

# Episode 40 - Debunking Diet Myths - Meryl and Jill

[00:00:00] We are doing podcast for the new year with Jill today. We're talking about diets, debunking the diets. Although we'll come up with a better title. I think guide I'm stopping. Perfect. Now we don't have to look at

[00:00:17] All right, so, Hey everybody. Welcome back. Happy new year. Can't believe we are into 2022 and we are going to kick it off. Right? We are talking all things, diet or not diet as it works. So Jill and I are here today and we are going to help debunk some of the crazy myths that are out there about all these diets and figure out and help you all figure out what the best, , road forward is for, for a healthy.

[00:00:50] 2022. So Jill welcome.

[00:00:54] Thank you for having me again. Oh, wait everyone,

[00:00:57] Jill. And I always have these amazing discussions, as a, as a sidebar when we're together, when we're trying to actually do our planning. , and then. Inevitably sidetrack to whatever the topic is of the day. And I'm like, oh, it should be recording because makes a great podcast.

[00:01:13] So I did not let her off the hook this time I made her set up the microphone and, and here we are, but I think it's really important. Obviously it's timely because I don't know about you, Jill, but I saw on Instagram this morning, like everybody and their mother is advertising and pushing all of these new here's the new diet for 2022.

[00:01:35] I think the thing that really bothered me the most. But I saw this morning was, I believe Jillian Michaels, and I'm not calling out anybody specifically, but it wasn't, I'm Jillian Michaels, Instagram account, offering money for people to lose weight. The more weight you lose, the more money you make and I'm thinking, wow, that's a really horrible message.

[00:01:59] Let's jump right in. I know you had some thoughts about this diet team piece, and. We talk about it all the time and people know, ultimately diets don't work. Right. But , here we are the beginning of a new year and everybody's talking about what diet they're going to be on. So let's jump in

[00:02:16] well, going into the new year, everybody, like you said, is looking to make changes, lose weight. Hopefully along those lines get healthier, but mostly they want to just lose weight, right? So they want the quick fix. They want, what's working for their friend, which may not work for them. So I'm hearing a lot about the keto diet. A lot of people I know are doing the keto diet, and I know they're losing some weight, but is it healthy?

[00:02:44] And I know that it's not, and I would love for you to explain. And more detail, why it's not always

[00:02:49] so healthy.

[00:02:50] I mean, that's a good point and we're going to go through some of the other diets as well, but Keto happens to be very popular. It's been popular for a long time. Although I think most people do keto the wrong way everybody thinks, or a lot of people I don't want to categorize.

[00:03:03] Right. Many people think that keto is I'm going to have a lot of protein. I'm gonna have a lot of fat and it's all low carbs. And while partially that's true. Most people can't consume 70 to 75% fat. . And that's what the keto diet is. It, it was designed around the idea that your diet should be somewhere between 70 to 75% fat and a small amount of protein and even a smaller amount of carbohydrates.

[00:03:31] And the goal is you're using fat for fuel. You are starting to use ketones, which is. Alternative source of fuel for the body and that subsequently you lose weight doing that. And again, in theory, It will work short-term because any time you are depriving your body of, of certain kinds of fuel or even calories at a certain point, you're going to see the change.

[00:03:57] The issue is, is maintaining. And I always talk about what is the sustainability of any plan that you're on, whether it's keto, whether it's paleo, whether it's vegan, whether it's whatever. How sustainable is it for you to make this a lifestyle? And if ultimately it can't be, woven into the fabric of your lifestyle, then it will never work.

[00:04:20] So I think that's a separate conversation, but when we're talking about keto to have 70 to 75% of. Almost becomes nauseating for people. You could do it for a week and you feel good and all of a sudden your body's producing these ketones and you have tremendous amounts of energy and you're awake and you're like, oh my God, I feel like Superman or superwoman.

[00:04:39] Yeah. There's, the impetus to keep going on. Right. The motivation is there to keep going. But then all of a sudden week three, week four, you're like, oh gosh, this is really kind of difficult. A is very difficult to do when you're trying to go out you're socializing. Can I have alcohol on that?

[00:04:55] If you do you're foregoing something else or you bought as soon as you bump out of ketosis, it's a slippery slope for many, many people. And the other real issue is, I can't get away from genetics because I know too much about genetics. And of course, I'm going to have to bring that into play.

[00:05:10] But if you are that person who is genetically predisposed to not being able to metabolize fats very well, and you can't process fats very well in terms of how the liver handles it, how the gallbladder handles it and all of that, then keto. Is it genetic and a cardiovascular nightmare. And look, we've seen it here in practice.

[00:05:30] I've had plenty of people. We've had plenty of people come in and all of a sudden they're not feeling well on keto and they start losing the weight that they want on keto. And they're questioning is this the right thing. And then they come in and we do their lipid panels and their lipids are through the roof.

[00:05:46] You say, you're looking at the number on the scale, but you have to look at all the numbers and your blood work and your urine samples and all that. Yeah.

[00:05:54] And that's where it comes back to always being what is a plan that is going to be suitable for you, for your body type, for your genetics and so forth.

[00:06:04] Not everybody can afford to, or wants to do a genomic test, although I will tell you they are so reasonable right now. I mean for \$300 to do a test and then to get so much information. About your individual blueprint and how your body works and how you should be eating and how your body wants to lose weight.

[00:06:28] Now, your body wants to exercise, to me. That is a huge no-brainer because think about it. Let's just say the test is 300. And if you talk to me, let's say for \$500, all in, you could have your individual blueprint, your specific guidelines, your specific recommendations, and. And be on the road to wellness and health and longevity and, and weight loss.

[00:06:55] And think about how much are you spending on these diet programs? And I guarantee you is one of the \$500. I mean, and that wasn't the

point of this conversation. It wasn't really to say, oh, okay, well we want you to come here. I mean, yeah, of course, for so many other reasons, but, But yes, part of that Hito piece is just understanding that it's not right for everybody.

[00:07:17] And people come in here and they're like, well, I'm left with nothing to eat if you pick and choose from each of these plants. And so it still goes back to how do I create and what should. My plan B and I always say it's really about creating a food foundation. Right? What does your food foundation look like?

[00:07:37] Ultimately it has to come back to, and like you said, what, what is what's realistic, what's sustainable. What makes sense and what I, what can I be

[00:07:48] consistent with? Right. And the very food good that you cut out might be exactly what you need to feed you. So that that can be

[00:07:56] dangerous there. Right? Well, and so we were talking before we went on air, which I think we should probably bring up.

[00:08:02] Now we are talking about everybody who comes in or people that I talk to all the time. As a matter of fact, I heard this conversation on the beach the other day, you know? Oh, well, I'm eating only plants, mostly plants, all vegans or vegetarian. And. You know, avoiding all of, all of the meats and, and the, the oh, they know the studies that are out there that you need to avoid me because it leads to cancer and it leads to obesity and so forth.

[00:08:29] And I think, again, all of that data has been misconstrued and misinterpreted. To, to to enter an out people kind of throw the baby out with the bath water, so to speak. Of course my kids are going to laugh at that because they're like, mom, you always talk about that. We have no idea what you me, but right.

[00:08:46] It's it is if it's, if a little is, if it's not good to eat a little little, little meat, or if it's okay. So then if I eat none, it'll be better. Right. We always have this all or nothing kind of way of thinking. Or even if a little is good, more is better. I can't tell you how many people supplements, right.

[00:09:06] Oh, if I take a little bit of this, well, maybe more of that is better. I'm again, no more is not always better. Right. But, but I think Americans don't know anything about moderation ever. So, but it's also about

[00:09:18] the quality of the meat. Like you always say grass fed is the only meat that you will

[00:09:23] and it's very important, right?

[00:09:25] It is because we know the quality of how meat is produced and manufactured, or even not manufactured, meaning small farming and things like that. It makes a very big difference, but the other thing that's come to light and I don't think it was elucidated on from any news, media outlet, or it was not publicized anywhere was really the method with which we cook.

[00:09:50] I think this is a big one because when we go back and look at the data, that was, that was produced about this whole meat debacle. First of all, the factory farm. Has a very different fatty acid profile. It's got a very different nutritional profile than that factory farming and grass better, like almost literally two different animals.

[00:10:13] Studies that have been done on red meat intake have not really been done on healthy grass fed animals. Most of them have been done on these factory farm animals that have terrible nutrition profiles. That are sick when they go to slaughter. And that makes a difference in the quality

[00:10:33] and then how they're cooked, because we know that meat that is cooked, that is charred. That is grilled until it's almost burnt to death. Does produce carcinogenic. Compounds in our gut. I feel like a lot of these studies are skewed in the direction to really lead us one way or the other.

[00:10:55] , or in, in one particular way, and the lay public doesn't know this. When they're reading a study, you are when the study is being reported and we all know that the news media outlets are definitely There's no question.

[00:11:08] That's very true. It's very true.

[00:11:10] To, vindicate that the, the meat, industry and say, well, well, we shouldn't have any meat and we shouldn't be, and people, I was friendly.

[00:11:18] It was funny. My friend, who was visiting, I said something about the fact that I had a burger and she was like, you eat meat. And everybody was so surprised.

[00:11:25] I was surprised.

[00:11:27] To find out that I eat red meat because everybody thinks it's so unhealthy. Because it goes back to, we need to include all foods in our diet to be healthy.

[00:11:40] And I really. Encourage people to even look at, not that you're that our audience may go back to the Western price kind of so question price. I really love his work because he did, it was, he had a book all about the degeneration of, of our physical being and that it came from the fact that we did not eat whole food based diets that included. meat in them. But if you look at indigenous cultures, you look at, it could be anything from the Eskimos to the Indians, to the Inuits, to all of these indigenous cultures, they include the entire animal and we don't do that anymore. No, we don't. Right. We pick and choose what parts of the animal we want to eat. But if you really look at. Nourishment and how our bodies really thrive. I mean, most of our B vitamins come from animals

[00:12:34] and that's why so many vegans and vegetarians are deficient.

[00:12:37] Yes.

[00:12:37] And their B vitamins. \

[00:12:38] Right. Not, not trying to bash a vegetarian or vegan type diet. I do think there are severe limitations to it. I will say early on in my career, I was a proponent of that. I was a big promoter. Oh, let's do vegan will it lead to weight loss? And I think that we can say that we all know many vegans and vegetarians who are not even close to being healthy because they're eating junk food vegan or vegetarian diets that are all.

[00:13:06] Right. And

[00:13:07] that we'll go base.

[00:13:08] That was me when I tried to become a vegetarian and I wasn't even sure of the right foods to eat. That was well before I met you. And before I started working here, but I went to the refined carbs and that is when I really noticed waking. I was eating a lot of carbohydrates, a lot of breads.

[00:13:28] Yeah. I did not know where to get the right nutrients from. So I, a lot of

[00:13:34] people feel that way

[00:13:35] they do. They do. And you know, I would still encourage people to, you have to go back to I don't want to say the right kind of signs cause I'm getting bashed for that. Right. But, but when you look at. Nutrition. And when

you look at health and when you look at the healthiest people on the planet, right? So you've got to go back and look at centenarians. These people who are living healthy and well, not just because they're not just thin, but healthy and well beyond their nineties and into their hundreds. What are they eating? They are eating foods that are indigenous to their environment, to their climate, and they're eating all foods. But they're not processed and they're not packaged and they're not loaded with sugar. They are loaded with nutrients and antioxidants and we're eating small amounts and they're eating small amounts of, animal based products.

[00:14:30] That's part of the over-consumption problem that we have in this country is. You don't need a lot of protein. You don't need a lot of animal products, but you do need a small amount. And I have a perfect case in point. And when I went back and I will tell you, I re-introduced me back into my diet when I wasn't healthy, when I, started going back and looking at my blood work and I was slightly anemic and it was because I was not.

[00:14:57] Getting enough iron. I wasn't getting my protein. I wasn't getting my B vitamins. That's when I threw myself into the work of some of what Weston Price did it read his book of nutrition and physical degeneration. And it made so much sense. And if you go back and look at our dentition and you know, our teeth or the way our mouth structure is, and the way our gastrointestinal system is designed.

[00:15:22] Our bodies are designed that we have something called the intrinsic factor and in order to activate B12 in our, in our system, you need an animal based source of iron and B vitamins to activate. I don't need to get into the signs of that, but you can't get that from plants.

[00:15:39] You just can't. I will happily challenge anybody about that. I really do believe very firmly in the fact that we were not designed from a sociologic and physiologic perspective to be only consuming plants. I'm sure I'll get backlash from people, but like I said, I'm happy to provide the data that backs that up, let alone the individual, accounts of our clients.

[00:16:05] The young girls who are coming in. Who are feeling lousy because all of a sudden they saw a few documentaries on that they needed to avoid meat. Because meat is, not raised sustainably. And I agree with that. That's why I am very, very much a proponent of, if we're going to eat meat, we need to do it in a sustainable, we need to eat meat.

[00:16:26] That's raised in a sustainable way. And if we really want to affect animal rights in the right way, it's not just not eating meat. It's sending the message. To the powers that be that we are not gonna accept this inferior meat. That is factory farm. That is fed crap. That is literally fed crap that is given these antibiotics.

[00:16:46] And given these hormones, it takes a cow, five years to develop into a mature animal that is, is appropriate for slaughter. When you look at how our factory farmed manufacturing goes, when it comes to the cows, they are bringing calves to market, to slaughter in 14 months.

[00:17:12] That's gross and disgusting. Right? So what are you doing to a cow that you have to fatten it up that it's ready for slaughter in 14 months? That is the question. And so why are we accepting that? And the, the, the gases that are produced and the runoff and the toxins that are produced from these specific.

[00:17:31] Facilities are literally polluting our environment. That should be the bigger question here

[00:17:37] that's what we put in our bodies. And then that's what causes the illness. It's not just the me itself.

[00:17:41] Right. So I think it's like anything else, if you trace it back and go back to what is the root of where this is coming from?

[00:17:48] And so as I digressed from that entire thing, I'll use myself as an example, when I did not eat meat. And part of it was after I got sick, . When I went back and I was doing the research, the Weston aid price research, and even some research on the blood type diet. And there's a great book. Even when we talk about indigenous cultures.

[00:18:07] Daphne Sullivan wrote a book called the jungle effect. Great book on why we should be eating what our ancestors ate in those regions of the world. And that was fascinating, but it still goes back to understanding. Some of it is blood type and blood type can be very closely connected to our genetics.

[00:18:26] When I went back and looked and said, okay, well I have an old positive blood type and I should be eating XYZ foods. And beef was among it. I tried the experiment on myself and I said, wow, all of a sudden I started eating a little bit more. So when I say a little bit more, maybe it's twice a week, right.

[00:18:42] It wasn't every day. But even that made a huge difference in how I felt I made a difference in my blood work. This comes back full circle to understanding what is your unique individual makeup. You need to eat according to what resonates with your body and not what resonates with your friend's body.

[00:19:02] Right.

[00:19:03] For health reasons and for sustainability, because what makes you feel good is going to make you want to eat it longterm and then you'll see the health benefits and the weight loss.

[00:19:13] Yes. I mean, it's the same thing. Let's use the, the lectin a lot of people are on the, the Steven Gunjan.

[00:19:20] You're taking out the lectins and sort of, they call it. But whether you want to call it an anti-inflammatory or the end of the autoimmune protocol and again, I think we have to be very careful people with auto-immune diseases are. A unique subgroup onto the, into themselves. And that's something that we need to look at and I think it needs to be addressed individually.

[00:19:39] Right? You can't just, , blanketly say everybody who has an autoimmune disease needs to stay away from lectins. And, but then people come into me and say, well, I feel better off of lectins. Okay. Well, you might, it doesn't mean you need to avoid them completely. Right. And forever. And in total, So I think where, where again, we always say, well, if a little is good, more is better.

[00:20:03] It is the same, or in reverse with diets. It doesn't mean if you take out a little that you should take it out all indefinitely. It's very true. I think the goal here is really just to. Hit the point home that there isn't one diet that is going to apply to the entire general population.

[00:20:29] Right. And it's not about the quick fix, because like I said, you don't want to be starting over next January one. You want to find something that you. Stick with and eating real food. That's going to feed your body. That's going to make you feel good. That's going to give you the strength to exercise every day that can help you think clearly and is not going to fog your brain.

[00:20:52] Like all of the refined carbs. Usually do so it's just a matter of consistency because starting over is so much harder than staying. Well,

[00:21:01] I

[00:21:01] forget about next year, like in February,

[00:21:06] right?

[00:21:07] It's like every view men's, it's it's, what is the new thing and what is the new thing? And if you're going to go jump from new thing to new thing, it takes a toll on your body and your brain and your psyche and all of that.

[00:21:19] We had a client come in yesterday, also bounced around from diet to diet. This is the theme. This is the running thing on a daily basis. People come in and say, I tried this, I tried that. I'm tired of doing that. And my response is being consistent and staying healthy. And knowing your numbers and cooking is hard work, right?

[00:21:43] It is also hard. To feel frustrated to watch the scale go up and down to not have your clothes fit, to berate yourself on a daily basis because you don't like what the scale says. So I always say, choose your heart, which do you prefer to, open up to every day right now,

[00:22:02] choose your heart because preparation is, is key.

[00:22:06] It, when you set yourself up for the week, And you're running home after work and you don't know what it's already done, it's already made from yesterday. Or if I like to cook on Sundays and Wednesdays for a few days, so I don't have to worry about it. Right. And it's, it's there and ready for me and it makes it a little easier.

[00:22:26] And yeah. We we talk about this ad nauseum here in terms of what we share with our clients or what they share with us. And I often feel like a broken record, although I don't know that the audience has heard this over and over as much as, as you guys all have heard here, but it really speaks to the fact that we do need to include.

[00:22:48] Foods. I do think that 75% of our diet should be plant-based. There's no question. Right? I think that we need to be paying attention to the quality of our proteins, of our chicken, of our fishes. It's the same thing I hear in day in, day out. And I'm going to say this year, and I'm going to continue to say.

[00:23:09] Did the seafood that we eat also is we need to be careful about farm raised fish is not healthy fish and everybody out there who thinks tuna is the

best thing on the planet. Look, I eat tuna every day of my life. I think even while I was pregnant, because I didn't know anything. But tuna fish is extremely high in mercury.

[00:23:28] If you are consuming tuna more than twice a month, you are going down mercury toxicity, right? I've said this probably where coming to the end of Christmas week or holiday week, and I've had. Family and town, friends in town friends and family and friends, and inevitably, people are ordering out and, and I can't help, but say something when somebody orders too.

[00:23:50] And I'm like, how often are you eating too? And poor Claudia is, my boyfriend's daughter. I'm going to totally call her out here, but she's probably tired of me saying to her, did you need to know this week? Right? Because I think pokey bowls or be. You know, but it really is a problem because.

[00:24:08] It is neurotoxic. Mercury is neurotoxic. So we wonder why we're seeing these increased rates of Alzheimer's Parkinson's. I mean, it's been linked to mercury toxicity, so mercury doesn't only come from tuna, the deep sea fish things like sea bass. And I will tell you the environmental working group, ewg.org has a great seafood guide.

[00:24:28] So you think, or wondering if your seafood is contaminated with mercury, go check out their. Because it is extremely informative. And I think knowing the quality of what your food is, where it's coming from is part of this battle here. It's not just about what foods do I need to avoid. What foods do I need to include?

[00:24:50] It is what is the quality. Of the food that I'm eating goes back to. I had a client come in and he was coming in for weight loss with his wife and he says, well, I think it's the process oils. The processed oils are wreaking havoc on our body. And, we've got to stay away from the processed or.

[00:25:06] And so that's partially true. Right? All of the oils go look at anything off of a box or a package. Those processed oils are terrible, but so is the processed sugar, right? It's so true. So so it brings us back to the more you are in control. And I think this is the overriding factor. The more you are in control of what you are putting in your mouth and how you are preparing.

[00:25:30] That is your ultimate key to success. And I can tell you my kids see it. I know your kids see it when they cook my kids who are all whether they're home, whether they're not at home, they will tell you bar not that when they

cook and when they prepare their own food, they see a difference in their health, how they feel they do.

[00:25:50] They absolutely do. And so I think that is a big key for people that are like, well, I don't want to cook and I don't want to end it. And I don't want to take the time to think. I say, if you do not take the time to prepare. If you don't take the time to prepare healthy, to be healthy, you will have to eventually take the time to be sick at some point in your life.

[00:26:10] You just will. And so again, it goes back to choose your heart, what, what is the choice of how you want to live your life? And

[00:26:18] And you talk about the cost of the genomics test and a session with you. Well, that is all in prevention. So is it more expensive for prevention or is it going to cost you in the end for your medical bills?

[00:26:31] When you get sick?

[00:26:32] People are like, oh, I want the quick fix. I want the quick fix at what costs are you getting that quick fix? Because ultimately. You still need to be healthy. And if, and if there's nothing that the pandemic hasn't taught us, it really is ultimately that you need to be healthy to prepare yourself for whatever comes down the road.

[00:26:52] I'm not even joking. You know, I don't, it's not even just a pandemic. If your body is not helping. You will not be able to fight off anything. Right. And it was interesting cause I'm getting ready to do. I want to I'm I'm preparing for another podcast and, and I was doing a little bit of research and I still go back to, because it it's frustrating that we there's so much prevention that could go on that doesn't go on.

[00:27:17] Even when it comes back to. To dealing with the immune system and our health right now we're not talking about prevention and we're not talking about all these diseases that could be prevented through proper diet and lifestyle. I was just reading something cancer, cancer that 30 to 40%. Is attributed to diet and lifestyle.

[00:27:41] And then I read it, there was another 70% of things like lung cancers and colorectal cancers and breast cancer, 70 to 80%. Couldn't be

[00:27:51] prevents.

[00:27:53] If we just paid attention to our diet, our lifestyle, our mental health, right. Our mental wellbeing. And yet nobody is talking about that on the news. And nobody in in know, media is talking about.

[00:28:09] Prevention. Yeah. I just heard on the news that I'm on the radio, that Oreo is going to be launching two new cookies, January 3rd, loaded with sugar and garbage. Right. And people are all excited to go try the new real. So our priorities in this country are definitely a little backwards to say the least, but again, can pontificate on that for hours.

[00:28:33] But I think the moral of the story and, and again, Jill, if you want to throw in anything else here, you have the moral of the story is there is no one perfect diet for anybody.

[00:28:44] Everybody is different and everybody responds differently to different foods. Some people may find. You know, certain meats, hard to digest.

[00:28:52] And so they need to switch it up with something else, but everybody's different, but everybody needs to find what works for them and what is sustainable. Right.

[00:29:00] I'm not saying it has to be me, but you need to find a qualified professional. It's like anything else, if you want to know how to invest your money.

[00:29:09] You're not going to go to the car mechanic down the road and ask him how to invest because he's doing some day trading, right. Even though he's trained in mechanics, it's the same thing in nutrition yet. Everybody thinks they're, they're an expert. I'm telling you I was on the beach last week and I heard a family behind me talking and they were all debating about diets about this, about plant-based about whatever.

[00:29:34] And I felt like turning around and saying, okay, so which one of you is the qualified expert here? Right? Because I knew none of them were, they were all joking. May have gotten it on Tik TOK. Oh, yes, Ashley's, where's the best life. And that may be so, but again a life, I may be a little bit different, although she tried to teach me slicing an onion and putting up a wet paper towel would help you not cry.

[00:29:57] It still hasn't worked. So I don't know how much those light facts are so great. But in any case that that is not that's not what I'm talking about here, but I think you need to get not, I think I know. Your information, especially if

you're talking about your own health and your own wellbeing, get it from a qualified professional, get it from someone who can dig deeper into your own physiology.

[00:30:22] If you're not doing testing on yourself and you don't know where your inflammation is coming from, and you don't know where your mind and vitamin and mineral deficiencies are or are not, how can you speak to the right foods to be. It's just impossible. Right? So I feel like we need to, you need to know and have information about yourself.

[00:30:43] Just like the money that's in your bank account

[00:30:45] right now. Just pattern. If you really want to start the year off strong and on the right track, do do your testing and get to know your body and what works.

[00:30:54] Yeah, absolutely. So with that, we will, we'll I'll say my other rants for another time, but there's plenty of them.

[00:31:05] There are. But again the moral of the story, look, there's great information people say to me, they'll, they'll call me or reach out to me. Oh, is this book good? Is that book good? I mean, you can get some. Yeah, there's a lot of, I mean, mark Hyman has great books out there. Sarah got Frieda has a new book, a Aviva Romm

[00:31:23] these are some of the people that I really love, I love Mark Hoffman and his messages are great, but basically you're just takes the same information, eat a whole food diet, right? Eat foods that are not going to affect your blood sugar eat foods that are going to be healthy.

[00:31:35] I mean, it's the same thing, right? Eat real foods as they've come out of, out of the ground in moderation, have a little bit of protein. A little is good. More is not always better. Right? Eat your healthy fats. A little is good. More is not always better. So how do you balance it in the course of the day and, and stop listening to other people's.

[00:31:54] Listen, the best advice I can give. Anybody's listen to what your own body is telling you. Our body speaks to us. We are so disconnected from our bodies that we don't pay attention to the voices that are our brain and our stomachs are telling us if we just went back to that and to the basics of eat when I'm hungry, stop, when I'm comfortable, right.

[00:32:16] Eat real food stock with the process, there is no magic because that's the night. The magic is consistently eat food that is going to nourish your body. So my last thought is look at your plate. And if you're looking at your plate and you're saying, wow, is this food going to somehow nourish the cells in my body?

[00:32:38] And if you can say, yes, great. If you're looking at a plate of food and going, is this going to nourish me? If you can't say yes, if you don't know any redeeming quality about the plate, the food that is on your plate. Maybe you should pass. And I believe it at that, this is your rebel nutritionist or welcome to 2022.

[00:33:00] We will have lots more engaging podcasts to come. We are excited for the new year, lots of new things launching stay tuned because we will be launching our rebel nutritionist a 30 day, your way. It is going to be a 30 day. Weight maintenance, weight management, weight, loss, whatever you want it to be for you guideline.

[00:33:21] And we're excited to be sharing that with you in the coming weeks, Joe, any last thoughts?

[00:33:28] Now this is a great conversation and I think very beneficial to so many. And thank you for having me again,

[00:33:34] always a pleasure. This is your rebel nutritionist signing off, make it a healthy year, everybody.