

An Oregon Cottage Podcast

Episode 69: What's Sabotaging Your Weight Loss?

- Brian: Welcome to episode 69 where we are going to talk about the things that sabotage your efforts to lose weight.
- Jami: Yeah, we've been collecting some really great new research on this and we'll talk about that and kind of what has and hasn't worked for us.
- Brian: And we both have to admit that after the holidays we both need to find some things that work. I've just had a few pounds creep on me, all this eating and everything. And then aside from the weight loss thing, then we have a flooring update on the old farmhouse, which Jami's going to bring us up to speed on. And then also she is going to be sharing some good things you should be eating. Because weight loss isn't just about starving yourself. You've got to eat good food.
- Jami: And of course we've got some cool things to tell you about.
- Brian: Right off the bat, I have to tell you, I found this way to lose seven to eight pounds instantly. And you know about this, Jami knows about this, it was pretty funny. We were cleaning out my mom's house and I found a scale, a bathroom scale that was just about identical to ours. Cosmetically just a little bit different. And I thought, Oh, ours has a cracked glass on the front. Maybe we could use this one instead. So I said exactly next to each other, same tile floor, set them both this zero and what happened? [laughing]
- Jami: Well I was the first to test the weight and I stepped on it and was like, Oh my gosh, I'm like six pounds lighter!
- Brian: It was awesome. Yeah, I'd lost like seven or eight. It's like, okay, I really like this scale.
- Jami: Let's use it! [laugh]
- Brian: Yeah. Unfortunately, we've kind of calibrated the other one with going to the doctor and some other things. So, that's the sad thing. The scale gets the blame.
- Jami: No, we know that ours is right.
- Brian: Getting a lighter scale is not. [That's not the answer then?] So if you can't get a malfunctioning scale, what are some things we should be doing?

Things Sabotaging Your Weight Loss

- Jami: Well, yeah, I mean obviously weight is a constant issue. We did an episode on how hard it is to kind of lose weight after 50 last year and it's one of our most popular episodes. So we know that it's not just an issue for us, it's for everybody. And so we thought...
- Brian: That was episode 45, by the way.

Jami: Thank you. We kind of found three articles to kind of start us off talking, and in grouping them we saw that there were three things that kind of really sabotage our weight loss efforts.

Brian: Yeah. Those are your mental outlook. That's a really big one. We're going to talk about that in a second. Um, and then highly processed foods. Yeah. Kind of the type of food you eat, which can be really tough depending on, it's like same calories almost depending on the food. Finally serving sizes, we're kind of in an era of big plates, big forks, big. I was noticing I was picking up a dining chair at mom's new place and they're huge. They're like the dining chairs are built for like NFL players, you know?

Jami: Yeah.

Brian: And then servings. We're going to talk about that in a second. When you go out to eat the servings at a place that are considered a good value or just it's kind of working against you for you know, maintaining a normal weight or a healthy weight. So one thing I found was this article in Vox and it's again it's kind of looking at some studies that found that it's not just the composition of what you eat. Like they'd put people on weight loss diets, I guess we could call them, cause they wanted to see what would work better, would a low carb diet work or a low fat diet? And it was with a huge group of people.

Jami: Yeah, over 600, which is pretty big for a diet study.

Brian: Yeah. When you're tracking a diet carefully. And here's what was so strange, there was a huge range of differences, but on average both worked. Both kinds of diets worked. One, I think the low carb lost a tiny bit more. I think it was like 11 pounds lost versus 12, 13 wasn't it?

Jami: It wasn't statistically significant. So if you look at just the statistics, they track almost exactly the same.

Brian: Whichever you were on, you'd be happy with if you got the average weight loss. But what was within both of those groups was the wide range of difference in people losing. Some people lost up to like 40, 50, 60 pounds. Other people gained weight. They got counseling and restricted diet and they actually gained weight on it.

Jami: So discouraging.

Brian: So they kind of drilled down and took a look and said, well wait a minute. What's going on? It's not necessarily the carbs or the fat here. What is it that's different? And what they found was basically the mental outlook of the people. Some of the people that lost weight, well one of the things, they had a change in circumstances which affected how they think. Like I was thinking of the sales guy that used to eat in his car, which is like the worst for weight. If you drive around and eat and grab stuff while you're driving around or you're bored, you do long drives, you want to eat. And he went from that to more of an office setting where he could better control what he ate. And he did great. What was the, there was a gal who had actually gained weight?

Jami: Yeah. She kind of had more of a, I would say more of a complaining attitude, you know, she was like, "Well, I didn't really have enough help with calories" and "I would have had liked to have more specifics" and she wasn't, it wasn't just enough for her to be eating healthy foods. Where the other people were just really excited about what they were learning and the new way of eating. So that to me is a little mental. She didn't really seem ready for it.

Brian: Yeah, for them it was like turning a corner and it was a positive. Yes, it was restricted, but this is exciting. And for her it wasn't. And the other people that didn't do as well, it just almost like, what can I get away with?

Jami: One guy was just like, "it didn't really make me not want to eat snack foods and you know, junk food." And so he didn't lose anything. He didn't gain but he didn't lose. So you have to be ready and willing to embrace it.

Brian: You've got to be motivated. And it's hard, you can't just say, well, change your mind. So anyway, we will have a link to that one in the show notes. This, um, what was the headline? Something like why your diet isn't working or something like that.

Jami: "Diets aren't Working and Why" Yeah.

Brian: Another thing that we talked about is highly processed foods. And it just sounds like, you know, I don't know, something that biologists would go on and on about, or somebody's mom that wants to, you know, serve you whole wheat bread. But they really have found that the more processed the food is, it may even have chemically the same calories, the more processed it is, the more weight you would gain eating that food. There was one, I'll have to go find the link to it, it was a study that showed that the calorie count for things like nuts, especially, it was like walnuts and cashews and almonds in there. Yeah. And what they found was that they're, in some cases by as much as 20%, overestimating the amount of calories that eating those nuts will give you. Because the nuts are loaded with fiber and your body can't get at all the calories. So while the protein and the fat might have a lot of calories, you actually can't get to them and they go on through. So, but anyway, there was another study you were looking at that was published.

Jami: Well, I loved that about the nuts though, too, because that's been a key for me to just have nuts always available cause I don't need very many of them. And it immediately satisfies me. And you know, but for years and years, I remember being told, "Oh, nuts have so much high calories. You shouldn't just eat them very often." You know, so that's really good. But this was an interesting research published by Cell Metabolism Medical Journal, that said, eating highly processed foods not only tends to make people eat more, but it also results in a fast dramatic weight gain and other detrimental health effects. So this is ultra highly processed foods. They could be 200 calories and you're like, "I'm having a 200 calorie snack," but they don't work the same in your body as something that is a whole food 200 calories. So they found that people also ate significantly more calories and gain more weight when they were fed this diet. And they included foods like breakfast cereals, muffins, white breads, sugary yogurts, low-fat potato chips, canned foods, processed meats, fruit juices and diet beverages.

Brian: So these are things that are supposed to help you lose weight, some of those you're naming.

Jami: Some of them, yeah. And this is versus minimally processed foods like fresh fruits, vegetables, eggs, grilled chicken, fish, beef, whole grains, nuts and seeds. So you hear that list and we know we're really tempted to eat those things. You know, they're very easy. Um, the most striking finding was that the ultra processed diet led subjects to eat 500 more calories a day.

Brian: Wow. Just because they're - it's like you open a bag of Doritos, you don't really stop cause you're sated. Because they're engineered to just eat the whole bag. Yeah, I know that's the problem.

Jami: Yeah. Always with stuff like that, I have to put my little 2 cents in about good food versus bad food because I really don't like those labels. I especially don't like the whole "clean eating" label because that means that other foods are dirty, nasty, evil. I don't like labeling foods in that way. I don't mind saying there are some things that are better for you than other foods, but if you talk about, "that's evil, that's poison." I had a child in preschool once tell me that any food that wasn't organic was poison. Like these things give food too much power. I just don't want to give food that much power. Food should just be something that you eat. And if you want a piece of really rich pie, have it. It's, you know, there's the 80, 20 rule and that pie is not evil. It's just got some stuff in it that isn't the best for you, isn't as good as like kale. But really, seriously, you're never going to eat a piece of pie again? Uh, there's some people who maybe do that, but I just don't like that because it gives you this whole powerful feeling and while you're eating it you can't enjoy it. It's this thing, and what are you going to have to do tomorrow and how are you going to do it? And it's just like, let food be food and just enjoy something and move on with your day.

Brian: That's because - I just want to go and agree with that - because it ties into the negative willpower and you can sustain negative willpower for only short periods of time. To succeed it has to be replaced with a positive. So just to say, "I won't eat Pringles, I won't eat Pringles" or "I won't eat a... I'm thinking of eating a can of um, frosting with a spoon. Like that would be bad food, right? So if I loved it, I won't do it. I won't do it or won't eat that donut. But you, you have to replace it with, "man, I enjoy...and whatever it is that's good," or "yes, I'm going to have a donut or I'm just going to have half a donut." I love donuts. I think I'm just kind of half of one. I'm not going to have one for this afternoon, you know. So, but yeah, that it sets up that negative mindset and that's not sustainable. They've found in willpower studies.

Jami: So yes, limiting when you have things, you know, if there are things that really tend to entice. And just be like, "I'm only gonna have those at the holidays" or "I'm only gonna have those on weekends" or once a month or, that's fine. Just as long as it's something that, you know, you can deal with and you're not labeling it and giving it a bunch of power. You're just like, I can have it or not.

Brian: Because it makes it worse. It's this huge nemesis. Yeah, it doesn't need to do that.

Jami: And there was just one more we wanted to mention really quick because this was so funny. This was actually a really recent study in January of 2020 that found that reduced fat milk was MORE associated with obesity than whole milk. Can you believe it? All those years we were duped.

Brian: I know you're right. Low fat, you name it in dairy, is supposed to help you lose weight.

Jami: Yes. And I suffered through years of non-fat milk.

Brian: Yes! Those watery blue, it was like white water.

Jami: Yes. Many of you know that we have a morning latte every morning and Brian brings it to me in bed and I love it. And I'm so happy to know that I don't have to worry. We switched to whole milk years ago when we were moving to real foods, and here it is - it helps you.

Brian: Yeah, it's much more filling. Well the third thing that will sabotage you is an example we just hit the other night. We went out on a date night, went out to a brew pub and they generally have really good burgers. And so at this one I

ordered a burger. All the burgers on their menu were eight ounces, so half a pound of meat. Plus, I don't know if there was bacon or cheese or even more on there. But I remember, I was telling this to Jami, back when I worked at McDonald's back when I was - that was a good place to work by the way. But back in, man when I was in high school, it was my first real job and the new burger that had just come out before I started there, was the quarter pounder. And it was like, so much beef, who can eat a whole quarter pounder? It was considered like the big burger. And it's funny now the standard is like two quarter pounders, like their whole menu. And that night we ended up splitting it. We cut it in half. Actually, you got less snf I got slightly more. Plus they had like home cut fries or whatever. They were good, a huge order.

Jami: Well, you expect that to be on it. I was just shocked that there were no other options. Because we've been to some, and I'm like, what? We're up to a half pound now? But they'll usually have a third pound option or a quarter pound option and they didn't. If anybody's read my weight loss story that's on the blog, and then I have a couple of eBooks that includ it, portion control and portion sizing is one of the big things that I've talked about for years and years. And I mentioned even in that series how things had gotten so much bigger like silverware and plates and you know, all this kind of stuff in the last 25 years have just gotten big. Like if you get vintage things, they're way smaller than than they are now. But it still just shocks me that it's continuing to get big. So when I wrote that series, you know, I think it's like seven years ago now, you couldn't get a half pound burger at a restaurant. Like it was unheard of. Who would eat a half pound burger?

Brian: Well it would be an oddity like, Hey, we've got, we dare you to eat this half pound burger. You win a tee shirt, eat this half pound burger. You know, yeah.

Jami: So what kind of a world do we live in where on one hand everybody bemoans the fact that everybody's overweight and unhealthy and eating too much. And then on the other hand, your only option for a burger at a place is a half pound? It's crazy.

Brian: Yeah. Well you know, there's one thing that has not gotten bigger. And that is airline seats. So that's where, that's where it gets us, right?

Jami: I think they've gotten smaller.[laugh]

Brian: I know, they're trying to tell us the airlines are trying to tell us something.

Farmhouse Updates

Brian: So every couple of days we get a flooring sample in the mail. And I have a feeling that uh, Jami, you especially are putting in some heavy mental work on what kind of floors we're going to have in the old farmhouse fixer.

Jami: Yes. I did mention in our last update video that we did, a podcast video, that we were getting floor samples and I had probably gotten about 10 of them. I've got a few more coming on the way.

Brian: Okay [laughing] we're going to just floor with samples. Yes. I love this idea.

Jami: It's so hard! You cannot see, you cannot tell what it looks like online. And we've gone to some stores but they just don't have the options. You really have to do it online now to get any kind of options. Unless it's like a specific flooring store. But we're not in a big town so we don't have a lot of, you know, it would be a small

flooring store and I probably wouldn't. I'm looking for a deal, that's what I'm looking for. I want a deal. We're going to do the whole main floor, we're talking 1400 square feet, we need a deal, right?

Brian: Yeah.

Jami: So I've got two places online that have had some pretty good deals on floor. One is Floor and Decor - and I'll link to these - and then Floors To Your Home. And so far, none of the, I'm so glad we got the samples cause one was way too orange. One was way too dark. I did dark in our last ranch cottage house and it was, it showed too much stuff. I don't want to go dark again. I like the contrast with the white walls and stuff, but it was too hard to keep clean. So I want kind of something middle, but it needs to look old. And so, so many of the floors they have now are this really gray. They have a really heavy gray tint to them. That's very popular now. Well that's going to look ridiculous in a 100 year old house. So it needs to be something that has kind of a warm tone to it. And that looks like it could have been there maybe for awhile? I'm having a hard time.

Brian: Yeah, they're pretty fake. We saw something that was extremely tempting at our local home store, I guess you call it - Jerry's they don't have them around the country - and they had this screaming deal on, it was an engineered product, but the whole top of it was hardwood. It was perfect color, it was beautiful. And it was this crazy mixed widths. So it came in three widths every, they said it was just mixed in like a party mix. So some of them were big five inch and then maybe four inch and three inch.

Jami: No it was actually seven, five, and three inch.

Brian: Yeah...And so we're like, I was even thinking, could we buy it? And it was regularly six bucks a square foot down to two bucks a square foot. And I'm thinking, what if we bought it and just did like one room in seven and one room in five? But it would just be a nightmare because we would never be sure what the mix was. And I don't get how it's supposed to work because they didn't add up. So one's a seven, but your three in your five don't add up to seven. Like, how would you yeah, I do not know how that was supposed to work.

Jami: They had some pieces there we were putting together and we're like, well this would be even crazy, it seems like it would have to go end to end with that anyway.

Brian: It just seemed like a nightmare, which is why it was marked down from six to, you know, marked down by two thirds. So yeah.

Jami: But it was so hard to find something that was just a great finish.

Brian: Yes. It was nice. So anyway, then the other one, they had a beautiful oak that was, it was kinda cool. It was big like three by three squares or was it four or five?

Jami: Well they had them sandwiched already together. So they were just three inch, or two and a half inch, I think, pieces of wood but already together.

Brian: A classic looking oak floor, but almost pre laid in big squares. So you just get some big squares and drop them down.

Jami: Well, I don't think they were squares in fact, but they were in lengths. They were like eight or nine foot lengths.

Brian: Yeah. So you could go across a room with just a couple clicks. It looked really cool, but that was out of our price range, so.

Jami: Well, not really out. It was still a decent price, but we have to decide if we want to spend that much.

Brian: Yeah, and then just a funny thing on this house, the way it's been built. We shake our heads and how if something could have just been done wrong, then it will have been done wrong. So we're getting this little leak in the downstairs bathroom. I'm going to wallboard up where all the plumbing is, and in the wall comes down the main, the sewer main from upstairs, the big main drain, but there's this drip of, every time it rains there's this little drip of moisture beside it. And I'm like, where's this coming from? We're not running, we're not running water upstairs. How could this? So I thought maybe the plumbing was leaking and so I followed it up and followed it up and it's like, oh my goodness, there's a leak in the, one of the upstairs vents that goes out the ceiling. And so I did some caulking around the top of the vent,

Jami: The bathroom, vent?

Brian: Yeah, the pipe that just lets air in so it doesn't gurgle. So I went up and I got a product and caulked all around this thing. I'm hanging on the steep part of the roof up there, you know, hanging on for dear life. Get it done. It rains a bunch. Yeah. Thankfully here in Oregon we've gotten lots of tests, right? You fix it and then you wait for it to rain and, and sure enough, it's wet again down there. And I'm like, what is going on? So I finally, I go up there and here's what you gotta do in these old houses. I had to visually see the vent pipe go all the way out of the house. I go, there's something not happening. And so I'm up in the attic pulling out old bats of insulation and it's all dirty and ugh. I'm wearing a mask of course. But, I pull it all out, and, and here's what we've got: coming down through the roof, if people can picture this, is about a four inch cast iron pipe. Just a big open pipe at the top of it, it almost flutes out a little bit like a little bird bath. So that comes down, it goes about three feet down and then inside of it is poked a two inch pipe. So as you can imagine, a two inch pipe would rattle around inside a four inch pipe. So basically the four inch pipe was collecting rainwater and then it was depositing it on the outside of the two inch pipe. Some probably went down the middle, but most of it went down the outside trickling all the way down into the bathroom.

Jami: Oh my goodness.

Brian: So what I did was that just to test that it was fixed, I found a flowerpot base and I climbed back up on the roof, you know, and stuck it over the top of the pipe. And of course it fixed the leak so no water is coming down the old pipe. So we'll have to get that replaced.

Jami: Oh, yeah, because as soon as a wind comes up that'll come off.

Brian: Well actually it's pretty heavy but you got to, it defeats the purpose of the, there's no air getting to the vent with a flowerpot on top of it.

Jami: Oh that's true, you do need air.

Brian: Plus the flowerpot look, I don't know. Anyway, this old house we have to laugh.

What's Cooking

Brian: So in talking about losing weight, it's definitely controlling what you eat and maybe avoiding certain kinds of foods. So the question is what DO you eat?

Jami: Well there are really lots of wonderful real food options that don't take a lot of time to make. And I always like to put a little caveat here. Like when we started eating real foods, it wasn't like, you know, cut and dry, we took all the, you know, stuff out. It was a slow process. I first stop buying canned soups and started making my own. Then I started, you know, growing vegetables and adding more vegetables to our diet. And then I started...and it just happened over a long period of time. Like I want to say 10 years, you know, there are some people who are like clean everything out. We, it took us just a little bit longer. We were a family, we had young kids, I had to make sure, you know, we still got pasta, we still got things that they liked. Uh, we still at lunch meat, highly processed foods.

Brian: [laugh] That's right.

Jami: So anyway, the more that you cook with it, and deal with it and - because I do get questions from people all the time who are just like, "I don't know what to do." And I'm just like, Start. Pick one area, start, and just keep going. Because once you get a taste for real foods and vegetables and you know, dark chocolate and things that have real good, strong flavors the other stuff won't even taste good anymore. It'll take awhile, but it won't taste good anymore. Anyway, so, if you want some real food options that don't take a lot of time, think bowl. You know, something just in a bowl, sheet pan, one dish dinners, with lots of vegetables and then add spices and sauces to make them delicious. So I have a whole page actually on the blog where I gathered more than 60 quick and healthy recipes for you to use in your meal planning. And I'll put a link in the show notes and it's separated into categories like snacks and sides and salads. And then, you know, your main dishes, even pantry basics. And then each one of those categories is separated into how long they'll take you. So if you have 10 minutes, there's some recipes there that only take you 10 minutes. If you have 30 minutes, there's a whole bunch of them that'll take you 30 minutes and everything in between. Anything between 10 and 40 minutes made the list.

Brian: So like what, what are on that from that whole list? What are like some of the favorites? Like if you had, if somebody just asked you,

Jami: Well I really do make these recipes on a consistent basis. Like just going through them, there are things you'll find on our menu all the time. So it's hard to pick favorites. But, I'd say my top five would be the Amazing Garlic Green Beans just because they really are amazing. And, we use them all the time. And you can also do it with frozen, with our frozen green beans in the freezer. So that gets used a lot. The Roasted Almonds just because it was kind of amazing. Remember when I first did that?

Brian: Yeah...those were so good.

Jami: How did it, why do they taste so much better than store bought? I don't know. It's amazing. The Cauliflower Cheese Soup. That's always been my favorite and I loved that the kids would eat it.

Brian: Stealth vegetables right there.

Jami: There it is. Grilled Vegetables. Yeah. Cause actually we do the same technique except instead of using the grill, we roast them in the winter. So it's pretty much year round, grilled and roasted. And then the Baked White Fish with Parmesan Crust. I've just made that for so many years and it just makes this little piece of white fish taste so good, and it's quick and easy.

Brian: And a great way to get great food and eat in a way that's gonna promote healthy weight.

Jami: Yeah.

This is Really Cool!

Brian: Well my thing to share for this is really cool. It's a little bit nerdy, but I think it's going to be useful to somebody out there. You person listening, could it be you? And here's why. So Windows Seven came out I think 10 years ago. Is that how long ago? And just recently announced, I forget cause we're, we're sort of Mac people, but they stopped supporting it. So they stopped doing all the automatic updates, automatic virus and stuff. They said you're on your own. Well, what they said was upgrade to windows 10. It was free for awhile and now it's like 120 bucks. And supposedly you can still upgrade for free through these secret links. But. So there's millions of people still using windows seven.

Brian: So all I want to say is I like to take in old computers. And so I actually had this old laptop that was not running windows seven. Well, it was just seizing up. And so this is very quickly what I found was a super easy alternative and not windows 10. And it's the Linux operating system, which is a well known alternative operating system that runs your computer just like Windows does with folders and trash and everything, a browser, the desktop looks very similar. It's free and it's super easy to install because I just did it. And in fact I prepared the installation, um, the flash drive on a Mac. So I pulled the files onto the Mac, put them together using a Mac software, took it out of the Mac, poked it into the old sick little laptop, boom. It ran it immediately and installed it flawlessly. And it's been running great, much faster even than windows seven. So the version I'm using is called Linux Mint and for an old, old machine, you've got to find out how many bit your processor is minus 32 bit. And a lot of them are that are that old. 64 is the newer kind. Um, it's free. It's like super easy to do. There's tons of instructions online. I can leave a link to what I did, but I decided if someone's struggling with windows seven and kind of freaked out and their computer is slowing down, think about Linux because that may work for you.

Jami: Okay. Okay. For all those old PC owners. Okay, well mine might not be all that thrilling to some people, but I think so. And I think you do too. So it's new toothbrushes actually. So we've been using,

Brian: [laugh] I just hoped Santa would bring me a new toothbrush and he did.

Jami: Except you remember, I was kind of embarrassed to give them to you on Christmas because I didn't want to?

Brian: In front of family - how sadly excited we would be for a new toothbrush.

Jami: So I gave them to us before. But anyway. It's not so much, they're Sonic toothbrushes. We'd been using battery operated toothbrushes for years and years. And when we first started using them, they made a big difference in our dental from manual. So we were,

Brian: They were the \$5 with the little rotating thing and we were always constantly buying batteries, rechargeable batteries and anyway. Yeah.

Jami: But you know, the big toothbrushes were always hundreds of dollars. I was like, I don't think it's gonna make that much of a difference in our dental health to warrant that cost. But I had recently heard about Sonic toothbrushes.

Brian: And by Sonic and maybe just say like Sonic, like it's not the brand name, but that's a technology that uses sound to pulse your teeth.

Jami: Right. And they have smaller heads on them and they're chargeable and they hold a charge for a really long time now. So you just plug them in, they come with a cord.

Brian: Like a USB cord, you can plug them into your computer or plug them into your phone charger. Seriously.

Jami: And they last, they charge for a month, like up to a month. So it's not something you have to think about all the time. Um, they, have, they run for two minutes, so you know, exactly, they're on a timer and every 30 seconds they just pulse on and off. So, you know, there's another 30.

Brian: Go to another tooth.

Jami: Yeah, go to another area of your mouth or whatever. It just lets you know when you've gotten, you know,

Brian: You're supposed to brush two minutes.

Jami: That's right. So there's all these things to help you. Those are all the reasons I like them. I think they're really much better than our little \$5 ones. So I'm happy we went to it. But the thing that's cool about it that I wanted to share with you is they come in a range of prices. And you're like, why are some \$25 and some are \$200 if they're all Sonic toothbrushes doing the same thing, you know, you can get the name brand Oral B or whatever and they're like \$150 to \$200. Well I had heard about some at Target and people really liked them, and I was thinking about getting those. But then I went to Amazon and it was actually on black Friday and they had a set that did all the same thing, came with extra heads, came with the cord, is the Sonic toothbrush and I actually got them for under \$20 each. Um, and they have a really funny name, Fairywill.

Brian: Fairywill. Like little fairies like Tinkerbell and W-I-L-L, like final will and testament. Okay.

Jami: Fairywill. And so it's a very much off-brand, but they have great reviews.

Brian: That's very funny. In Chinese it must be a great name.

Jami: It certainly has to be something Chinese going on there. But I too would add to the great reviews because they have worked really well. Everything about them has worked. The packaging, how they came, everything that came with them, they're doing really well. They feel exactly like the Sonic stuff you get when you go to your dentist. Like I feel like I'm doing my dentist cleaning every night.

Brian: Well two, two things for me. The first one was when I first did, you know, you're supposed to brush the insides of your teeth and they tickled like crazy at first. It was like so ticklish at first, and that that went away. But the second thing was the head is really small and so it's easy actually to get in and around. Like, if you still have your wisdom teeth or the back of those molars, you're not jamming a big old head in there.

Jami: I actually read in one of the reviews that someone was complaining about the heads were too small, but I think it's a really good way to get behind all the teeth, it's very easy to get behind your teeth and down them. So I really, I think it's a

very cool. You don't have to spend a lot of money on a Sonic toothbrush to get the Sonic benefits. That's the cool thing.

Brian: If Fairywill doesn't embarrass you, get that toothbrush.

Brian: Well, we just want to thank you for listening. We're out of time for this segment. If you have any ideas on all these things we've talked about weight loss. Oh my goodness. If you've lost more than four pounds, I, my hat's off to you. It's just, it's so hard. Losing weight is so hard and it's almost like gaining weight if it was as easy to lose weight as it is to gain.

Jami: And we should say maintaining - maintaining it.

Brian: Yeah, your body just fights. It's like it fights to maintain this weight. So anyway, we'd love to hear your story or your tips on that. And then, I don't know, any ideas for the old house we love to hear about and we just really enjoyed the comments we've been getting and people have had some great ideas on the last episode was a video and so over on YouTube people were kind of giving their input. And um, anyway, we've also really appreciated the ratings and reviews, which has helped us move up to like the very bottom of the charts on iTunes.

Jami: No, there are millions of podcasts. I was very happy to be where we are in the top 200.

Brian: Okay. Of home improvement.

Jami: How-To podcasts.

Brian: By couples over 50. It's a very narrow. Okay. I think there's only 196 and we're in the top 200. Anyway. Um, thank you. That's by people leaving the ratings and stuff that has helped us be found. So keep doing that. If people want to like leave a verbal comment, what's that?

Jami: They can, they can call our voicemail number (541) 658-0215

Brian: Yeah, and then you can just, you can comment on the podcast page. All the, the notes will be at anoregoncottage.com/podcast for the stuff we've talked about. And again, we just want to thank you for listening and we will talk to you soon.