

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.

The contents of this show are for entertainment and educational purposes only. Nothing in this podcast should be considered medical advice. Please consult your licensed and credentialed functional medicine practitioner before embarking on any health, dietary, or fitness change. 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 Plus.

Robb: Howdy, neighbors.

Nicki: We're rolling. Hello, hello. Welcome back to another episode of The Healthy Rebellion Radio. This is episode 131.

Robb: Fantastic.

Nicki: Good day, hubs.

Robb: Good day.

Nicki: Good day. What do we got? I know last episode we shared a little bit about what our weekend was going to be all about, and I thought we could give a post-bison-

Robb: A postmortem?

Nicki: ... Mortem report from our adventure up at Roam Free Ranch.

Robb: Well, you get right on that, wife.

Nicki: Well, first of all, it was freaking amazing. It was just a fantastic experience. Like we mentioned before, it was a dry run. They want to do this type of thing more frequently at their ranch, kind of experiences that you can only have out in the middle of nowhere in Montana.

Robb: With very little oversight or regulation.

Nicki: Yeah, yeah, yeah. But it was pretty cool. Some folks that were part of the hunt hunted the bison and then got it cleaned and processed and then strapped onto this metal frame. First of all, they butterflied it and then strapped it onto this metal frame, and then Robb, along with 10 other guys, lifted it and carried it over to the rotisserie thing and had to lift it up and mount it on the... How much did that thing weigh all in all? The metal, the steel?

Robb: It was estimated about 800 pounds total. So each person was... Not a huge amount, but it was awkward and icy and-

Nicki: And cold, and cold fingers.

Robb: And cold. And when we put it up, there was a fire going that you had to-

Nicki: You didn't want to get your shoes burned.

Robb: ... Try to not standing in the middle of the fire while you're putting up. So it wasn't Navy SEAL stuff, but it was non-trivial to get it put up there.

Nicki: It was pretty cool. And then folks pushed the wheel of pain through the night and roasted it and cooked it. And then the next day more people came, the folks that were coming just for the feasting portion of it. And we ate the bison.

Robb: We did.

Nicki: Yeah. It was good. It was a good time. Lots of fun.

Robb: John and Britney are amazing people. The Go Roam Free Bison Ranch if you want to follow them on Instagram, it's at GoRoamFree-

Nicki: If you want to see pictures of this contraption, definitely go to their Instagram account.

Robb: And just as a reminder, again, this was inspired by the wheel of pain from Conan the Barbarian, which was you walk in the circle pushing these big logs. And that then was attached to this eight to one gear ratio where every eight turns of the wheel turned once the bison.

Nicki: Fully rotated the bison over the fire.

Robb: And quite an engineering feat. And just, John and Britney are amazing people, and they're significantly younger than us and full of a lot more piss and vinegar.

Nicki: It's cool. He had this idea in his head and he decided to make it happen. So super, super cool. So anyway, that ended up being a ton of fun. Looking forward to the next one, which is-

Robb: Potentially in May.

Nicki: ... Potentially in May. And I know that they'll probably be taking outside signups for that one. So when there's registration information, if people are interested in coming in and checking that out, we'll let you know when signups are available.

Robb: Awesome.

Nicki: It was actually cool because we met a couple who were podcast listeners and who recently moved here to the Flathead Valley and heard about Roam Free Ranch from us talking about them on the podcast. And so they are customers of John and Brittany, and so they were invited to this thing and it was kind of fun to meet some people that way too.

Robb: It was. They were a wonderful couple.

Nicki: Yeah. Any other upfront news you want to share, huborama?

Robb: I don't think so. There's all kinds of chaos in the world.

Nicki: Oh goodness. Crazy. Yes. Insane. Narcissistic, sociopathic-

Robb: There's a lot of acronyms.

Nicki: ... Founders of trading firms that trade in cryptocurrency but aren't decentralized, and so they're like banks and can steal people's money like FTX and Sam Bankman Freed. So that's been a fun kind of unfolding drama.

Robb: Did we talk about that last?

Nicki: I don't think so. It was just kind of popping up.

Robb: It was just breaking. Yeah. But-

Nicki: Super fascinating.

Robb: If you want to get caught up on that. The Bankless podcast, we've recommended those guys a few times. It's a lot of the Bankless podcast just, it is frankly a few rungs higher up than where my aptitude and interest lies. But they were really right at the bleeding edge of this thing breaking because they had Sam Bankman-Fried.

Nicki: They had SBF on a debate with this other guy named Eric Voorhees, who's a longtime libertarian bitcoin crypto advocate, very much in the decentralized side of things. And Sam has been lobbying in DC and made huge political donations to the Democratic Party, to the tune of 30 plus million dollars working to get this crypto regulation put in place that looks like it would have been very protectionist for what he was doing and-

Robb: Would've crushed decentralized finance.

Nicki: ... Really crushed DeFi, which is what most people in this space are attracted to. Let's not trust people, humans who can be bought out and who make mistakes and who fuck things up. Let's trust code. Let's trust protocols to do things. So anyway, they had this debate, which was fascinating. Eric is super articulate, really, I don't know. It was just fascinating. And I've never, I didn't know who SPF was prior to listening to that episode. And then subsequent to that, there was just all this stuff online on Twitter about people really upset with what Sam was lobbying for because it really wasn't in the interest of the crypto industry at large. And then just went downhill. Basically, he's gambled away over \$16 billion, all of his customer funds. He was basically running a fractional reserve situation.

Robb: And there was a bank run.

Nicki: And there was a bank run. And then the New York Times just did this super fluffy piece about how his empire collapsed, but making it sound like it was, he didn't intentionally use customer funds. People are suffering. People's life savings were on this platform, which is another reason why you should never keep your stuff on any platform if you're in crypto at all. Anyway, long story short, we're getting derailed here, but lots of fascinating stuff going on in the world.

Robb: But that Bankless podcast, if you thumb back through some of their live streams and a few podcasts back, if you want to get caught up on that, and I would really encourage people to have some awareness around this topic. This isn't our news topic today, but we'll dig into it.

Nicki: Let's make it a two part news topic, because I'll link to Erik Voorhees's blog. He has a blog post. His blog is moneyandstate.com, I believe. I could be wrong, but I think that's it. He wrote a really great blog post talking about all of this, and it's a good read.

Robb: Here's why I think it's important. This notion of decentralization is something that I've talked about for ages, and whether it's decentralized governance, more governance happening on the local level versus a more centralized level, our food systems, our financial systems, whenever things get centralized, it's easier to corrupt them. And it's not impossible to corrupt something at the local level. But this decentralized finance is going to be fought tooth and nail because it really is an elegant solution to a ton of problems that we have. It really is. And I was talking a little bit about this in the Twitter verse, and I had some folks that I know, and they were largely of the opinion, they're like, "Well, this just shows why crypto is a ruinous, terrible idea." And I'm like, no man, no. And so I-

Nicki: Nothing that happened was the fault of crypto. It was all the fault of human beings-

Robb: Taking advantage of a-

Nicki: ... Taking advantage of a system. Also, this whole thing, his whole business was offshore. People in the US have been asking for more clear lane lines with regards to regulation with crypto, but because there weren't any, lots of people went offshore, including this FTX enterprise. And so then there's no oversight. It just allows bad actors to come in. This guy was the darling. Apparently people were calling him the next JP Morgan, and he's this nerdy guy with super fluffy, curly hair and-

Robb: Public hair on his head.

Nicki: ... Public hair on his head and overweight. And he's vegan. He fits the whole... They call him an effective altruist because he just wants to give all of his money away. He drives a Toyota Corolla, even though he is worth billions of dollars. When all of it appears to be this big ruse. I don't know.

Robb: Again, sorry, we diverted in that. But if you are concerned about sovereignty in general, food sovereignty, medical sovereignty-

Nicki: Freedom to transact. The fact that somebody couldn't tell you that because you want to protest your president or prime minister's dick tats in a public square that, oh, we're going to cut off all your bank account access like Trudeau did in Canada to the trucker protests. And regardless of where you stand on that issue, you can imagine an issue that you're passionate about. And if the wrong person in government were there and they could say, "Well, because we don't believe in the cause that you're trying to protest. We're just going to cease your access to your funds." This is fundamentally, and Punk... I know we've mentioned this before in a previous episode, but Punk 6-5, 2-9, who is just an amazing resource on all things crypto and metaverse stuff has said and made a very eloquent post, "There are no constitutional rights without the freedom to transact."

And so if you take away people's freedoms to transact, if you take away their access to their funds, you're basically stripping them of every other human fundamental because without your access to money, you can't organize, you can't have freedom of speech, you can't print pamphlets to promote whatever to-

Robb: You can't pay for your website.

Nicki: You can't pay for your website, you can't get on a bus and go to a rally. You can't do all the things. So anyway, that one, for me, the freedom to transact is what really that whole Canadian situation back in February of this year is what really kind of opened my eyes to a lot of this stuff. And anyway, I know we're getting derailed, but.

Robb: It's important stuff.

Nicki: It's important. What if all the powers that want us to be eating more bugs and crickets, and meat is bad for the environment? So Robb, I see that you're been... Your bank statements show that you've been purchasing a lot of meat lately and that's really bad for the environment. So we're going to just cut you off from that.

Robb: And what's funny. Folks think that this is a joke, and there's kind of two, a couple of facets to this. One is that there's a cross section of people that feel like this is okay because they're so righteously in belief of say, climate change or masks or mandates or whatever, that they're really willing to forego any type of freedom so long as they get the compliance that they think is appropriate. And they never ever realize that this thing can and will get weaponized against them. And these are the classic brown shirts out of history, that the useful idiots are the first ones to go because... Well, history, and not to go too deep into that, but it's, you really said it well. I should have shut up because the freedom to transact peace is really at the root of all this/

Nicki: It doesn't matter what you care... What is your single issue thing that you would care about, regardless of what it is. It's not hard to imagine that there's some person that could come into power for some reason, it's an inconvenient or it doesn't align with... The meat thing, for example, with the goals for global climate emissions or whatever. And so you lose access to using, spending your funds the way that you want to spend them, or you lose access altogether if you are being kind of an... What do you call it? A dissident or a protestor. You're standing up and speaking your truth and-

Robb: Conspiracy theorist? Because man, those people really need to be hammered down.

Nicki: So anyway, long story short, obviously this is a topic I'm pretty passionate about, but we will put some links. We'll separate it out as two news topics. So we'll do one with that Money and State blog post from Erik Voorhees. And we'll also include a link to one of the Bankless podcasts that kind of sums everything up pretty well.

Robb: Cool. I will be really quick on the original news topic today.

Nicki: Before we derailed.

Robb: Yeah, interesting paper. "Highly processed foods can be considered addictive substances based on established scientific criteria." There's been a lot of back and forth over the years. Are foods addictive? Are they not addictive? I will say that the standard dietetic scene has skewed the notion that foods could be addictive as if it were a plague. And it's because there's a cross section of folks that are of the mind that if you put any foods in the naughty box, that this is going to foster disordered eating and impure thoughts and whatever. And some of this has been really kind of screwed up because there have been pieces and quasi credible people who will say things like, "Some of these foods are as addictive as cocaine."

And it's based off of PET scan imaging where when somebody uses cocaine, they get certain areas of the brain that light up and then similar areas of the brain light up when they eat a Twinkie. And then they're like, it's just as addictive. That clearly is ridiculous. But the flip side of that is that dismissing the addictiveness of food, that there's some threshold, there's some combination of stuff for any given person that they're not going to win that battle. They will overeat. And that is a reality. And we've just run into the abyss of this, healthy at any size.

I would never, and I would never condone shaming someone because of their choices. But at the same time, it is so unethical and injurious to tell people a lie that, "Well, you just need to moderate your consumption of X, Y, Z." Some people can, people can't. That's some of Gretchen Rubin's work. And this is just some further research that I think really makes a strong case for the reality that we do need to look at modern hyper palatable foods, particularly the daisy chaining of one type of food after another, as being something that is dangerous and we need to then act accordingly. And that's up to each individual, funny enough, at least for right now, to make that decision.

The funny thing is that if the World Economic Forum and other folks get their way, I think that the hyper palatable food will not be the things that we are restricted from. It's going to be meat and dairy products and stuff like that.

Nicki: I wonder how hyper palatable you could make crickets.

Robb: I don't think very. You'd have to do a lot to dress them up. But anyway, I recommend checking out this paper as well. I've got probably another couple of papers over the next couple of weeks looking at the disproportionately powerful effects of a low carb or ketogenic diet on different types of disordered eating. So I should have a series of these that will be dropping in each week.

Nicki: Very cool. All right folks. Get it while it's hot. As you know, the Healthy Rebellion Radio sponsored by our salty AF electrolyte company, Element. And as I mentioned last week, the Element chocolate medley is now available for all value bundle subscribers and can also be included in new value bundles if you're not yet a value bundle subscriber. The chocolate medley is a box of 30, which includes 10 of our new flavored chocolate caramel, 10 mint chocolate, and 10 chocolate salt. This is available for a limited time only while supplies last. So be sure to grab yours now, if it's something that sounds good to you. It's free... Really, I was going to say frio, and then I was like, but I shouldn't be speaking Spanish.

Robb: Culturally-

Nicki: It's frio outside. It's frio outside here, so-

Robb: Baby, it's frio outside.

Nicki: So yes, Element in a hot mug is perfect this time of year. As always, Element has no questions asked refunds, so check it out if you are interested. Stay cozy and hydrated this winter with Element in your mug. You can grab your value bundle at Drink Element dot com slash Robb. That's Drink L-M-N-T dot com slash ROBB. And let me tell you, we did have a big vat of chocolate salt up at the Bison Ranch this past weekend. And all the kids that were there with their families sledding while the adults were doing the bison thing were happily sipping their chocolate salt.

Robb: It was pretty popular.

Nicki: Yeah, it was pretty popular. So, perfect on a cold day. Okay, questions this week. We've got three and a half. Somebody-

Robb: Three and three quarters?

Nicki: Somebody snuck in a halvsie. Okay, the first one is from Michael on cold weather and the urge to pee. He says, "Every year when the temperature drops, I feel the need to

urinate more often. It especially hits me the hardest when first going outside into the cold, even if I just went. It also happens when I get cold water on my hands. I have been upping my salt content in an attempt to keep the fluids in my body longer. The urge does slowly lessen as winter progresses. My diet is paleo, around a hundred grams of carbs per day. I do have a meal or two a week that isn't. My job keeps me on my feet and active exercise consists of mountain biking once a week and chasing my five year old daily. I'm 43 years old, six foot two and 220 pounds, definitely a so called dad bod. So what is up with all the peeing? What's my body doing and is there something I can do rather than just waiting for my body to adjust to the weather? Thanks. I've been listening and reading your stuff since the very beginning."

Robb: So this is a condition called cold induced or thermal induced polyuria. And we get exposed to cold air or a cold environment and the heart begins beating faster and we get increased movement of fluids through our system and it literally is just kind of pushing more fluid through our kidneys. And you tend to get an offshoring of urine. This is one of the bastards of backpacking when it's cold because you go to button up for the night and you lay down and you're kind of trying to warm up and then you're like, I have to pee again. And then you get up and pee and hopefully don't get eaten by a bear or something while you're outside of the tent. And then you lay down and you're like, oh, I need to pee again. And this is above and beyond just kind of a male prostate issues, which that can worsen all this stuff.

And it's funny, one of the best resources I found is a horrible website, Accuweather dot com. And it's horrible because it is riddled with, it's so riddled with banner ads that when you turn it on your... Or you click on it, your computer starts smoking because it's trying to download 800 different click bait ads. But they actually have a really phenomenal description of what this phenomena is. As to improving it, I will say that it looks like the more metabolically healthy an individual is to some degree you have less of this effect. And so he was mentioning a little bit of dad bod and stuff like that. So if we could tighten up a little bit of fluffiness that may help things a bit.

Nicki: Hundred grams of carbs is not bad. I'm wondering if A, how long have you been eating that way? Paleo with hundred grams of carbs. And then if it's recent, then maybe he's transitioning too. He could be.

Robb: Could be. But there, not a ton of activity here. Young kid, maybe not great sleep. There's just some probably diet and lifestyle stuff that needs to get tuned up a little bit. And whenever I see the, "I eat paleo except for a few times a week," I'm-

Nicki: I'm always like, what is that? Yeah.

Robb: Oh, I don't know. And not picking on them, but just those are some things, like tightening up one's physicality a little bit will improve all this. And not everybody gets this effect. Most people do, but there definitely is... Another thing that you could do is get all Wim Hof on this and get very cold adapted.

Nicki: So that's probably why as the season goes on, he doesn't notice it as much because he gets a little bit of an adaptation. Okay.

Robb: Yeah.

Nicki: Cool. Michael, I hope that helps. Report back. Let us know.

Robb: Yes.

Nicki: Okay. Our next question is on zone two exercise from BJ David. "Hi Robb and Nicki, longtime listener. You've answered a couple of my questions over the last few years through your podcast. Thanks. Feels like we're besties. Can't wait to get your Christmas card this year."

Robb: Ping us an address. We'll do it sometime-

Nicki: If only I sent Christmas cards.

Robb: ... in February.

Nicki: I am so bad at Christmas cards.

Robb: She's actually blushing right now.

Nicki: I am. Because it's like I've been... Even though. Because I just feel guilty because I'm so bad at Christmas cards.

Robb: Rudolph the Red Nosed Reindeer red right now. She's blushing.

This is hilarious. I love this.

Nicki: Am I that red?

Robb: You are glowing.

Nicki: Okay. Well it's the guilt that over the past few years. So I'm bad at getting it done before Christmas-

Robb: Like the 20 years we've been together?

Nicki: So then I was sending out New Year's cards and then last year I didn't send out anything because-

Robb: We suck.

Nicki: ... I don't know it. We suck. Anyway, so David, BJ David, you won't be getting one. Let's just be real.

Robb: You have as much chance as anybody else of getting one.

Nicki: All right. He has a little Element blurb here. I'll read that too. Okay. "So we live very close to a major Amazon hub in greater Cincinnati on the Kentucky side of the river. To my horror, yesterday morning I opened the pantry to get an Element pack and there were none, zero, zilch. My lovely bride had used the last one, apparently. Moving swiftly into action, I jumped on the Amazon app and ordered a box. Honest to goodness, it was at my front door in a couple of hours. I didn't even have to wait a whole day. That's some magic right there. Woo-hoo. Side note, I went ahead and clicked the box to get it auto shipped monthly. It really is that good."

Robb: Yeah. I just want to comment that if you live in Montana, it doesn't work that way.

Nicki: No.

Robb: When we-

Nicki: You order something in Montana and it says you can expect it in one week and then it's often 10 or 12 days. Yes. Okay. So his question is about zone two exercise. He says, "My integrative doctor told me to use zone two if I was still interested in losing and maintaining weight, that that is the best fat burning zone. Over recent episodes, I've heard you repeatedly mention getting in your zone two workouts and that you've been paying more attention to them lately. I'm pretty sure you've even mentioned that you really don't want to get any leaner. So why are you recently so committed to zone two exercise and what are the benefits you're after?"

Robb: Man, the benefits are fundamentally not dying. It improves cardiac output, vascular endothelial function. I definitely feel better, particularly going into the winter. I have some tendencies towards depression, seasonal affective disorder type stuff that the exercise will help. And it is true that zone two, the goal is fat burning, but that's not necessarily the thing that's going to lean you out more. We do still need that calorie deficit and all that type of stuff. Mitochondrial density. What are the things that I'm missing on this? So there's cardiac benefits, there's systemic benefits of improving insulin sensitivity and mitochondrial density. There's cognitive benefits. I have-

Nicki: Mental health benefits.

Robb: Mental health benefits. I have been-

Nicki: Jujitsu benefits.

Robb: Yeah. You recover from other activity much easier when you've got a really solid aerobic base. I've been using the Morpheus platform and really like that. It gives me an HRV reading each morning. I pop on a little watch and do my HRV and it then gives me some upper and lower bounds to work in. And it seems pretty spot on. When I'm really well rested, my working heart rate for that day can be 8, 10, 15 beats per minute higher than days where I didn't sleep as well. So I really think there's something to that. What else am I missing on this thing?

Nicki: So you're recently committed to this because of all of these benefits that you just described?

Robb: Yeah. I mean, just general health benefits. As we age, we tend to lose both strength and cardiovascular capacity, lung capacity. And the bigger headroom that you've got, the more that you've got in the bank, so to speak, when you start, the longer run that you've got with that, and when you're trying to maintain that cardiovascular reserve over time, then you lose it less quickly. So those are all the reasons why I do that. Similar to strength training, the same story occurs on the strength training side. Trying to think of anything else. But those are. On the, I'm not trying to get leaner. One of the buggers about this is that if you do an hour of this, 40, 45 minutes, an hour three or four times a week, lo and behold you end up with about an additional 800 to a thousand calorie deficit on your day from doing that. And when I'm already stretched thin with the foods I can eat, it has been challenging.

Nicki: It's been definitely been challenging for you.

Robb: It's been hard in that regard because my digestion just isn't spectacular. It's pretty good and I'm, goddamn it, I'm just not willing to go a hundred percent carnivore and just cook

beef tallow and eat it. And so I still dabble on the periphery with some fruit and some things like-

Nicki: Avocado and-

Robb: Avocados and-

Nicki: ... Nuts.

Robb: A little bit of nuts, yeah. And the nuts don't work great for me. So I mean, the challenge that I've had is just I've increased my activity level over the last couple of years while having somewhat compromised digestion. And that just makes things tough.

Nicki: Okay. Final question, or this is question... The one and a half final questions. From Jason. "BJJ training and bruising." He says, "I've been training for 12 years and over time I've realized my body has built up a great tolerance to bruising, to the point you'd have to beat me with a stick to cause a bruise. However, for about the last five years, I get bruising on my face almost every training session. Not like a black and blue bruise, more like a strawberry color, like a brush burn. And it goes away in 24 to 48 hours. I'm healthy, 51 years old, no meds. Mostly ancestral diet, moderate alcohol consumption of one half to three quarters of a bottle of wine per day." So let's answer this and then we'll answer the bonus question.

Robb: What this sounds like to me is just more of a surface abrasion, and I'm not a dermatologist and we don't have a picture. So that's-

Nicki: I'm just wondering how you're getting that on your face. Unless people are cross collar... How are you?

Robb: Some folks, depending on the gym and their kind of individual predilection, they will do herculean efforts to get out of side control as an example. And it can peel your ears off of your head. If you're doing a lot of take downs, particularly in the gi.

Nicki: And you're putting your face on their chest and-

Robb: You can get a lot of ear and face abrasion and activity there. So Jason, I'm guessing this is more of a surface abrasion type story. It doesn't sound like bruising specifically the way you're describing it, but again, I'm guessing here. And again, this is where the call in show would be handy.

Nicki: We'd need a video in show to check out these bruises.

Robb: Well, he could at least verbally describe it. Hey, does it seem more like an abrasion? So that's my thought. And the fact it goes away pretty quickly makes me think that it was probably some sort of a surface type abrasion, not a bruise per se.

Nicki: Have you ever gotten a bruise on your face from jujitsu?

Robb: I mean, I've taken an elbow here and there, or had shiners.

Nicki: I just have never, ever. I guess I'm wondering, can you pinpoint when it's happening in the training? Are people going north, south on you and smashing your face? Do you feel like your face is getting abraded while you're training? I just don't.

Robb: Right.

Nicki: I'm having a hard time figuring out how it's happening.

Robb: Well, let's move on to the next part of this question.

Nicki: I also don't know that a half to three quarter bottle of wine is... Every night is really moderate-

Robb: It's pretty aggressive, but, yeah.

Nicki: That kind of was.

Robb: If you listen to the Huberman Lab podcast on booze, that'll....pucker you up.

Nicki: Maybe one glass? One glass, Jason, one glass a night. Unless it's like you're kicking your heels up for special occasion. All right. Bonus question. About twice per year, my wife will make an awesome homemade apple pie and we have this argument every time. Her philosophy is eat just a little piece every day until it's gone. Mine is, have a grueling workout, then sit down with a half a gallon of ice cream and do my best to kill it all at once in one sitting so I'm not tempted to eat it again for months. Whose side are you on? PS, I don't care the answer because I'm still eating the whole damn thing.

Robb: I am definitely of the mind of just get that shit dealt with.

Nicki: Out of the house.

Robb: So I'm more, hard workout, plow it, be done. Because, it'll... And also-

Nicki: I can too, because I can't just do a little piece every day till it's gone. I'm an eat it all if it's in front of me.

Robb: Well, you'll do a little piece like eight times a day.

Nicki: Right, right. Which is what I'm saying.

Robb: Literally every time you cruise through the kitchen, you'll carve off a slice.

Nicki: So I'd rather it be gone too. So I'd rather either, if you're going to just do a little piece, then give the rest away, or if you've got somebody in the house who's willing to take that bullet and eat the whole damn thing, then get it out of the kitchen.

Robb: So there you are. Eat it all at once, family.

Nicki: Or at least just not have it there anymore.

Robb: Yeah.

Nicki: Okay. I think that was our last question. We are... Yeah. Any other parting thoughts, hubs?

Robb: No, I think we rambled on inanely sufficiently-

Nicki: Enough at the beginning?

Robb: ... Towards the end.

Nicki: Yeah.

Robb: Okay. We'll save everybody. I hope you all have a fabulous weekend. Remember to check out our show sponsor Element. Grab some hot Element for your mug this winter. It's chilly outside, folks. You need to stay hydrated. You can grab yours at Drink Element dot com slash Robb. That's Drink L-M-N-T dot com slash R-O-B-B. And that's a wrap.

Bye, everybody.

Nicki: Talk to y'all next week. Bye.