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Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

[00:00:13] This podcast is for educational purposes only and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

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[00:01:13] All right. And now we'll get started with today's episode.

[00:01:19] Hi, everyone. It's Megan Ramos here and we are back with another episode of The Fasting Method podcast. Before we get started, I want to wish everybody listening today, Happy New Year! So excited to be bringing this podcast into 2023 and providing you with information to make this your healthiest year yet.

[00:01:42] Today, I'm joined by both of my incredible co-hosts, Dr. Nadia Pateguana and Dr. Terri Lance. We are going to be sharing our top three tips each for getting into the swing of things in the New Year. How are you ladies doing this year? How were your holidays?

Nadia [00:02:03] Doing great, Megan. Hi, Terri. How are you doing?

Terri [00:02:06] I'm doing well. Came back from the holidays looking into 2023 with a lot of excitement.

Megan [00:02:13] This has got to be a better, healthier year for people. There was something very bizarre about 2022, I think. I had a just awful, awful year. So looking forward to 2023 and really good health [laughs] this year.

Nadia [00:02:32] Same here. Actually, just as an aside, my birthday was in December and my kids and I were blowing out the candles, and my only ever wish for myself and for all of you and my family is health. So as I blew out the candles, all I wished for was for good health - for myself, for all of you, and my family.

Megan [00:02:52] Well, in today's episode, everyone, we're going to share our top three strategies each for optimizing things, getting started, really taking control of your health this year. And after last year, I think a few of us are going to be following our own advisory very strictly [laughs] going into the New Year. So what we're going to do is we're each going to go around and share one of our tips at a time till we've all shared our top three tips. So who wants to go first?

Nadia/Terri [00:03:27] I'll go first.

Nadia [00:03:28] Oh, [laughter] competition here. Go ahead, Terri. [laughter] That's how eager we are to get started.

Terri [00:03:36] Well, the first one that I would start with is (For some people who know me pretty well, this is going to be a repeat.) the idea of looking at the changes you're making in the way that you're eating and the amount of fasting that you're doing or the fact that you fast and do TRE, to really work on making this part of your identity. You are not doing a diet plan. You are not doing a program. You are changing your life. And so the more you make these choices part of how you navigate your life, the more likely it's going to be easier to do them consistently and to sustain them long term.

[00:04:18] So, for example, when I go to a restaurant (because I am someone who eats a whole food, low-carb approach) I know exactly what to look for on the menu. I don't look at the pages on the menu or the sections on the menu that don't fit my way of eating. It's my identity. Just like if I were someone who ate with a vegan approach, I would not even look at the meat section on the menu. I would go directly to the items on the menu that work for my approach.

[00:04:46] So making all of this part of your identity - "I'm someone who eats only meals." Making that consistently a part of how you see yourself, I think is a really important piece to work on into this New Year.

Nadia [00:05:01] That's really great, Terri, and although that might seem very similar to what my top tip is, it really isn't, because what you're talking about is something that I think we all should be focusing on much more, which is this idea of creating that new identity, whatever that identity is that you want to be, right? You get to define who you are, how you eat, and all these other things. So that's a really big one that I'm totally still working on - this idea of who I am and who I want to be.

[00:05:31] My top tip is to really just tighten up those TRE windows. So much more on very practical terms, much more than this big, huge topic of behavioral modification, which you teach us all so much about, Terri, but much more about just practically tightening up those TRE windows, those time-restricted windows, which we call 'meals', not necessarily 'eating windows' because that leaves room for a lot of grazing and snacking within that time period.

[00:06:01] But for me, it's reminding myself about what I call 'plating', which is this idea of sitting down to eat a meal, to bring all the foods that you want to eat around you. I know during the holidays it's very easy to graze and snack because there's just food everywhere. People might not be sitting down to eat. There's a whole bunch of people around. You're just basically eating all day and all the time, I think, between certain holidays like Christmas and New Year's. I know a lot of people find themselves totally just (even with the best of intentions) losing track of TRE and eating meals as opposed to just kind of eating as you go. And that's okay. We really don't want to harp on or make yourself feel guilty about things that have happened during that period of time in our lives. It's in the past. What can we learn from it for next year, for next season?

[00:06:50] But now that it's the beginning of the year, you know, hopefully, things have calmed down. People aren't all over your place, your house. You can now start to tighten that TRE - going back to having full meals, no snacks, no grazing.

[00:07:05] The idea that, for me, plating means not eating from a package, not eating from a cupboard, not eating while I'm standing up, not eating at my desk, not eating on the couch, not eating while I'm driving or working. It's the idea that I sit and I eat at an eating place. Normally, that's my dining room table. On my plate, I bring everything that I want to eat. I plan and organize my meals. What do I want to eat? And I organize, prepare, plan, put it around my plate. If I do find myself grabbing things as I go, I go back to putting that on my plate. I call that 'plating'. So it's something that, especially if you've been through a holiday season or a trip, it's really easy to sort of lose track of that or to stop following that habit of plating. So if you're back home now, New Year, making better decisions, my top tip is to go back to plating. Go back to-- even if it seems silly, but do that for a while, for a few days, maybe even a few weeks. Make sure that every single thing that you grab before you put it in your mouth, put it on your plate or around your plate, and only start eating when you actually sit down at your eating place, which is normally a dining room table or, you know, wherever you eat.

[00:08:22] And eat in a mindful manner, meaning you pay attention to what you're eating and how you're eating it. Really enjoy that food. You know, digest properly, chew properly. Don't be looking at your phone, at a TV, even reading a book. Even though reading is wonderful, it's probably not something that-- and I've talked about this with a lot of people. It's come up, you know, people who read have shared with me that if they read while they're eating, they're very distracted. They're not mindful of what they're eating. They probably eat more or eat things that they don't want to eat because they're just not focusing.

[00:08:55] So mindful eating, for me, is a very practical technique that really is essential for making sure that I actually follow TRE, time-restricted eating, and that I have full meals, no snacking. So it's a very practical way to make sure that I tighten those TRE meals. So that's my top tip for sure. Even if it wasn't like that over the holidays, that's okay. Don't harp on it, but just go back to doing that.

Megan [00:09:21] Since we're on the eating bandwagon right now with our tips, I'm going to suggest that-- like many of our friends have these Dry Januarys, a lot of us in this community don't necessarily participate because we're not really drinkers anyways. We're really working on our weight loss and our blood sugars, so it's not necessarily applicable to us. But think back to how much eating out you just did between November and December - all of the holiday parties, eating out, not eating at home.

[00:09:52] So a challenge that we have in the Ramos household every January, since Dry January doesn't apply to us, but our challenge is to eat home-cooked meals throughout the entire month of January. The only exception I make for this is raw oysters [laughs] when we're out and about, but that is our commitment in our household. We delay things by a couple of days because our anniversary is January 2nd, but then, after that, it sets the tone for good, home-cooked meals.

[00:10:26] Now, sometimes people aren't able to do this. Life is hectic and busy. So what I do is a modified version of this for some of the people that I work with. Monday through Friday, we eat home meals. We make our lunches if it is an eating day and we're having lunch. We make our dinners at home. Then the weekends can be a little bit more flexible, but at least making the commitment to eat as many meals as feasible, home-cooked, at home, with the ingredients that you're controlling, it makes a huge impact at reducing your inflammation.

[00:10:58] So we always talk about how important fasting is for inflammation. You don't want to be going around in circles though - fasting to reduce inflammation and then eating to drive it back up again. So we've just eaten foods, we've eaten out, we've gotten in these vegetable, nut, and seed oils mixed in at these restaurants, despite how much we try to avoid it. All of this is really inflammatory, so we really want to help conquer that inflammation in January. So you control the fats, you control the cooking miles, you control all the ingredients. So it's the best strategy to help you get back on track in the New Year, one of the best strategies, I find.

Nadia [00:11:36] That's a really good tip, Megan. I'm going to keep that one in mind because I find that we eat out a ton in Portugal most of the year, and I think that in January that's going to be a really great resolution for this month for my family. Thank you.

Terri [00:11:50] All right. Well, let's do our second tip and we'll just go in the same order if that works.

[00:11:57] My second tip is do the hard thing.

[00:12:01] So a lot of us talk about struggling in this journey because things get difficult - "I want to eat," you know, "I'm in the middle of my fast and I really want to eat," "I'm hungry," or, "Something sounds good," or, "I'm seeing someone else in my family eating." There are reasons why doing the things that are really going to help us become challenging. So I want us to really focus on doing the hard thing.

[00:12:29] I've done some other podcast episodes about this in my Monday Mindset podcast, but short-term discomfort has long-term payoffs. And unfortunately, short-term payoffs, or short-term ease, has long-term consequences. One book that I shared from, he described that as taking the easy step right now is like you are paying a creditor, you're going to owe interest on it in the future. And many of us are listening to that part of our brain that wants the instant ease, the instant comfort or pay off, and is willing to sacrifice long term because that part of our brain does not care about the long term. But I know that everyone listening cares about the long-term results, so do the hard thing.

[00:13:24] I pulled a quote that I really like that sums this up and it says, "If you don't sacrifice for what you want, what you want becomes the sacrifice." So really prioritizing our health, our healthy weight, whatever it is that we're working on, and being willing to make some sacrifices, do the hard thing to achieve that ultimate goal that we're striving toward.

[00:13:50] I really like that, too, Terri. I quote you all the time in our meetings, [laughs] and I really like this saying that you say we could do hard things. You know, it's sort of like the self-encouragement and reminder that we definitely can do hard things. So I really like that.

[00:14:05] So my top two tip is get back to eating your meals earlier. The critical importance of meal timing. Dr. Fung has written about this. From working with people with diabetes for so many years, we've learned, time and time again, that the earlier you eat, the better your results, especially because our body really does follow the circadian rhythm, this day/night cycle. And for most of us, right, and, well, for those of us in the northern hemisphere, this time of the year the sun is still setting quite early. So looking at that and getting more information about that if you need. But just knowing and understanding that we produce a lot more insulin after sunset than we do before sunset,

and that you're going to have better results in both fat burning, and lowering your blood sugars, and just getting back on track in general if you go back to eating earlier.

[00:14:59] I know during the holidays (particularly the big holidays) we tend to eat late - very, very late - so just getting back to reminding yourself that it's really important to eat earlier, as early as you can, of course, with the exception of some special occasions. But January's a really great time to, as Megan said, you know, better eating at home, eating homemade meals, but also eating earlier. It's really, really important. It really does make a difference. It's something that a lot of people dismiss or disregard, or maybe are not even aware of the importance of eating earlier. So the critical importance of meal timing, what time you eat, that's a big one. A big one for me in January.

Megan [00:15:41] I'm going to carry on with that concept into my number two tip. So many of us have taken a break. We've had holidays at home, traveling to relatives, going on vacation. And not only are we looking to get into better eating and fasting habits in the New Year, but many of us engage in physical activity in the New Year, too. So for a lot of us, we've been on hiatus - one week, two weeks, three weeks, a month, maybe six weeks - if you stop because the work and holiday schedule started to pick up earlier for you. And you're thinking about going back into the gym and you have some logic that you're applying here. You know after taking a break and being more sedentary, eating strange foods that you don't normally eat, and not fasting, you're more inflamed. And you're kind to yourself when you go back into the gym. You understand you need to stretch and work on mobility work and that you might not be able to go back to doing bicep curls with 50-pound dumbbells. You understand that by doing something like that you might injure yourself because you're not conditioned. So you come up with a plan to recondition your muscles and work back up to where you were before you took that gym hiatus.

[00:17:01] We've got to apply the same logic to fasting. Our bodies need to be conditioned to doing it. Now, if you've just taken this hiatus and you've eaten these foods that you don't necessarily eat all year long and you're feeling a little bit more inflamed, you've got to recondition your body again. So we've talked about going back to meals, not eating late at night, moving that last meal up earlier in the day, but having a plan to recondition your fasting muscle so you can get back to doing those more therapeutic fasts that you did prior to the holidays is really important.

[00:17:40] So we've already talked about going back to those meals. Nadia just mentioned trying to eat that last meal earlier in the day. This is step one for rehabilitation. This is how we start to recondition our fasting muscle. Then you start to cut a meal, whether you cut breakfast or you cut dinner, depending on how you like to do 16 or 18 hours of fasting. That's step two. Step three is going into the 24-hour fasts, and then step four is engaging in introducing some of the more therapeutic fasting. And it may take you a month. You may do each step in a few days, you may do each step in a week, but taking a gradual approach where you don't strain, damage, and hurt your fasting muscle is going to guarantee that you get back there.

[00:18:29] So what I see happen so many times is people just feeling so ugh! You know, just so yucky after the holidays that they want to jump in, do a five-day fast, a seven-day fast, a ten-day fast, and their fasting muscle just isn't conditioned. So they start doing it, but their body's, "Nuh-uh." The body is not agreeing with the mind. So just because your mind has a plan, doesn't mean your body is going to go along with it. So people end up crashing. There's still lots of holiday junk everywhere. The problem is now it's discounted, [laughs] it's in bulk, so it's really easy to buy. So people end up chasing their tail for about

two months before they accept that they have to build this slow and gradual approach back up to fasting.

[00:19:18] I share this story within our Community. I'm certain I've shared it on a podcast before, but I want to emphasize this. I got married on January 2nd and I got married in Orlando, Florida. I was living in Toronto at the time. I didn't see my wedding venue for the first time until Christmas Eve. My fiancé (my now husband) and I went down three weeks prior to our wedding to try to sort things out, and during those three weeks, the stress was unbelievable. I had mostly planned a wedding remotely. We had to do all the stuff for immigration because he was American, I was Canadian. I was meeting most of his family for the first time. He was meeting most of mine. Our families are meeting for the first time. I was at Disney World. Give me a break! Like, everything that could go wrong with the stars aligning for me to eat good nutrition went out the window. And I started with the best intentions. I ordered bone broth to my mother-in-law's house. I was going to be perfect. Well, you know, trip number two to Disneyworld did me in and that was it. I hadn't eaten that bad since I started my journey. So I get home on January 5th and my appetite was crazy. And I just knew if I didn't take this slow and gradual approach, I was going to crash and burn and I was going to end up eating like garbage in five days, once my extended fast inevitably failed, because I had seen this enough time and time again in the Community. So I did two weeks of fat fasting. Two weeks of fat fasting and then I moved into 24s. I worked on my TRE. I had flawless TRE. Well, the next thing I knew, it was March 1st and I reached my lowest body fat percentage ever. I had lost nearly 27 pounds. It was absolutely wild. I wasn't doing these five-day fasts. But what I let happen was I conditioned my fasting muscle. I focused on the basics. I stuck to them because they were achievable and I could do them consistently. And then I plowed through to this barrier that I thought it was going to take me another year to obtain. Just in a couple of months after coming off of like the worst-- I got married at Disney, okay? It was just bad food. Like, you wouldn't believe it. It was awful. I was embarrassed if I would run into any of you. It was humiliating. It was that bad. But by March 1st I was at this awesome 24% body fat, something I had longed to get to, just doing that gradual approach. Two weeks of fat fasting, people. Two weeks! But I guaranteed myself that I was going to be well-conditioned as I moved back into those fasts. And I didn't even end up needing the longer fasts because I knew TRE was going to be a struggle and I had to really focus on that. And once I focused on that, then I could jump into it, but I didn't even need to jump into it.

[00:22:15] So we've got to start with the basics and work our way up. And you're going to be really surprised at how great these basics are for turning things around and helping you really reach your goals.

Terri [00:22:27] I love that, Megan. When I was in training to become a therapist, one of my mentors taught something that has stuck with me all along. You're going to make mistakes, you're going to go off track, things are not always going to go well. That is not the most important thing. Those things will definitely happen. It's how you recover from them that really makes the difference. So as you said, going to that gym, you don't start out on the first day back with the heaviest weights, you build back up, you go back to a safe place and stretch. Go back to the foundations of fasting and eating well rather than, "Okay, the holiday's over. I'm going to do a six-day fast to get back on track." So thinking about how you recover and rebuild and get back into your rhythm, I think is super important.

[00:23:18] All right, ladies, ready for round three? All right.

[00:23:22] So my third top tip is to use a concept of, kind of, block scheduling or planning. Create blocks of time for a specific fasting plan or approach versus a specific weight-loss goal with a time deadline.

[00:23:41] So this time of year, some people say, "I need to lose 25 pounds by March 15th," and the pressure is on. And once they have one bad week in there, they kind of scrap the whole plan. So I encourage, instead, giving your brain something that feels more manageable. It might be a short block of time - one week, two weeks, four weeks.

[00:24:06] So for example, you might start with four weeks of 18/6 every day with good TRE (meaning no snacking or grazing), or you might be at a place where you say, "I'm going to do four weeks of alternate-day, 24-hour fasts with my food being on target." I might do ten weeks of three 42s, which has been one of my favorite blocks. When I first started working with Megan as a coach many years ago, I worked on it for ten weeks of three 42s and it was a really nice time that felt manageable and I really got to see some results in that time. Or, if you're even at a more intense part of the fasting, you might do two weeks of two 66s in each week. So it's kind of chunking your plan. And then as you approach the end of that time chunk, you decide what your next plan is.

[00:25:08] And I think this can be helpful, one, so it doesn't feel overwhelming. If you start doing alternate-day, 24-hour fasts or three 42-hour fasts a week without a chunk of time designated for this, it could feel just daunting to your brain, like, "Oh my gosh, am I going to do three 42s forever?" And then it will encourage your brain to start talking you out of it versus, "No, I've committed to this for the next six weeks or ten weeks. Then I can revamp my plan. All I have to do is focus on doing this during these weeks and then I'll get a new plan." It breaks it up a little bit and keeps us from getting into too much monotony or feeling too overwhelmed.

[00:25:54] So I think this is a really important strategy for people to consider at this time of year heading into-- for many of us, it's winter time and can be a little bit more challenging for people as far as the weather, the number of hours of darkness, and things like that. And for other people in our Community, it's summertime and that has its own challenges with social opportunities.

[00:26:19] So blocking your time. If you're going to-- even let's say you want to explore doing a different eating approach, like maybe you're interested in exploring carnivore eating. Set a time of doing that. "I'm going to do carnivore for four weeks. I'm going to assess what happens during those four weeks," rather than just, "I'm going to do carnivore," and leaving it kind of open-ended or, again, that way that can be overwhelming to our brain to feel like what you're committing to is forever.

Nadia [00:26:52] All right. So my turn for my third tip. So my first tip was how you eat, how to eat to get back on track. The second one was what time you should eat to get back on track. So the third one is a lot more focused on what to eat to get back on track. And really, I'll share with you that I'm a huge fan of elimination diets. I know some people might be tired of them or might have certain opinions about elimination diets, but I really like the concept of elimination diets for a short period of time, and I think the month of January is a really great month. And I also learned this from Coach Terri, but it's a really great month for you to sit down and define what your list of 'my foods' are going to be for this month. And you get to define that. Nobody gets to define that for you. You get to use all your experience from the past - what you've done well with, things that you've read. Or maybe

you can take some guidance from us and our experience and really just create a list of foods.

[00:27:53] And even though I think a lot of people think that doing any sort of, quote-unquote, 'diet' is very restrictive or it makes you feel a certain way, it actually (if you've done any of these before), for the period of time that you're doing it, the simpler your diet is and the more repetitive it is, the actually easier it is to do. So, I personally do this often. I like elimination diets. January is a great time to do it. September for me is always a great time to do it after a holiday, a trip. I really like to go back to-- I personally choose fat fasting as my elimination-type diet. I choose, you know, three or four foods out of that list and just have those very simple, repetitive recipes for a period of time because it really helps with lowering inflammation.

[00:28:42] A lot of you might be feeling not just bloated and irritable, but you might actually be feeling some pain. Some of maybe your aches and pains have come back during the holidays because of the inflammation, like arthritis. And so I find that when I do (not just myself, other people as well), my experience with my clients in the past is that doing an elimination diet for a period of time really does help not just bring down that bloating, but also the pains and aches. So just choosing an elimination-type plan, choosing your list of 'these are my foods'.

[00:29:17] I do like the idea of what Terri mentioned today. The idea of, you know, at some point just kind of creating a new identity for yourself (and maybe you're there already, that would be amazing) where, you know, you don't have good days and bad days, just every day you choose and you eat only from 'your foods'. But if you found that during the holiday period you were not happy with your food choices, this is a really great time for you to redefine that list and make it actually even simpler and smaller than usual. This concept of elimination diets.

[00:29:49] And a lot of people in January actually do this in group (whether you do it with our Community, or you do it with your work community, or with your family) where you choose a list of foods. The Whole30 is a very popular, common, pretty whole-food, real-food type of plan that you can do and a lot of people do together, but it is a big, huge list of food. So that might feel easier for you to do. I personally find that the shorter the list, the smaller the list, the simpler and more repetitive, the easier it is for me to follow and do. And it really does help me get back on track with choosing better foods, as well as it's easier as a bridge to going back to doing some fasting and some longer fasts. So that's my top three tips for this beginning of the New Year.

Megan [00:30:39] When we eat more, the more we want to eat, whether it is sugary foods, or low-carb foods, or ketogenic foods. In general, the more you eat, the more you're physiologically going to want to eat. Now, it's not as dramatic of an increase in appetite when you're doing more of a ketogenic diet versus, you know, a high-carb, high-sugar diet, but the bottom line is, the more you eat, the more you want to eat. It's a physiological thing.

[00:31:11] Throughout the holidays, we've eaten more so fasting is going to be challenging. If we've deviated from our foods, getting back on track with our foods is going to be challenging. So you've got to be kind to yourself.

[00:31:24] But one hack that really works quite well is to start your morning off (every morning) with some water and salt. This salt first thing in the morning can have a huge

impact on how you feel in the afternoon. This salt first thing in the morning can make you or break you at that 4 o'clock witching hour that you're struggling to get through. Most of you do not take salt until you start to feel unwell during your fasts, but it's hard to catch up. You might not be able to catch up. And when you do add in that pinch of salt to your water, or you have that cup of bone broth or pickle juice, well, it takes about 90 minutes for it to actually rehydrate your system. So if it's 1 o'clock and you're not feeling well and you take some sodium, it's going to be close to 3 o'clock before you even start to feel better. So if you're really not well, you're not likely going to make it till 3 o'clock.

[00:32:22] So we've just come off of a period of eating more. Our insulin levels are up. Whether they're up a bit or a lot, depending on the foods that we ate, they're still up. We're retaining water. That water is going to come off as we start to get back to our routines. We're going to lose electrolytes in that water. Our hunger's all weirdly wired at the start of the New Year. So help yourself out; your afternoon self will thank your morning self for adding in that pinch of salt to your water first thing in the morning. And if you're someone who can't drink water first thing in the morning, you can even add that pinch of salt into your coffee or your tea. And fun fact - it actually cuts the bitterness of the black coffee or the black tea quite substantially, so you don't have to rely on creamers or sweeteners. Adding in that salt can make a really big difference. So help yourself. In that morning when you feel good, let's stay feeling good by adding in a pinch of salt.

[00:33:25] Now, of course, before you add in any supplements or change your diet, you've got to check with your doctor to make sure it's appropriate for you. It's not appropriate for everybody to add some salt into their diet, but many of us can benefit from doing this and it makes a huge difference. Most people think that 4 o'clock in the afternoon has nothing to do with what they do between 6 and 8 a.m.. It has everything to do with what happens between 6 and 8 a.m.. So we've got to help take care of our adrenals, take care of our thyroid to make that afternoon feel good. And when we feel good, it makes it a lot easier to get back into the swing of things with our desired fasting and nutritional plan.

[00:34:07] All right, everyone. Hopefully, you're well-equipped with some strategies to help you. Now, if you're looking for some more help or guidance, we are offering an Intermittent Fasting Masterclass. It's a two-week fasting bootcamp that starts on January 9th. You have until the end of the week to register for it. There are daily lessons. They're video lessons so you can watch them at any time. And there are two live, group coaching calls a week with me to help you navigate your journey and the questions that you have from the lessons, as well as exclusive forum support. And you get access to our Community for an entire month. In our Community, we have over 30 live events every single week with our top experts, so there's a lot of great information there to help get you on track this New Year.

[00:35:01] So I look forward to seeing you back here next week for another episode of The Fasting Method podcast, and in our Masterclass. We'll make sure a link to learn more is in our show notes.

[00:35:13] Thanks, everyone and we'll see you back here next week.

Nadia [00:35:17] Bye, everyone.

Terri [00:35:18] Take good care.