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Warning, when Robb gets passionate, he's been known to use the occasional expletive. If foul language is not your thing, if it gets your britches in a bunch, well there's always Disney+.

Robb: Welcome back.

Nicki: Hello everybody. This is episode 184 of the Healthy Rebellion Radio, and Robb was just, I come down to record and he's got an image of our girls five years ago up on the screen, so he's just kind of gave me a shot to the heart. Little pangs of nostalgia.

Robb: It's crazy. There's many sayings, the days are long, the years are short and all that type of stuff, and none of it really quite does it justice. But it's what it is.

Nicki: Yeah. I mean, five years goes by in a blink. It's absolutely crazy. Anyway, what's new hubs?

Robb: It's sunny today.

Nicki: It's gorgeous today. Got some yard work done over the last couple of days. Robb has helped me put the finishing touches on our two layers beehives and entrance gates and stuff to control like where the bees go in and out and whatnot. And I got an email from the fellow this morning that the bees will be ready for pick up on Saturday.

Robb: Ready or not, here we come.

Nicki: Here we come. I'm excited.

Robb: Just so you know, somebody on Twitter, there was a small dust up on X or Twitter, whatever it is, that I was sneaking over and trying to scuttle your rice experiment by praising -

Nicki: Praising the other one.

Robb: ... The other one.

Nicki: Well, clearly your vocalizations, if that was in fact true, did not work because the experiment-

Robb: I was wrongly accused. I just was tickled that anybody on the fucking planet would care enough to comment on that.

Nicki: I don't think you were actively sabotaging me.

Robb: No, not anymore so than what I usually do.

Nicki: If you were, it did not work.

Robb: Yeah.

Nicki: Let's see. I think that's all of our upfront goodie, I don't know anything else you want to share up front before we move into the meat and potatoes? What do you have for a news topic?

Robb: I've got something from the Boriquagato, the road to serfdom is paved with lost perspective. I remember a time when I used to write frequently and often and maybe had something interesting to say, but this guy, he's just so good. He makes this point that let's say, gosh where is it? Let's say you buy an investment property for a hundred, or what is it \$1 million, three years later to 1,200,000. But inflation over that period has been 25%. So in real inflation adjusted terms, your house is actually lost 4% of its value. If you trade it for less of the-

Nicki: You can trade it for less.

Robb: You can trade it for less of the overall goods basket then you could have three years ago. But the tax man does not care. He still sees a \$200,000 gain and you get taxed on that and it goes on, and on, and on.

Nicki: I think I need to read this one. Might put me over the edge though.

Robb: It might. And so there's two parts to it. There's part one, which is the road to serfdom is paved with lost perspective and the road back from serfdom where he lays out kind of some of the shit that we need to do to gain this stuff back. And there's a reality that we're not going to soft land on a lot of this stuff. We've been lucky so far. But the reason why I even bother with any of this stuff is the hope that when all of this does come unraveled, there's going to be a desire for people's heads on pikes and maybe sometimes appropriately, oftentimes inappropriately, the big bugaboo term of "Capitalism" will be blamed and whatnot. And I just want to throw some, I guess, market centric perspectives out there so that when we're in a position to rebuild. And we have some options like Bitcoin and crypto and some things like that, that could potentially firewall out and have a separation of finance and state that we might actually be in a position to do it because too few people understand the machinations of these institutions and the wealth transfer and all this stuff. And again, give it all these types of names other than what it is, which is the crony capitalism and-

Nicki: Corporate capture and all that.

Robb: Corporate capture and all that stuff. In just Gatto's writing, it's like a fine wine with a chocolate and a tasty cigar or something. It hits a lot of the emotional and sensory inputs in a satisfying way. And guy is brilliant, so I think it's worth a read and certainly a consideration.

Nicki: I saw recently or RFK Jr. recently gave a talk in which he said that when he is president, he will put the entire government budget on the blockchain so that anyone who wants to, 24/7 anytime of day can see what the government is spending its funds on. And I don't know how exactly that happens. It would be amazing if that was just sort of a requirement of our government. I've saw two instances this weekend. One a congressman was speaking about how the US Air Force is paying \$90,000 for some bag of, which looks like maybe a, I don't know, a quarter pound of bushings, which retail for like \$100. And just the fact that everything is more expensive and the costs are inflated when you're selling to the government. And RFK Junior, I don't know where this reference came from, but he mentioned so that, so everybody can see if we buy a \$16,000 toilet seat-

Robb: I think it was in response to-

Nicki: There must have been some-

Robb: Stuff like that. There was some good kerfuffle around this. All of this has been understood for a long time that there's this pork barreling that occurs when one interfaces with the government. And the irony with this is we've been near to and part of, like I used to do some work for special warfare and this was I guess more in the service thing, but it definitely feels like running the gauntlet to get a military gig at this point. There's all this diversity and inclusion stuff and it needs to be transparent and it needs this, it needs that, but there clearly is no price signaling where it's like, well, we're going to go get the best deal. Ostensibly, that's kind of what's going on. And I feel like at the service level, which is what we've typically been involved with like education and support and stuff like that, there's a lot of competition and a shitload of scrutiny, but apparently when it comes to \$100 bushings versus paying a \$16,000 price tag for it, there's not all that much-

Nicki: Toilet seat. That was a \$16,000 toilet seat was a different instance. \$90,000 for this bag-

Robb: Oh \$90,000.

Nicki: ... Bushings with a real-world value of \$100.

Robb: Yeah, I don't know.

Nicki: Seeing stuff like that just it's like no wonder we're so in debt.

Robb: That stuff is pissing into the wind know.

Nicki: I know, babe, but it compounds, right?

Robb: It does.

Nicki: That is happening over and over and over and over and it compounds and it puts us in this terrible position. And then the average person who sees this and is rightfully frustrated by it can do nothing. And this is where RFK Jr. whether or not he can navigate this presidential election or not, whether or not if he does get elected by some-

Robb: Miracle.

Nicki: Miracle is able to put the government budget on a blockchain. There's just so many challenges, I think, there. But we need something like that, the American people deserve to see exactly what... It's taxpayer dollars to your point, to the bad Gatto's point about they'll tax you on any gain you have regardless of if it's actually an actual gain, in inflation terms. And yet you have no... I was talking to our accountant, I'm like, "It'd be one thing if I wrote this check and I knew that the money was going to actual improved infrastructure and all this", but I don't think most people agree with 99% of the spending that happens. So anyway, that's a tangent. Maybe we should get back to our topic of our show.

Robb: I think we should. But these tangents are going to squeeze ever more tightly as time goes on. There's just this aperture that's closing around this stuff and it has very predictable course features. It's happened before, seizure assets and property and there's just kind of a lockstep function with all this type of stuff. And folks just need to be aware of it and do the things that they can to be insulated against it.

Nicki: Okay. I will link to-

Robb: Or not.

Nicki: Yes. Let's roll the dice, see what comes. I'll link to both of these Boriquagato pieces in the show notes. Moving on. The Healthy Rebellion Radio is sponsored by our salty AF electrolyte company, LMNT. Turns out that electrolytes don't need to be brightly colored and full of sugar. In fact, the brightly colored and highly sugared concoctions on store shelves often contain very few electrolytes, the sodium, magnesium, and potassium that your body needs to perform at its best. That's why we made LMNT the way we did. All the electrolytes you need, none of the crap you don't. So if you eat low-carb or keto, if you're an athlete, a Spartan racer, BJJ player, runner, biker, if you're a breastfeeding mom, if you have pots, if you have an active or physically demanding job work in hot or conditions, you work on rooftops and in attics, you work on our highways and bridges, maintaining our critical infrastructure, or if

you're just feeling a little tired and need a natural energy boost without caffeine, LMNT is for you. You can buy three boxes and get the fourth box free at drinklmnt.com/robb. That's drinklmnt.com/robb.

Robb: Nicely done wife.

Nicki: Okay, three questions today. First one from Sharon on HMB supplementation. "Hi Robb, love your podcast and your relentless skepticism for research and reviewing data. What are your thoughts on HMB supplementation, beta hydroxy beta methylbutyrate, for 55 to 65 year olds who are casual athletes and work full-time? Trying to keep up the muscle tone as it is rapidly decreasing is a serious concern. Thank you".

Robb: So good question. There's an outfit called Examine, which does supplement reviews and they do a pretty nice job on this stuff. I still have a chapped as about Examine broadly because when there was, I think it was back in the Google Owl update when we got Hoovered up in the misinformation scene, Examine was thrown under the bus with that. And instead of broadly protecting the rights of people to express themselves, they really worked to distance themselves from anybody who was, well of course there are idiots

Nicki: - [inaudible 00:13:33]

Robb: Out there. Yeah. There are idiots out there, but we're not part of those idiots. And so I still think that they're kind of douchebags for that and not particularly happy about it, but they still do good work. And they did a review on HMB and that's probably the best resource that I have. And the hydroxy methylbutyric is an anti-catabolic substance. It's one of these things though that what else does one have occurring in your life? Are you getting good sleep, really legit, restful sleep? Are you using some sort of like a HRV platform to establish that you are actually recovering?

Nicki: Are you getting enough protein?

Robb: Are you getting enough protein?

Nicki: Animal protein each day.

Robb: Gram of protein per pound of ideal body weight. Two to three meals, something crazy, not doing one meal a day type silliness unless you have a medical condition that kind of warrants that stuff. Are you strength training three days a week, maybe four days a week? All of that stuff, I feel like is demonstrably superior to HMB. Now, it's one of these things also that let's say that you're real busy, you're compromised in some of these other areas, then maybe you could throw HMB in the mix as kind of a bit of a Hail Mary to try to establish some of that anti-catabolic activity. That's reasonable. Ketogenic state is anti-catabolic. Ketogenic state, more of like a modified Atkin. So higher protein, not necessarily like the three to one or four to one epilepsy treatment kind of protocol is anti-

catabolic, both from the ketone bodies and also from the adequate protein. So I think HMB is good stuff. There's no drama with that. But-

Nicki: On your list of things to preserve muscle as you age, it's not at the top.

Robb: It's not at the top. Get some sunlight, lift some weights, do some sprints. Stretch and mobilize so that your hips and joints don't flame out and then you can't weight bear on them, which is a big problem. I've had some significant shoulder impingement, mainly in my left shoulder but a little bit in my right shoulder. And fuck man, I've lost some upper body muscle mass as a consequence because I just can't load it the way that I'm used to doing. So keep that mobility and everything in check. And I think that all of those things add up to much better endpoints than in any given supplement. That said, she said 55 to 65 year old, and going by the name Sharon. I'm going to guess that we have a XX chromosomal individual here looking into bioidentical hormones so that all of that is buttoned up, I think would potentially be at the top of the list for things to consider.

Nicki: Cool. Okay. Next question is from Allison on seed oils in kids foods. "Hey guys, long time follower, my husband and I. And I've even purchased one of your courses and have been respecting your knowledge since 2009. I'm 41, and have three girls, 5, 3, and 8 months. I've been carnivore for seven weeks now, but for my family, we're pretty meat based and I post a lot on Instagram and in my stories about good products I find for my kids that are clean and low sugar, good oils, etc. I post because I'm in a mom group of about 150 women of kids ages 7 and under, and I'm on the board and so many of them follow me on Instagram. I'm trying to educate and help in a positive way. So I was at the playground with some friends of mine today and all of our munchkins, I had brought cheese and organic crackers and the topic of seed oils came up.

A friend asked about what my thoughts were on high oleic safflower oil. I'm not well-informed on this oil, but I said, 'well, it sounds like a seed oil and it's probably like all other seed oils, so we would probably avoid it'. But with kids' foods, it's almost impossible to find any that are super clean. We discussed how we all try our best to make things homemade, that are nutrient-dense and free of the crap, but often we need good choices to provide a decent snack at let's say a park or play date. I listened to your podcast about seed oils when eating out once in a while, but I just don't know what you all feel about them in your foods, specifically kids' foods. For instance, my organic crackers have organic palm oil. My friend's crackers were just whole wheat, high oleic safflower oil and salt. How, as moms, do we navigate these ingredients when we just don't know what oils are worse? Is there a hierarchy of bad to worse seed and plant oils? I make sourdough for my kids and I'll probably just make them crackers soon here. But it's real life, we can't do this all the time. Is this like make or break it for you when you shop for products theoretically? Any suggestions, any options? Thanks".

Robb: Oh man. So I'm a little bit of an outlier on the seed oil topic and I actually

had an outreach from Tucker Goodrich to go on a podcast with him. And I don't know that I would call it a debate, but kind of a friendly discussion around this stuff because Tucker is very much in the camp of seed oils are the one evil within all of nutrition. And if we just removed all seed oils from the food system, then everything would be great. And I have no doubt that a proper omega 3 omega 6 ratio is important, but I really think that folks lose sight of generally what else is going along with the seed oil consumption. And so this is just kind of a broad story with that. And then that said, Brian Curley, he is the doctor who also has the moniker seed oil disrespector.

He has some great information like talking about, it's anecdotal but it's compelling, like Indian families who were cooking traditional Indian dishes using corn oil and soybean oil and stuff like that, and they had all kinds of problems. And then when they switched to more butter and ghee but we're still frying things, then ostensibly they saw dramatic improvements. I'm compelled by that. I still find it a little bit challenging to imagine, like I can make a pot of potatoes with cream and butter that are hyper palatable and people can't stop eating them, myself included. So I just think that there's a lot of missed perspective on this stuff, and I know I'm bouncing all over the place. I should have probably did a bullet point on this because it is a big topic.

So this high oleic safflower oil in this case, right?

Nicki: Yip.

Robb: This is one of these interesting things. I remember when Melissa Urban came out with her whole 30 salad dressings and they have high oleic safflower oil in them. And I came to her defense, sometimes now I wonder why I did, but I did. And mainly because the shit that people were giving her crap about was innate because high oleic safflower oil is high in oleic acid, mono oleic acid, which is the mono-unsaturated fat. If you like olive oil then in a lot of ways you kind of almost have to like high oleic safflower oil more because the high oleic safflower oil, I want to say tends to top off around 3 - 6% of alpha-linolenic acid, short chain omega 6 fat. Whereas olive oil will go anywhere from 6 - 20% of this short chain, which is usually the thing that people get verklempt about. And so this is one of the things that just kind of piss me off. It's like these people are just losing their fucking minds about this high oleic safflower oil. And it was like, "Well, are you okay with olive oil?" "Yes". "Well, that's moronic because this shit has more than that". So people will also mention, well some of this stuff is hexane extracted, which some of it is, if it says cold-pressed then it's not hexane extracted. Other people will mention that it is. Did I mention the hexane extraction in a previous podcast or-

Nicki: I can't remember. It's been a while since we did-

Robb: Maybe not. So part of the low-carb practitioners group that I'm a part of, there was some discussion, and again, I was a little bit, I'm not like, let's go... God, there's this guy, Nick, on the interwebs who's vegan now, and he feeds his

cat a vegan diet and he supplements it with taurine just because he can. I think it's ridiculous. But this guy is like eat seed oils morning, noon and night because they're a health food. He takes completely the opposite direction, similar to a lot of vegans that are fructose and sugar is totally fine. It's like fuck, whatever. There's probably some cockroach out there that stuff does work for. But what the fuck was my point there? What was I talking about? I'm like bouncing all over the place here. So the monolaurin, oh my God, I'm just completely brain fading on this stuff.

Nicki: Hexane.

Robb: Oh, the hexane. Thank you. Sorry. So one of the doctors raised two issues around seed oils, hexane and also glyphosate. The hexane is interesting in that if it is hexane extracted, there are heroic efforts made to remove the hexane from the oils. And that's because the hexane is actually valuable in extracting other stuff, and the hexane is toxic to some degree. But what was interesting about that, and I'm going to get the numbers wrong but this is close, the amount of hexane that is allowable in a common workplace per day was 500 times greater than the amount of hexane that was in a kilogram of hexane extracted oil. And so one would need to consume 50 kilograms of oil to get the lowest end of a daily hexane exposure that your average auto worker and people who work in different chemical industries get exposed to. Now does one just want to eat hexane on the regular? Probably not. But again, it's just one of these things where it makes me a little crazy, whether they're physicians or whatever, nobody thinks about the toxicology, nobody thinks about the relative risks of any of this stuff. And it's like if you do any work in your garage and use gasoline as a solvent ever, then you get 1,000 times more hexane exposure than what you're going to get from eating 50 kilograms of-

Nicki: Probably just spilling gasoline at the pump.

Robb: Yeah, just spilling it at the pump because they have all these vapor resistant things. So this is another one of these things where it's like people, they're not thinking all this stuff through. And then on the glyphosate front, glyphosate is very polar in nature. It's got a nitrogenous base in the middle. It's got a carboxylic acid on one side, it's got phosphate on the other, if I recall. And it makes it very amenable to dissolving in water, and you would have to be a way better chemist than I am to make it dissolve in oil. And so people, I've heard them say, well, glyphosate, and it is like you can't stick glyphosate in oil. It won't dissolve an oil. Which then tells me that people aren't thinking any of this shit through. If you're building a case against seed oils and you include things like hexane and glyphosate, then you don't know what the fuck you're talking about. And I know this is all over the place relative to what this question was, but in the immortal words of Thomas Sowell, there are no solutions, there are trade-offs.

And in a scenario like this, is a scenario in which you have palm oil superior to the high oleic safflower oil? I don't know. I know for sure I don't think

palm oil is necessarily bad, but I guarantee you it is scientifically reproducible every fucking time you do it. Any significant consumption of palm oil causes a period of time in which the individual is insulin resistant. It's just an if A then B type type thing, in part because de-novo lipogenesis produces palm oil or palm fat palmitic acid. And this is part of the feedback loop that if we're over consuming carbohydrates, it's in this theoretical fall state. And so we're trying to get fat. And so palm palmitic acid, it has this feedback loop or you get insulin resistant. Is that the worst thing in the world if you're ketogenic? No. Is that the worst thing in the world if a kid snacks on it occasionally? No. But if palm oil is a common feature for an individual that eats a significant amount of carbs and other sugars, then it's going to be a problem over time. And one could easily make the case that the high oleic safflower oil is going to be the superior one in that case because it's going to induce less insulin resistance and there's just not an obviously-

Nicki: There's no black and white, like to what you said, there's just trade-offs, right? And Allison I feel you, as moms we try to make the best decisions we can when we're feeding our kids because we have the information that we have and we want them to grow up into strong, healthy humans. And so it sounds like from what you're saying, Robb, maybe not get so caught up in the weeds of whatever type of oil might be in the cracker.

Robb: Yeah.

Nicki: Are they getting protein every day? Are they having some good food?

Robb: That's really the bigger question that I would have.

Nicki: Is their sleep and screen time in check? Are they getting outside and playing and tumbling and moving their bodies and all of those things. Getting dirt under their fingernails, versus getting really hung up on-

Robb: The peripheral snack that we're going to have.

Nicki: Now if they're eating crackers all day long, if the backbone of their diet is some type of cracker-

Robb: Refined carb.

Nicki: ... refined carb, then it becomes a bigger issue.

Robb: Yeah. Yeah. So thank you. You-

Nicki: Did I land the plane?

Robb: You landed the plane on that because I went all over the place on this, and I reserve the right to be wrong about this. If I get super compelling data and Tucker cite some studies like in mouse models the application of seed oils causes

fatty liver, and I think he maybe mentions a bore sign, a pig model also. I would've to double check that. It's interesting and it's compelling, it's interesting. But what's also interesting is that in most mouse models, the state of ketosis causes liver issues and weight gain. You have to do all kinds of interesting stuff to prevent poor metabolic outcomes from occurring in a ketogenic state in mouse models. This is like the longevity research looking at mice or using mice as an investigational model, you have to do interesting things because the state of ketosis causes problems. So this is again, where I'm like, okay, there's interesting stuff here, but also in the grand scheme of things, I just don't know how much real... For the vast majority of people, you're not an Indian family who is cooking non bread at home and frying stuff.

Let's exclude that for just a moment and just look at the broad Western dietary intake type folks. When you remove seed oils, usually what you're doing is removing highly complex hyperpalatable foods. And although I love the folks at CFT, I think they're great, I think their products are awesome. They're also hyperpalatable. I could easily eat a bag of any one of their things. There was the, I think it's Masa is the corn chip that was in beef tallow amazing. And I could eat a whole fucking bag of it. And there are folks out there that suggest that the eating of that whole bag is going to be more benign with the avocado oil and the-

Nicki: Beef tallow.

Robb: Beef Tallow than it would be with the oleic safflower oil. Maybe, maybe. That's a possibility. But I still think that just the potential of just overeating that stuff is going to be a huge fucking problem. And we just don't have great comparables. There are not situations where you have a 30 ingredient, what was it? You mentioned Chick-fil-A has-

Nicki: Yeah. I don't know.

Robb: 200 ingredients.

Nicki: I saw something on X, and I don't know the veracity yet-

Robb: Low credibility, but it wouldn't be surprising. But you just look at a standard bag of potato chips and it's got 18 to 30 ingredients in it and everything, and we just don't have great comparables. Is it still going to be as satiating to use lard or tallow in some sort of a chip and then have all those other ingredients and dyes and all the rest of it in it? And I'm not convinced that it's going to provide the same satiety. And I still think that a lot of this stuff boils down to figuring out the neuroregulation of appetite and trying to help people not overeat. And maybe I am confused on that, and I'm just trying to put new tread on an old tire because that's what [inaudible 00:33:11] was about, but I really actually think that's where the rubber hits the road on the vast majority of this stuff. So Alison, my apologies for that. I don't know if I actually ever did even answer your question your -

Nicki: Well, I mean the tough thing, she's trying to share information with other moms in this group that she's a part of, and unfortunately there's not like this one's better than this one kind of thing. So instead it maybe needs to be like, let's focus on feeding our kids adequate protein.

Robb: Make sure that you've got a good whack of real protein, some fruits and vegetables. And that these things are used for what they are supposed to be, a condiment.

Nicki: Yep.

Robb: And then it really shouldn't matter that much in the grand scheme of things. And make sure that you're doing all the other stuff like they're out getting dirty, they're getting sun on their skin, they're playing, they're challenged, and all that other stuff is going to matter much more.

Nicki: Cool. All right.

Robb: Holy shit.

Nicki: Holy smokes. Okay, last question.

Robb: Throw that one off a cliff.

Nicki: This one's from Doug on cardio and endurance. "Hey, Robb and Nicki, obligatory love, and I've followed you guys since you had six listeners. Let's see. I've started playing hockey again at 38 years of age after taking over 20 years off. Everything seems to be going okay. The skills are mostly rusty, but coming back, recovery from games isn't as bad as I thought it would be. I can usually walk the next day, lol, but the thing I'm struggling with is endurance hockey is basically 60 minute HITT training session where you skate as hard as possible for two minutes and rest for two minutes. Unfortunately, I only last 30 seconds, no jokes needed here. By the third period, I am shot. Lucky to have enough in the tank for one rush up the ice". That was all one sentence with just that final period, which is why it was a little challenging to read. So the question is "How do I increase endurance for such a game? Not sure running five miles a day will help and frankly, I hate running. Any help would be much appreciated".

Robb: Doug one, there are these things called commas, semicolons-

Nicki: Periods, end marks.

Robb: ... Periods, end marks. Just teasing. And I would really recommend you check out the train with Morpheus app. We've mentioned it before. I have no financial ties to these guys. I've just used them. And I think it's kind of the best thing out there for providing, one, both a baseline of what your fitness is and then a predictive framework for how to get in and train for improving your

cardiovascular fitness. And you without a doubt need to reestablish an aerobic baseline. And this is the thing that gets fuck up and got fucked up all the time in CrossFit is intervals are cool, but I see intervals generally as either you're really short on time and you're just trying to get something done, or it's like a peaking or finishing kind of technique. It shouldn't be the baseline strategy that one uses day in and day out.

And the Morpheus app will establish each morning you get a resting heart rate, which feeds into what your heart rate variability is and then that will provide a readiness score. And then based off of some other parameters that you put in, it will provide a zone two, conditioning zone and an overload zone, amounts for each week. And so long as you tick all those boxes each week, your fitness will generally continue to go up. And it's been awesome for me because I so burned myself out doing CrossFit that then when I got back in and the zone two concept got on my radar, I spent years not training hard enough. I was super afraid of overdoing it. And what's cool about this Morpheus app is-

Nicki: You see it when your heart rate is-

Robb: You see where your heart rate is.

Nicki: The blue zone versus green. Or if you're getting up into red, which is over training, then you can-

Robb: Well, it's overload.

Nicki: Overload, yeah.

Robb: And there's some amount of overload that you want each week. There's a solid Facebook group that supports the train with Morpheus platform, does necessitate going on Facebook, but I just blip in and out of there. I've got my URL train to just go straight to that. But I really highly recommend that or something like it. But everything else I've seen that's kind of in this genre is just frankly not as good. And so it's 200 bucks, I think, to get that thing. There's not a then monthly subscription with it. My only gripe is that doing Jiu-Jitsu, I have to use a chest strap and I have to use a fair amount of engineering to figure out how to keep that thing on and not fall off during the course of training. That shouldn't be a problem for you with this. And I would wear it during your hockey games and practice, because that's going to be a significant chunk of-

Nicki: Training.

Robb: ... Your training load that you experience each week too. But man, I couldn't recommend that enough.

Nicki: And I will put a link to that in the show notes.

Robb: It's already there.

Nicki: It's already there. All right. I think that's a wrap for this week.

Robb: Cool.

Nicki: Cool.

Robb: I've got nothing else other than-

Nicki: Nothing else?

Robb: Yeah.

Nicki: All right. Well folks, thanks again for listening. Enjoy your weekend. Hopefully it's sunny where you are. Maybe you can start planting some things. It's still a little early for us here, given the fact that we-

Robb: We had six inches of snow last-

Nicki: We can get snow at any point.

Robb: ... Like five days ago.

Nicki: Between now and July. But aiming to get some things in the ground here towards the end of May. Anyway, we'll catch you all next time.

Robb: Bye everybody.

Nicki: Bye.