

Nicki: It's time to make your health an act of rebellion. We're tackling personalized nutrition, metabolic flexibility, resilient aging, and answering your diet and lifestyle questions. This is the only show with the bold aim to help one million people liberate themselves from the sick-care system. You're listening to The Healthy Rebellion Radio.

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Robb: Hello. I am Mr. Robb, your host. Welcome to Fantasy Rebellion.

Nicki: Wow, I wasn't expecting that one.

Robb: Yeah, I just channeled a little Ricardo Montalban.

Nicki: Yes. I think this is like the third or fourth time you've mentioned our friend Ricardo.

Robb: He's cool.

Nicki: You always go back to Ricardo. He's like just in your back pocket.

Robb: Maybe he's in my front pocket, who knows. Who knows?

Nicki: Welcome everybody to another episode of The Healthy Rebellion Radio. This is episode 107. Sorry, we missed you all last week. Hope you had a fabulous Easter holiday, if you celebrate Easter. We had our very first white Easter. It snowed all night, the evening before and the morning of, and-

Robb: One of the largest snow accumulations for the Flathead Valley this season, so, yeah.

Nicki: So anyway, that was fun and exciting.

Robb: Yep.

Nicki: We still like, the girls still like to hunt for eggs, so we still did all of that. Zoe and Sagan both tripped at various points and their baskets spilled out and the eggs sank deep in the snow. So then they're like gathering up handfuls of snow and pine needles and all of that. When they finally brought their baskets inside, we dumped it out over on a beach towel in the living room, just so that we wouldn't get all of that mess on the carpet. It was like the amount of pieces of nature that Sagan had accumulated in her Easter basket was kind of striking. Yes, anyway.

Robb: I'm nodding vigorous agreement. It was pretty good.

Nicki: Yeah, but we had a good time. Spring Rebel Reset has started, is starting. We did the kickoff call last Friday, and this week is the seven-day carb test week. So folks are testing to see what amount and types of carbs they do or do not do well with that ends this week. And then Monday, April 25th, is the first day of the 30-day reset, first day of the actual 30 days and the last day to join. So if you are thinking about joining or want to join, be sure to get in before midnight on Monday, April 25th, because otherwise after

that date, we cut it off and close the group and we progress through the 30 days as a team. So you got to get in by that time.

Nicki: Actually, I have a couple of quotes that I wanted to share from people who were in our most recent reset in the winter time.

Nicki: "The reset really helped me reset my habits in short order. I was blown away by the community at The Healthy Rebellion, totally unexpected. I've been a long-time follower of Robb's work and listener of Robb and Nicki's podcast. I signed up for The Healthy Rebellion to further my goal of supporting people I think are making a positive difference in the world. Next thing you know, I'm doing a reset, making new friends and getting back on track to my optimal health," and that one was from Corey.

Nicki: And then another one here from Cassie, "Even though I've been following a paleo diet for more than a decade and following Rob for as long this reset was exactly what I needed to get aligned with who I really am. A million thanks to Rob, Nicki, Jessica, Squatchy and the entire rebel family for their support and friendship; excuse me. The sense of community this little online portal provide is invaluable."

Nicki: So if you needed any other arm-twisting for joining us in this Spring 2022 Reset, Cassie and Corey, yep, Cassie and Corey, hopefully that helped.

Robb: Not to hard sell it, but there's lots of places that offer much less for 10 times more just for resetty-type stuff. So if you have any thought about doing something new, getting in shape for summer, just really establishing new habits and getting solid community-

Nicki: Creating some bonds with some people, some like-minded people, I feel like we've got kind of the spot.

Robb: Yep.

Nicki: Okay, so that was all of our housekeeping items and announcements. Before we get into the actual meat and potatoes of the show, we wanted to dedicate this episode to the memory of Brian Tate. He was a dear member of our Healthy Rebellion community, and he passed away a couple weeks ago on April 6th. I'd like to read some words written by one of our rebels and actually, she's one of our moderators, Alison Waddington, that she shared in the Rebellion. She and Brian became quite good friends, and I think probably she knew him better than anyone else in the Healthy Rebellion. So they had a really close bond, and she did a brilliant job capturing the essence of this amazing human. So these words are Allison's. She wrote a very lengthy piece in the Rebellion, and I've kind of chosen a several paragraphs, but it's not the whole thing.

Nicki: She says, "Brian was the funniest, smartest, toughest man. He was truly a rebel, a certified lion-hearted rebel. Brian was diagnosed with liver disease at the very young age of 17. If you follow his Instagram page at training after ileostomy, you'll see how dedicated and determined he was to become the very best version of himself. If you scroll back to his first post, you will see him age 29 after his first liver transplant in 2004. He had suffered multiple bone fractures from a decade of prednisone, muscle wasting and curvature of the spine from the disease process. Still, he was determined. In 2011, he underwent a second liver transplant due to the autoimmune disease, primary biliary cirrhosis. He faced life head on including the 2015 ileostomy that he endured. He candidly admitted that he owed his recovery to Robb Wolf and the paleo solution, which gave him back his health."

Nicki: "Brian was a warrior who proudly bore his scars. Brian once made a six-part video for me on how to make sauerkraut and his father served as the cameraman. Brian suggested purple cabbage, whole garlic pieces, sliced baby cucumbers, and plenty of Redmond salt. I followed the recipe to the letter and was rewarded with the most amazing sauerkraut that I ever ate. Brian was a whiz in the kitchen. Please look up his other Instagram account @bft139 and consider copying a recipe or two. Brian would be honored."

Nicki: "Brian worked at a grocery store chain in Scotland driving the delivery van. He told me he never envisioned a life doing that, but that he was determined to be the best delivery man the world had ever seen, he was. He would climb a half dozen flights of stairs while carrying all of the heavy bags. For him, it was an opportunity to physically push himself. He made workouts out of everything. He told me the funniest stories of how the women that he delivered groceries to would ask him to come in, to hang a picture, move heavy furniture, and even unblock a toilet. I was literally crying with laughter as he regaled the toilet story complete with water splashing and sloshing and his soggy shoes."

Nicki: "Brian was a badass weightlifter as documented on his Instagram page. He challenged himself every day in his home gym in so many ways. He just never gave up. He was never too tired to pick up something heavy."

Nicki: "Brian was a great friend. When my son was killed last year, Brian messaged me every single day telling me how I had to go on, even when I felt like giving up." He said, 'Graham would want you to live and to live well.' That is who Brian was. He was caring, sincere, relentless, and he never took life for granted."

Nicki: "Please remember Brian as the lovely and strong man that he was. Go out and lift something heavy today. Eat a fine meal and maybe laugh at something inappropriate. These are things that Brian would want and no matter what never, ever, ever squander the gift of life and health that you have."

Nicki: So anyway, I think those last words and just the way that Brian lived, like not taking things for granted, enjoying the fun, making even the most tedious things into a game, into a workout, being the best at it, even if it's not the thing you want to be doing, like these are all incredible mindset things that we all can learn from and do in our own lives.

Robb: Thanks for taking that one.

Nicki: Yeah, yeah. Anyway, we've had several people in the Rebellion lose loved ones, like Alison lost her son last year. We've had people lose spouses, but I think Brian is the first member that we've actually lost. Many, many of our community members form really tight relationships with each other, like Alison and Brian did, and I know Waleed and Brian had a tight relationship. Brian was a part of a rebel bud crew in our resets and so he had Thomas and just we get close in there. So anyway, this was kind of the gut check for the whole community. And for even those who didn't know Brian or who were newer members, Alison's post clearly, as you just heard, really did a wonderful job of bringing him to life for those that didn't know him.

Robb: I guess this was hard for me on a lot of different levels, not the least of which is Alison in her longer piece relayed like a bit of hero worship on Brian's part towards me, which, fuck, I don't even, it's... I wrote a book, I do a podcast-

Nicki: But people like Brian take that information and go and do it, right? So like sometimes it's hard for you when you hear stuff like that, because you feel like you didn't-

Robb: Deserve that.

Nicki: Right.

Robb: Yeah, yeah.

Nicki: But Brian, I mean, clearly like he didn't let his original diagnosis just like dictate how his life was going to turn out, like he took it by the horns. He learned. He was constantly learning and asking questions and doing things to make his life the best he could make it.

Robb: Yeah.

Nicki: Okay, we're going to shift gears and go into the rest of our episode now. You're ready?

Robb: I will follow your lead on this one.

Nicki: You'll rally? Okay.

Robb: You're the anchor, anchor person on this one, so yeah.

Nicki: Am I an anchor or is that you're saying I'm a ball and chain.

Robb: I think that we've explored those potentialities, yes, yes.

Nicki: Okay, we have a news topic. Robb, what's our news topic.

Robb: Gluten-free diet can ameliorate the symptoms of non-celiac autoimmune disease. It's cool and that you will frequently see in the online world. Folks will say, "Well, if you don't have celiac, then there's absolutely no reason to remove gluten," and we've just seen this so many times. I know this is my ongoing kind of consternation with the evidence-based medicine, evidence-based nutrition scene. We don't want to operate in the demon haunted world, which was Carl Sagan's book, and kind of warning against kind of mysticism and in pseudo-scientific thought, we don't need that. We don't want it so much of the way that COVID was handled is straight out of the demon-haunted world. Like it actually wasn't based around science or facts and it was emotion and reactivity, but at the same time so much of our world operates within empiricism and absent or randomized-controlled trial.

Robb: Like if you're trying to laminate a couple of pieces of wood together, there's probably some engineering specs that suggest optimal ways to do it. And then if you don't have those perfect ways of doing it, then you have to improvise. There's not actually a fucking randomized control trial that tells you where it is. There's not a review board that tells you that it was right or wrong. Like you get to empirically see, did the wood laminate together in the way that allowed you to do this thing?

Robb: We have just seen so many people that had never been gluten-free or dairy-free or the combo, basically kind of a paleo reset. They had never done that their whole life, and they maybe would report, "I don't really think I have any problems." And then they pull all the stuff out or one of these things like gluten and lo and behold that a bunch of

problems that were just normal. It was just their day-to-day experience went away because for the first time in their life, this injurious nutritional item was removed.

Robb: This is where this gluten-free diet can ameliorate the symptoms of non-celiac autoimmune disease. It's a review of studies looking at exactly this intervention, putting folks with autoimmune conditions on a gluten-free diet and seeing how their symptomology progressed. It's remarkably consistent that the autoimmune symptoms improved. Not all the studies showed that, but almost all of them did and with a very high consistency to it.

Robb: So this is another one, these things, where autoimmune diseases are right behind cardiovascular disease and type-2 diabetes in causative features of morbidity and mortality in developed countries, and the standard of care is abysmal in addressing this stuff. If you have a flare, prednisone or something like that can save your life, but that is not long-term solution. It's not a great long-term solution. I'm not comfortable with it. Being on immunosuppressant drugs, and you're only 50 years old or something like that, like it doesn't bode well for the remaining time you have on this earth.

Robb: So a simple dietary intervention that seems to have real ethic E is something that we need to explore more. Again, this is... I can't count the number of people that we've had, to the degree that my work has had real success is largely due to this piece like this gut autoimmune piece. Like there's lots of ways to get skinny, lots of ways to lose weight. But if you've got some complex metabolic, autoimmune and gut issues, your options for remedy in that situation are limited. I'll just push back against all of the kind of evidence-based folks.

Robb: Maybe this is a Procrustes in bed that I'm laying out to play to my own strengths like very great glass Manion kind of set up, but I would stand by it in all. The flip side again is I think that there's lots of ways to lose weight, lots of ways to lean out. But when we have complex gut autoimmune issues, I think that these elimination diets are singularly efficacious and much lower risk, a much higher reward relative to the standard of care. So it's just something that folks have just really need to be aware of.

Robb: Doctors need to be aware of it, and these evidence-based folks be aware of it, too. Also, this is part of that risk reward calculus. What are we asking of folks? Like if somebody knows that they have MS or rheumatoid arthritis and "Hey, let's try an elimination diet. Are you game for that," if they're like, "Fuck, no, I don't want to," then okay, fine. But if they're interested in the potential that some diet tweaks could dramatically improve their health, then let's move forward on that and just give this shot. Let's continue to study it so we can better understand who it works for or who it doesn't work for and what other tweaks and modifications we need to do to make this stuff even more effective.

Nicki: I like it. Okay, this-

Robb: I was snarfed up before, but the Brian thing got me.

Nicki: Got you a little more.

Robb: He, yep.

Nicki: The Healthy Rebellion Radio is sponsored by our salty AF electrolyte company, LMNT. If you are feeling low energy, don't reach for the caffeine. You might just need some electrolytes. LMNT has a flavor for every taste bud, citrus taste bud, every taste bud,

citrus, salt, raspberry, orange, watermelon. You can even combine them for new flavor combos, even spicy options like lemon habanero and mango chili. And as I've mentioned in a previous episode, the ever popular grapefruit salt will be making a limited time comeback in just a few weeks now.

Robb: Just a couple of weeks now, yep.

Nicki: So stay salty out there, folks. Grab your LMNT, drink L, M, N, T dot com slash robb. That's drinklmnt.com/robb.

Robb: LMNT has a flavor for every taste comma, bud.

Nicki: I could have said it like that. Yeah, bud.

Nicki: All right. We've got two questions for you this week. The first one is from Christie.

Nicki: "Hi Robb and Nicki, very long time listener. Thank you so much for your show and for dipping into different topics. I love it. My question is, do you know anything about Anthony J. Leonardi? He has apparently done a lot of work on and talked about some sort of immune depletion that is caused by both COVID and the COVID vaccines called T-cell exhaustion, something similar to AIDS as far as I currently understand. He's also talked about the fraud of the Great Barrington Declaration, I guess, because of people getting severe COVID reinfections. Although I have a bit of a scientific background, the papers linked to me are beyond my knowledge and the fraud claim is a bit baffling to me. I'm wondering if you have looked into this at all, or know anything about either the T-cell exhaustion or the reinfections."

Robb: This Dr. Leonardi's work was news to me. He specifically was a new entity to me. I have heard a bit about this T-cell exhaustion, and I'm not an immunologist and so I may be getting out over my ski tips. But in some ways, this reminds me a bit of original antigenic sin in a way with the way that the T-cells can get modified in their response.

Robb: What is particularly perplexing in this thing is that people who had severe COVID infections were less likely to have this kind of T-cell exhaustion, which in mild infections the basic takeaway was that people were more likely to have subsequent infections based... But the thing that's important to understand here, this is all based out of cell culture in vitro studies. This isn't really looking at or people actually getting infected at greater rates and whatnot.

Robb: So there's a little bit of wiggle room there. I wouldn't be the least bit surprised that what's being suggested there is accurate that ironically a more severe infection produces a more robust, longer standing immunity. I wouldn't be surprised by that. The irony and all that though is that you need to nearly die from COVID to get the really like seemingly robust response. I guess that's one part of this.

Robb: The other part of this, and it's interesting, I didn't actually see his specific critiques about the Great Barrington Declaration. But Nicki, you-

Nicki: Well, I mean-

Robb: We were chatting about it.

Nicki: Yeah, and I didn't see his specific thing on that either, but the Great Barrington Declaration their whole point was let's protect those who are most vulnerable to

infection and at higher risk, so obviously the elderly and anybody who's immunocompromised. And then let the younger healthier people kind of take precaution, but continue working and let's not close everything down. That was kind of the basic gist behind it.

Nicki: I think his claim of fraud is probably that they're saying like, "Then you get COVID and you reach herd immunities." But is it really her immunity if you can catch it again, right?

Robb: Or is it really fraud if that's just part of maybe that doesn't apply 100%, maybe--

Nicki: -Right. Because other things, you get the chicken pox and you don't tend to catch it again, right? You get the flu and you can, which is what I think COVID is more similar to that. There are different strains, and so just because you had one doesn't mean that you are immune to other future strains.

Robb: Right, not dissimilar to the influenza virus, yeah. I guess there's just-

Nicki: But I wouldn't call that fraud like that seems like a really harsh critique of something that arguably had we followed, what the esteemed scientist who made up the Great Barrington Declaration. Because let's remember, they're all from like top-tier institutions and highly-acclaimed individuals who have been totally slandered and drugged through the mud throughout this whole thing. But had we followed their recommendation, would our economy be in the situation that it is? Would we be facing all of these food shortages?

Robb: The study that was performed suggested that, and I can grab that and put it in the show notes, but it suggested that all of the lockdowns, all the things that we did with all the costs that were just now kind of figuring out, slowed the spread by about 2.5%. Didn't stop it. Didn't change the area under the curve of the total number of people who were going to get it. Every person on the planet is eventually going to be exposed to this virus, well, one way or the other, whether they're vaccinated or unvaccinated. Because the vaccines are non-sterilizing and best they maybe offer a mitigation and severity. Unless you are older or metabolically challenged, then your likelihood of survival was better than getting in the car and driving anyway. So I still think their basic thesis holds a lot of water and it's interesting.

Robb: Christie linked to this Dr. Leonardi's couple of papers and then his Twitter thread. The interesting thing in his Twitter thread, he was basically calling for folks, and we have all this in the show notes. People can click on this and check it out themselves, highly recommend it. But he was asking for people to kind of self-report if they've been reinfected with COVID, which is fine. It kind of-

Nicki: He probably should have done a poll and then had people click.

Robb: It was a poll.

Nicki: Oh, it was a poll? Okay.

Robb: It was a poll. It was a poll, and he had some additional information in there. But I was just kind of reading the comments and I guess it cuts both ways on this. But the bulk of the comments were, it was things like this. My horrible daughter-in-law has convinced my son that they don't need to wear masks and they don't mask their four year old kid. It's so dangerous and they don't follow the science.

Robb: And 20 minutes before this, I was reading Vinay Prasad's piece on how the CDC recommendations for masked air travel has been rolled back. He has been a tireless champion of like the Bangladesh studies where the cloth masks did absolutely nothing to mitigate transmission. The N95 masks worn absolutely perfectly, not fiddling with your face, not putting them on, not taking them off, like worn like in a surgical theater made, it seemed to reduce transmission by about 30% and literally, nobody wears them like that other than in a hospital setting, so. And he was talking about how on the airplane, just the fact that even though it's absolutely ridiculous that you can take the mask off, take a drink then you need to put the mask, like it just invalidates the whole goddamn thing. Like it is just theater. So-

Nicki: Airplanes have really phenomenal air circulation.

Robb: Which further, and he made the point, too, that would've been an easy question to answer in the CDC for whatever reason has chosen not to study that. There has not been an actual study like a clustered randomized trial to be able to determine it. Are there increased rates of transmission on planes, increased transmission with mask, without mask? This could have been answered, and there's been a decision not to do this. Because we haven't fucking done it.

Nicki: Well, and the whole air circulation thing. We had Clementina Russo on a Salty Talk earlier last year, I think, and all about the air circulation being one of the things that could have been studied and implemented early, early, early, and prevented a bunch of this other, this mess that we're in that has had lots and lots and lots of knock on consequence, downstream consequences including where we are today with facing potential increasing food cost, inflation at 8.5%.

Robb: On the books reported.

Nicki: At least that's being declared. It's probably-

Robb: Could be double that.

Nicki: ... at some, a few percentage points above that for sure, anyway.

Robb: So Christie, I'm glad you ping this to us. I think that this is an interesting topic, the T-cell exhaustion, given that both vaccine and non-vaccine exposure to COVID like particles has a potential to produce this phenomena. It's kind of like I don't know what to do. I'm not really too sure what to say about it. It is kind of ironic that it seems according to this information that being metabolically healthy and not getting a severe case of COVID leaves one more predisposed to this T-cell exhaustion. Like, I'm not sure about that. There's a lot of moving parts to this that I'm just not at all sure of. Even within that T-cell exhaustion story, it reminds me again to original antigen XN where there's kind of an imprinting to that specific virulent particle. So I don't think that it has broader ranging implications from beyond that.

Robb: And then the final thing, I guess kind of putting a bow on all the stuff, or maybe it's not the final thing, but it's a thought is that in general, COVID has gotten less and less problematic from the perspective of killing people. I had just opened up a New York Time piece, "Good morning, coronavirus cases have risen in major cities, hospitalizations have not." This is more of this kind of hand ringing of like, "Well, is it going to lag? Is it going this, is it going to that?"

Robb: But early, early in this whole story, there were lots of folks that have tracked other airborne diseases like influenza and generally something that starts off as both virulent and dangerous. Like it spreads relatively easy and also can kill you. It tends to kill you less and less because that's really not the end play for infectious disease, from an evolutionary perspective. It would like to infect everybody possibly can and not really kill anyone because that's not helping it either.

Robb: So just COVID itself has become less of a killer. It's become more, more spreadable and that is another one of these characteristics. So at the end of the day, I don't know what Dr. Leonardi has to say here really matters at all because it's becoming less and less of an issue with it, causing severe disease across the board. It still raises all these other questions, the way that we responded, the fact that this is almost certainly a consequence of a lab leak that the United States government funded and that the people managing the response to COVID were the ones that funded the gain of function research. There's all kinds of shit that we actually should be super up in arms, and there should be some heads on pikes as a consequence of this, but I don't know. Do you have any other thoughts about this?

Nicki: I just think that and the takeaway is like what can we do? Like we have no control over what the CDC or the WHO or any of these response teams do. None of us knew that the government was funding this stuff. We didn't have a say in that. What we do have control over where we do have agency is making ourselves as strong and resilient and metabolically healthy as possible. Because that is how we protect against not just COVID, but aging-

Robb: All the other shit that's gonna kill ya.

Nicki: Any kind of... Yeah, yeah. So I think that's the biggest takeaway from this. I think and, again, we've said this a hundred times in the last two years like if we had just had a rallying cry like, "Come on, folks. This is our chance as Americans. We're an overweight nation. Now is your time. Let's lose 20 pounds. We're going to do a walking program. Everybody's going to get their 10,000 steps." This could have been just this unifying, amazing health-focused time and history, and instead it's been an absolute debacle.

Robb: Instead people gained on average 25.

Nicki: People gained and we lost countless unnecessary lives, but we've been there. We've talked about that.

Nicki: Okay, our second question is from Getty, early eating habits of eight months to 18-month olds.

Nicki: "Hey, Robb. All the usuals, you've been super helpful and changed my life, been on and off your stuff for eight plus years. Also my bad if someone has asked this before over the many years. My wife and I welcomed our first born in June of 2021. Breastfeeding and been introducing pureed, fruits, and veggies at home for the past two months. Now we are heading into the pincer grip stage and curious on any recommendations on companies that have products that are quality for the lifestyle. Cheerios are obviously not on the table, but the ease of something in that arena would be appreciated. Keep up the great work and been loving LMNT."

Robb: Man, the main thing that comes to mind is Serenity Kids. They have some puffs that are pretty cool. They're mainly veggie. I think they have veggie and collagen-base in them. I forget exactly, but I mean they're super clean. They're a good company. They're good.

Nicki: They also do those pastured meat, grass-fed beef and pastured meat.

Robb: Yeah. They start off as a baby food.

Nicki: Baby food, so like the pureed baby food in a pouch that is very convenient for, when folks are on the road and you want something high quality.

Robb: Yeah. But I was reading just specifically that's kind of like-

Nicki: -Totally, I'm just giving more context to Serenity Kids.

Robb: And then, I mean, for us, we did a lot of Jerky, just-

Nicki: Not at eight months though like-

Robb: You're saying 8 to 18 months.

Nicki: Right, right.

Robb: Didn't we let the kids gum on jerky and bacon and stuff like that?

Nicki: They would suck, yeah. They would hold a piece and suck on it. You got to, yep, little pieces of bacon, mm-hmm .

Robb: You mean you have to monitor your kids while they eat in their children. I just usually went and took a shower and turned the music up super loud and gave them-

Nicki: Ice-cube sized, grape-sized.

Robb: It's grape that I put a little bit of Vaseline on to make them super slippery, yeah, yeah.

Nicki: Okay. Folks, we're joking. This is sarcasm in case you turn down.

Robb: Sarcasm, sorry.

Nicki: But, yeah, like anything that you can. I think he's asking for things like the puff, something kind of commercial that's easy and shelf stable and kind of packs easily on the go.

Robb: Well, the Serenity Kids puffs are great. I think all whole foods carry them and you can order them online, so Thrive Market carries them.

Nicki: Yeah. But I'm not aware of any other companies that currently have something like that.

Robb: The Serenity Kids stuff is-

Nicki: It's unique because they-

Robb: ,, , pretty unique.

Nicki: ... they really focus on the regenerative aspect of all this stuff, so. But otherwise, there's lots of resources out there on baby-led weaning. I think Lily Nichols also has some stuff on feeding, feeding youngsters as well.

Robb: Right.

Nicki: So hopefully that was helpful. I think that's all we have for this show. Remember to check out our show sponsor at drinklmnt.com/robb.

Robb: Remember our Give a Salt program. If you have somebody important in your life, check out the LMNT Give a Salt program. Basically, you nominate that person and then LMNT sends them salt and sends you salt, too.

Nicki: Just to spread the salt, and that URL is drinklmnt.com/giveasalt. And then I think sometimes we can lack a little motivation and especially as the winter kind of clings on to spring and there is overcast and whatnot, but like just remember Brian. This episode is, again, dedicated to him. Lift something heavy, whatever's heavy for you. Get out there, do something. Walk like we all can kind of seize the day and do more to living most of our lives.

Robb: Great.

Nicki: Love you all. Get some sunshine if you have any in your area. We don't, or actually we have little bit-

Robb: We have a little bit right now, but we're inside doing this damn thing.

Nicki: We might need to go take a quick walk.

Robb: Yeah.

Nicki: Hope you all have a wonderful weekend and we'll catch you next week.

Robb: Bye, everybody.