



Module 1 - Getting Started - Transcript

The 8 Ways to Wellness

Good day, happy lunchtime. We're going to get started in just a moment. I'm going to give everybody a chance to get popped on here. And say hi to everybody. Welcome. I see hi Gina, how are you? I hope you can listen. Can't see who else is here. Okay. So if you just, you can chat with me telling me that you can hear me. I'm going to share my slides with you and I want to do my best to keep it. Hi Gina. Thanks for (inaudible). I know there's people who are not going to necessarily be able to make it now and you're going to listen to it. So welcome to everyone. I'm, you're going, you've probably all met Michelle. Michelle is my assistant and we'll make sure that you're well taken care of. And so reach out to Michelle if you have any question. She's the person who takes your all my tech stuff, but kind of keeps me in order too, and on the other side, whenever you have any questions, you can email me directly. Every week we're going to send out a link with a form in it. So the link will be there. You can ask a question, open office hours Wednesday at six o'clock, we're going to do to open office hours. You can come and ask me anything at that time, open to all questions. I may not be able to answer everything. I don't act like I know everything, but if you give me the question ahead of time, I can be prepared for it. And, we can all get going. So, let's, I'm going to get up and get started. Let me just, I'm going to check my email just because right before I was on, why is it says okay, so I want to start and today is going to be about how to get started and how to think about it.

That mindset is the biggest part of that. And understanding that you're making a lifestyle change and you're dialing it in and this is a lifelong journey. The lifelong journey means that you decide that this is just part of how you live and it's important to you. So you've invested in yourself, so I know this is really important to use. I see also Darryl and Pam and Noah have popped on. Yay! There's some people who can't make it today, the evening and so since you guys are here, I'm going to get started because this was lunchtime and I want to make sure that you guys are able to get back to launch. If you have questions, type them in the chat box and I'll get to while we go along. Go along. If you don't have a pencil and paper, don't worry about it. Our goal is by the time you get home for work, this is all in the sites where you will be able to get links, get shopping lists and everything there.

The audio, the video will be there, the audio will be there. We're also going to work to have the slide deck there, so if that's the way you learn, I'm going to have the links there. If there's anything else that I mentioned during the call that I don't have here, I'm going to put them all in the site. And so even if you don't want to take notes, you can, don't have to take notes, you can go back and do it so you can listen to this and your car or wherever you happen to be. If you have questions as we go to do this, ask the questions as we go. So, the first thing, I'm going to share my screen with you and, work. I'm going to show you the deck. Even if you, if I'm giving something ask right in the middle of it, okay, ask right in the middle of what's going on. I want to answer all your questions tomorrow, open office hours. And so this is first steps and I call it mindset, step, mindset and first steps. Because it is a lot about the mindset. Most people have that negative loop going on in their mind about what they can't do, what

they don't like. This is going to be hard. No. The first thing is for you to decide that you're going to take it at your own pace. You don't compete with anybody else. You don't even think about what you did in the past. This is a completely new and different experience. And the purpose of this is to be a better version of yourself now. You're where you are right now, and so I'm going to give you a little bit of tough talk in here, but all of you who know me know I can be a softie too.

So, alright. So anytime that you're trying to do anything, to improve, understand that you're constantly working and that we never stay the same. If you're not constantly working to improve yourself, you don't stay the same actually deteriorate and get worse. And people know as they get older it seems like, oh my gosh, what's happening to me? And generally what's happening is if you do nothing, you're going to just kind of break down. That's the way the law of time works. We would just, we deteriorate. And even when you do the best you possibly can, there's going to be some deterioration. What we're working now is, and you may be experiencing some of that deterioration, because you have extra weight, your cholesterol is high, your A1C's high, whatever it is, your thyroid's out of whack and you're saying, well what do I do about it?

And many people, you've tried a lot of the popular things and they haven't worked for you on the other side, you might have said, I've done a lot of stuff before and nothing works for me. It's because you do constantly have to work on yourself, on all parts of yourself. So understand that and just accept it and embrace that this is the way it is. And so when you look around and you see the world and you see people that are, let's call it falling apart, it's not paying attention to that particular thing. So I've just had the benefit of paying attention to these health things a long time because I've been in the healthcare industry, right? So I do a lot, but there's a lot of doctors who are sick and broken down too, okay, so know that. All right, so why is my slide's not advancing?

All right? So how do we begin to make change? It's not complicated, it's pretty basic, but here's the thing that you've got to understand about change, that once you get on the pathway and you stay on the pathway, a change becomes a transformation. A transformation means you don't go back to where you were before. That's how you know it really stuck. And so that's why this is not going to be about gimmicks or anything else. It's going to be about making sure it stuck. Now let me tell you something that helps my life stick and what you guys have done, what helps my life stick is I always have coaches and mentors. Right now, I have two coaches and mentors. Maybe more than that if I, you know, I count all the people that I've gone to when I, you know, they help push me along to make sure that in all these different areas of my life, I perform.

And so even I was just right on the phone with one of my coaches or mentors right before this. And I'm going to share some information we were talking about. So remember, you reap what you sow and right now you're going to sow new and going into spring, this is a great time to do this. Okay? So you just have to start making what are the better choices for you and performing better habits. And it's only one day at a time. It might be one hour at a time. Break it down, chunk it down into small mush one day at a time. So we're going to go for five weeks. I've been known to throw in bonus weeks and bonus training. So why five weeks? Five weeks is because, it takes a certain amount of time to get new habits. And so those bad habits understand we all have to deal with them. So, I mean, I love gummy bears and, and nibs too. All right, and you know, ice cream is wonderful Reese's is wonderful and my goal is to have it so that you can enjoy these things and not mess up everything. Now just don't delude yourself and think you're going to eat junk all the time. But right now you may be having cravings and we're going to talk about the cravings more next week. But right now I'm going to tell you how to get started. So we all have to understand when you have a habit, there's that neurological framework. Your brain grooves it in there. A habit is grooved into your brain and it's a way of doing things. And so

just the way you can have those quote unquote bad habits are those habits that aren't serving you form. You could also have the good habits form.

And so the piece about this now is even if you pick up little bits at a time, if you do one little thing a week, one little thing a week, it's going to be best because let's say you do one little thing a week and you get it that week, that means, that by the end of five or six weeks you've gotten five or six new things. And if you know what even many people recommend, and this is something you may think, oh my God, if this is too hard, you might break it out even more. It takes about 21 days for a habit to form and most if you really want to form a habit, you do only one thing for 21 days and make sure you got it. Okay? So the good news about this is I'm telling you this so you understand that you can do this, you can do this, and what you have to do is make sure that you understand that your priority is number one over everything else, your health. All habits can be changed the same way the ones that were created that aren't serving you now, we can create the ones that will serve you and that's what I'm here to help you do one day at a time. When people fall off the boat and fail with their New Year's resolutions is because they try to do too many things at once. And that's what here, I'm here to talk to you about that. And so four to six weeks, by the time you get to week four, you've, you've formed a new habit and so think about it. We're going to go five weeks, maybe six, I might have some bonus material for you and you will be able to in those weeks that we're doing this, be able to form a new habit starting today. All right, and so why does this happen? Because your brain actually will make the new grooves to the new habit in about 21 days to six weeks as long as you keep on the pathway.

All right? Now one important behavior is that realize that there's some, I call them like, like the letting go with a nasty habits and being successful at last week. Don't focus on getting rid of them. What we're going to focus on is replacing with new behaviors. And so don't think about now I'm going to tell you, hey, we're going to eliminate these things and I'm going to give you tools that I'm going to say, Hey, I want you to put this in and I want you to put this in because we're going to work on taking this out for a while. So here's something I want you to put in instead of that, because here's what it's going to do for you. All right? So we're not to focus on getting rid of the bad habits or getting rid of those things that are not supposed to, I'm going to give you a bunch of stuff that I want you to put in, that you are going to make part of your life and I'm going to explain each piece of it so you understand why you're doing it, and then you do it.

So the mistake of thinking of bad habits is that, don't imagine yourself losing something. Focus on gaining your freedom. Think about how good it will feel when you can walk into the checkout line and all the candies right there. And you just kind of say, oh yeah, I remember when I used to eat it all the time. And I have clients like that. I had one gentleman who he would talk about how every time he went to the supermarket, he had to buy that candy there. And his wife talked about how she would find the wrappers hidden under the seat. And that's because it was calling to him all the time because he had cravings. I'm going to give you tools if you need it to combat the cravings. And once you use some of these tools, then you're going to realize how easy it is because you're going to change emotionally. You're not going to care about it. And so all of a sudden you'll be like, I can't believe I used to do that. So focus on how you're going to be gaining your freedom and be able to do exactly what you want to do, and I say, of course, also some extra money.

So, let me talk about one of the first pieces that I'm all you are out there doing probably, vitamins and supplements. We know in the American diet that we're all not getting what we need. It's not just you, it's me too. How many days, every day do you eat perfectly? You may travel, you may just have a busy job. It may be that you just don't even know what you're supposed to be eating despite your best efforts. And we know that only about 25% of people get everything that the government says that we need in our diets from food.

And this has been back to 1930 in addition, our food supplement is depleted and so you're not getting the nutrition that necessarily need. And so when we test people, we find out that they don't have everything in their body that they need. Why is this important? Because this is why things start breaking down. If you don't have enough vitamin A or everybody knows about vitamin D, but that's one of the many things that you need. There's so many, you know, thinking about A, B, C, D, E, all types of antioxidant, minerals, magnesium, zinc, selenium, chromium, vanadium, all these things that I'm saying, you're like, oh, what? We're going to have a supplement class? I'm going to teach you about a few of these things. So what happens is people feel a particular way and they run the store and buy something to put on it.

But what happens, I have found with a lot of people is that they're nutritionally depleted. So that's where their body's not working well, and that includes things like excess weight and includes thyroid problems. A lot of this, so I recommend that you take a foundational vitamin or supplement. And now here's the thing, I'm going to teach you about supplements as we go along, but I also don't want you to just go out and take junk at the store. I'm going to teach you how to look at them, but I'm going to also give you the right there. This is a link and I'm going to share this link, I'll share it at the end or, and I'll also have an email to you. It's in the site of the type of supplements I take. I used new skins, foundational stuff, elements and I used new skin because these have been researched and are in the physician's desk reference. They can prove that their supplements do what they say they're supposed to do. Now here's the piece. The supplement industry is a wild, wild west. And so if you don't know that that product is proven to work, that's how people get the expensive pee and poop. When you go to the store. Most of the ones out there don't work. Walmart, G&C, Target, CVS all had their supplements tested and the supplements didn't have an in what they were supposed to. This is vitamins and supplements. Vitamin Shop had a cease and desist because there's work contaminate it. And so it is very important that you don't get extra toxins from your supplement and what you know that what you're getting is getting to your tissues. And so I recommend this product line because it is tested by a group of a 100 scientists on their staff. We know that they're pure and there's also a way I can talk about in another bonus session about how they can test that those supplements are actually getting to your tissue. Now the link that I put here is how you get those supplements wholesale. So here's what it is, how you get it wholesale. All right, I see that there is a question I'm going to keep going and I'm going to answer those at the end. So this is the link, I'll put it in there in the chat room when we're finished, but this is where you get them wholesale. If you just go to the new skin site, we've got to get them retail. I recommended that Pharmedix was the original supplement company that was founded specifically to make high quality supplements that are made the same quality as pharmaceuticals and which is why they are in the physician's desk reference.

They've been studied like that and that's how we know. So here's the thing. Now. You don't have to take this. You don't have to take my advice. You can take a whatever you want to take out there. But no, the problem is, again, let me reiterate, we don't know that they have what they're supposed to happen them and anything like that. So that's the whole problem. You're going to take it, and if it's not getting to your body, if it's not getting to your tissue, you're not going to get the benefit of it. All right? So this gives you the wholesale pricing. Okay? So realize that every bad habit, has a void that needs to be filled. Why did I talk about the foundational supplements? Because all these bad habits, we all have them. We all have those habits that don't serve them, serve us.

All these habits have worked to deplete our body of the nutrients that it needs. Because when we're eating that, we're not eating this, but who wants to eat Kale every day? All Day? I'm not going to tell you to go eat kale every day, all week. And so here's what I want you to think about this week. We're going to add one new food pretty much, and I want you to think about what, even if you don't eat it, I want you to think about my food to this week. Cabbage. Okay, so let me just, I want to go away. Just, I

want to look a second at the chat. What about the new supplements? Okay, what about someone who's more GMP? Okay, so supplements GMP is not the best way to know what the supplements are. I'm going to do it. Supplements that tell you about, new supplements by Ali.

I don't know what Ali is and so you'd have to send me what Ali is and then I can tell you more about that. However I can, if they're not in the physician's desk reference, we know that they haven't been tested. And, one thing I'll say is if you're physically close by to me, and I know a couple of you are physically close by to me, I have a scan of where I could check your nutrient level and we can tell whether or not the supplements you're using are working. And so, if you say what I'm taking something else, I don't want to take that absolutely fine and well, I'll tell you how to get tested when we talk. Okay. And so, what we're doing now where we're going to replace bad habits and we're going to start with zip your mouth to your friends and family.

Okay. All right. Now what do I say to zip your mouth to your friends and family? Walk around living your life. Don't brag about what you're doing. Say about what you're doing. Anything because everybody is not necessarily on your team. Okay? You lived your life. Do what you're going to do. You want to get the people who are positive, they're all, there will be people who will notice you're making positive changes and they'll comment that to you, that you're making positive changes. There are people out there that you will announce what you're doing and they will, shoot you down. So it's best not to say anything to have a small group of people or keep within yourself what you're doing because misery loves company. And so, there are sort of, be a lot of people around you who aren't necessarily making changes in your family, in your work environment. Some people have that problem even with their spouses, friends who say, oh, you can do this or you can do that. You know what you can do. You have to be strong. Don't go out and announce everything that you're doing. This is something that's very important because you don't want people derailing you and tempting you. There are people who they will be there to try to tempt you because they want to see that you see you mess up. Okay, so misery loves company. And so your family or friends may not be enthusiastic, but what you will know is that as you make lifestyle changes, people who share your values will come into your life. Two of my best friends, we met early morning in the gym and as a result where we have dinner, Wednesday nights is our night. But a lot of the people that I've met who ended up being close friends of me for integral parts of my life, I've met because of my value in myself and wellness. And I'm not talking just regular doctors. I'm talking regular people out there that they have a commitment to being well. Alright? So, there was also a study that shows that bad habits are shared among friends. And also, a study that shows that, if you hang out with people who were bigger, you're going to become bigger. If you hang out with people who were smaller, you'll become, you can see what I'm saying. You drift to whoever you're hanging out with. You tend to associate with people who have similar interests, beliefs, and some of them are not so constructive. And so there may be friends and family that you will have to choose, not necessarily to be around. And if you're in a household where your spouse is not necessarily sharing the value, then you're just going to have to do it on your own.

But a lot of times I've found that spouses come along on, on what's going on. All right, so I just want to do realize that you're going to be getting outside of your comfort zone. Have the perception that you're going to do this. You are doing it. You've already invested in yourself. You've already started. So let's talk about what you're going to do next. This is something some of you might know, but I want you to start it and have it as part of your life all the time. This is the cranberry drink. This is starting you on a detox with food, cleaning up your digestive system, refreshing you in all kinds of ways. , no, also that whenever I recommend these, I have an Amazon store that I set up with all products from Amazon. I'm going to give you that link too.

So you say, well, where do I get this stuff? Sometime you can go down to your regular store and get it, but a lot of times it's less expensive for you to order it online. You're like me, you're a prime user. You get it in two days. So this cranberry drink is going to be taken three times a day. Now what I tend to do is I'm making up, I put it in my mineral water and I pretty much just drink it throughout the day, cause you, I don't want you to just think about drinking water, water, water. I want you to think about the type of water that you drink but also drinking other things to make life interesting, but that also going to give you a nutritional value. And so, the cranberry drink, I want you to do it three times a day before lunch, first thing in the morning before lunch, before dinner, and the ingredients realize you're going to have this already there in there. Six ounces, a spring water, purified water, something that's pure, realized the water coming out of your faucets may be toxic. The other thing that's in water that can, that can harm you is fluoride. And fluoride can attach to your thyroid and you can have problems with your thyroid because the thyroid hormone is being displaced by fluoride. That this is a side note I would recommend. Fluoride is not what keeps your teeth healthy, what keeps your teeth healthy is what, a good lifestyle and eating. You can know, you can get rid of having cavities and even heal tooth decays. There's books about there, there's studies alumnus by having the right eating style. And that doesn't mean you never eat anything sweet. It's not candy that makes or dirty teeth that make your teeth rot. It's actually when your body doesn't have enough nutrients in it, it starts pulling nutrients from your teeth and your bones, which equals tooth decay and osteoporosis, right?

So toxins in the water include for a lot of people, fluoride. And so you may have to buy purified water without fluoride in it. And think about something that's going to take the fluoride out of it and drinking that so you don't get it. This is, this is something you may have just heard for the first time, get toothpaste without, fluoride in it actually, Nu Skin, it has toothpaste with fluoride in it. And so I don't recommend that necessarily. I recommend people not to use the fluoride because it could interrupt your thyroid and if you're worried about weakened thyroid, you need to worry about fluoride. Organic, unsweetened cranberry juice. Now. Guess what? I also recommend you get cranberry juice concentrate. When you get the Amazon link. I have it in there where you can order it and instead of using cranberry juice because the cranberry juice, unsweetened organic and you go to the score, you're going to be like, oh my God, wow, that's a big price tag.

If you get the concentrate, it's a lot more cost effective. You use one tablespoon per day in the whole mixture, right? So when you replace it and realize that it's going to be one tablespoon per three cups, that's, and you're going to get. Organic lemon juice, you can get organic lemon juice or you can squeeze a lemon. So I tend to use both. I have organic lemon juice in my refrigerator, but I also have fresh lemons too, and fresh limes and I squeezed fresh lemons and limes almost every day in my food. And then organic apple cider vinegar, get the organic, get the kind with the mother in it. And use this. Think about using these different ingredients in everything else you're doing throughout the day. You see people get water with lemon in it. So get water. One of my favorite drinks is getting, seltzer water with lime, Pellegrino or something like that with lime.

So think about where else you can get lemon or lime, apple cider vinegar. That's something that you can use for cooking. You can use in salad dressings. If you just make a salad, you can put it over it. So you think about using a table of apple cider vinegar whenever you can. When I make my exercise drink in the morning, I use apple cider vinegar in it. I'm going to give you an exercise drink later on too. And a word about exercise right now. Don't worry about it. Don't even think about it if you feel like doing it, doing it, but if you don't, don't. So, three times a day, all of the, of this put all together. So thinking about, you're getting about eight ounces of fluid every day, morning, middle, middle of the day, evening. And think about also fiber. And the people who should think about fiber, if you're having constipation or cholesterol problems, you want to use fiber. If you want to use fiber, ask me specifically what kind to use because the ones that are on the shell have the artificial colors and sweeteners and

everything in it and those are going to be toxic to your body. We don't want to get that. So if you say, Hey, I'm having constipation or my cholesterol is a problem and I want to put the fiber in this, ask me, I'll send you where to get fiber that's just good pure fiber. Actually, I'll probably put it in an Amazon store about that. Okay. About the fiber, so drink, I'm telling you to drink. Okay. Make up the whole thing.

Sometime people say, oh my God, I can't stand the way this taste. Your tastes are going to change as you do this, but let me just, one recommendation is get Stevia sweetener and I prefer the Stevia sweetener that's liquid and you can put a little bit of Stevia sweetener in it, but what I recommend that you do is your best to just enjoy it. If you go out and you drink alcoholic beverages or you drink wine and things like that, you just figure out you enjoy it even though sometime it just really, you tell yourself it tastes good. So this is part of the mindset. Tell Yourself, I know this tastes good, this is making my body feel really good. I like this. And, you know, it's a funny, my assistant, somebody you might've met Marci, my assistant, she from doing all my materials has, you know, takes different things out for her health.

And I said, so Marcy, what have, what have you done that has been really just key with your health? And she said to me, you know, that cranberry drink, I mean, I started drinking that four years ago and I look forward to having it and it's great. It just, it makes me feel good. It's great into something, you know? So, , now vinegar, here's something that you have to test yourself with the vinegar. For some people it may give you heartburn. And if you're one of those people that gives you heartburn or acid reflux, I want you to talk to me about it because we'll talk about what you can do to be able to get over that. So this drink is even gives me kind of diagnostic information about you. So if you drink this and say it burns when I drank it, one thing I say is, you know, try doing it with one third, the amount of vinegar in it.

But also if you're having that problem, I want to know about it because this is indicative of having digestive issues. And so you may not be able to tolerate vinegar at all. At first start without it, if you can't tolerate it. And when I say you can't tolerate it, it's causing some kind of symptom, not, you're just saying I can't do it. Okay, and again, if you say, oh my gosh, it's really bitter. Take a little tiny, tiny, tiny bit of Stevia. Make sure it's organic Stevia. I prefer the liquid over the powder, the powders process more. That's what I'm saying, that and use that. Okay. And so what happens is, let's talk about what these are for cranberry juice. Every woman knows about cranberry juice helping the urinary tract and Spec [inaudible] but guess what, you don't want, like the kind of cranberry juice with a bunch of sugar in it that's not real.

You want to get the real cranberry juice. And so this will keep your kidneys and your bladder and your urinary system really healthy. It makes bacteria come out of your urinary system, but it also filters your kidneys. All right? So, this is what cranberries juice is for anybody who has urinary tract infections recurrently also talk to me, send it a question and I'm going to tell you also another product that you can buy right off of Amazon. That's a urinary track rescue. I keep this, I don't, I think what I keep these things, I don't need them, but I keep this in my closet in case, you know, I feel those symptoms, there's a rescue that you can use. It's right over the counter, that's made cranberries. But this is also very high in potassium and low in sodium. Anybody who has blood pressure problems or heart problems, you need the potassium and sodium can be a problem.

Sodium shouldn't be a problem, but you're getting potassium plus you're filtering your kidneys. Lemon juice boost your immune function, also helps you become more alkaline. Acidic bodies are the ones that get gout. You're more acidic if you tend towards diabetes. Cancer lives in an acidic environment in an alkaline environment cancer cannot live. And so, but these lemon juice also boosts your immune

function. Apple cider vinegar, there's too many things even to say about what apple cider vinegar does. It's like a secret natural medicine and now you know about it and why you should do it like every single day. It will also help balance your Ph. And balance means make it more alkaline. Alkaline means, a higher Ph as opposed to a lower Ph. It eliminates acids. It also provides potassium. A lot of people are deficient in potassium. Okay, and it also helps the friendly bacteria in your digestive system.

Now realize about your digestive system. If that's broken, practically everything else is broken. All right? So, and it also reduces water retention. So if you're retaining water, this is something for you. There are so many more things that apple cider vinegar can help with also. Now let's talk about fruit and fructose consumption. Fructose is the sugar that's in fruit, and, I want you to pay attention to so called healthy foods that can derail you and that can include sometime fruits, you can eat too much of one kind and not enough of the other kind. So, you don't have to avoid it all together unless you have outright diabetes. Have you have outright diabetes up front? Good idea to eliminate most fruits from your eating. Now what happens is that's because a lot of people are eating the very sugary fruits, but I'm going to give you also the ones that you can eat. You might've seen this before. I want to make sure that you're keeping your fructose consumption low and how you keep your fructose consumption low is you eat the low sugar fruits. Some of them. It's interesting because they're relatively sweet. Some of them, you know, like lemon is very low fructose and you can tell that because it's not super sweet. What happens is, , your brain processes this similar to how processes glucose and so you could end up with a big insulin response from eating fruit that you don't necessarily want. And so, here's a list. Now remember, you are going to get this all in the portal. So don't worry about, I got to write this all down. , here's, these are typical, fructose amounts, sugar amounts in different types of fruits. Now here is the list of fruits that I want you to have more of with lemons and limes being on the top of it, and most people don't go and eat lemons and lime. But here are some other fruits. Now, cranberries, be careful about the ones you buy in the store that they're dry because they tend to have in sugar, passion, fruit, apricots, guava catalog, Berries, Raspberries, cherries, strawberries, pineapple and grapefruit. These are all lower fruits, lower sugar fruits. And so guess what? If you eat, you can eat these fruit almost. Let me say unlimited and reason why I say that is because it's going to be very hard for you to eat the voles of these fruits. Now if you look at the background of this picture, you're going to see, little sugar bags and grapes are one of the highest sugar foods. Apple's very high glucose, pare, same thing, oranges, high fructose in them. And so for people who are worried about their blood sugar and are worried about weight, these can be an issue.

So, you're going to get the list of the different fruits. On this one it tends to show you the ones, these are the ones that are higher in fructose value, notice that things like watermelon and mango. Now I'm not saying you never can eat them, that's not what I'm saying. But what I say is right now when you're focusing on your health, one serving per week, I want you to get all the ones on the other list, into your eating plan. I'm going to put the list in so you will have it. These fruits, it's going to be hard to get to what's called 25 grams. You'd have to have six grapefruits or three grapefruits in order to get to 25 grams a day. So pretty much if you stay on this list and let's say you have three fruits and two fruits a day, like one for breakfast, one for lunch and one for dinner, you're not going to, you're going to keep your, your fructose level and your sugar level low because you're just, you're simply staying on this list.

Now one thing that's on this list that people are going to ask about, note that blueberries is on it. Blueberries, what I would say is yes you can have blueberries, but when you have blueberries, instead of having a full cup, have a half a cup and once you have a half a cup instead of a full cup as a serving, cause most of the berries, you do it by cups, you're going to stay on your, your food allowance. So all types of berries are allowed including blueberries, blueberries as the exception on the list that if you want to have a blueberries every day, that's fine. Make sure that it's a half a cup instead of a cup, and so this is your first thing to think about is what kind of food or you're eating. Are you eating low sugar,

high sugar? I'm going to give you, I'll give you the list of the whole thing. I want to make sure that you're eating the low sugar fruits and as far as high sugar fruits, eat those once a week and here's the serving size. This is going to all be in the portal. Now I'm telling you what to drink. I'm telling you about what to eat. The other part of it is I want you to eat more vegetables overall, and when I say vegetables, not don't think starchy vegetables like corn and potatoes. I never mean corn and potatoes okay. I want you to think about other, any other types of vegetables. Now here's what I would say. Think about what vegetables is going to be your vegetable of the week. Cabbage, go to the store, get a head of organic cabbage. You can cut it up. You can put in it avocado mayonnaise cause it has the good fat in it, right?

Apple cider vinegar, you can put in nuts in it, carrots and have a nice Cole slaw. If you get a whole head of cabbage, it's got to be, if you eat a little bit every day, you're going to notice, oh my gosh, this head of cabbage just last me all week. Add that in cabbage, Oh, why am I saying cabbage also? It's very good for detoxing your body. So what I want to say is you can do it raw. You can do a cook, go out, add to your shopping list this week. Go out and get cabbage. And then what I want you to do next week or on a course, I want to ask me questions about how to prepare it. But on the other side, share with me a way that you figured out how to prepare it. You all have doctor Google, you all have the Internet here.

I like to just make Cole slaw out of it and put it in a big bowl in the refrigerator and just pull it out. What I say for you is to eat vegetables every meal, including in the morning. Now if you're running to work, get a green smoothie and we'll talk about smoothies and things as you would go to the store, get the green smoothie to make sure that you're getting vegetables every meal. What I do with them breakfast is I do smoothies, but also I just put a little salad next to my eggs and sausage. So get the idea of you want to increase your fruit and vegetable intake. Have, I want you to have vegetables in the morning. Don't just think about having berries with yogurt. I want you to have protein and vegetables. Put some salad on the plate in the morning or go get a green smoothie. Bed, Bath and Beyond has a very nice next to the nutri bullet. If you don't have a nutri bullet already, you can get one of those are used whatever blender you have bed bath and beyond has a nice organic greens. They're powder. You can take them out scoop and put them in your smoothie. Another way to get greens is using matcha, m-a-t-c-h-a, matcha, you can get teaspoons of that and put it in. I'm thinking of all the things to be able to get you more. These are antioxidants and they're very important. I want you to get it as much in real food, but I know you're on the go on your own too fast. I'm going to tell you the shortcut. My shortcut is everyday having a smoothie in the morning. First thing, okay, bone broth. If you haven't heard about bone broth, it has a lot of nutrients in it. I can give you, I will give you a bone broth recipe. Also tell you some bone broth that you can buy. It can be very, it's, it can be challenging to make me, because it takes a while and you've got to boil the bones. It can also be, you know on the other side if it can, it can taste horrible but there's ones that are wonderful tasting. I have one, I liked the company broth masters. I actually know the owners of broth masters. I have broth masters in my refrigerator. Broth masters has really good bone broth. Bone broth is good for the level of minerals and nutrients in it and this is why people heal. People heal from using things like chicken soup. It's really the bones when you boil it and everything like that. So not regular chicken soup. Bone broth is not stock. Costco has bone broth now and tell you where you can get it a good side. Costco does have bone broth. Okay, yeah there is bone broth. Gina saying she doesn't like it. There is a thank you. [inaudible] there is a bone broth powder. I have bone broth powders too. So I'm going to go back and look at the chat. If there's anything else, I will show you some bone broth powders that you can actually use also high in minerals and nutrients.

Now realize that whenever we're going towards the powder type thing, it is more processed. It is process. There has to be processed to get to the powder. Broth masters has delicious bone broth. I'm just telling you if your person doesn't make it, , and, and so to be able to get it a full time a couple of

times a day, think about, , in the morning, instead of having a cup of coffee, having a cup of bone broth, I'm going to give you a tea elixir also to have in the morning to say, I got to have coffee.

Okay? So these are things that you have to add in to your schedule. And so one cranberry drink. The second, third thing is, , vegetables more thinking about eating them with every meal, including your breakfast. And if you're not currently, if you're saying, oh my God, what do I, how do I get vegetables for breakfast? One way is just to have a regular mixed green salad. When I say mixed green, I'm not talking Romaine. I'm not talking Romaine can be part of it. I'm not talking about Romaine or iceberg. I'm talking the, you know, the Salad Greens that, that have radicchio and arugula and spinach and Kale and all those type of things in it. Get a cup of that, put it on your plate, have that for breakfast. You can even have it with sausage and eggs, salad on the side or do the smoothie.

There's a lot of really good green smoothies out there too, and then add in a bone broth. So notice that right now I'm focusing on, I want you to add things in. And I also, as I said, I recommend that if you're not taking a vitamin minerals something your body likely needs it. I was surprised that everything I do and I have high quality when I tested myself, I didn't have enough vitamins and nutrients in my body. And so even me doing it, once I got tested, it was like, wow! So think about that. Everybody's body processes these things differently. All right, now, what else are we going to, what are we going to kick the habit? We're going to do a week by week? Some things we're going to say, okay, let's take some things out. I want you to take out things slowly, not all at once.

The first reason is because I want you to assess the effects that are on your body. What happens when you take out something? Because a lot of people have food sensitivities and your food sensitivities. Guess what? If you say, oh my God, I can't stop it. I bet you probably have a sensitivity to it. It's interesting that people who, uh, whatever it is that you feel like you've got to have it. A lot of times your very sensitive to that. The body just does that. The brain just does that. And so I have some, some secret tools for you if you think you're craving it and there's something that you really feel like you have a hard time transitioning away from. Now, the goal of doing these transitions is not to eliminate everything from you. So you're eating only three foods at all. The goal is to figure out if your body is sensitive to something.

And we can figure out that in most people because 95% of people have a food sensitivity and is one of the eight common food sensitivities. So it's likely that you have it. I'm sensitive to wheat and soy, so anybody who's on this who happens to be a relative, you my sons are sensitive to wheat and soy. Guess what? How I found out that these were problems for me is because my sons who had had a problem with it and you know probably they had with it psychologically, mentally emotional problems that they cause. Yes, wheat and soy are big deals. All right? For me, now that might be the problem for you. These food sensitivities are usually dose-related, so when you back them out and you heal your body, a lot of times some of these things you're going to be able to have some time.

So the goal is not to eliminate something forevermore. You may have a full blown allergy. There are people who have full bowl allergies and they get hives, they breakout and all that type of stuff. Guess what? You're never going to be able to eat that because it could cause you to die. But a sensitivity, which is an a different part of the immune system, a lot of times you can heal your body well enough to be able to have it on occasion in small amounts. Okay? So realize that you want to be able to pretty much eat everything unless you have like full blown allergy where you need the Epi pen for your blowing up, you're getting hives. That's a full blown allergy. Realize that whenever you take out anything, the first 72 hours are going to be the most informative first. You're going to see, am I having a withdrawal reaction? And then after you get past the 72 hours, you're going to say either you're going to feel better and most people feel better or you're not going to notice anything at all feeling

better needs. Wow. That food was really having an impact on me. Right? So the first 72 hours after you eliminate something that's going to be when all the head games happen. I'm telling you this right now, so when the head games happen, you're prepared to stay the course.

You may eliminate something and you find out that you have to transition off of it slower, and so I've had people that they can eliminate it all in a week and that's going to be a goal, but they made need to eliminate it over two or three weeks because they're having such a reaction to whatever it is. So don't, don't get upset at yourself. Everybody's body's going to do this different. You might be able to cold turkey it, but if you cannot cold turkey it don't beat yourself up. If it's cravings, we'll talk about how to deal with that. So the week one, transition elimination is going to be the caffeine and the artificial sweeteners. All right, now caffeine, coffee, coke, even green tea. The goal of this is not is to make you see if you are caffeine sensitive. Caffeine also has an effect on your adrenal glands, the cortisol, the belly fat hormone.

I'm going to tell you what to put in place. Number one to put in the place of if you're doing the hot drink in the morning is bone broth. I'm going to show you something else. If you're the type of person you say, I can't function without it. I just, I feel like a Zombie. I'm going to tell you something else to put in place of it. The artificial sweeteners, the SLENDA, aspartame, and Saccharin. The only thing that you're going to be able to have on the short to right now go to Stevia. Splenda, Aspartame, and Saccharin actually is worse than having frank outright sugar. It affects your digestive system in such a way that it feeds the health harming bacteria, but it also sends a stronger signal to your brain of sweet, and so it messes up your insulin response, not in addition to being associated with being a carcinogen cancers.

Right? So the artificial sweeteners, even though they're quote unquote zero calories, actually, they found that people who have artificial sweeteners are actually larger than people who just go ahead and eat sugar. So no artificial sweeteners. If you say, I got to do something sweet. It's as hard for me right now. Go towards the Stevia. At this point we're going to get to, and if you're on Stevia are right now, I want to get to you where you can transition off the Stevia. So over the next seven days, taper yourself down. I'm doing this to change your taste buds. If you're doing anything sweet, you're going to, what will happen is once you get off of the sweet, your taste buds are going to change and you're going to think things are super sweet all of a sudden. But it takes a while for that to happen.

But if you say, oh my God, I can't cold turkey it for this week, you know, use the Stevia very sparingly. If you can cut it in half and what you're usually doing, do that. Do what you have to do, but do it, but do some thing. Okay? What I want you to do is I want to at this point to do your best to not go for any of the sweeteners at all. And so guess what? They use a lot of roots to substitute as the sweeteners. And so I want you to do your best. Now what I'm saying is if you are having a hard time, think about cutting a third off or quarter off or a half of whatever you do is good enough. You have to learn about good enough. And that's hard for us people who are high performers because we want to be absolutely perfect.

And if you can't be perfect, then you don't do it. No, I want you to do some thing a little bit. I want you to focus more though on getting in what I told you to get in. You hear what I'm saying? If you come back and said, I didn't eliminate the caffeine, artificial sweeteners, but I had my cranberry drink and I had my vegetables. You know, I had at least two servings at every meal and that's the change you make over week. And we'd come back next week. I'm going to be high fivin' and static you, even if you don't get to the caffeine and artificial sweeteners, it may be next week for you. You're going to do this at your own pace because the goal is sustainability and everybody's going to have a different tolerance for what they can do and what they can sustain.

You might say, I'm already doing that. I'm going to add this, right? So, decaffeinated beverages still have caffeine in it. This is my reminder to say that. And so no decaf coffee or anything like that. Now I think what I say is wean yourself down if you're having more than one cup of coffee a day. Some people have their coffee in the morning and, you know, they get that one cup they can give up or some people are having coffee in the afternoon. Okay, here's something that I recommend that you replace your caffeinated beverage with cordyceps. Here's your little link. Cordyceps is actually a mushroom and it's a vitality mushroom. It's an anti-aging mushroom. It's a stimulant mushroom. Now think about how do you remember cordyceps? I always remember what cordyceps does because think about cortisol, which is in your body.

And so cordyceps is actually good to boost your energy and great to replace caffeinated drinks. This is actually what I put in my, work out drink in the morning and I'll just go and play water. I put the cordyceps in it because cortisol is substance doing all kinds of wonderful things on your body. So I want you now you're saying where do I go get this as four stigmatic in my Amazon store when I give you the link I the quarter sepsis there. There's also other types of, these are teas, other types of, and these are non, they're not teeth there. There, there are herbal tea, a cup. This is a mushroom elixir tea and it has a few other things in it also, like rose hips and other things that help your body boost. So if you're the type of person you need coffee in the morning, because you said if I don't have my caffeine, I crash.

I can't get up at this is what's, what will replace it. And it's something that's made for mushrooms and it's natural. Cordyceps, a vitality. People are having problems sleeping. Here's another one. Rishi, Rishi mushroom elixir. So in the morning you can have cordyceps and to help you relax at night you can have Rishi. And so, Rishi is something that's considered the antidotes to insomnia. Now let me give you this side about this. These are not like taking a sleeping pill per se. When you use Cordyceps and Rishi over time the cortisol accepts, helps you have vitality and energy and the Rishi helps you relax because when it builds up in your system. And so these are regiments that are meant for you to add in this also some more supports your immune system. And so remember this is, we're talking about long term benefits.

I also have, I'll give you the link for it. It's on Amazon. You can go and get it. Think about having a couple to the day, or you know, like I said in my exercise drink or you can just drink it hot with tea. I take this at night. I put this actually in my smoothie. I take a smoothie at night too. Why do I do a smoothie at night? Vitamins, minerals and nutrients extra. Okay. So, this is my recommended, I have an Amazon store and the Amazon store, all the different types of, a lot of the different types of products that I recommend are all in one place. And so this is the link. The [amazon.com/shop/doctor Veronica Anderson](https://www.amazon.com/shop/doctor-Veronica-Anderson). I created that store so that you would be able to find things easy that I talk about. You will look in that store, there's going to be other things that I use and or recommend. Like so for instance, my ward off colds and flu toolkit, all the products that I recommend for that are in there if you want the ward off colds and flu toolkit, asks me, I'll send you the link for that and it has all those products in one place. Okay, the transition that we're going to be talking about in week two is going to be just all types of sugar that we're going to talk about how you tackle that. Because this is a big deal for everybody. This is something that acts like, , you know, maybe you're not a drug addict, you're sugar addict and this is true. , and so if there's a different type of emotional response and physiologic response, it's going on with sugar. And so when I'm talk telling you about going off of artificial sweeteners and you're having a real like, oh my God, Oh my God, you're properly having the sugar issue altogether.

And we're going to, I'm going to talk about that more next week and what you can do about that with the sugar issue. So don't if you, if you feel like you can stop eating sugar just like that, go ahead. But I want to give you some tools to help you with it and realize that sugar is just like a drug. Okay. Water. What kinds of do I just recommend that you have a cup with meals and like a couple between meals. I

don't say try to have eight cups a day. Just think about drinking water with your meal with a lime Seltzer Water, mineral water. Think about, you know, between a meal. Oh, it's between breakfast and lunch. Let me drink a cup of water. It's between lunch and dinner, let me drink a cup of water. Make this just part of your life of drinking it. I recommend purified and mineral water.

Why do I recommend mineral water? These are some of the mineral waters. So I have my other, these are my, these are three mineral waters they come naturally. They, most of us are mineral deficient minerals like selenium, zinc, are very important for our thyroid and for our immune function. And mineral waters have minerals and trace minerals. And so Pellegrino you might know about and Perrier, Evian, these are all have trace minerals in them, right? What else can I say? Trace minerals. Okay. Sodium, calcium, magnesium. It's all traced. They don't read the salts. All right. What type of salt do I recommend? Do I say don't salt your food? No, because salt has minerals in it. In fact, Himalayan Sea salt tends to be pink. And the one I have here is white. There's Celtic Sea salt to whether you want Celtic or Himalayan.

What's the difference? Well, Himalayan has 84 minerals. Celtics has about 80. They're both pretty the same, but there are minerals for the body. So think about also using salt. All right, now vegetables, you can eat some raw, some cooked. And let me just tell you about serving size. One Half Cup of raw vegetables is one serving. Once you cook it, you're taking nutrients out of it. So one cup of cooked vegetables. And so think about if you do a couple of salad in morning, you've already gotten two servings of vegetables in. That's easy. When you do smoothies, you've probably are getting much more than two servings cause you got to in order to get it enough for you, there's more in it. All right? So that's your vegetable servings. So you know what you're getting. Cook them very lightly because now if you have digestive issues, you need to cook more than not cook.

Everybody cannot digest raw. We all are different in that cook them lightly. I'm just, I'll give you a list of vegetables also. I'm putting this there so that you think about the variety of vegetables. I'm saying go out, get some cabbage this week, make cabbage, make that your vegetable of the week. But I also say look at something else on here and pick something that you've never tried before and figure out how to do you do it and make it the only way you're going to expand your variety of eating the rainbow where you get a lot of nutrients in your food is by eating different varieties. And so, if you've never had Bok-Choy, go get some like Bok-Choy and figure out what to do it. I had a friend who, what did she do? She'd never had Kale. And so she last week called me up and said, what do I do with Kale?

And I describe all different ways she could use Kale. And she said, Oh okay, yeah I can do that. All right, so what I'm saying is I recommend cabbage this week cause it's very much in a detox mode and I want you to get the detox. That's what he did the cabbage are. Oils. Here are the oils that I want you to have. These are what are called smart fats. You want fat in your diet. Your brain is all fat, right? Your brain uses fat, so when you don't have that, you're not getting enough stuff in your brain. Coconut oil is good for you. It has medium chain triglycerides in it and medium chain triglycerides are burned and they're good for your brain also. So coconut oil, avocado oil, olive oil, get those three oils, have them in your kitchen, use them for everything.

Butter is good for you, especially in the form of Ghee. And so you want to have fat in your diet. Use Coconut oil, avocado oil and olive oil and just think about, you know, whatever you're using oil for before, use this one. Pop in your popcorn or putting in salad dressing or, I'm trying to think, you know I cook like my popcorn tastes like coconut oil, but I use Ghee also. All right, and you can cook with olive oil. It will cook one higher heat. Some people say you can't, but you can. All right, so your vegetables, I'm putting the potatoes there because some people, I want you to note what's not on the list. White

potatoes isn't on the list. Soy beans are not on the list and edamame, soy is very GMO, very pesticided. No, yams and sweet potatoes are on the list.

Different nutritional status. So white potatoes and soybeans are not one the list of your vegetables. All right. So, increase your variety. Try two new ones. I'm saying cabbage. Food sensitivities. Most people have a lot of the foods sensitivities. We're going to eliminate them. I'm going to sort of tell you what they are here because you want to figure out if this is one of your problems over time. Alright, so what I want to do, I'm going to go through this really quickly. I'm going to let you read some of it later. One thing about the corn is that it's in everything. It's genetically modified. It's pesticided. Eggs are one of those things, to me, they are the perfect food, the perfect protein. However, there's some people who are sensitive to it. And I want to tell you what type of eggs to eat when you're going to be eating eggs because all eggs are not created equal.

I know they come from the, from chickens, but I'm going to tell you the type of eggs that are going to be the type that I want for you. But I want to find out if you're sensitive. Shellfish, a lot of people are very sensitive to shell is very high in allergy. You could have a low line sensitivity. We want to use this. Dairy's another foods that a lot of people are sensitive to. Dairy sensitivity is not the same. Soy, sorry. It's using a lot of products. It's difficult to get rid of. You have to know some of the names of soy that you'll see TSP, textured soy protein, Yuba, soya, monodiglycerides. These are all soy products. I want to know what soy is. It's something you can be sensitive to. I didn't know I was sensitive to it. Everybody thinks it's healthy. And guess what? If you're sensitive to it. It could be a problem.

So why I used to always get sick when I went to PF Chang and I didn't know why nightshades, tomatoes is also a night shade. A lot of people are specifically sensitive to tomatoes. Uh, I've had like a lot of, , unfortunately, , people who eat a lot of tomatoes who happened to be able to Italian descent who I found out were sensitive to tomatoes, very, very difficult. I love Italian food too. Peanuts, , a lot of , problems with how they're cropped, but a lot of people are sensitive to this. , a lot of people have an allergy, they're infested a lot of times, so you want to find organic and it's not so easy. Here's the dairy, the dairy. A lot of people have these, this as a sensitivity to, we want to figure out if you have one of these sensitivities.

And again, let me say dairy sensitivity is not the same as lactose sensitivity or intolerance. A lot of people are lactose intolerant or sensitive to one of the proteins in dairy. And it's very easy to substitute, like, you know, with other types. But a lot of people go from dairy to soy and so they mess themselves up rather than using something else that you can substitute. There's a lot of great coconut products that are substituting dairy and almond products that substitute dairy. But the coconut and almond milk are good substitutes for that. I'm not saying don't do this all this week. Gluten, I'm just showing you some of the common sensitivity. Weath, barley, oats, rye or gluten, and then nightshades. So tomatoes also a night shade too. But a lot of people are sensitive to that. So I'm just showing you some of the food sensitivities because one of my goals is for you to figure out if you're having a sensitivity to one of these foods as we go over the next five weeks, I want, if you find out you're having a sensitivity, that could be one of the major things that's causing you to be, have problems in your body, inflammation in your body, that when, if you get rid of the inflammation to that body, then all of a sudden you end up with, your body being quiet when you stopped something.

And I want to stop the share. So, here's what I want to make sure you know, if you, should have gotten a login data so that you can log in and get this later. Look at you. If you just go look at the slides and look at some of the pictures and remind yourself, think about everything I told you. Can you do one little thing? If I gave you what you said, oh my God, I feel overwhelmed. I can't do it. Pick one little thing there. One little thing that you can do and that's your goal for the week because you know I've

met people who, how they lost a hundred pounds is they did it like one week or two weeks. They change something and they stuck it. So think about as it takes 21 days to develop a habit. If you do one thing for 21 days, 21 days, 21 days, think about how many things you would change in one year.

Now I'm giving you a lot because I know you're one of your goals is to eat healthier. So how do we start eating healthier? We get more vegetables into our food plan. Why do we focus on vegetables? Because of the antioxidants. I want to tell you about the vegetables is I want you to eat more vegetables than fruit. So think about eating twice as many vegetables as you are fruit. What does that equate to having six servings of vegetables and three servings or even less a fruit. Six servings of vegetables, three servings of fruit. And if you think about how am I going to eat these vegetables? If you have a smoothie in the morning or a salad at lunchtime, it's common for people to eat salad that makes it easy. Dinner, by the time you get to dinner, you've had all your servings, but you have, you have a broccoli, you put the cut up the cabbage, put the Cole slaw and the refrigerator.

They don't like Cole Slaw, you know, sauté the cabbage. Okay? So I'll take cabbage with garlic and bacon bits. And you can use Turkey Bacon too if you don't eat pork. All right? So think about adding in something and just sticking to it for the week. If you're somebody who you're having cravings, we're going to talk more about cravings next week and sugar. And I want to show you something we can, you can use for cravings. One of the, my, my secret tools is homeopathics which work when you energetically and what does that mean? Not only does it work on your emotional side, it helps push your body back in balance and it doesn't interfere with anything else. And so I've had people who I'm like, here's, here's what you're going to get. And it was like, wow, that works really good cause I don't even care about that anymore.

I can look at it, I can be next to it. It's in my house. I used to have to have it every day, three times a day and now it's just sitting there going bad because I don't feel like it. So that's something that homeopathics can help you with and using a very little bit for a short period of time, we'll make it so it can stick forever. All right. Once you, and what happens is once you get over the Hp, a lot of times you're over the hp and you don't go back. And so we're going to talk more about cravings and, I want to talk more next week also about supplements. This, you're on this journey. This is your, your mindset is the biggest piece of this. Use me why I'm here tomorrow. Six o'clock, open office hours, six to seven or however long you're here.

Anybody who shows up, you want to ask anything that you want to ask. If you have a question about something we talked about today, if you have something that's a personal question that you want to ask me, but you don't want anybody to know who you are or what your name is, send in. A lot of times I can answer the question, because something that everybody needs to know, but you may not want to. Now if you want to chat and with other people, that's fine. But I understand sometimes you just feel like, oh, I want to, I want to ask that question but I don't want to, I don't want to get on the chat and they ask because I'm a little embarrassed. It's okay. So, use the link, email me, send it, send it in, ask the question. We were going to have open office hours.

And if there's any subject that you want to hear about. Okay. So the other thing is all the crazy diets you see out there to keep told her this, that, and the other thing, this is how people get nutrient deficient to think about it. I don't want you to be gluten free forevermore. There's things that are in grains that are good for you. People get vitamin deficient, B vitamin deficient from eliminating complete food groups. If you are sensitive and you do need to eliminate a food group, we need to talk about how we're going to get that in. But that's one of the reasons that I really highly recommend that you do use a particular, , that you use supplements. , I'm going to put into the chat box right now. I'm going to put two links in there. So you have them right now.

One is to the Amazon store, go to the Amazon store and start just looking around at some of the products that I pretty much keep in my house and or recommend have recommended to my clients for several years. The other is the Nu Skin site, which is the wholesale site. If you just go on Nu Skin, you're going to have to buy it retail. I gave you a site where you can get it wholesale, which means you're getting the best price that you can get with that. Those are the supplements that I use foundationally every morning to make sure that I have the vitamins and nutrients that my body needs. You must have the vitamins and nutrients for the systems in your body to work. Most people are vitamin deficient. I found out when I got tested, even though all this stuff I was doing, I didn't have enough vitamins in my body.

There are several reasons that could happen, might be that, you know, I was doing a lot of running and this, that and the other thing and I depleted myself and never built myself back up. , there are ways to measure, so if any of you are physically close by to me, I know people are going to be looking at this later. Talk to me about getting scans so we can figure out what your nutritional level is. It takes about 30 seconds and then we can see where you are and then we have something to follow over time. You're also to get living matrix. Living Matrix will, give you what's called a medical symptom questionnaire score. And in a medical symptom questionnaire, score it, we'll be able to tell where your body is. More court requires more attention. And I want you to do that before we jump on our call.

So once we jp on our personalized call, I can look at your living matrix and be able to say, okay, here's what we need to work on and let's specifically focus on this. So, what's going to happen, Michelle's going to send you out a link. You're going to be able to schedule the call before you get on that call with me. Do this, what's called a medical symptom questionnaire. It'll take you maybe about a half hour to do. You have to click a bunch of stuff. It's all computerized, it's all private and only in your account only I will see it. But then I'm going to be able to tell where you're having particular issues and then recommend some targeted solutions for you. So while you're doing this, you can get the best results possible. All right, so thanks for hanging in and this will all be available in the website later on, you will have the, uh, the video. You'll have the audio, you will have the slide deck, and handouts in there. Everything is there for you. The links will be there, makes you capture the links in case there's something that you feel like you want to buy, you can, you can do your best to go to your local grocery store. But I have found that every store doesn't carry everything. So sometime it's a little bit hard. Plus you're busy. If you order it today, you'll have it by Wednesday and you'll still be on the go and going on in your, on your week. Okay? So I'm going to see you tomorrow at office hours and any questions, make sure you send to me. Enjoy the rest of your day.