide is totally up with what you're comfortable. A lot of people are mistakenly believing that being a vegetarian is healthier than being a non vegetarian. There's only about 10% of the population that has a genetics that is going to handle that well. So the other 90% anytime can have nutritional deficiency by not having animal products. Somebody mute their background. Is that like, I don't know who.

Darryle: 00:50:02 I think that's Gina.

Dr. Veronica: 00:50:03 Gina is that you? Can I mute you for a sec?

Gina: 00:50:06 I don't know.

Dr. Veronica: 00:50:09 I don't know. I hear like some, yeah, I'm going to mute you for a second Gina because it is this. So the piece about eating meat or not meat, it doesn't necessarily make you healthier. Now what is the controversy about meat? It's the type of meat that is the issue. People think chicken is more healthy than beef and that's not true.

Dr. Veronica: 00:50:36 In fact, grass-fed beef is much more healthier than chicken, especially the pesticide at chicken that most people eat. People made that based on the calories. But just what, when you're eating grass-fed, you're getting a lot of vitamins, minerals and nutrients plus even more Omega-3. And so red meat, if it's grass-fed is more healthy than eating chicken. Now the problem with non grass-fed is that it's fed with grains. And if you have a problem with grains, which a lot of people do, this is why you start having problems with red meat and you can be inflamed and that inflammation causes weight gain and stress and all that type of problem with your body. On the

other side, from a genetic standpoint, you might find that one of these people that you need more, B12, B6 and Thiamine and the best source of that is from animal products and it's very difficult to get it from non animal proteins. Now if you say, okay, I'm really into this vegetarian thing, I really like it. It's important to make sure you do not become nutritional deficient. Now I'm not an expert on how to combine foods and do everything as a vegetarian, so I'm not even going to pretend that, but as I recommended yesterday that everybody takes some type of supplement, I would recommend that you do take some type of supplement. Now are you not eating any fish or anything like that too, Darryle?

- Darryle: 00:52:14 Well on my cheat days I'll have fish, so.
- Dr. Veronica: 00:52:17 Okay. The reason why I asked you that is because with supplementation, the best way to get omega-3 is through fish oil.
- Darryle: 00:52:25 Right, yeah.
- Dr. Veronica: 00:52:16 If you're not even have fish then there's other way you have to do it and I have to go up and get my note and look up the best way than supplement. But the one of the things I've highly, highly, recommend that everybody now because I've just seen all the studies and tests enough people now to know that practically everybody's nutritionally deficient. I mean it's just think about the way you're run around. You don't necessarily eat everyday, all day the perfect. I travel like you do. I know it's harder when you travel. I rate my airports based on whether or not I could get healthy food. I still eat on airports, I'm like, this would sucks cause I can't. I don't.
- Dr. Veronica: 00:53 :08 I hate LEX. And I'm surprised because I think LEX with all the California people should have good food and they got crappy stuff. But there's some, you know, I think people are getting, airports are getting better about this type of thing. One of the keys is the drinking of the fluids, but also, you know, getting snacks with you. But realize that when you're traveling, things are going to be a little bit often a little bit different, but you're going to have to plan in it more. So I know now that when you're doing a vegetarian thing, you've got to plan more. But there's so many people out there that do it now. Most of the time the menus have it.
- Dr. Veronica: 00:53 :50 The biggest part...
- Darryle: 00:53 :50 Right yeah.

Dr. Veronica: 00:53 :51 I do concerned about is the nutritional deficiencies. And I've seen people get really down, right sick. When they thought they were being healthy because that's exactly what happened.

Dr. Veronica: 00:54:01 And their body type wasn't necessarily for that. But a lot of times when people start this, they're already in a state of nutritional depletion just because that's the baseline based on when people aren't getting their recommended daily allowance of their nutrients from food. Okay. So I would say supplementation, supplementation, supplementation. If you're doing it because you feel that it is healthier, there's lots of data that says not necessarily the case. Alright? And so you can, and on the other side, when you're saying I'm doing this on my cheat days. Just look at, don't look at it necessarily as cheating. Like you're doing something bad. It's just that, you know, you are here to eating strategy where you're not eating animal products six days a week and one day a week you're having animal products or something like that. You know what I'm saying?

Darryle: 00:55:03 Right yeah.

Dr. Veronica: 00:55:04 You can, don't look at it in terms of, Oh my God, I'm doing this taboos thing. Let's put it all in the positive. Right. And so it's probably good because if you, a lot of times people go to go vegetarian because there's, what I'm more concerned about is you're getting more whole foods and real foods. There are vegetarians eating junk foods.

Darryle: 00:55:28 Yeah. Yeah. Yeah. Well, I don't think that's me, but you know, I, I'm not, I am familiar with junk. Let me just put it that way.

Dr. Veronica: 00:55:37 Okay. Alright. And if you end up having some like a craving, just like Gina was saying about, Oh, here are the crust. A lot of times, you know, if you're having a craving, also let me know what that is because a lot of those things you may not know or things that are signs of nutritional deficiencies, like, oh, people who have XYZ. Here's something. You're like that. All right. The other thing that I want you to know, I don't know if anybody's or this applies to anyone, is if you're on any type of pharmaceutical, there are multiple pharmaceuticals that tend to cause nutritional depletions. This is not something that mainstream doctors ever think about. I can tell you because I was doing that and I've never seen people say you're on a proton pump inhibitor, you're going to become B12 deficient.

Dr. Veronica: 00:56:27 Okay? So if you are on any medications, I want to know because we need to see, Ooh, you're on something that it can lead to. So for instance, oral contraceptives or any type of

contraceptives can lead to nutritional depletions. Okay? So we need to think about, well, what's going on here? And maybe this is part of the problem that's happening of what you're doing. So what are we, what are we going to do to fix it so that the goal was so you don't want to use the pharmaceutical, but the other part of fixing it is, if you're on something that definitely leads to a nutritional deficiency that we make sure that you get repleted with whatever it is. Okay? And, and so yes, there is something as you know, Noah asked the question is there's something towards eating for your blood type?

Dr. Veronica: 00:57:21

Okay. So Dr D'Adamo, has "eat right for your blood type". And I actually interviewed him years ago on my podcast. That's something that is worth reading because the interesting part about that is it's likely related to this genetic stuff that I'm talking about. Back when he wrote this first about eating right for your blood type. It wasn't like everybody could get a DNA test on every corner. And so he'd say, you're a O, you what some type you are A or B and if you read on a blood type you better also talks about certain people who are the more genetically out there that do well on vegetarian diets. Okay. So it's actually, his book is like a, an ounce of something is a pound of cure or something like that. But Dr D'Adamo and he's like, there's, I think it's James and Peter. There's a father and a son who talk about that.

Dr. Veronica: 00:58:24

And that's something definitely looking into. I think from my assessment, most of it is pretty right on. And I would say from knowing what I know now, and that was written many years ago, I want to say 20 years ago, maybe even more than that, that the reason that it works is because your blood type has to do with your genetic code in your DNA. So if you're like a O, O is the oldest blood type. I'm a old too. I'm an O also. And so there's certain things that work well for different genetic types over others. Now we can look at the whole genetic code and see some of these things, right? So for instance, let me talk about, I talked about a particular gene, APOE e4 which tends to be associated a higher rate of dementia. We know, okay, so this happens higher in the black population, but interestingly

Dr. Veronica: 00:59:22

there's a much lower incidence of Alzheimer in Africa, on the continent Africa. And they've noticed that association with "hygiene." So places that are very sanitary, have very high levels of higher levels of Alzheimer, places that are, let's say let me call it "dirtier" but if you know, third world leash with a lower, let's call it sanitation rate, tend to have much lower or nonexistent levels of dementia. And so it might be that APOE e4 protects against something and this is why they don't get dementia. So we, we have new data, but we don't actually understand completely the implications of it. And in addition, it's very different from population to population to say one

thing is right or wrong. This is why I mentioned with cholesterol levels, for instance, there's a population in India with very high cholesterol levels, very high triglyceride levels. Yet those people are not getting heart attacks and strokes and there are vegetarian population. So what's that all about?

- Dr. Veronica: 01:00:35 Some way reason they're genetically coded for that. It's probably something protective.
- Dr. Veronica: 01:00:41 but we just don't know what it is. You bring those people into Western culture, you give them the normal blood tests, they hit high cholesterol, high triglycerides and I mean like scary high and you know, not enough doctors are aware of the population like that now that they don't put them on drugs. But the first knee jerk would be to put them on drugs because they have scary high numbers. So I also believe that, there's a, there's something, there could be something in different genes like that. So we have to look at your whole picture before we decided to use a pharmaceutical or something like that. And, but at the same time we need to look at your whole picture to figure out is there a depletion nutritionally because you have been on something else or some type of life event or something like that. Okay. So yes, there is a, a blood type diet, I'll call it. My preference eyes is the DNA diet. And one day maybe I'll talk about the DNA diet is, you know, we get on and people don't have a, people don't have a bunch of questions. Okay. Other, any other questions to get you to next Tuesday
- Noah: 01:01:58 Restaurant meals. I'm going to a, you know, the place Marry Me and Caterers on Route 130 in Cinnaminson, it's a, you know, a sorority group and they're going to naturally serve a meal that is, what's the word I want to use?
- Dr. Veronica: 01:02:22 So not health promoting? Most of the time when you go to these places, they have things that are not the healthiest.
- Noah: 01:02:28 Right mass produced food.
- Dr. Veronica: 01:02:31 Yes. Okay. So here's the thing you do with that, you surrender. Okay.
- Noah: 01:02:39 Alright.
- Dr. Veronica: 01:02:40 Surrender that one particular meal. And now at this point in time, is this happening during this week?
- Noah: 01:02:47 Saturday afternoon.
- Dr. Veronica: 01:02:48 Okay. At this point in time, the only thing I said to eliminate are artificial sweeteners and caffeine. So technically at this

point have anything you want except artificial sweeteners and caffeine. Now I understand you want to be mindful and you don't want to go hog wild. But what I'd say is if you have something that's going to come up, plan that it's going to happen and go wherever it and enjoy it.

- Dr. Veronica: 01:03:16 Now when you plan for it, that means the day before that you're studious and disciplined the day after you're studious and disciplined. And one of my other strategies when I know I'm going to go someplace and the food is guaranteed to be unhealthy, I eat before I go. I have a smoothie, I, you know, I eat before I go.
- Noah: 01:03:40 Okay.
- Dr. Veronica: 01:03:41 So did I. And so therefore I know on my body's getting what it needs so that when I get there I can be much more selective about what I eat and don't eat. So I would say eat before you go. We'd go and then you know, planned that you're going to have it. And just being okay with it. These one meal affairs usually aren't what break you at all. It's just like people can go through the holiday, go and have Thanksgiving and go hog wild and Thanksgiving and not gain any weight because they went hog wild one meal, right?
- Noah: 01:04:17 Right.
- Dr. Veronica: 01:04:18 For one meal is not going to break you. The only time that it can let me say break people is if they have something that they're really sensitive to and they have a craving towards. And so let's say you're sensitive to gluten and you have the gluten, then this all your symptoms come back or you know, you crave sugar, you've been doing great because you were able to get it out of your system. Then you have sugar. Now you feel like you have to have sugar all over again. Know yourself well enough so that when you go into that environment, if you know there's one of those things you have a problem with, you just make a pack on yourself -- You know what, I'm not going to have that particular thing because I know if I have that it's going to mess me up because I'm not going to be able to stop myself. And you're going to have to start knowing yourself that way. But one of the biggest strategies, eat before you go. Even the other thing is
- Dr. Veronica: 01:05:18 take some, you know, nuts and seeds are always good that you can get, the trader goes, have good packs and some people may not be able to do this because we made per set, but trader Joe's has little individual packs that you can get always have these things. Darryle, when you travel, this is another good thing is go places like Trader Joe's and all these places



where they haven't package and you can put it in your bag. I'm almost always have something that I know I can eat that I can pull out of my bag. Every once in a while I don't. I'm like, oh my God, I can't believe I don't have anything in my bag. I dropped out everything but go places and Trader Joe's is really good for that because they had that whole section where they have the nuts and the seeds and dried stuff and just they have things that are packaged so that you can carry it easily and so always have something with you and now and don't feel strange for not eating stuff.

Dr. Veronica: 01:06:12

Think about all the people out there that are kidney problems, high blood pressure, diabetes. They'll say, well, I'm not supposed to have the blah, blah. Think about it. All the diabetics out there not supposed to have, whatever. And really what they do is they have dessert but they have sweet and low. And so they make it think like, and they're having all the carbs in the world that are messing them up. So they make it think like they're doing good for their diabetes when they're actually doing absolutely nothing for it. Because there are the artificial sweeteners at worst, they're having the bread, they're having everything in, just wanted to play. And they didn't even bother to avoid dessert. They'll say, I got the diabetes so I need sweet and low Splenda, can you bring the artificial sweetener?

Dr. Veronica: 01:06:59

And people like sure, I'm low sodium. Can you get me a low sodium meal? So just the way people who have the diagnosis ask for everything and announced to the table, you don't have to announce to the table, but you have your restriction on wellness based on what you're going to do. I mean, think about it. I mean, I see diabetics all the time. I can't eat sugar, but they're Carboholics and they're eating the artificial sweetener. Now, you know, I don't go out and say this to people, but I'm telling you, you're gonna go to that meal and you're going to look around and see people do that. So part two of this lesson is when you watch other people do these things, keep your mouth shut. They don't care. They don't want to know you're doing it.

Dr. Veronica: 01:07:50

You don't have to announce it to everybody. Don't get self-righteous preachy, just do what you're doing. You know, like I go places and I just, you know, I go, you know, like thinking about, I go to the store to meals to whatever and, and I simply, I don't announce I don't eat that!. I simply asked whoever the server is or whatever it is. Do you have this? Do you have that? You know, can I have a meal with, oh, you know, they serve me something I can't have. I just said, would you by any chance be able to get me and you asked the question so you don't have to be righteous about it; cause you know, somebody like, like Darylle I know you're, you're on the



vegetarian lifestyle right now. You don't have to announce that to everybody. I'm a vegetarian!

- Dr. Veronica: 01:08:41 Just do it. Right?
- Darryle: 01:08:44 Right, yeah. And I don't.
- Dr. Veronica: 01:08:46 Yes okay. So no, I mean, I'm just using that as an example. Just do what you want to do, and when somebody else does something that's against what you do. Like if there's somebody at your table, your family, your friends, your whatever, that's their life and their body. And it's none of your business. When you need to get what you need. Like when you're on an airplane or whatever you say, can you get me? And you just, you don't even have to announce anybody while you're doing it. You just ask for what you need for whatever's going on. So, you know, a strategy for the meals is when you're going to whatever the, the, the meal places you might call up and say, hey, I have some food restrictions, I can't have blah, blah and blah, can you get me a special meal?
- Dr. Veronica: 01:09:39 So for instance, last week I went to, ah it was for Princeton actually, well went to up to Associates of Black Person Alumni Focused Group, and I wrote in, I would like to be soy-free and gluten-free. And they hit a little card. They put it in front of me, they gave me my meal. I never said anything to anybody, right? I was soy-free and gluten-free, right? I didn't eat the bread they put next to me. They brought me, you know, berries for dessert instead of the, you know, cake they gave to everybody else. So the biggest part of this whole thing is going to be planning for you. Okay? Noah, any more questions? Can I unmute you? I don't know if you're still in class. I am going to see, I don't think I can unmute you. Okay. Gina, anything? Can I unmute you?
- Gina: 01:10:35 No nothing. I'm good.
- Dr. Veronica: 01:10:37 Okay. All right. Any questions you have that come up during the week, please email them and send it to me. I can make videos and send it out to everybody. If one person asks a question, I want everybody to know the answer to the question because it may apply to you. So any question, problem comes up during the week, email me that question, problem or concern and we'll do this. Now, do you guys like doing it this way? I've found from being coached and doing this, it's great for everybody and we can hear what each other is saying and even though Darryle won't let us see his cause he's mister cyber security. You hear his voice?

Gina: 01:11:16 I didn't think it was going to be visible because I'm walking around the house, I'm cooking dinner, I'm doing other stuff. So sorry. Next time I'll use my laptop and all.

Dr. Veronica: 01:11:27 And feel free to do that. Feel free to do that. You know, I'm like, I'm in coaching groups, we do the same thing. And you know, yesterday I was at a coaching call and that's when I was making my cookies and I had to run, get them out of the middle of me being the coach. I had to go get the car and he's like, I guess you went to get your cookies. I said, all back now. Yeah, I almost burned. So this is, it's a nice, because there's, there's comradery. We could all hear what each other's saying, learn from each other. You can type it in the chat box. Thank you. Know I'm glad you love it. And this, this is our group support where we all get accountability. And so if you come on and there's something you're having a problem with, share it. Because

Dr. Veronica: 01:12:12 what happens is, I'm going to give you my best knowledge from coaching a lot of people, but there may be somebody else in the group who's been through something who can also give you some advice or knowledge about whatever it is. And that's why group trainings like this are fabulous. So, the other people I'm going to, you know, some people can make it or not. There's going to be a recording of this. I'm also going to have a synopsis of what we talked about so that later on you'll be able to go into the portal and you'll be able to download and read what was talked about. So if there's something that you don't remember, it'll all be there where you can access it again. We're actually going to put it in also in note form so you can access things quickly. So I want you to be able to have all the tools that you need. Okay? So I will see everybody next Tuesday at noon.

Noah: 01:13:09 Perfect

Darryle: 01:13:10 Okay. Sounds good.

Dr Veronica: 01:13:11 All right. Look for your email, where you're going to make an appointment and you're also going to do your living matrix. Okay? (All right) (All right)

Noah: 01:13:19 Alright!

Darryle: 01:13:20 Alright

Dr Veronica: 01:13:21 Talk to you soon.

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