



## Transcript: Wake Up Happy with Dr. Drew Ramsey

### HOST

Kym Yancey

### SPEAKER

Dr. Drew Ramsey

### PRESENTATION

Kym        Hey. Good morning. Good morning. This is Kym Yancey. I'm the CEO and co-founder of Live Happy. Wonderful. So good, I mean it, to have you with us this morning. This is the first of our five-day series for the month of February and I couldn't be more fired up about this.

I was just talking to our special guest host, Dr. Drew Ramsey. He is our food expert. You talk about having a lot of gratitude and feeling a lot of appreciation to have this man guide us and give us insights. We can't get enough. We've had him on before and we just knew that we're going to have bring Dr. Ramsey back over and over again because there's no way you can package all this into 30 minutes but we're going to give you the best that we can give you in this 30 minutes.

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If this is your first time tuning in to Wake Up Happy this is all about information based on science, based on academic proof, based on studies. Everything we talked about is well researched. We come from a place where we want to give you the facts about happiness but we want to substantiate it and bring in experts who really know what they're talking about and do the studies and do the back-up to really give you information that is authentic and that's what Live Happy is all about.

If you've not been to our website and I'm assuming a lot of you have been to our website or you've received, obviously, an email about this. Just go to LiveHappy.com and you can get all kinds of information about who we are and what we're doing to help drive the happiness movement to make our planet a happier place. I'll just say one thing. You know what? It's really great that with all the news and all the things out there that could easily pull us down I love the fact that we've got this moment right now where we can talk about happiness, kindness, things that are going to boost our mood. Things we're going to really talk about what's right about humanity, what's right about you, what's right about us and the things that we can do to make a big difference.

All right. This particular program, this session, we're going to be focusing on food, mood foods. Foods to boost your mood. The things like what kind of signs may your body be giving you that your foods are causing a reaction or causing you to feel a certain way. I've got to tell you, I think, I really do believe that a lot of us have

no clue of the impact that our food has in our energy, in our mental clarity, in the way we show up in the world. I think it's real easy to get medicated with different kinds of things or just assume, oh, I need to take this pill, or I need to take this nasal decongestant and realizing that, really, what you're doing is not feeding your body the right foods.

So, let's get right to our special, special expert, Dr. Drew Ramsey is a psychiatrist, author, and farmer. He is one of psychiatry's leading proponents of using dietary change to help balance moods, sharpen brain function and improve mental health using the latest brain science and nutritional research, modern treatments, and an array of delicious food. He aims to help people live their happiest healthiest lives. His work and writing on food and brain health has been featured by the *New York Times*, *The Wall Street Journal*, and the *Huffington Post*. In fact, *Parade Magazine* featured Drew Ramsey this week for Valentine's Day. His recent best seller *Fifty Shades of Kale* helped elevate kale to celebrity status and has made this super food assessable to thousands. What timing is that, by the way? I just love that *Fifty Shades of Kale*. You'll never forget that, right, guys? You'll remember that. You've got to get this book.

His first book *The Happiness Diet* explored the impact of modern diet on brain health and then proposes a solution of recipes and meal plans. Dr. Drew, great to have you back with us.

Dr. Drew Great to be back, Kym.

Kym All right. So let's go right with that whole issue of the tale tell signs. Some of the things that your body is telling you because of how it is interacting with your foods. Talk to us about that. Some of the signals your body can be giving you.

Dr. Drew All right. Well, the first ones are the easy ones the low lying fruit where people know they've got a problem with a specific food. This happened to me just last week we were helping a big group of hospital workers eat healthier. One of the guys said, "Well, I saw that cabbage in the cole slaw and I'm allergic to cabbage but I eat it anyway." I said, "Well, you know, I appreciate your faith but if there's something that gives you itchiness, if there's something that gives you a tremendous amount of gas, if there's something that tastes horrible to you, bitter, soapy. If you have an aversion to a food," I call this the low lying fruit, "that's something for you to avoid."

The signs of an allergic reaction to food usually are a little bit of itchiness, some flushing, meaning some redness and those people usually know if you're having that after you eat you definitely want to figure out exactly what it is. We do this with simple elimination diets; you just look at taking out certain foods that are potentially highly allergenic. The ones that people like to focus on initially are things like

gluten and dairy, nuts and seafoods, a lot of my favorite brain foods so I ask people to be cautious and thoughtful. Those allergic symptoms are ones that we see.

The mental health, those of course are the most interesting to me, this is when people feel foggy. They're lacking energy. They're having a hard time focusing. They're just feeling like their head's in a fog most of the day. Their mood's really low. These are also signs sometimes that something's off with your diet. It might not be that you're eating the wrong thing causing a reaction; it might be that you're missing something. The ones that I really often see are people missing some of the major B vitamins and those omega 3 fats that are so good for the brain where you're going to find those in all kinds of seafood and also find some great—another missing category for a lot of people are the dark leafy grains.

Kym      What is your position and outlook when it comes to vitamins and supplements as it relates to the real foods? How do you balance that? What do you tell people?

Dr. Drew   Well, so we just saw this big piece come out in the *New York Times* saying about 80% of supplements just don't have anything close to what their labels say. Supplements are a wholly unregulated industry. People have to remember this is not something where you have to get approval. This is where you can really put just about anything in a jar and sell it to people.

So, my take with supplements is mainly it's a big sham and a big hoax. It's something for people to avoid unless you have a very specific nutrient deficiency that is a time for, I guess, short term supplementation. Nutrient deficiencies they come from some place. If you do not have enough B12 in your bloodstream it's because B12 isn't getting into your system. Instead of just putting a band aid on that, giving you a supplement, we want to understand why. Why is it that you're not getting the right nutrients you need out of food.

I'm a big proponent that we've always gotten our human nutrition at a real food for mother nature that's always been the case and that still can be the case if you make the right choices.

Kym One of my own personal challenges is knowing what's the right thing to eat for my body. In other words, how do you know if you're overdoing something in a particular category because you like kale and you eat a lot of kale but maybe you're missing out on some other things? I'm just curious about what suggestions do you have for us and getting in alignment with what your body really needs or might be missing? Is that like a blood test or something? What do you do?

Dr. Drew Yes. It's a great question, Kym. For the most part, this is people paying closer attention and engaging in what I call mindful eating. That's sitting down and being very aware of your food, thinking about it, trying to free yourself from all the

suggestions out there in the media about all the foods that are good for you and all the foods that are bad for you instead of trusting that intuition that you have. If you look through your day of eating, at the end of the day, if you just reflect quietly for even a minute and think about what you ate, everybody out there listening you know what was a good choice and you know it was maybe not such a good choice. You know the foods that turn your body on. I'm convinced of this.

I've talked to people, a lot of folks I get them switched over to kind of a healthier brain food breakfast, a real healthy smoothie, for example, with some nuts and some kale and some berries. They tell me, boy, I feel energized. I feel full. I feel satiated. So the way you weave that diversity in and know for yourself I think really starts not with giving control of your food to someone else but by having faith that you, yourself, in your heart you know you actually know the right food for you. You know the foods that make you feel happiest.

I'll tell you one of my favorite foods is not a very popular meal. I love pasta with red sauce. Pasta is not on anybody's list of good comfort foods. I know if I'm in a certain state not that I nutritionally am dying and need pasta but I know that actually is a meal that really calms me down. It makes me feel quite good and connected. My usual pointers for people when you have a favorite food like that that maybe isn't the healthiest is how do you boost up the healthy portion. So I'll put a lot more garlic and onions in my tomato sauce. I'll shave a carrot in there. I'll go to a whole

wheat or a quinoa pasta. I'll add in some pesto. So I'm adding in all these plants and vital nutrients and antioxidants taking a meal that I know I love and making it just a little bit healthier.

Kym Let's talk about breakfast foods. It's early. It's morning here. What's the best breakfast food? Tell us about your approach to that and what you suggest.

Dr. Drew Well, it's a little decision tree [ph] for me. I start out with somebody who's a caffeine addict or not. If you're coffee addict which probably about 60% or 70% of Americans are you're going to start your day with some coffee. The first thing I try and do is help people do that in a way that is smart and healthy. That means getting rid of the artificial sweeteners, getting rid of anything that's fake and powdered and not natural. If you're going to have coffee, which most the data on coffee says it's a very healthy stimulating beverage or tea which has a lower caffeine account, you do it in a way that, again, is healthy without a bunch of processed garbage in there. Just have some coffee with some cream or if you can't tolerate dairy coffee with some almond milk, something simple.

Then I always love people to eat a mix of macronutrients. This means instead of just having a lot of carbohydrates for breakfast having a mix of some protein, some complex carbs, and some fat. So this is where I go to a whole fat Greek yogurt. Again, load it up with those favorite brain foods that I have, like, nuts, walnuts,



almonds, berries, some flaxseed maybe. I direct people towards those, towards a smoothie. Again, watching out for too many carbs, too many fruits, and mixing in more fats with again things like nuts.

I'm a big proponent of eggs. I think eggs are just a great breakfast. Keys to making eggs healthier; not cooking them for too long, cooking them on a lower heat, again, adding in a lot of plants and a lot of spices. But an egg is a great low-calorie very, very healthy food. Everything you need to build a brain cell is in an egg. It's one of my favorites.

Kym It is. I love that. All right. I want to get your read on this, hot water, lemon and honey. What are your thoughts about that?

Dr. Drew I mean, those are three good ways to drink some water. I think the only caution I have about water is I don't really have any caution, I guess. I would just say that sometimes people say I should drink eight glasses of water a day. So they start their day with five or six glasses of water and that's where we want people to kind of space out their hydration.

What I liked about those is those are three different ways to get hydration and we want people to mix those up. So a lot of evenings I'll end my evening with a really nice herbal tea. It's a nice moment where I'll sit down and do some reading and

have a nice cup of tea. I think midday is great for water and some of those where you're adding something like some lemon or some spices to some tea. I think that helps people. Some people are just kind of bored at drinking plain water. Again, it helps you add flavor without adding calories and without adding any fake garbage.

Kym I picked up from our last conversation you talked about sweeteners and sugars. Correct me if I'm wrong, your number one if you're going to go sweet is honey. Am I right about that?

Dr. Drew Yes. Kym, I'm biased. I've got about nine giant beehives on my farm in Indiana. I like honey for the simple reason that it's hard to eat too much honey. Take a spoonful of honey and you're barely going to be able to get the whole thing down. Honey has lots of interesting compounds in it. I also like honey because it's the only sweetener that connects us to our food supply. Without all of our pollinators we're not going to have food. Bees are having a huge problem right now and the more that we can use our food dollars to support bees farmers we're doing a little bit to support the food supply. So those are the reasons that I love honey.

Kym Well, let me just say from our last conversation, I had not used much honey. On a personal level, I'm wondering how many other people and for those of you that are online or you can join our chat, Britney is there managing that. I will say to you that

from our last conversation I did something I'd never done before and that was really the hot water, the lemon, and the honey. It has completely replaced coffee for me.

Now, I didn't replace it because I like coffee and I heard some good things about coffee. But in my particular case, and I wonder how many other people, Dr. Drew, are dealing with high blood pressure, right. So I just decided well what would happen if I do that. I've seen a drastic cut in my blood pressure, a lowering of it.

Dr. Drew Kym, first of all, that's just great news and that's great for your health. I think it's a super example of how a little change can lead to a huge reduction in risk. There's nothing probably that is healthier for you, on a personal level, than getting that blood pressure under control. So taking out some of the stimulants like coffee is a really, really smart switch, a really easy switch. So I'm really happy to hear that. I think it just demonstrates what I see over and over again in my practice. These little changes people make lead to a huge difference. You can occasionally still enjoy a nice cup of coffee and I suspect you enjoy it and cherish it a little bit more now when you have it a little more rarely.

Kym First of all, I want to say to you it's because of you that I made this change. It just really compelled me to try something different and the impact it's really I have not missed it. So I'm just going to say to all you coffee drinkers, listen, my wife loves coffee and people love coffee so it's not about getting off coffee. For me, I wanted

to lower my blood pressure so if you've got that kind of issue you might want to think about it. But I will say that when I did it I've not missed it so let me just say that.

Let's move to something else. Let's move to your first book, *The Happiness Diet*. How did that concept of this book come about?

Dr. Drew Well, I was sitting in clinical practice and I'm a general psychiatrist. I work with all kinds of different patients but mainly depression and anxiety. I was working with a woman who was having a problem with depression and panic and a lot of anxiety. I had her in a talk therapy and tried a couple of different medications.

One day sitting in session I got really curious about what she was eating. I realized there was this strange paradox going on that we're both working real hard to get her brain healthier but everyday three times a week she's eating a bunch of food that's no good for her brain and that just seemed to me like we needed to address that right away. It led me into years of research about food and the impact of food and mental health. The great news is I wasn't the only person interested which we now have a whole international society of nutrition in psychiatry research. A lot of data started coming out that suggests how you eat really affects your risk of major illnesses like depression and dementia and anxiety.

So, what I found is, really, it's a great tool to have in my practice. It's not like I put everybody on kale and bam their lives are all better. But, what I've found is it gives people something to do, me too, in terms of knowing everyday I'm doing a little bit to win that fight to get my brain as healthy as possible. So it's been a real fun evolution for me. It's just a new way of thinking about mental health.

Kym Yes. I've got to say, we, the boomers, I see a real awakening towards food and understanding the relationship that we have with what we eat. Tell me about what we're doing with those beverages like those Monster beverages, or 5-Hour Energy. What's your view of that and what we're doing with those stimulants to get more energy?

Dr. Drew It goes back to what you were saying earlier, Kym, about how we choose our food. Basically, with those types of energy drinks, potions, basically that have been concocted in the factory. We are ignoring our body signs. If you need 5-Hour Energy drink it means your life has gotten so overwhelming that you can't keep up, which certainly happens to all of us at times, or there's something that's sapping your energy and you're putting a band aid on top of it. That's where I get concerned because your energy level should be good if you're caring for your frame, you're caring for your brain, and your body you should wake up feeling clear, feeling excited about your day, feeling content, feeling thankful.

Waking up feeling tired, hey, I'm a parent. I've been there a lot recently for the past four or five years. It happens. But the way that you really deal with that on a long-term basis for health is understanding the lifestyle factors that you need to keep yourself energized and vibrant and not using a variety of chemical stimulants, be they caffeine or plant extracts or sugar to boost yourself up.

Kym So, clearly, if you're hooked on Monster or 5-Hour, what are the other ones, Red Bull or whatever, those are clear signals that you're out of balance with your nutrition, right?

Dr. Drew Yes. Yes. In my mind, I mean, I have a few patients who are hooked on those drinks and we laugh. For example, I have a patient who everyday this gentleman would drink about eight 16 ounce bottles of Diet Pepsi and he says, "Well, they have no calories." He's got several hundred milligrams of caffeine going in plus he just has this habit. He's always got his, kind of, security bottle taking a sip out of it.

Probably about six or eight months ago we had a long conversation he swapped out of that. He has not as many. He'll have a coffee in the morning. He'll have some herbal tea later in the day and there's just less of, kind of, almost like a hungry need, an insatiable need to constantly being swilling something. I call it hummingbird syndrome in my practice. If you've ever seen hummingbirds they're

buzzing around that feeder and they're just going in and they're always getting a little dose. It reminds me of when I see this with people always have that drink of theirs and it's like a security bottle.

Kym Yes. I've got, what I call, some lightening round questions from people who are writing in. One person says, "What's the difference between raw honey and regular honey?"

Dr. Drew That's a great question. Raw honey is going to be unpasteurized. For example, the honey we sell on our farm I take it out of the hive. I put it through a strainer. It goes into the jar. It goes right to our customers, right. So it's an unpasteurized honey and you're going to get more particulate matter in there, some of the wax, some of the propolis. Raw honey has been unheated so all those enzymes that are in there are alive. If you can, go with the raw honey. Also the way that honey is most useful to you and most useful to your local food supply is find your local honey farmer, really easy to do at your farmers market. Get to know him and support their products.

Kym That's great. Great. I can't order any from you? That's alright. I get it. Let me ask you something else. Another question, "How many eggs per week? I have two per day and I'm wondering if that's too many?"

Dr. Drew Yes. The only problem I would have with somebody—so, first of all, the science on eggs is pretty good. The largest study of eggs since we care about science here at Live Happy, the Harvard eggs study looked at seven eggs a week. There is a little data signal for people who already have diabetes or already have heart disease that that might be concerning for them. I would say that when I hear somebody having two eggs every morning my concern isn't so much for the egg.

My concern is the lack of diversity in the diet. If those are just two fried eggs and I'll get into that habit, I love to have just a couple of quick fried eggs in the morning or a couple of scrambled eggs. But when I look at that over a week, I think, you know what my morning's missing it's missing some fermented foods, right, like some yogurt. It's missing leafy greens in the morning. It's missing some vegetables, right. So that's where I'd want people using those eggs as a base to put on other brain foods and also mixing it up a little bit, right. So you're not always having that same thing where you're getting into a little bit of food fatigue. So that would be my concern with two eggs a day everyday.

That also again, Kym, goes back to what you were saying earlier and what we're talking about which is everybody is a little different. There are people out there who two eggs a day that's not going to work with your physiology. That's going to give you some issues. Other people, well, that's no problem at all. You figure that a little bit through knowing your cholesterol numbers, figure that a little bit through



knowing your family history. Again, thinking about yourself as somebody who's out there really only caring about one diet which is your diet, because that's the only diet that really matters.

Kym In both of your books you have recipes in the books, right?

Dr. Drew That's right. *Fifty Shades of Kale* there's 50 kale recipes you actually get about 65 recipes in that book; all kinds of dips, all kinds of appetizers, everything from cocktails, to mains, things to do with your kale stems. It really was an Ode to Kale. In my practice I was talking to a lot of people about super foods like kale and I just found the same complaint people say, "I know it's good, Doc, but I don't know what to do with it." So this book was designed to cure that problem. The recipes are by Jennifer Iserloh who's one of the best cookbook authors in the country. If you name a major cookbook she's probably worked on it. They're just made to help you incorporate kale into your diet in a way that makes it fun and easy and of course with the *Fifty Shades of Grey* send-up, a lot of tongue and cheek jokes and some sexiness to that book.

The first book, *The Happiness Diet* has lots of recipes as well. Again, helping people move over to healthier types of meat, helping people move over to more whole grains, more beans, and legumes and just more colorful plants. *The*

*Happiness Diet* also comes with a nice meal plan. So those are the tools out there that we're hoping to get people with both of those books.

Kym I just have to ask you, are there foods that would help you with your libido? I'm just curious.

Dr. Drew You know, there are. When we think about libido, libido is a mental event, a mental and physiological event. So there are a lot of things that go into that. But certainly the biggest issue, at least for men in terms of libido, is keeping everything physiologically alive and active, let's put it that way and that's a vascular issue. I mean, in the sense that if men are doing well later in life it's a good indication that they've taken good care of their vascular system.

I think when people switch over and start eating for brain health and eating for energy and vibrancy they just naturally have a big boost in their libido. Your body is just running on the right fuel and it knows it. If we think about all the foods that I'm recommending that people eat these whole natural good foods that are just full of lots of plant-based antioxidants, minerals, and vitamins, people just end up, just got a glow to them. It's really fun you watch people transform. I certainly see a big uptick in people's libido.

Kym        What are your thoughts on vegetarian, vegan? Tell us about that. Your stance on that, what your suggestions are about either one of those.

Dr. Drew    Yes. I'm not part of the trend I would have to tell you. I was a vegetarian for about 13 years. I think that eating a vegan diet people have gotten very confused about what the data actually says. I just wrote a debate piece that will be actually coming out online here in the next couple of weeks about how vegan diets can cause brain damage. There are now a number of case reports in the medical literature of pregnant women eating a vegan diet and having the children with irreversible brain damage after suffering from B12 deficiency.

A lot of vegans out there do it right. I think there's a lot to be commended about a vegan diet in terms of eating with higher consciousness. You certainly want people to base their diet on plants but getting rid of all meat and all animal products that's not compatible with our physiology. It obligates you to take supplements. You can't eat a vegan diet and eat vitamin B12. You will become vitamin B12 deficient. Vitamin B12 is the largest vitamin in our body. We have always eaten vitamin B12.

When I see a diet like that that's missing something you've just got to take a step back and realize this isn't a diet that's about health. So a vegan diet is really a diet that's about animal rights and animal activism. If that's your thing and that's how

you want to support that cause just do so in a way that's really mindful that you're missing out on several brain essential nutrients and you'll have to take supplements.

I always see my job, Kym, as a physician is to help people however you want to eat. If you want to eat a vegan diet or a vegetarian diet, a Paleo diet, the Atkins diet, my job is to help you do that in a way that feeds your brain. I would also argue that when talking about the types of seafood and meat that I recommend people eat, they're actually quite good for your health, right. So when I recommend beef I'm not talking about a conventional beef. I'm not talking about 250 pounds of meat a year which is what the average American consumes. I'm talking about using meat as a conscious flavoring and it's something really to be savored and to have quite a bit of gratitude for it and to get a healthier cut which is going with the grass-fed or pasture-raised meats or, of course, eating a lot more seafood which is the main recommendation I end up working on with a lot of patients about is just getting more of those healthy seafoods into the diet.

Kym So, just real quickly. Just a recap, foods that are a great source of B12 would be?

Dr. Drew Number one are clams, mussels, and oysters. Those are absolutely amazing. This is where we talk about boosting libido. My favorite date night is to go out and have a dozen oysters with my wife. I think why? It's lots of B12, lots of zinc, lots of omega 3 fats. No carbohydrates and not a lot of calories. Absolutely a great meal. That's

where I work with a lot of people to eat more mussels very, very good value. You'll get B12, though, in eggs and dairy, in all types of meat. But the best concentrated source are clams.

Again, I told you I admitted my level of pasta, pasta vongole. A great meal. Again, the vegans and vegetarians have very valid concerns about the way that most people do meat. But I think when you look at something like a clam or an oyster or a mussel, well that's a very nice compromise. That's not something where there's a lot of cruelty involved. It's not something that has really advanced nervous system. Again, they're foods that we've always eaten.

Kym Okay. Dr. Drew, I want to share a couple of things with our audience and I'd like for you to just summarize. When I say summarize, I'll come back to you and I just want you to state anything that you feel the audience needs to know before we call it a day on this session.

Dr. Drew Okay. Kym, a lightning round, let's do it.

Kim Lightning round. Okay. First thing I want to tell everybody is didn't you just love this? I mean, I'm like, I am on fire with this and I don't want him to go, right. I just want to keep firing questions at him but 30 minutes is what we've got here.

What I want you to ask you to do is join the Happiness movement. Be a part of making a difference, spreading happiness. It is a choice and it's contagious. LiveHappy.com. If you're a subscriber, love you. Love you. Love you. I'm going to ask you do something that many of our subscribers are doing is get an edition for someone else. Sign up someone else for *Live Happy*. Give them the gift of happiness. Just go to LiveHappy.com. It helps us and it helps us do the things that we're doing and you're going to learn about phenomenal people like Dr. Drew Ramsey. I just want to tell you if you're digging this please subscribe and get the word out and spread it. You'll love, love, love *Live Happy* magazine.

The other thing I want to tell you is George Mason University, Leading to Well-Being in Workplaces, Organization, and Communities conference. Incredible event. This is George Mason University it's hosting its sixth annual conference in Washington, DC. It's in March the 26th and the 27th. So just go to wellbeing.onmason.com. This organization, this university is doing phenomenal work in the area of well-being and happiness. So check it all out there wellbeing.onmason.com.

I want to let you know tomorrow we have Mike Duffy. He launched the Happiness Hall Of Fame. This is one smart dude, great, wonderful energy. He's got perspectives on years and years of research in the world of happiness and kindness. He launched, at Stanford, the Happiness Hall Of Fame. I want you to know about

that. That's happening tomorrow at 9:30 Central time, 10:30 Eastern standard time, and 7:30 Pacific, maybe, something like that.

I'd like for you to wrap for us, Dr. Drew. As we close this down what are some key things that you want to just summarize that you want to make sure everyone gets?

Dr. Drew Well, right now anybody who's got a yard or a porch I really hope you're getting excited to put some seeds in the ground because it's February, March, and April are planting season and there's nothing that helps connect with your food like just growing a little bit. Even if it's just some herbs in your window sill that really helps people connect with the real flavors of food.

Then I think just for people to be gentle with themselves. A lot of us made New Years resolutions. It's now February. One of my favorite doctors said at a conference recently, you know, when you run one red light by accident you don't say, well, heck I'm just going to run them all today. So when you make a little mistake, make a little adjustment. Nobody ever eats their way to health and happiness by making every single bit perfect. We all get there by making every little bite better.

So just the encouragement to keep it up. It's not just the food, of course, it's also having that attitude of gratitude and for all of the blessings that many of us have in

our lives and sometimes fail to account for whether that be our food or our loved ones and just doing your best to keep that at the front of your mind and keep your food exciting and engaging and fun for you. I think that's going to keep people on track here headed into the first corner of 2015.

Kym You know, I've got to say to you, Dr. Ramsey, you might not be aware of this but I know I'm smiling and I bet everybody else on the phone listening is just smiling because great advice. I appreciate your sharing. But you know what? It really lifts you up. I've got to tell you, you've got me all fired up about putting some seeds in the ground. I've got to tell you.

Dr. Drew Well, good. I'm glad to hear that, Kym. We appreciate you spreading the message of happiness and hopefulness and encouraging people. It really is true and we often forget this when we're in a bad spot but our happiness is in our hands and it's something that we create. It doesn't mean that you're smiling and happy every minute of every day but it means that it is a place that you can help steer your life. So I'm thankful to you for helping spread the message and I'll be looking forward to our next conversation and giving out some more tips to help people make the best choices of meals.

Kym Great. You're the best. Everybody, have a fantastic day. Remember, Wake Up Happy isn't about just waking up in the mornings; it's about waking up your



consciousness and your life to it being everything it can be and more. We'll see you tomorrow. Bye, bye for now.