

Trina Felber: [00:06](#) Hey everybody Trina here at The Healthy Me and today I like talking naughty and I have a naughty nutritionist with me, so it's super cool. So, um, let me tell you who I'm going to be talking to. Who is this naughty nutritionist? So we're going to be talking about health foods that heal and health foods that harm. We all know that that's a possibility. We just don't talk about it. What you need to know for a healthy you. So I am going to be talking to Dr Kayla. T Daniel. She is the "Naughty Nutritionist" because she tells the truth that's too hot to handle and then nobody else is talking about. She's the co-author of the best selling book, Nourishing Broth, Old Fashioned Remedy for the Modern World and author of the Whole Soy Story, The Dark Side of America's Favorite Health Food and Hook, Line and Sink, the Truth About Fermented Cod Liver Oil, which is so good but does stink.

Trina Felber: [00:59](#) She has appeared on Dr Oz, PBS, Healing Quest and other shows. She's been a speaker at Paleo(fx), which is one of the places I love to gather and central health and other conferences. She received the integrity in science award from the Weston a price foundation in 2005, the health freedom fighter award from freedom law school in 2009, and I like this one, the bad ass award from the Paleo primal price, which is now hunt, gather grow foundation in 2015. Dr Kayla currently serves as the president of the Hunt, Gather Grow foundation and on the board of directors for the price Pottenger Nutrition Foundation, Dr Kaayla, welcome to the show. Thank you. I love the Naughty Nutritionist. That's awesome.

Dr. Daniel: [01:44](#) Well, it's so much fun. People are so tired of all the consistent, inconsistent and contradictory dietary advice, so I have fun with it. My brand about education plus entertainment.

Trina Felber: [01:55](#) I love it. So what are some of the dirty little secrets in the food industry, especially the health food industry? I know that's what what we are here to talk about.

Dr. Daniel: [02:07](#) Well, red meat and butter and cream and eggs are good for us and many health foods, including the Kale and shakes and bars and uh, they can kill us and not just because they taste so bad. We'll wish when we're dead.

Trina Felber: [02:22](#) No. What, what are you talking about? Tell me. Tell me more.

Dr. Daniel: [02:28](#) Well, our ancestors ate traditional foods animal foods. They had omnivorous diets. They honored all parts of the animal, not just the muscle meats, but also the organ meats. They made bone broth and the carcasses. These were true health foods. And when we start allowing father technology and marketing and

money to take foods apart into parts where we're calling parts of them good and bad, that increases the profit, but it's not what mother nature intended.

- Trina Felber: [03:01](#) So why should we trust mother nature's wisdom over father technologies inventions?
- Dr. Daniel: [03:07](#) Well, um, I think mother nature is very wise and we need to respect all of us. Wise old crones and Mother Nature's wisdom goes back tens of thousands of years and father technology, it's the new inventions like contrivances and they're often driven by money and cleverness.
- Trina Felber: [03:27](#) Yeah, technology is great. But it's not always the best answer.
- Dr. Daniel: [03:31](#) Yeah. And you know, there's a lot of really what seemed to be good ideas and then in time we find out that in fact mother nature was right all along.
- Trina Felber: [03:43](#) I know I found that out with skincare too. That's, that's my beef is that, you know, Mother Nature knows best. So always go back to mother nature. She's not going to do you harm. She's gonna keep, keep a lookout for you. So what's your opinions of shakes? I know a lot of people use, um, and I, I myself will use shakes and smoothies. You know, there's energy drinks out there, energy bars. What's your opinion on those types of foods?
- Dr. Daniel: [04:05](#) Well, with many of the clients I work with say if they've been skipping meals, skipping breakfast a, if they're starving and then they're tempted to eat really, really terrible things. I think for some of those people, you know, a good quality shake or bar can be a real lifesaver for those people. So maybe it's a good transitional food, but I really like to get people eating real foods, flips, they cook from scratch. What are the ingredients they're buying from their farmers are growing in their own gardens and all these powders and bars and you know, I know it's a real growth part of the whole food industry, but I mean they don't really look like food if you think about it.
- Trina Felber: [04:49](#) No, I've not seen real foods come in a little plastic container, right? Or plastic wrap, something that you have to actually open. What about supplements and supplementation and um, that kind of thing?
- Dr. Daniel: [05:03](#) Well, most people do need some and there's a lot of reasons for that. We had very depleted soils to start with, so our foods are,

are really depleted in minerals to start with, for example. And then in terms of vitamins and other nutrient content, the transportation, if it's coming all the way across the country or even from another country, the transportation itself is causing great nutritional losses. So you add that in with the fact that many people are eating poorly to begin with, not enough variety, not traditional foods and people are depleted. And then of course, if they've got some health conditions, maybe we do need to supplement to, to try to rectify those conditions. It's just that we need to choose our supplements with intelligence. We need to be considering things like laboratory work because a lot of very intelligent will be taking bag loads of products that maybe are not right for them. They might be good quality products that might be perfect for you, but not for your best friend.

- Trina Felber: [06:07](#) That's very true. Some people might just be taking the wrong products in and you're not feeling better because it's just not the right supplement or the right product to fill in the gap because really that's what the supplement is meant to do. Fill in a gap that your dietary is lacking. And I liked what you said about the soil being depleted because I talk about that a lot too, about dental health because that's really a key factor in why our dental health is declining, which builds upon the rest of your health. Um, but it's, uh, it's the basis and the foundation for your, um, the minerals to go back into your teeth. And because the soil so lacking and even organic soil is lacking in minerals, so it's not just any soil, but even the organic foods are lacking in minerals as well. So it, it doesn't just affect your mouth that affects your whole body, which is really important.
- Dr. Daniel: [06:58](#) The best thing with the organic of course, is what that doesn't have commercial pesticides, roundup, herbicide, all of those different, different things that we want to avoid if we're going to be healthy.
- Trina Felber: [07:13](#) Yes, very true. Yeah. It's more about what you're avoiding than what you're getting because you're getting the same amount of regular soil. You're just getting more of the harm. Um, what about, um, let's talk about cod liver oil, um, and what's your take on cod liver oil?
- Dr. Daniel: [07:31](#) Well, a cod liver oil is traditional food, very familiar to people in Scandinavia in the north and giving them a, not only the components of fish oil, like the EPA, Dha, Omega three fatty acids but giving us vitamin A and vitamin D and the natural cod livers or the cod liver oil from them would have a balanced level of A and D. and most people today have heard they need

Vitamin D, but very few people are looking at A and many, many people are depleted. So that can be a very good source, but it's very important that it be not rancid.

Trina Felber: [08:13](#)

Yes.

Dr. Daniel: [08:15](#)

And so buy small bottles, uh, use it up quickly. If it feels off, tastes off, smells off, throw it out, you know, be the same with any oil you're using in your kitchen. Oils are fragile, you know, they cannot be exposed to light oxygen, a heat, they start to go bad very quickly. So the thing is with cod liver oil, the type to absolutely avoid is one brand of fermented cod liver oil. Because think about it, you cannot ferment and oil. You ferment carbohydrates, ferment an oil, it goes rancid. If you a protein, it goes putrid.

Trina Felber: [09:00](#)

Yeah, that would be the health food gone bad right there. That could just not be good for you.

Dr. Daniel: [09:05](#)

Exactly. In a whole lot of people have been led to believe that this absolutely putrid and fermented cod liver oil that burns their throat and it tastes so bad that some people want to throw up is somehow good for them and they should somehow get it down and feed it to their children as well. And they got the idea that this is natural and in fact, it's not traditionally a oil, that cod liver oil that has been fermented to that extent, were allowed to just rot in barrels. It doesn't really ferment in barrels is used to paint houses, you know, they add iron oxide and they got red paint your, you paint your houses in Norway.

Trina Felber: [09:53](#)

How that just doesn't even sound good. So what do you recommend? What do you have a brand that you recommend that people can investigate? Look, look at.

Dr. Daniel: [10:02](#)

Well, the one you want to avoid at all costs is Green Pasture. That's the fermented one. All of the others. Um, I think people need to choose whether they liked the idea of something that's more fresh. Something where there's been father technology involved and you know, here's a perfect example of where father technology comes in because in our great grandparents day they did not have the quick refrigeration, the airplanes, the technology to to produce a supplement like that under conditions that would reduce the possibility of rancidity and now we have that and how much we're going to do. Some people don't like the idea of the processing like that, but the truth is it does prevent the rancidity and you've got to at least a safer product. So I let people make their own choices. You

know, which way they want to go. It's just the one to avoid is anything that tastes rancid or or bad or off.

- Dr. Daniel: [11:03](#) You know, if you've just opened the bottle and that happened to return it to the manufacturer if it's gone bad because you've left it around, you do not want to leave this stuff uncapped on top of your counter. No, I can't imagine. By the same token, you know, we shouldn't be doing that with our olive oil, avocado oil or any of these others. You know, a lot of us Paleo people, we've got our, our bacon fat sitting around and you know, we need to take care of all of these absolutely traditional ones like lard and tallow and Bacon fat, they actually do have enough saturated fats in them to protect them to some extent.
- Trina Felber: [11:45](#) Yeah, I know. I remember my mom always saving the bacon grease in using it and I, I've done that a little bit here and there. Um, but yeah, you've got to, you've got to protect it too because it's nothing's worse than contaminated or rancid oils. I mean that's just not good for you. What about soy? Let's talk about soy because I know like for some time there soy was really popular and then it kind of got a bad name. So talk about soy a little bit. Does it have a dark side or is it a good thing?
- Dr. Daniel: [12:13](#) It sure does and I'm somewhat responsible for soy getting a bad name. I take credit for that.
- Trina Felber: [12:23](#) There she is the face with the person that did that. Here we go. Dr Kaayla.
- Dr. Daniel: [12:30](#) So my book "The Whole Soy Story" came out in 2005 and I was researching it for several years prior to that and it was a long project. It was one of those things where I got into it thinking, Hey, I can do a quick book on this, but it was more complicated than I originally planned.
- Trina Felber: [12:48](#) You weren't expecting to find all that information, right?
- Dr. Daniel: [12:52](#) Yeah, there was. It's always complicated when you've got thousands of studies and you really need to look at whether they're. Well done studies, you need to look at the data and not just the line that you want. That might be in the abstract.
- Trina Felber: [13:07](#) Right Exactly. You can't just pull out one piece. You have to actually look at everything.
- Dr. Daniel: [13:12](#) Well, the interesting thing is that many of the studies that say the soy industry may have paid for the abstract supports the soy

industry, but if you actually look into the body of the report, you may find other interesting material in the discussion and the data and you build your case.

- Trina Felber: [13:30](#) Yeah. So what. What is the case that you built against soy? Tell us the dirty little secrets and the naughty news about soy.
- Dr. Daniel: [13:39](#) Okay, well, soy we have more than 70 years of studies linking soy to malnutrition digestive problems, immune system breakdowns. Um, soy is now one of the top seven allergens, soon to be in the top four. It's been linked to reproductive problems in fertility and a yes, loss of libido. Uh, some of the first things people will tend to notice is that they'll start developing thyroid problems.
- Trina Felber: [14:09](#) Yeah. Thyroid problems are pretty common. I mean, when you're, when you're using or eating soy quite a bit. And this goes for like soy milk and you know, anything that has soy, I'm assuming, right?
- Dr. Daniel: [14:20](#) Yeah. It can be a, like with any toxin, it's a matter of the dose and the direction and that, you know, with, with soy, people expect that I'm 100 percent anti-soy and but the truth is I enjoy my miso soup. I have a little tofu once in awhile. I'm natto actually is a health food is full of vitamin K two, very usable. Now of course, natto is definitely an acquired taste and smell. Um, you know, it is genuinely fermented product and it smells and tastes so bad that they have a separate room for natto eaters in, in Japanese restaurant.
- Trina Felber: [15:01](#) Oh Wow. I don't even know what to say to that.
- Dr. Daniel: [15:09](#) It's an acquired taste. Some people would rather, um, you know, be strung up by their fingernails than ever eat natto and other people relish. Yeah.
- Trina Felber: [15:19](#) Um, and those people get their own room
- Dr. Daniel: [15:23](#) and you know, but in terms of a dirty little secret that's kind of fun. Um, the place where they eat the most soy in Asia is the zen monasteries. And it seemed that the monks notice that when the Tofa consumption went up, the naughty behavior went down.
- Trina Felber: [15:40](#) Oh, that's funny. Oh my goodness. So there's proof right there that it affects your libido and everything else around that.

Dr. Daniel: [15:46](#) People always want to know what soy is good for. And I say it's good for monks who want to maintain their vows of chastity. It's good to give to husbands who had been unfaithful. Good for politicians with the zipper problem.

Trina Felber: [16:02](#) See, you got it right here from the "Naughty Nutritionist". There you go. That's when you use your soy. Oh my gosh. What? Tell me like let's talk about the thyroid because your thyroid gland is responsible for a lot of things. So how does soy affect it?

Dr. Daniel: [16:16](#) Well, I want to first say that soy is not the only demon in the environment. That's true. Would it be that simple? But we've got many problems in the environment. Things that damage the thyroid, including chlorine and fluoride and the plastics, the plastic estrogens, the Xeno estrogens or the phido regions. So you know the drinking water, you know, people's medications. I mean it just goes on and on. There are just so many ways we can harm the thyroid. But in terms of diet, many, many people who start going on a soy kick and it's usually they decide to get healthy. They've heard that meat and animal products and fat or bad for them. They start thinking, well, I don't want to go high carb. How do I get hook high protein, but plant based and they start doing a lot of soy. So maybe they're replacing a dairy products with soy milk. Maybe they're replacing meat with soy energy bars or shakes, or there's just many ways people, people go wrong. They started eating a lot of soy and if they're women in perimenopause or menopause and they start finding their thyroid is tanking and they lost their energy, their doctors are likely to say, well, what do you expect? You've reached the advanced age of 45 or 50 and well, so I can be a factor there.

Trina Felber: [17:45](#) I love how diet never comes into play with a lot of these discussions that you have with your physicians and practitioners. So it is really important.

Dr. Daniel: [17:56](#) Some of those doctors, they've learned the wrong thing their advising people to have the soy

Trina Felber: [18:03](#) because. Yeah, I mean it came out as this health food.

Dr. Daniel: [18:08](#) Yeah. So that's where I come in and I'm naughty. You know, if you've heard soy is good, it's probably bad if you've heard red meat's good. Well, it is bad. Um, that's probably not right. But on the other hand, I would strongly encourage people to do grass fed pasture because we cannot support factory farming on either a personal level or animal rights level or environmental,

- Trina Felber: [18:33](#) right? Yeah. And nutritional standards. When you're looking at nutrition to it, it's definitely worth the extra money to buy the, you know, the pastor raised. It's totally got so much more nutritional benefit for everybody. Why do you recommend that broth be the foundation of a diet?
- Dr. Daniel: [18:53](#) No, we have that saying that health begins in the gut. So whatever your symptoms are, if you've got joint problems, you got headaches, you've got, you know, bad menstrual cramps, whatever the initial symptoms are, you still start with healing the gut and broth is an amazing healer of the gut, you know, it's sort of soothes it. And also there's the whole issue of broth having some very special nutrition in it. And a lot of people think it's, it's high in minerals, but it's actually not. Although the minerals that are in there are probably very absorbable, it's because the broth is high in collagen.
- Trina Felber: [19:34](#) Oh, I love collagen. And you can't go wrong with Collagen.
- Dr. Daniel: [19:37](#) Yeah, and so whether you have a bone issues, there's not a lot of calcium in the broth, but hey, the collagen framework is how you build strong flexible bones and then the minerals lie on it, but that collagen framework is key, it's like you're trying to build a sidewalk or a skyscraper with concrete, but you forget the rebar,
- Trina Felber: [20:01](#) right? It just doesn't hold up as well. Right. And as we age, we lose Collagen. We're just losing more than we produce or in, in it structurally. That's what kind of keeps us looking younger in our skin as well. Um, yeah.
- Dr. Daniel: [20:17](#) Well that's one of the first things people notice that when they start increasing their amount of genuine bone broth, their diet, or in this case, you know, you can, you can use some good supplements like I like vital proteins, a cartilage product and the collagen and peptide product. You can immediately notice better nails, better skin.
- Trina Felber: [20:38](#) And I do that, you know, I throw that into a smoothie or even just mix it into juice. You mentioned vital proteins and I know those guys, I love them and their products are very easy to just throw a scoop in with like a juice, a fresh juice that you freshly squeezed or any kind of drink, even water, so it's not like it's complicated or hard to do
- Dr. Daniel: [21:00](#) well when you're doing the collagen peptides or, or a collagen in the hydrolysate there's no taste or smell or what we call



mouth feel. So you can mix it into whatever, say you're working with the client and maybe ultimately they might need to not drink coffee, but in the meantime they can have some collagen and in their coffee or tea or on their food and it,

- Trina Felber: [21:24](#) you're just adding to what they're already doing, but making a healthier version, something that's going to actually implement growth and sustainability within the body.
- Dr. Daniel: [21:33](#) That's very much what I try to do with a lot of my clients. So, you know, we first upgrade the standard organic fair trade coffee, you know, let's get the quality up. Yes. And uh, and then as people get healthier, we start working on what maybe they specifically need to cut back on.
- Trina Felber: [21:51](#) Yeah. I, I totally agree. Because you can't make too many changes all at once. Most people can't adapt to that. But making small changes builds out more milestones than making big changes a lot of times.
- Dr. Daniel: [22:03](#) I think. So in upgrading their, what they often considered a bad habit helps the transition. You know, they're happier campers. They're more cooperative.
- Trina Felber: [22:14](#) That's so true. I've heard you say nose to tail eating. What the heck do you mean by that?
- Dr. Daniel: [22:23](#) Well, that's where a broth fit in and eating organ meats, like liver and heart, or with chicken gizzards where that plays a part because our ancestors, if they killed an animal, they would honor it by using all parts of the animal. I mean, they use the leather, they use the meat, they use the bones, they used everything. And one of the ways people have gone astray in our modern world is people have enough money and it's very convenient to say buy lamb chops and steaks and not buy the cheaper cuts. Now our ancestors were more frugal a, but there is mother nature's wisdom in that too. We do need to be eating a lot of those organ meats and this is a perfect example of, of when a supplement might be appropriate because the truth is we get a lot of resistance when we tell people to eat liver. Now I don't quite get that because I think liver with onions and bacon is really delicious, but not everybody agrees with me, you know, the liver capsules can be a way to do that. But I really like a lot of these things like gizzards, we cook them a long time and saute them in butter and salt and I mean they are a pretty darn good Paleo or Keto snack.

Dr. Daniel: [22:23](#)

Trina Felber: [23:46](#) They're chewy and they're tasty and they're nutritious too. I mean, you can, you can. Yeah. I can get all contained or for like a dollar 17. Yeah. Really? Because nobody wants them. Yeah. Um, so maybe we should be quiet about this. She's being naughty again. Don't tell anybody. Don't tell your friends.

Dr. Daniel: [24:08](#) So many people think it becomes too expensive to, uh, to eat organic. To have that much meat, but they're thinking about the prices of lamb chops and rib roast.

Trina Felber: [24:19](#) Well you're right because like you said, our ancestors would eat the entire animal where we are so used to going and getting chicken breast and that's it. Like you know the chicken breast or you know the, the wings or whatever the case may be, but you, but you're just buying the piece of the part and not really. You're missing out on a whole bunch of nutrition that's in that animal that's meant to be in you that you need to sustain yourself to be healthy and let's face it, any supplement that you take is never going to be as good as the real thing. Like really they come close, but you know really if you can get it from the real source, the original source, then you're always better off.

Dr. Daniel: [24:59](#) Well, that's because mother nature put in things that we may not even be aware of yet.

Trina Felber: [25:05](#) Well, yeah, because most of the time, especially if you're eating an animal that's grass fed, you know, it's all the nutrients that are in the grass from that area. The honeybees know from that area, all of that stuff is pertinent to a specific area. So the more local you can buy even better. Um, obviously because it's going to contain the stuff that's in your area from, you know, the animals. So tell me about dirty little secrets. What's that all about?

Dr. Daniel: [25:33](#) I decided that it was time to tell the truth. I'm on the detoxification fad and that has to do with the dirty little secret that you really cannot do this, you know, with six days or 10 days and a few shakes and I'm a few pills and

Trina Felber: [25:51](#) what there's more to detox than that you're kidding me.

Dr. Daniel: [25:57](#) No, sorry to be the bearer of bad news. But I think the people that I will connect with or perhaps the ones who've tried that and felt they failed at it and we really need to be considering something that is going to be more of a longterm thing where

we gradually, slowly and steadily remove the toxins from our body and support our body with the nourishment it needs to, um, be able to handle this as an ongoing thing.

Trina Felber:

[26:26](#)

I agree. Because even if you eat clean and you're, you're healthy, you're drinking good water and drinking plenty of water, you're still exposed to a lot of stuff that, you know, just even pollution, walking outside, you're exposed to a lot of stuff in water. Tap water contains a lot of harmful ingredient, so you're, you're just exposed to things on a day to day basis. So for me, I've always viewed detox not as something I do once a month or once a year, but you know, and I might do a deep detox once every six months. I've done like the water detox and things like that. That's more to reset myself. But I do a continuous detox, you know, I've got the, I've got a infrared sauna, um, you know, drink plenty of water, do some charcoal. I do some bentonite clay, internal cleansing, but I'm doing this on a continuum to keep myself because I know every day I'm being exposed to stuff. What is that your feeling as well? I'm assuming?

Dr. Daniel:

[27:21](#)

No, we cannot avoid being exposed. I mean, you can live in a really remote area and downs, coming to acid rain. We can't avoid this stuff, and on top of that, most of us are not living in a very remote area. Most of us are exposed to the wonders of technology and I am a fan of technology. I like to, to be able to fly across the world. Yeah, I mean, this is something I enjoy greatly. Uh, I like my Mac were exposed to wifi. There's the, all the electromagnetic field issues. There are just so many ways we need to try to clean up our lives

Trina Felber:

[28:04](#)

and we just don't realize what internally it does to us. It really does sludge things up and if we don't continuously detox, um, the sludge just keeps building and building until you end up with some sort of symptom because your body has to be able to communicate to you that there's something wrong.

Dr. Daniel:

[28:22](#)

Yeah. And one of my mentors, the late Hazel Parcels who died at age 106, she liked to come up with these little common sense. Say she say if you want to get dry, you have to get out of the rain. And you know, it's something our grandparents probably said all the time, but it's so true. And wherever in our lives we can clear things up, say create a nontoxic house for example get rid of the carpets, get a corded landline phone, which you use most of the time. Have your computer not on Wifi, but with the, you know, the hookup, you know, do all this kind of thing because, you know, when we go outside we don't

have that protection. So the areas where we can control things, it's best that we do. So

Trina Felber: [29:14](#) yeah, because we've kind of let our control go and it's become quite extreme. You, you're right. We're very, um, like you, you can be tied to nothing. Like we used to be tied to the land lines. You can only talk on the phone for as long as the cord would go. Now you can go anywhere. So sometimes it's better to just tie yourself back to the wall and sit down and have a conversation instead of everything else that we're doing. I agree.

Dr. Daniel: [29:41](#) Well, I see people out jogging and, you know, they're doing it, you know, in the middle of traffic, plus they're talking on the phone and I keep thinking, who the heck are they talking to? Because I don't do that that much.

Trina Felber: [29:54](#) I mean, you do have to disconnect, you really do have to spend some time disconnected. Um, we went on a cruise one time and I thought for sure it'd be the first time in my life that not life, but the first time in a long time that I wouldn't be able to get, be connected by my phone and once, you know, in the middle of nowhere I was getting text messages and I thought this is ridiculous. No, I don't want this. I'm here, you know, I want to be here and not be here. So. Well, I thank you so much for giving us your dirty little secrets or inviting us to share your dirty little secrets. And um, I, I applaud everyone and anyone and including you, especially you for opening your mouth because it has saved us a lot of um, maybe thyroid problems, you know, and a lot of other issues that we might not even be aware that we could have had. So it's for people that have big mouths like you that like to open them. Dr Kaayla, what's your website? Where can they check you out?

Dr. Daniel: [30:53](#) I'm at drkaayladaniel.com. That's D R K a a y l a d a n i e l Dot Com.

Trina Felber: [31:04](#) Awesome. And we'll have that posted as well and we'll probably put it right here on the screen as well for people viewing. So thank you so much for joining us and giving us your information. Um, you know, talking about the foods that heal and the foods that we think that heal because they sound really good, but they actually cause more harm than good. So I really appreciate all the wisdom that you've shared with us and you know, if we can even just get across to people that it's not necessarily that some things are bad, it's just that we overdo it. So just even if you, if you'd like, soy it's not the end of the world, just moderation. Right. All right. Thank you Dr Kaayla for joining us and I appreciate everyone taking time out of their day to spend

time with me and the "Naughty Nutritionist". So. All right everybody. Until next time, have a great day.

Speaker 3: [31:57](#)

Thanks

Trina Felber: [31:57](#)

for watching. Make sure you subscribe to keep learning how to create your healthy self. See you next time.