

**Dotsie Bregel,
Founder and CEO of
The National Association of Baby Boomer Women
(NABBW)**



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And

**Boomer Women Speak (BWS)
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Presents

**Midlife Body Tune Up:
*Nutritious, Delicious, Healthicious!***

With

**Janice Taylor
and
Gregory Anne Cox**

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Midlife Body Tune Up:
Nutritious, Delicious, Healthicious!

Dotsie: Hello and welcome to the call. I'd like to welcome any guest that we may have on the line from Janice or Gregory's following. For those of you who don't know me, I am Dotsie Bregel, founder of the **National Association of Baby Boomer Women**, which can be found at www.NABBW.com and also, **Boomer Women Speak** www.boomerwomenspeak.com, the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women; which happens to be my generation.

Since launching www.boomerwomenspeak.com five years ago, I have been connecting, encouraging and supporting boomer women on a daily basis so I really feel like I have my finger on the pulse of this spirited generation. I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions and live life to the fullest. I have become the "go to" person for journalist who are interested in learning more about boomer women, and my prayer is to embrace all women and provide them with the means to soar.

The fee to join the association is \$75.00; however, if you are not a member and you are on the call, we'd like to offer you the discounted rate to join for \$60.00. All you have to do is email me at dots@nabbw.com and we can give you that link to join.

Okay, the topic of this call jumpstarts our **Boomer Women: Its All About Us** series. Our focus for today is the **Midlife Body Tune Up: Nutritious, Delicious, Healthicious!** Janice is going to share her thoughts on dieting, and Gregory will give us her concepts and tips for making the most of our daily food choices. We're going to get started right now by introducing Janice who will be on the first half hour. Hi Janice.

Janice: Hi Dotsie, hi everybody!

Dotsie: Janice Taylor is a certified hypnotist and personal life coach, and she specializes in permanent fat removal, aka weight loss, self-esteem and happiness. I learned about her book, **Our Lady of Weight Loss**, and the subtitle is **Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal**. I learned about her book through a Google alert and contacted her about the association, and she joined. I read her book, I reviewed her book for a boomer magazine and I just absolutely loved the book. She is very funny, she has a great take on how to lose weight. So she's going to help us out today. She also has another book coming out in May of 2008 and it is called, "**All is forgiven, move on; Our Lady of Weight Loss 101 Fat-Burning Steps on Your Journey to Sveltesville**". She is also the created of the popular newsletter, "**A Kick in the Tush Club**," and she is also a 55-lb big time loser herself. She

leads workshops in a number of wellness centers across the country including the *Omega Institute*, and I'm sure many of you have heard of that, in New York, *The Crossing* in Austin, Texas, *Kripalu, Center of Yoga and Health*, which is in *The Berkshires*, Massachusetts. She has one coming up in January, from January 25 to the 27th at *The Crossings*, in Austin, Texas, and you can sign up now through her Web site. She has been featured in "O," the *Oprah Magazine*, *New York Times*, *New York Post*, *New York Daily News*, *Family Circle*, *Good Housekeeping*, *LA Times*, *Chicago Sun Times*, among many other publications, and she has also appeared on *The View*; and let's see, *Hallmark Channel*, *Eye-Witness News*, anything else we forgotten there? I'm sure a few. That just gives you an idea of how she's helping to get her message out and that is what she's going to do for us today. She is going to concentrate on our inner and outer language about weight loss and what we say to ourselves, and how we set ourselves up for failure, and what we also say to one another about weight loss. She says, "Permanent fat removal is an holistic event. It is really not about losing weight; because if you loose it, you'll find it. It's really about your life." Can you tell us what you mean by that Janice?

Janice: Well, first I was thinking when you read that I'm going to tell you about dieting; "No I'm not. I'm going to tell you about permanent fat removal." I'm not telling you how to loose weight; I'll tell you about permanent fat removal. I don't know how many people out there; I'm guessing a whole bunch have lost and gained their entire lives or a good portion of it, or more than once anyway, I certainly have. And this is what I liken it to. Have you ever seen an Olympic swimmer push off the side of a pool and with one great thrust, one great push, they get to the center of the pool? You've seen that, right?

Dotsie: Right.

Janice: It's really amazing and they make it look so easy. Well we basically push off the side of the diving or weight loss pool, and we do that with a lot of negative energy. We start off our diets, and I'm going to say diets to begin with and then switch to permanent fat removal because that's how we start, we start off in diet mode, we go because we don't like ourselves, because we're depressed, we deprived, we're defeated; I call it the dreaded "D's." We drag ourselves to yet, I did anyway, another weight loss meeting, and we push off and we do have enough energy from that negative space, to push ourselves about half-way across the pool. Some of us lose all of our weight that we want to lose, and then we find it, some lose half, some a little bit, but generally speaking, we don't lose it and keep it off.

What happens with an Olympic swimmer when they get to the middle of the pool is that they keep going. What happens to us when we get to the middle of the pool? The initial thrust from not liking ourselves, dissipates and we either sink or we float backwards, but we don't make it to the other side of the pool. Now an Olympic swimmer has a compelling future. They know where they are going.

They are going for the gold. They are going far beyond the other side of the pool. That's what we need to do with weight loss. To make it permanent fat removal, we need to have a compelling future. So it's great to get that initial thrust off the side of the pool from not liking ourselves. It's good that we don't like ourselves. Fine, we can turn it into some useful energy. But then we really have to start to look into the future and have a different vision of who we are, what's the person who is underneath that wants to come out, where are we going, and how is this time different than any other time? Does that make sense to you?

Dotsie: Yes it does. And actually, here it is January 1st; I turn 50 this year, and I'm saying, you know what, I want to lose X amount of pounds before my birthday and weight has never been an issue for me. But since I'm in this whole peri-menopausal state, it's become an issue. I hear everything you are saying 100 percent and it is like the negative stuff. Oh my gosh, this doesn't fit and I wish I could wear this, and I really shouldn't eat that, and I can't have this, and it is that whole deprivation, defeated, and kind of depressed feeling that goes with, you know, you go out to dinner and its like "Alright, I really want this, but I guess I have to get this." How can we turn that around?

Janice: Well first I want to talk about the peri-menopausal, menopausal, post-menopausal. I understand, because I don't want anybody to come and beat me up, that this is an issue. However, people say to me, "I can't eat the way I use to." Well I could never eat the way you use to. It's probably 100 calories a day maybe less than you could eat before. Maybe there are some adjustments that have to be made, but if you are really needing to loose a lot of weight, it's probably that you are eating too much. The reason I put it that way is otherwise, we are all going to give ourselves one, big, huge excuse and say, "Well, I'm peri-menopausal, so pass the cake."

So I think that there is the level of, okay, what's the reality here? How many less calories am I really burning a day? I understand and it seems to me, I'm 54 and I've had 55 pounds off for six years and I'm not starving myself, but I do eat five or six small meals a day. I had read that this keeps your metabolism burning as if you are ten or twenty years younger. So maybe there's some truth to that. I also have read and I see it over and over again, that spicy foods increase your metabolism. I'm not really sure if that is true or not, but I put hot sauce on everything, just for the fun of it. But really, there are ways to get around it, but don't use it as an excuse.

Dotsie: Okay, help us out here. Tell us a little bit of how we can change that attitude and believe in ourselves and take it from a negative to a positive.

Janice: Well, I hear you. People say to me "I can't," a lot and you said that too in your saying about what you can't do, so instead of looking at it as "I can't" probably it is, "I don't know how to," and that is a major shift in thinking.

Dotsie: It is. It absolutely is. *I don't know how to*. Really I do know how to, but it is self-discipline. I know I need to eat less and exercise more and for me, that is the bottom line for dieting. So can you tell us how we need to do that?

Janice: Yeah, let's start with our homes. There is no such thing as "will power," there is only "want power." So if you really, truly want to lose weight, I really believe, this has worked for me—I mean 55-pounds off after a life time of really being heavy and keeping it off, is kind of a miracle. And one of the things, key things is that I just don't have it in my house. My home is my safe haven. So if I'm going to binge on oranges and apples, it's not such a big deal. I just don't have that stuff in my house. In the beginning, these kinds of changes are—they get easier and easier as time goes on because it becomes part of your identity. You know in *Starbucks* where at the counter before you order coffee you're standing next to all those cakes? You know what I'm talking about, right?

Dotsie: Sure.

Janice: I look at it and sometimes I say to myself, "Would you like a piece of cake with that coffee?" because my mother said, she taught me when we were growing up, she would say that there is no point in having coffee if you're not having cake with it.

Dotsie: Oh gosh, don't even tell us that!

Janice: So I say it to myself at the counter at *Starbucks*, "You just don't do that." It becomes a mantra. I have a line in the sand that I have drawn for myself and I don't go over it. So now it has to connect with something that is really important to me. I experience myself in a completely different way as a thin person versus being a heavy person. So when I'm faced with food, there are times that I go off and that is why all is forgiven; move on is a great mantra and something that I live by. Nobody's perfect. That's the other thing, if you go off you just get right back on. But you really have to get inside and say to yourself, like Dotsie, okay, you want to lose weight. Tell me—what about losing weight, how will your life be different?

Dotsie: I'll just feel better. That is what the big thing is for me. I know I feel better when I'm lighter than I am now.

Janice: And how will that improve your life?

Dotsie: Well, I mean, when you feel better, I think you're just in a better mood. You're not thinking about, "Yuck, my stomach is really upset because I eat that junk," or whatever it is. I just think that, you know, it puts you in a better frame of mind, at least it does me.

Janice: It does. You do feel better. You're not beating yourself up. That's the one thing that I'm so happy that I have ended. I don't beat myself up. So now let me ask you, if you're in a better mood, how will that improve your life? Am I putting you on the spot here?

Dotsie: Well probably, ah—no, I don't mind at all. I'm a really busy person anyway, but I would think it would give me more energy to accomplish more or get finished what I want to do. That type of thing.

Janice: What kind of things, what more do you need, what other things do you want to accomplish?

Dotsie: Well actually, for me, I really accomplish a lot in a day.

Janice: I think so, I see that!

Dotsie: Yeah, so it's not so much that what more do I need to do. It's just that I want to feel better doing what I already do.

Janice: Okay, you want to feel better doing what you already do.

Dotsie: Yeah, yeah. The thing is I already exercise. I walk like five days a week. I just need to walk more or faster, or I need to add something else to it, and really for me, it's that I just need to eat less.

Janice: Well, I agree with that, and I also think there something under the feel better about what you do; that there's something else underneath that; a feeling, some kind of emotionality that comes with it. How do you feel better? I mean we could do a whole coaching session here to get to the bottom of it, and I don't necessarily want to do that. I really believe in terms of this thought kind of pattern and what brings us to it is that there's something underneath it that is kind of holding you back or getting in the way of it. And really, you're such a busy and accomplished person, and you're not, from what I can see, a heavy person, so it's really probably not that much. It represents something to you.

Dotsie: Yes, it does to me because my clothes are bigger than they've ever been. That's what I'm thinking. And actually I don't even mind the weight I am now, but I don't want to keep gaining weight every year, and I think that's where a lot of women at midlife are. It's like let's stop this before it gets out of control. If you get back to not bringing the food into the house; that's perfect. I totally understand that. I have a husband who is diabetic, a daughter who is diabetic; so we won't even bring Oreos into the house. And I've even bought them and kept them in the trunk of the car once and they stayed there because I totally forgot about them. Those are the kinds of things that are good practices. Can you give us any other ideas like that? You know, people say they are feeling out of control with their eating.

Janice: I'm glad you said that about being out of control, and then I want to talk about going to restaurants, okay?

Dotsie: Okay.

Janice: But first I want to talk about being out of control. That weight loss, eating, losing weight, permanently removing fat, if you will, is actually the one thing you *do* have control over in your life. You can get your MBA at Harvard and it doesn't mean that you'll get the job you want. You can be the best mother in the world and it doesn't mean your kids aren't going to do something that's going to annoy you. But **you** are the person putting the food in your mouth and if you eat less, you loose weight. Time—when we feel so many things because control is an issue for people who are overweight. If you can get to that place where you can use the weight loss as feeling in control, other things in your life that feel out of control will begin to get handled. Does that connect with you?

Dotsie: So basically, it just about self-discipline, is that what you are saying? Like if you can control—

Janice: It's about having an experience like an "aha" moment where you say, you know, if we were having an in depth conversation like what does this really mean to me? To take it to a more emotional place, or something that is really connecting, so that it is connecting to, call it your center core. It has nothing to do with discipline, per se. I don't know that anybody can just stop doing something. And speaking of stop doing something like changing a habit; when we talk about dropping habits, actually, let's just say night-time eating because that's something that people, that's kind of a bad habit we might say, right? At night time, in order to get rid of that habit, you have to replace it with a good habit and you have to understand, "what is the food giving you?" If food is making you calm and every night at 9:00 you go to the refrigerator, you know, like this evil twin takes over, right? You go to the refrigerator, its 9:00 and it calms you down, then you need to find a replacement that makes you calm and do it at 9:00 so you're happy.

Dotsie: Right, so like take a hot bath instead of; or something like that.

Janice: Yes, but it not just oh here's a list of things to do. It has to really resonate on a deep level that it is making you calm. It can't be like, "well, I'll do this because Janice said so." It has to be something that really comes from you; that you want to do.

Dotsie: So basically when you talk about fat removal, you're talking about taking the negative and turning it into a positive, and changing habits, and what else would you say?

Janice: Well, I think it's really exciting. You get to be—this other part of you comes out. It's about reinvention, transformation.

Dotsie: Oh I like that.

Janice: It's about going—it's a spiritual journey, it's about uncovering what's buried. It's about moving forward in this next part of our lives, which is like for me, the greatest part of my life. Being 50-something is incredible, and we're at a time; we're so lucky to be 50 at this point if that's what we all are, let's just say that we are, we're all boomers. At a time where we have 20 more years added to our lives; when you're ninety you're ninety, we're not going to live to 110, but 50 isn't 50 anymore, we have 20 more years of life in the middle, where we are. So now is the time.

I get really excited when I work with people. Now is the time for you to do this and for you to be the best person you can be because you have all of this life experience behind you. You know how to lose weight. And it means something to you to move forward. One of the reasons I wanted to lose weight was that I was five minutes to never sexy. I was like I was heavy my whole life. I wanted to see if I could be sexy. You know, okay, health and all that—important. My cholesterol went down, I don't need to wear orthotics in my shoes, and my back doesn't hurt any more, all those are really good reasons to lose weight, but by in large, I wanted to be a hot, like a hottie. Like a hottie baby boomer. Even if I am like a legend in my own mind, at least let me feel that way about me.

Dotsie: Right. Because that is all that matters, how you feel about yourself. It really is because that's how you carry yourself.

Janice: The other thing about restaurants because this is kind of connected to it. I think there is this tentative thing that we have going that we can't give ourselves what we want or deserve. Even with the weight loss. You want to lose weight, and then there's all these "but's." You can do it. If I can do it, you can do it, there's no difference, really. You go to a restaurant and yet people are ashamed, they're embarrassed; they don't want to ask for special orders. They don't know what to order from the menu. Most of the time when I go to a restaurant, I order off the menu. Ask for what you want. There are a lot of people who don't say, "I don't see this on the menu, can you make me a salad with salmon on it?" That's not to say that at various time where I don't have whatever I feel like having. Someone had asked me "Well how often can you have what you want to have?" because you can't do it every day. All is forgiven and move on works to a certain point. And I liken it to calling into work late. If I called into work late and said I'll be an hour late today, it would be okay. If I did it everyday, I would get fired.

Dotsie: Right

Janice: You have to find that balance.

Dotsie: Sure, sure, Absolutely. Okay, do you have anything else you want to share before we open it up for questions?

Janice: Just that if I can, you can, and I'm excited for everybody. Reinvent yourself, transform yourself. Be who you want to be. The food isn't giving it to you. The food isn't giving you what you want. It's covering up what you want.

Dotsie: So eat less of it and make sure what you eat is healthy which is what Gregory is going to help us with.

Janice: Yes, certainly I eat less, I eat healthfully, you know, fruit, vegetables, and all that stuff. When I work with people, I'm not a nutritionist, I don't talk about that. I talk about come on, let's get moving and reinvent yourself; who do you want to be?

Dotsie: Yeah, you're into the motivational piece and really figuring out why you gained the weight in the first place and let's, you know, turn things around.

Janice: Well, get to the bottom of it. Give yourself what you really want. And also, the other thing is that for me, the biggest gift I gave myself was I don't beat myself up every night. That in and of itself is well worth the effort.

Dotsie: Okay, so let's see, does anybody have a question?

Caller: Janice, could you, just for my own interest, could you give a typical menu for you for a couple of days?

Janice: Okay, for breakfast, I might have some fruit and poached eggs, with hot sauce on it because I do like hot sauce; and a piece of toast. But first I've had a gallon of coffee.

Caller: That's mandatory.

Janice: Yep, there are some things, yeah, a bit of coffee. Then today I had a little bit of roast beef with mashed potatoes and vegetables, and an orange for lunch. I'm not really sure what I'll have for dinner. And then I kind of eat in between, I love fruit. One thing I can tell you for sure is that if you stay off of the sugars and all that stuff long enough, like fruit is the most delicious thing in the world. I carry fruit with me. Another thing is that I really don't let myself get so hungry and if I'm going to be out for the day, I do have a piece of fruit or some Melba toast in my bag. I can go from being not hungry to be real hungry fast, because I'm not like full from the day before.

Caller: Do you drink lots of water?

Janice: I do drink lots of water.

Caller: And juices, maybe?

Janice: I don't drink juice, I eat it, because you have more fiber in an orange and it's more satisfying. I like to chew.

Caller: I bet you don't have any carbonated drinks, do you?

Janice: Actually I don't. Every once in a while. I don't even like it anymore. Every once in a while I'll have a diet orange soda like it's a big thrill. If you stick with it long enough, give me a year and then give me the rest of your life. If you stick with all this stuff and get it out of your system, you don't even really want it anymore.

Caller: Do you mind sharing what type of exercise routine you do?

Janice: I live in Manhattan so I walk copious amounts. That's my primary thing that I do, then I do and then I do some other little things in between. I'm not a gym bunny.

Dotsie: So that's a good point, you don't have to be a gym bunny I guess to lose the weight.

Janice: That's the other thing about that. Exercise—unless you are really doing copious amount of exercise, you really don't need to eat more. It's like those are like the insurance bites, everybody else's food you've taken throughout the day, is the exercise. Because some people are exercising and they say, I'm exercising so I can eat more. Exercise is great for endorphins, for aerobics, gets your heart going and it does burn calories, makes you happy. We should all exercise; its important as we move into the next stages of our lives. You can lose weight without doing huge amounts of exercise.

Caller: Thank you.

Janice: You're welcome, thank you.

Dotsie: Okay, any other questions? Okay Janice, just before we introduce Gregory, I would like you to share a little bit about your art. Just about a minute.

Janice: I am a weight loss artist. That means that I make art about food instead of eating it and in the process lose weight. The first day that I went to that Weight Watcher's meeting seven years ago, I was very depressed and tears were in my eyes. I thought I just can't do this again. I heard the voice, the voice of *Our Lady of Weight Loss* and she said to me, "You're an artist, make weight loss an art project. So I went home and I thought—and this is really kind—begins to shift its

identity in that I said, if I lose weight great, but if I don't okay, I'll live with it but I'm going to use this meetings for inspiration about art. And in that moment, someone was talking about red peppers and so I went home and made sexy vegetable collages, with red peppers and God knows what else. Some of them are X-rated. It was really a lot of fun, it gave me something to do, it anchored me to my goal; it wasn't just about losing weight. I guess that's really the important thing. If you just hold losing weight as—about food and exercise, you'll lose it and you'll find it. Its about your whole life, it's about being happy. If you're psyched and reinventing yourself, and if you're psyched in having this transformation, sticking to any plan is like a thousands times easier.

Dotsie: So basically what you were doing though, and this is something that I think we can maybe end this with is that instead of eating you were creating art. You took something you were passionate about and decided to turn to that when you were hungry and would typically overeat. Is that right?

Janice: I got excited that I was making art. So I was excited about something. And I got so lost in making art, food was not important. It didn't hold the same importance.

Dotsie: So basically, maybe if we find something other than food as a passion, we might be in good shape.

Janice: Well yeah, that's kind of the idea. Losing weight is a creative act. You created the body you have now; you can create a new one.

Dotsie: Very good, I like that. Okay, you know what we're going to do now is we're going to introduce Gregory Anne Cox and Janice, if you would stay on the line that would be great, and if you have any questions of Gregory Anne at the end, I hope you'll ask them.

Gregory is a food expert and she is a certified life coach who has been dishing up all you can servings of health and nutrition information for over 15 years. She delivers real goods on eating and taking back your mind and body at midlife and she does it with humor and again, the word passion. She is a private chef's client for *Christie Brinkley*, *Jerry and Jessica Seinfeld*, *Nicole Miller* and various other Wall Street titans. She has worked for *Maribel Hemmingway* in the past. Now I'm just going to list just a few of the things she's done just to give you her background so you know that she really knows what she's talking about here. She was the co-created/chef of a heart-healthy quick food concept called "*Daily's Fit and Fresh*" in San Diego which was started by a heart surgeon back in the early 90's. And actually we're going to have Gregory on again when we do our medical, women's medical health at midlife and she's going to talk about having a healthy heart.

She was also one of the first female grads of a *Culinary Institute of America* and she's taught cooking and wellness classes for large corporations and also small community groups. She had a monthly column in a *CAP Cities/ABC Magazine* called Selling for three years titled Nutritional Baggage and also her recipes with copy have appeared in the *New York Times* Sunday magazine, *Better Homes and Gardens*, other special interest publications, the *San Diego Tribune*, and more. She's also been on *CNN* and plenty of local affiliate news cast in New York City and San Diego. Now what she did after graduating from the *Culinary Institute of America* and being so involved in food and cooking was she decided to become a certified life coach in 2003 so she could blend her love and knowledge for food with her passion for helping people by demystifying the whole food and the whole jargon of nutrition. So she's a nutrition and wellness complimentary medicine junkie, and she publishes a blog and also a monthly ezine so she can share what's she's learned through those mediums.

Her Web site is www.livebettercoach.com and she has lots of things archived on her site; old newsletters, recipes, questions and answers about different types of coaching that she offers, etc. She is now working on the first in a series of books called, "***The 101 Answers to the Question What One Thing.***" And the first one is about food and eating and weight management at midlife. So if anyone on the call is interested, she has a free copy of a special report that she wrote called, "***Breakfast Beyond the Cereal Bowl: 7 Nutritious, Truly Delicious, Super Fast Breakfast Ideas to Fire Up Your Day.***" which I am totally interested in because I am trying to find a new breakfast that will keep me full until lunchtime. So anyway, if we are interested in that we can email her at Gregory@livebettercoach.com with the words "free report" and she'll send that to us. Okay, let's see. Why don't we get on with our questions for you, Gregory? Are you there? I hope so.

Gregory: I'm here.

Dotsie: Okay, she's going to help us tune up our fuel. So let me begin by asking you what is the first nutrient that we should strive to get in at every meal and why should we do so?

Gregory: I would have to say there is more than one. I would like to suggest that we get protein and fiber in every meal. Protein because it does so many great things such as build muscles, it also helps to satisfy us. To help us feel full after we've eaten. Fiber, of course, especially if there are other things like carbs and fat in the meal, will help to slow the digestion process so that whatever you're eating doesn't cause sugar spikes or run through you so fast that you're hungry again not long after the meal. So protein and fiber, I try to get everything in every meal because what all of that resume stuff doesn't say is that I really love to eat. So it was lucky that I fell in love with food so I could feed myself but I can also overfeed myself, like most of us. And I have been so many different sizes in my life it's remarkable, as so many of you can probably agree with. I've been the

same size for quite a while now, though. It feels good. Two of the things that I know for sure is that you really can have anything you want to eat in moderation, how frequently, like I don't know if it was Janice who said it or if I was reading, you can have an egg or two, you're not going to have five. You can have an egg or two and then you're going to have whole wheat toast with that. You want to mix up the nutrition and the nutrients that you're getting whenever you eat and that will help you to stay full longer and also fuel your body in a way that your energy is sustained.

Dotsie: Okay now you mentioned protein and fiber. Can you give us five good protein foods and five good fiber foods?

Gregory: Five good protein foods. Okay, I would have to say that eggs are at the top of my list things. They've had such a bad rap for a long time and the cholesterol in eggs is mostly stearic acid, which I'm not going to get technical on you but its good for you, it's okay, it doesn't increase bad cholesterol it actually enhances good cholesterol. Lean poultry, you know you've heard that, Salmon of course is like the "it" food these days, a great source of protein with a good combination of healthy fat. More protein, ah, beans are great, nuts, I love nuts; I add nuts to other things. If I ever have a bowl of cereal, which I don't do too often but every once in a while its quick, I'll throw some nuts in there to give me a little bit more variety, you know I get that extra crunch, and I also get that extra—you know, it helps fill me up. Was that five?

Dotsie: Yeah, eggs, lean poultry, Salmon, beans, and nuts.

Gregory: Okay, fiber foods. Well fruits; Janice's fruit-loving thing is great for fiber. I'm not a fruit lover but I'll throw them in smoothies because I know there are some antioxidant blends I can't get by taking a green drink or anything else so I would say that fruit is great. I know another maligned food is the potato, the lowly potato from the country from which I hale. The Irish, love their potatoes; I do too and I didn't eat them for a while because I just thought oh wow, their bad carbs and you just have to really go a little bit further than just the carb load and look at the Glycemic index which you've probably all heard of. A potato especially again if you add something else, throw a little bit of salt on it, add some grated cheese, helps spread out the metabolism of that potato from being just its starchy self. Fiber—Also flax is a really super food and also gives us fiber. Carrots, root vegetables—root vegetables are amazing and again, sometimes people say, "Well you can't eat beets and you can't eat carrots," I'm just so tired of what we can't eat and I would like to say if it doesn't have a bar code, I'm encouraging everybody to eat lots of it.

Dotsie: Ah, I like that, no bar code.

Gregory: And if it has a bar code, let's find a way if it adds to what you enjoy, let's find a way to keep it in your diet in moderation if it's considered not so great a food.

Dotsie: Alright, wonderful, thank you. Now the number one fat in a woman's diet according to the Tuft's Nutrition Center, tell us what that is and how to dilute it and still love it.

Gregory: Well, salad dressing remains the number one source of fat in women's diet, believe it or not, even with all of the encouragement to eat chocolate and other things. Salad dressing; we still pour it on pretty heavily, I guess. I love dressing. I'm a condiment queen. If you opened the door of my refrigerator, aside from having a lot of food, the whole door is just all kinds of wacky condiments. Like Janice I love hot, spicy this and that, but getting back to the bottled dressing thing. What I do is usually buy a "lite" version. There are so many great light ones out there, especially the Asian ones. Most manufacturers seem to do really well with the ginger-sesame kind. I love *Ken's Lite Caesar Dressing* and it's not too bad. I don't even remember what the calorie—I don't fuss over labels. Once I read them and I say, "Okay this can go home with me," then I just sort of use things.

But I'll pour off the top just like the first two tablespoons into my salad and enjoy it full on, just the way it is, and then I replenish what's out of the bottle with some kind of really tasty vinegar. I love balsamic, I'll pour that in; I'll pour some water in because I find a lot of dressing are really, there's a lot, there's almost too much for me to enjoy what's in my salad. The flavors can become so pronounced because they use; some have artificial flavorings, some put a lot of garlic, so I just dilute them. And if it's a creamy dressing, I'll sometimes add some non-fat yogurt or again, a different flavor of vinegar. But I don't want to get too hung up on—if you are already buying a "lite" product, I'm more concerned it's got some real nutrition in it because the things that are made with all chemicals and of course, if there is trans fat, we don't even want to think about them, but I do like to thin down dressing but if you are already buying "lite," I wouldn't be obsessed about how much lighter you can go, it's just something that I do because I prefer the texture.

Dotsie: Okay, and you know what? I didn't know that it was the number one fat in a woman's diet.

Gregory: Isn't that amazing?

Dotsie: In a way, it's kind of good to know that we're eating that many salads, and I have to joke about some of these salads when you go out for lunch or dinner and you just order a salad. I mean, sometimes those salads are so full of calories and fat that I think people would be surprised. "Yeah, you're eating a salad but look how huge it is and look at all that dressing!" Okay, you talk about

the “Yum Factor” and why its so important. Can you tell us what you mean by that and tell us why its important?

Gregory: The yum factor is probably evident to people what it means. If something tastes really good to you, you’re probably going to eat it. And if you’re trying to get in some different foods that you may not be use to the flavor of or that you don’t love—right off the bat, if you could figure out a way to get some “yum” into that. Like I could eat, I don’t even know how big a bowl, of some sautéed greens with garlic. I have a girlfriend who looks at me in absolute horror every time I sauté greens because she can’t imagine eating them. So we tried to figure out what the “yum” factor for her is because she is the same age as we are, doesn’t get a lot of vegetables, she’s trying to do better. So we realized that if we grated a little fresh parmesan cheese in there, all of a sudden for her, viola, the whole dish is transformed. And a little bit of cheese is not killing her, nutritionally or calorically every day. So to me the yum factor, when I’m looking at preparing food, or if I’m out at a restaurant, even if I’m trying to eat lean and I think, “well what would really punch up that grilled fish on greens?” Like Janice, that’s one of my favorite dishes, fish on greens. What’s going to make that dish special for me, what am I going to—what does it need for me to enjoy it. Well maybe its—I know roasted pine nuts, cheese is always an easy thing to add to something.

If you’re having a fruit salad, and you wanted to get a little bit of a yum factor because sometimes just eating your perfunctory apple and walnuts, whatever, or fruit salad can seem boring, what about a little yogurt dressing? It doesn’t necessarily have to be something “bad” or calorically laden, it just has to be something that *you* will enjoy so that you might eat a little bit more of the food that you’re being—you know, that’s been demonstrated to be good for us to eat, that we may not like. That’s right off the bat. It also helps us again, feel more satisfied if we’ve enjoyed what we’ve been eating. Did you ever have a craving and you said—let’s say you’re craving was chocolate and you said, “Well no, I’m not going to eat chocolate because I had a snack earlier and I want to have something else for dinner so I’m going to have an apple instead.” Then you eat the apple and then a little bit later you’re still craving chocolate so you say, “Well, I’ll have some holy crackers.” You can eat all around a craving but until you get what you body is hormonally craving and stimulated for, you’re not going to satisfy that urge.

So now you’ve eaten like three or four hundred calories of things you really didn’t want, and then you go have chocolate. You could have just had the chocolate and you would have been instantly satisfied because your body wanted that and its divided, it gets a little technical. There’s sweet and salt, crunchy and smooth and all those things. If I say those four things, I bet everyone on the call would relate to one of them and go, “Oh, I’m a salty person,” or “I’m a sweet person.” So the yum factor goes back to knowing what your body wants and saying, am I

going to get this in what I'm eating? Am I going to get this in this meal because if not, I really want it. How can I add it to the meal and feel better?

Dotsie: Yeah, you know I like that. And you know another thing that you didn't mention that I think would be important and I've actually learned this from my 22-year old son, is spices and seasoning. He really gets the yum factor by just adding non-caloric, you know, fresh herbs and spices. And they can make such a difference.

Gregory: Yeah, I think so, too. And we are also are known in America, I don't know about the rest of the world, we eat the very limited amount of foods. We don't eat a lot of variety. And even if we only like say 13 types of foods all week, when you talk about adding herbs or something, can just change the whole dish, magnificently. I didn't eat cilantro for years and years and when I moved to San Diego, it was almost impossible to not have cilantro and I really decided, this is kind of yummy. I can put it in anything and it literally sparks the dish. Same with any fresh herb like tarragon, basil, things like that. And you can get them pretty much all times of the year these days. Most supermarkets carry fresh herbs. So yes, that's a great suggestion, too.

Dotsie: Okay, let's move on to—let's see. You say that you can tell us how to add 14 grams of fiber a day without eating straw and potentially release up to two pounds per month. Tell me! What do you have there?

Gregory: Oh my goodness...I didn't know you were going to hit me with the 14 grams. Okay, I'm not going to add them up for you but if you keep in mind that fiber is one of the best things you can do for yourself, and not to mention that most fibrous foods have other benefits, i.e., either good for nails, hair and skin, or always good for digestion, the fiber component, if we're eating more fiber, we're getting fuller, so even if we're eating—things that we can eat quickly, like McDonalds they did a study and I think the average teenager can scarf a McDonald's meal in like two minutes or less because it has no texture and no real fiber so it just kind of slides down. If you have fiber in your foods, you would be encouraged to chew them carefully, or you could have an upset stomach but I would say look for the little things. Add a couple of beans to a salad. You know when they say that a portion is one cup of greens; who eats one cup? That's like one lettuce leaf. I eat about five or six cups of greens. But then, I also want to grate a carrot, grate a beet, add some nuts again, apples, celery.

When I come home after work or after the gym, I want to snack. I could eat cheese all day so I have to be careful. But if I want cheese, I'm going to have cheese. So what I do now is I say okay I'm going to have a carrot and some cheese or I'm going to have two sticks of celery or a half of a cucumber and some cheese. And I think it was Janice who said earlier, you have to have these things in the house. You know that's one of the great keys to getting fiber in your diet is to have it. And when you buy cereal, look for the ones with extra fiber,

read the labels. A lot of breads are similar in fiber content, usually two to three grams per slice if it's a decent whole-wheat bread. But some have up to six per slice. So it's an awareness, conscious decision to do little things and I like to think of our minds as a toddler. And I think you can probably relate to that. I was looking at Jessica Seinfeld's book, *Deceptively Delicious* that she did for feeding children hiding fruits and vegetables in foods so they won't know they are there. It's the same for me and I'm hoping I'm not alone in the world. If I hide things, if I just throw things in the food and don't think about them too much, I think "Oh, that was a delicious meal," and I didn't even notice there were black beans and lentils in and something else in it. You know what I'm saying?

Dotsie: Yes, absolutely. Sure. Okay, let's talk about, and we hear a lot about this now, Flax meal, or Flax oil. We keep hearing that it's good, but really what do you eat and how do you eat that? How do you get that in your diet?

Gregory: The flax meal, flax oil debate usually is around which is better. I wouldn't say one is better than the other but there is fiber in the flax seeds, and you can eat them that way or grind them up, whereas there is no fiber left in the oil. The oil really goes rancid really quickly. So it's great if you use it frequently, but most people will buy it and they put it in the cabinet where it shouldn't be; it should be in the refrigerator, and then a month goes by and another month goes by and then they use it and think, "Oh this tastes terrible! I don't like flax seed oil." But it's actually probably gone bad by that time. So you can get flax seeds, also keep them in the refrigerator, get them ground, you can get a coffee grinder and ground them. I would say any time you can slip a teaspoon or a tablespoon in a shake in the morning it adds a little nutty flavor, on salads, if you're making French toast, if you're doing, gosh... obviously muffins, any time you're baking. It is just such a powerhouse of nutrition and really good for heart health and women; we could use all the help we can get. Mostly because the stress in our lives can undo all the good intentions we have and a lot of the eating we do to keep our hearts healthy can be undone by stress. So I would say that the first thing to do is buy it.

Dotsie: Buy flax seeds.

Gregory: Buy flax seeds and grind them. I actually buy some called, ah... I think it's a brand name. I took it out of the package and put it in a plastic container so I can't tell you the name of it. It's FiproFlax. It's got protein and other kinds of things that are all ground up; it tastes very delicious. And that's the key because some I've had are just kind of dry. I order most of the supplements I get online at a vitamin shop or one of those places. Really my favorite way to get flax is either in my oatmeal or on my cereal or in a breakfast shake because it sort of disappears. You can put it on a salad, you'll taste it, it will be crunchy and yummy but if you're a slow eater, it might start to get a little bit soft and elastic feeling so I wouldn't say that's a great choice.

Dotsie: Okay, well that's interesting. That's something new and I've heard about it but I haven't done the first thing which is buy it. Okay, now we've all heard about eating by color and how you can even know what the antioxidants are and all that kind of stuff. Which foods have the most important antioxidants for women's health and how do we include them in our diet when we might not love to eat vegetables.

Gregory: Yeah, well...and I don't want to beat a dead horse in the eating by color category except that I think we've probably all heard that the darker the pigment, the intensity of the color of the food that we're eating, the more antioxidant nutrition we're going to get from that food. Most foods in that category are vegetables and fruits. Most foods will retain more of their nutrition if they are eaten raw, but not all. Tomatoes, you've probably heard, are better if you eat them when they are soft, cooked, stewed tomatoes, that kind of thing. If you're not a big vegetable lover, I would say either find a way again to hide—I mean you can chop up a little bit—the problem with buying purple cabbage—I was going to say you could chop up a little bit of purple cabbage—but if you don't love it the problem is purple cabbage is never small enough to just use quickly.

Dotsie: Right, you get too much of it.

Gregory: You get too much of it. I would stick to things like peppers. Pretty much everybody can handle a red, yellow, or orange pepper, carrots certainly are easy. Golden beets; people don't like beets and beets are a nutrition powerhouse. If you don't love the flavor of beets because they're strong, golden beets tend to be a little bit milder. Beets are really great grated into a salad. Obviously if you're having a sandwich and you don't have at least a tomato or a cucumber on it, I say shame on you because that is a perfect opportunity to hide a little veggie in there. And all of these things will be adding fiber to your diet.

Dotsie: Okay, so that sounds good. So basically instead of sitting down and eating a whole carrot or a whole beet or whatever, your suggesting kind of hiding it in your food throughout the day.

Gregory: Yes. If you don't like to eat veggies, then start with little bits here and there and I can't imagine that eventually you won't want to eat more of them. I was listening when Janice was saying, "If you'll just take on some of these habits, you find that you don't miss the flavor of some things, and you want the flavors of other things." I have found that to be true although I currently eat everything. I've gone on so many "remove this and remove that from my diet" things just to see what it was like, and I can definitely say that when I didn't eat salt, I didn't need as much salt. When I stop using this and that, it seems that I don't need as much. Other flavors sort of "punched up," they got brighter. So start little, start small, start with anything, anything, what one thing. Every time you are about to prepare a meal or a snack, you can ask the question, "What one thing can I do to improve

this?” Either the yum factor, or the fiber factor, or the healthy factor, whatever it is.

Dotsie: Okay, I like that. That sounds good. And that is the basis for your first book, right?

Gregory: It is. It is a micro and macro concept, meaning that you can do what one thing for yourself, which is where we should start. Especially when we are trying to make lasting change in our life because lasting change comes from a decision and then a commitment emotion tied to that and then repeated action. So if I get really passionate about changing my body shape or my exercise stamina, the emotion is there and then I have to guide myself little steps along the way. So I can say, “Okay, I read this book and it gave me 24 steps. I’m not going to do all of those; what one thing can I do today? Well, I can go walk today. I can add a beet to my salad.”

Dotsie: Oh I love that concept; that’s wonderful.

Gregory: On a bigger scale, it really becomes—it goes from me to global. Eventually there are many rings in between but what can I do to somebody that I’m going to meet, what can I do for somebody I’m going to meet on the street today or in my community; what one thing could I bring to another person that would help their life or make their day? And then it can get bigger from there and then of course, my hope is that we put the message out there and its just another way of shining the light in the world.

Dotsie: Yes, and what a great way. Okay, we have time for one more question and then we’re going to see if anybody else has questions. But I wanted to ask you, you’ve talked about convenience foods and how you can turn like *Lean Cuisine*’s into a real meal that people will enjoy. But in addition to *Lean Cuisine*, I’d like you to tell us how to do that and I’d also like for you to tell us if we’re out and about and we need a quick meal, like a quick lunch, what is the best fast lunch that you could even get through a drive-through window if you had to.

Gregory: Hmm...you are lobbying all the hard ones at me.

Dotsie: Yeah, I know, that’s a tuff one because drive-thru’s are pretty much burgers and fries; not even pizza in this part of the country. You know there are salads and things like that. I just didn’t know if you knew of some good ones from maybe some of the fast food places or even if not a particular place but something you can get that is fast food. You know what I’m saying? So let’s do the *Lean Cuisine* thing. Tell us about that; how you can turn that into a real meal.

Gregory: When I say real meal, what I find with *Lean Cuisine* meals and I don’t eat them often but I did again do some research on them, they don’t satisfy me, anyway. I don’t find that the Chicken Teriyaki is enough food and I know they say

add a salad, whatever. If I'm eating a hot meal, I want more of that hot meal. So what I will sometimes do—Okay, let's just say we take a Chicken *Lean Cuisine* meal. What could you add to that to make it more interesting? Well, if it was an Asian-flavored thing, maybe you could throw some broccoli in the microwave, pour a little Asian dressing on it and pop it in it when your Lean Cuisine comes out of the microwave, pop it in there and bulk it out a bit. Or maybe you could add more chicken. I don't find like—I know that they're balanced nutritionally, but again, maybe I just eat more than everybody else. But I feel like, I want an extra couple bites of chicken. So I almost always have leftovers in the refrigerator, I don't know about you. It's simple. Even though I'm a chef, I don't want anybody to feel like that "Oh she's a chef, she can do that." We're pretty simply at home. We eat a lot of grilled fish and chicken. So if I have leftover chicken, I'll just chop it up, throw it in after the thing starts to get warmed up and put it back in the microwave. And in that way, I feel like I'm—there's just a little bit more to enjoy. Or if you want to leave that one component like it is, maybe you do add a salad but make it an interesting salad, not just lettuce. Add some, who knows, water chestnuts. Again this is going back to that Teriyaki thing. Often what I'll do too is if I buy one of those frozen stir fry bags that you buy at the grocery store, I find that those are really good to throw into something to bulk it out. So often what happens is I hit up a Lean Cuisine, or maybe just a cup of soup or those roman noodle things. I get that all hot, and then I pour it into a bowl and then I pour my other things into it and pop it back in for a minute or two. So I'm increasing the volume so I get satisfied, I feel like I've eaten a little bit more, and it's just texturally more enjoyable. Often times those frozen meals again don't have a lot of texture left in them and that is an important part of our feeling satiated.

Dotsie: Okay, very good. Now what about a drive-thru for a quick meal when you out, that's healthy?

Gregory: I one time made the mistake of driving through the KFC thing and asking, "Do you have any grilled chicken?" The woman literally said, "Did you see the name on the door? It's called Kentucky FRIED Chicken." I'm not kidding. I was mortified. I thought at this day and age, they must have something on the menu that wasn't fried, but they don't. So avoid them altogether. You know salads are, for the most part, some are better than others. You just go for the thing you're going to enjoy if you're on the road.

If you're on the road every single day, I would suggest get a book because there are tons of books out there. There's a really great one out right now that just bought called "Eat this, Not That," by David Zinczenko, the Editor-in-Chief of Men's Health Magazine which is a stellar magazine for nutrition information. Buy a book and read and find out; you can even go online, if you're traveling a lot and see which of the fast food chains, or even the bigger restaurants chains like Olive Garden and all those, they're all rated online or in this book—the good thing about this book "Eat this, Not That" book is he's not saying you can't have—like I'm turning to the page on frozen fish fillets. He's not saying you can't have a

frozen fish fillet or a dinner at a *Burger King*, but he's suggesting, you know, maybe instead of having a whooper, I don't know, maybe have the grilled turkey-bacon thing. Even though it has bacon, you may say, "Oh my gosh, it's got bacon," it ends up being a better choice. I try to find places like 7-Eleven's because lately, 7-Eleven's, I don't know whether you guys have those or not; I don't know how far reaching they are, but they often have, or almost always have, a salad that I can see the ingredients of, or turkey on whole wheat bread. You know it's not the best turkey but sometimes it's the best fuel. When you can, you eat what you can that's great for you, and when you can't, I would like to say, just don't sweat it because I think the negative vibe, again more added stress of what we're not doing "right" is worse for us than any bacon cheeseburger will ever be.

Dotsie: Gotcha, I love that. That makes sense because if it is not always going to be your choice, but it has to be on occasion, why beat yourself up for it? Okay, does anybody on the call have any questions for Gregory?

Caller: This is Janice. I have a quick question to ask Gregory. What about Calcium; how do we add Calcium to our diet and what about those chewable chocolate vitamins, do you know what I'm talking about?

Gregory: I do. I think they're called Viactiv or something like that?

Caller: Yeah. One of the things that I noticed about those is the calorie count on them. But I know a lot of people who—you know, it's weight to calories, really. But I just wondered, what about calcium?

Gregory: Yeah, just one quick thing about Viactiv. I haven't looked at them in about a year, but originally, they had a hydrogenated oil base, which I thought was kind of interesting because on the one hand they are saying no trans fat and on the other basically all it was is sugar and trans fat. Almonds are a really high source of calcium which a lot of people don't know as are greens, which many people do know but don't like to eat. Watermelon, oddly enough has calcium, which isn't going to help you this time of year. But if you can get a yogurt in, I don't love those little containers of yogurt, not the "lite" and whatever they're all called, I like to just buy plain yogurt and add things. It is just a flavor preference, there is nothing wrong with the other ones. I don't subscribe to the idea that dairy is not good and I don't even buy skim milk. I don't love milk but I generally buy two percent because again, for me it's the yum thing. And anything that's got no fat in it, I just don't enjoy it that much. So I would say, you know the cheese, yogurt, a little skim milk. I like hot chocolate. And I will buy—in my two percent milk I'll put a little chocolate in it at night instead of going to the refrigerator and picking something more damaging. I buy the Swiss Miss, no sugar added packets and they only have 60 calories. Then if you add a cup of milk or something, you know, it's probably about 150 calories which at night is enough to

keep you from being hungry and the calcium will help you sleep and its not too much to tip the scales.

Dotsie: How about calcium in orange juice? Do you buy the orange juice with calcium? That's something that I've started doing just because I think I need more calcium.

Gregory: Yeah, I think it's a great idea. As long as—I thought I tasted a difference in the flavor of orange juice but I got use to it.

Dotsie: Yeah, I have, too.

Gregory: The only thing, I guess, would be to be careful then if you also supplement with calcium that you're not overdoing it. I don't know what the calcium overdose limit would be; it's just that I don't think we need more than what we need, which is somewhere between 1000 to 1500, depending on who you listen to.

Dotsie: Okay, does anybody else have any questions for Gregory because we're actually a little bit over our time, but I wanted to make sure we fit everything in. I do have one other question and I'm just curious, what multivitamin do you use, or do you use one?

Gregory: I do and it's called Isotonic and its actually a powder that you dissolve in water and so it is a water-soluble vitamin. It's easier for the body to assimilate this particular style of vitamin, but it doesn't mean that the others one aren't good, I just take so many other things that I just got tired of taking capsules. I also supplement my day. Currently I'm taking Green Vibrance, but I do a juice drink in the morning which is 8,342,000 different things pulverized into powder.

Dotsie: Okay, so its Green Vibrance and you get it at the www.vitaminshoppe.com/?

Gregory: Right. In my *Green Vibrance*, I put one packet of *Emergen-C*, which is a thousand milligrams of Vitamin C, a teaspoon of fiber product called *Daily Fiber Formula*, from *Yerba Prima Fiber Blend*, and one serving is a rounded tablespoon, but I probably take a little bit less. And I get a gram of protein and like 12 grams of fiber.

Dotsie: I'll tell you what Gregory, I would love to add that to the transcription, so if you would be kind enough to just email us what it is that you take, and then maybe we'll even throw it in the update, you know, next week or something like that. I just think it is so interesting to hear what health-conscious people are doing to take care of themselves at midlife and I think that would be helpful.

Gregory: Okay. I'll be glad to.

Dotsie: Again, Janice, do you want to tell us your Web site?

Janice: www.ourladyofweightloss.com

Dotsie: Okay, and you can sign up for Janice's—

Janice: *Kick in the Tush Club* newsletter or anything else. Or write me—I love

Dotsie: Yep, other things to sign up for. Hello? I don't know—did Janis cut herself off? I think she may have. I think she was saying that she loves to hear from her readers and her fans.

Janice: I don't know what happened, I got bumped. But I love to hear from everyone.

Dotsie: Oh, okay, and then Gregory, you want to tell us your Web site again?

Gregory: It is www.livebettercoach.com and actually the blog is fun and it is www.theyourevblog.com and its short for the You Revolution which is the name of my newsletter.

READERS: Below is a listing of Gregory's morning ritual with vitamins and supplements:

Each morning in half water/half OJ, (with Calcium) 1 scoop of Green Vibrance or Greens plus +1 packet of Emergen-C which I can not live without, 1 tsp. of L-Glutamine +1 Tablespoon of Yerba Prima Fiber Blend. I use this to wash down Rhodiola, Ashwaganda, Source Naturals Life Force, (acidophillus).

I don't take a multi every day only on those days I feel I have not eaten well. Then I take Isotonix Multi-Tech. You can check out this link if you are interested, <http://www.marketamerica.com/forbes>.

Also on the daily roster are COQ-10, Acetyl L-Carnitine, and fish oil but after I've had breakfast.

Also, noteworthy is that Gregory is in the process of completing her degree in nutrition.

Dotsie: Okay, and let's see...again, I'm Dotsie Bregel with **National Association of Baby Boomer Women**, www.nabbw.com and **Boomer Women Speak**, www.Boomerwomenspeak.com and I just want to thank you all for being on the call. Again this will be sent to all members as a link so that they can listen to it and then we also transcribe them so if they don't have the ability to listen or if

they don't want to read it they can print it and read it themselves. So I just want to thank everybody for being on the call and have a great day.