

Brad Howard: All right ladies, welcome to the first installment of the Venus Index podcast. I am Brad Howard and on the phone I've got John Barban with me, and today we're going to talk about cardio and diet for weight loss. We've got some questions that have come up in the forums so far and I think that John really wants to nail this down for you and get some good answers for you.

John Barban: Ok the question of cardio, "How much cardio do I need to do? Do I need to do cardio for weight loss?" Some people are assuming it's just necessary for weight loss. Again, let's qualify, we're not talking about health or any of that stuff, or at least perceived health, we're talking about weight loss. And you don't have to do cardio for weight loss. You can do cardio if you would like, but it's not necessary.

For weight loss, it's just calories in and calories out. Some amount of extra activity can contribute to the "calories out" side of that equation, but not to any significant degree, and you don't have to if you don't want to. Reducing calories in will always be way easier than increasing calories out just because there are so many things that can strain how many calories we can try to burn, like first of all, most of the time we overestimate how many calories we can burn in a workout. Textbooks and cardio machines always overestimate it, so if you are on the treadmill for an hour and the machine says you burned 400 calories, it's more likely you burned 200 and that's just because there is an inherent error with the way the machine calculate it plus the equations they use to come up with those calculations also have significant error in them, so that's one of the factors.

And then there are the issues of; does extra working out really fit in to your day. Does it just cause more stress trying to get in an extra hour of cardio if you don't have the time. Most people can't do it every single day, so even if it does increase the amount of calories you can burn when you can get to it, most people just can't get do cardio seven days a week. So a more effective strategy is always reducing your calories which you can do that all the time.

Brad, you and I were just talking about this, the confusion with this assumption that cardio has something to do with weight loss I think comes from what we were discussing about following rules versus actually understanding what's at the root of weight loss.

So if we have the assumption in our head that we somehow have to be doing cardio for weight loss, well, where do you get that assumption? Where would that even come from? And so that could be just a rule you've heard somewhere, "Oh, you've got to do this at the target heart rate range that burns fat and all that kind of stuff." But if you actually stop and think about it, "Well, what does it actually do?" And then if it's really just calories in and calories out, now you don't need to worry so much about the rule of cardio for weight loss, and then you can just get down to the root of what actually causes weight loss and come up with a more effective strategy, which would be finding ways to eat less versus trying to constantly work out more.

Brad Howard: Right, and it's more time-efficient too. I mean, think about it. Let's say, if you're trying to eat more, well, number one, you've got the time in the day that you are actually eating more and then you've got the time in the day that you are trying to burn all that off. That's an extra hour a day probably that you could eliminate and do something else.

Now, let's back up because like you said this is specifically for weight loss. If you like running and if you're a marathon runner and you're practicing for marathons or you like doing it for your health, keep on. We are not talking about that. We're not saying cardio is bad, we're saying just understand why you are doing what you're doing.

John Barban: Oh yeah. I mean, we're making no statement about your activity for the sake of doing it. If you just enjoy the community of running or if you compete or even if you don't compete, if you just like doing that stuff, knock yourself out. Do as much as you can. We're built to move, the more activity the better. But what do you think it's going to do for you? The exercise or activity that you're engaged in, even all your cardio activities, if their main benefit is purely the community of it or just the psychological feedback you get, that's more than enough reason to do it. There is plenty of research showing that that has benefit on its own. But if you're actually trying to lose weight, we're just saying try not to attribute more ability to your cardio to help you lose weight than it can. It can't really cause weight loss on its own, it's going to have a minimal effect at best. The real driving force to it is your ability to eat less calories because it's just really hard to cause weight loss just from exercise.

Brad Howard: Right, well, let's talk about that for a second because I think what a lot of people really don't understand and a lot of the questions we are getting in the forums are about this. It seems like a lot of the ladies are just kind of hung up on the fact that you've got the sides of this equation and it's like people are assuming that A plus B equals C or A equals what you gain or lose equals the amount of activity you do minus the amount of calories you eat, which is inherently kind of a rough estimate because technically there are no independent variables.

John Barban: No, they are all dependent.

Brad Howard: Yeah.

John Barban: Yeah, you can't just keep exercising more without it eventually affecting your desire to eat. You will just find ways to conserve energy elsewhere in the day. You may sleep a bit longer. You may be less active during the day. Your body functions on a homeostatic basis, it's going to try to come back down to baseline neutral all the time. So you can only push it so far in either direction. So you can only under-eat so far and you can only exercise so much more, so you can chip away at it on both sides a little bit, but you can't just go nuts on either side.

Brad Howard: You brought something up the other that your body with all of your hunger mechanisms and things like that, you are basically built to eat to energy expenditure, which is another reason why a lot of people get hungry or hungrier after they do cardio and things like that. You might want to explain that because that makes a lot of sense.

John Barban: Oh yeah, this is a fundamental point that no one really pays attention to, and this is why dieting is a challenge, no matter who the person is, dieting feels like a challenge because your hunger and satiety system. The reason you feel hungry and then the reason you feel satisfied after you have eaten is more or less calibrated to energy balance, so for Brad and I, our metabolic rates, I'm probably guessing it's somewhere around 1,900-2,000 a day and then if we add in a 300-400 calories' worth of intense working out that puts our total daily energy expenditure to, let's say, 2,300 calories. So our hunger and satiety, our feeling to eat and then our feeling of "Okay, we've had enough," will more or less land us right around 2,300 calories on any given day that we've done that much working out, so we'll more or less feel driven to eat to about that many calories within reason.

Now, if we just do a lot more exercising, we're going to feel hungry and to want to eat more, so if we exercise our way up to 2,800 calories, we're going to feel like eating about 2,800 calories. That's just how we are built. If we don't do any exercising, then we'll just feel like eating around 1,900 calories, and then it's same with you. So whatever your base need is, that's about how many calories your body is going to kind of want you to eat that

day. So to go below it, it automatically feels off. It feels like a challenge. It feels almost like there is something wrong. It doesn't feel quite right to be below it because you're kind of left all day with that, "Oh, I'm going to eat. I still feel like I should eat a bit more." And that's totally normal. Everybody ever who has ever dieted has felt that. It's almost like how you know that you are actually on your way to losing weight is because you are kind of always slightly hungry. It's not dangerous or anything like that. It's just for the few weeks that you need to do it, so let's say it takes two or three months to get rid of the weight you want to get rid of, that's a feeling you have to deal with.

I'm not going to lie to you. That's just how it works. There is no such thing as losing weight without feeling that way, and I don't know if that's a harsh reality but that's the reality. The quicker and more weight you want to lose, the more of that feeling you have to deal with, so our philosophy is just get rid of the weight as fast as possible so you don't have to deal with that feeling for the next six months, but maybe only the next three months or four months, and then every now and then you come out of it and you eat to maintenance like you eat up to what you need for a few days just to get rid of that feeling and then you can just go back into a deficit. But in general, that's just the feeling and it does feel like it's "a challenge." It's all in your head too. It's a psychological and mental challenge. It's not like physically anything goes wrong. When you're not busy doing something, when you're not actively in the middle of working or dealing with somebody or your workout, and when you're just left by yourself, in your head you are like, "Oh, I feel like eating. Oh, go ahead. No, I'm done eating for the day." And

that's just a little kind of struggle that goes on the whole time, and that's completely normal. There is nothing wrong with you if you have that feeling. That actually means you're in a deficit.

Brad Howard: Right. Yeah, I was thinking about it at the gym a while ago, "How easy it would be." Like just follow me for a second, let's talk about how easy it would be for you to gain 50 pounds in a year, okay? If you just do the math, and we're just talking about pure fat. We're not even going to talk about like the inflammation and the water that you would hold as you increase. We're just talking about fat. I mean, if you do this, you might even gain 60 or 70 pounds, right? I mean, wouldn't you think that would probably be? If you gain 50 pounds of pure fat, how much would you guess that you would hold in on inflammation?

John Barban: Well, with the process of gaining, if you lose 50 pounds of fat, you may end up with another 10-20 pounds of the holding water too and just inflammation.

Brad Howard: So this is an example of kind of how good your body is at just kind of naturally maintaining that homeostasis. But if you over-ate, if you just average over-eating by 500 calories a day for a year, just 500 calories, and I'm not talking about eating 5,000 calories a day but just 500 calories a day, there will be 3,500 calories a week, and that's a pound. At 52 weeks in a year, that would be 52 pounds right there. That's just 500 calories a day.

John Barban: Do you know how easy it is to over-eat 500 calories?

Brad Howard: Yeah.

John Barban: That's like one muffin with some butter on it above BMR or above energy expenditure.

Brad Howard: Right.

John Barban: Like you could do that without even thinking.

Brad Howard: Yeah, but nobody is really doing that. Most people, when they gain weight, they might gain to the clip of 10-20 pounds a year.

John Barban: Oh, yeah. Well, you know my theory on how that happens.

Brad Howard: Yeah, sure. Well, go ahead and explain it.

John Barban: Okay, my theory is that, in general, even with people who are really overweight, it's not like they are constantly gaining. At some point in their lives, they have moments of overeating or stretches of days where

they overeat and then most other days, they are just eating at energy expenditure.

So what I think is that in our typical modern Western societies that have various holidays and various occasions that involve celebratory overeating, so like in North America we've got Christmas and New Year's and Thanksgiving and all of those things like long weekends in the summer, weddings, and just going out with somebody on the weekend or with your significant other or just going out with some friends and having some drinks and dinner. We celebrate with food.

All humans celebrate with food. Now, listen to me, I'm referring to people as "humans"...it's such a scientific way of saying it...But anyway, so we celebrate with food and that's normal. Food is fun, and it's easy to get caught up and eat more at those occasions, if you just overeat just at those various occasions, you could easily gain 10-15 pounds a year just from overeating 1,000 calories at Christmas and maybe a 1,000 calories on Thanksgiving, and once a week you go for dinner and overdo it by 500-700 calories. If you just do that throughout the year, but you never have the opposite compensatory under-eating day to offset those days, there is your 10-15 pounds a year.

Brad Howard: Yeah.

John Barban: It's not even 5 or 6 pounds a year, and then 8 or 9 years later, you're like, "How the hell did I gain 25-30 pounds?" And you think to yourself, "I don't feel like I eat bad. Yeah, sure on the holidays I overeat a

little bit, but so does everybody.” But that’s also why everybody just gains, and it’s much easier to overeat 1,000 calories in the day. It’s almost impossible to actually under-do by 1,000 calories without really thinking about it. That’s really hard to do, so a realistic deficit is probably 500-600 calories, that’s including cutting a bit and doing a bit of exercise that doesn’t feel horrible, that feels manageable, but if you have one really good overeat day, like you over-do it by a good 1,500 calories, which is completely feasible at a wedding or even at a cookout or at like...

Brad Howard: A tailgate.

John Barban: Oh yeah, tailgating and Thanksgiving dinner, any of those sorts of things. Just out with some friends and having too many glasses of wine, like it’s easy to over-do it by 1,500 calories. The way I view it is if you go over by the 1,500, it’s probably going to take you three days of dieting to offset that. Now, that’s just to get back to where you were before that day.

Brad Howard: Yeah, that’s not to go down.

John Barban: So let’s say this Saturday, we all go out and we’ll have a big party and we all will overeat by 1,500 calories, and then the next three days in a row, we under-do it by 500, like we purposely create a deficit of 500 and that’s with a bit of exercise and a bit of cutting calories, and even that is a challenge, right? That feels like work. Like even 500 calories below feels like you are working at it. If we overeat on Saturday, that takes

Sunday, Monday and Tuesday of dieting just to get back to where we were on Saturday morning, and then by Wednesday if we do another day of under-eating, we could at least start to lose weight compared to where we were on Saturday morning. So that's quickly how the numbers add up that you are like, "Oh my God, if you overeat for a month, it takes three months to take that off."

Brad Howard: Yeah.

John Barban: And that is just to get back to normal, and then from there you would need to do another month of dieting just to start coming down, so that's why people view weight loss as literally impossible.

Brad Howard: Yeah, and that is just the social aspect of these events. We haven't even talked about, let's say, if you got a significant other. You have to remember, a lot of women eat the same portion sizes that their men do.

John Barban: Oh yeah. They normalize to their spouse's portion. Oh yeah, I mean, personally I can't really sympathize with women because clearly I'm always on the eat-bigger side of that equation. Like when I go out with anybody who has got a smaller appetite than me, I always just end up eating more of their food, like we'll split an entrée and I'll eat more than half. If I'm with a girl, she is definitely eating less than I'm eating, and I still make the mistake, I'll cut the food right in half and she's like, "What are you doing?" She'll say, "Take more of that, like why are you cutting that in

half.” And I go, “Yeah, I guess you don’t actually want to eat as much as me.” But I just feel like it’s fair to cut all the food in half and she’s looking back at me going, “You know, I’m going to eat a third of this and you’re going to eat two-thirds of this because I’m that much smaller than you.” And “Yeah, I just don’t think about it.” And then I’m sure there is some social fairness to it that it’s fair everyone gets served the same amount, everyone eats the same amount. Like Bob is another guy, a friend I’m working with and he has lost 65 pounds now, so when we go out, I eat half of his food, too, like it helps him out literally because he is trying to cut.

Brad Howard: So he still gets to be social and he doesn’t have that food just sitting there in front of him.

John Barban: Well, he owns a bunch of pubs that we go and eat at and he’ll get the chef to cook us up something special, and when they serve it, we always share it but I always take more than half. And he is glad that I take more than half because I’m not actively trying to cut the way he is, so it helps him out if I eat more of what has been served and we just share it anyways. There is definitely an issue there when it comes to social eating, that’s for sure.

Brad Howard: Yeah, you definitely want to think about it. I mean, if you are woman who is let’s say you’re 5’6 and the guy you are married to or your boyfriend or whatever, let’s say, he’s 5’11 and you are probably looking at a good 500 calorie difference in just basal metabolism rate, right?

John Barban: Not including how much more energy he can burn at a workout just because his body is so much bigger.

Brad Howard: Right, so there is your 500 calories right there a day. That's how you could gain just by eating the same thing he does at every meal, the exact same thing. If he's at maintenance, you gain 50 pounds a year.

John Barban: Yeah, if you just match what he's eating, and he won't gain anything.

Brad Howard: Yeah, exactly.

John Barban: So that's the difference, and it's almost sound like it's unfair but it's just the way it is. I mean, I've got friends who are bigger eaters and who can eat more than me and not gain just because their metabolic rate is slightly different than mine and that's just what it is. There is nothing I can do about it. That's another thing, never compare yourself to someone else. Just because somebody else can eat more than you, it doesn't mean you should. It just means they can and you can't.

Brad Howard: Well, here is the other thing. I don't think a lot of people understand, too, is that what you see people eat might not necessarily be what they eat for their entire day. There are a lot of assumptions getting

made. We talked about this in Covert Nutrition, which is something you ladies haven't been able to see yet. But basically just because you see somebody gorging or what looks like gorging one meal, you never know, that might be the only meal they eat that day.

John Barban: Oh yeah, people say that a lot. They'll say, "Oh, I eat with that person. They eat a lot." I say, "At the one meal you saw." Everyone has secretive meals. Everyone has a secret way of eating that even their spouse doesn't know about.

Brad Howard: Yeah.

John Barban: Because by definition no one will ever know. Nobody discloses all of their eating habits. We all do something embarrassing, like we all have those moments where we eat something where we say "Man, I'm glad no one is watching this right now." It's just what we do, like everyone has got a quirk with food like that is totally private, it's totally normal and no matter how weird you think some of your eating habits are, everyone else has one just as weird. There is a private thing we all have, a way we eat that no one knows about, and that's why you can't study it. No scientist will ever know. There is a private part of food that no one knows about and we're just guessing our way through it.

Brad Howard: What a lot of people would do is kind of hide. Like when they're around people, they won't eat as much because they don't want to

look like a glutton or whatever, like especially if they are carrying some extra weight, they just don't want to show that. But then when they are home, when nobody is around, you tend to eat more because nobody can see. It's kind of like the secret.

John Barban: Yeah, don't eat much when you are by yourself and then when people are around you eat more. Ali, one of the girls I'm working with Venus and you guys will see her pictures. She does that, like she does some Eat Stop eating, but not strictly. She just keep her calories in control and she picks and chooses when she wants to eat and she doesn't really have a problem with not eating much during the day. She's like, "Oh, if I'm going to go out with friends tonight, I will save up my calories and be able to eat big, like I'll be able to eat all 1,200 calories today at dinner." So that means she doesn't have to cut herself off from appetizers or the entrée or the dessert because she can do all of that at once and still hit her calorie total for the day, and so during the day before they go out she might just have a coffee and apple and just be like, "No big deal. I'll just wait until tonight." And they all accuse her, like literally attack her for having a fast metabolism and throwing it in their faces and she gets some slings and arrows because of it and she's like, "I don't understand what you're talking about. I haven't eaten all day, like I have planned to be able to eat big now." And they don't get that.

It actually bothers some of the people she is with because they are struggling with weight, and since she has actually made a change and lost weight they feel like she's kind of flaunting it or something and she's like,

“No I’m not flaunting it, I have spent all day not eating purposely so I can enjoy this time and now you guys are attacking me for it.” So there is that. But it’s tricky because in the way people eat and body image and all of that, it touches some people at such a level that it’s hard for them to even see somebody else, like people will have a hard time dealing with success, with other people’s success.

Brad Howard: Yeah, like literally, I say this time and time again, the hardest thing about dieting and getting in better shape is the persecution that goes along with it. I mean, every way you turn somebody is going say, “Oh, that doesn’t sound healthy” And to me, it’s just better not to say anything.

John Barban: Oh, they’ll peer pressure you to eat it or they will say you’re obsessive-compulsive about getting in shape and it’s not worth the effort, or they will just say you look fine the way you are and there is no reason. Yeah, I mean, nothing you do will be good enough if the other person isn’t 100% on board and also actively trying to lose weight. That’s the problem because it’s usually them feeling insecure about themselves. It has nothing to do with you. Most people feel insecure around somebody else who is actually making an active change in their body.

Brad Howard: Right.

John Barban: It’s rare to find people organically who will say, “Man, good for you. I’m 100% on board.” Almost everyone will take a little snide dig.

Brad Howard: Yeah, I mean, you know what your life is about. This is why these kinds of approaches are powerful. When I was cutting down, nobody knew I was cutting down from the activities I was doing. I mean, the only person that even would come close to knowing would be L and that is just because she lives with me, but it wasn't because I was acting any different. It was mainly just because I go to the gym and she knows I go to the gym. Like every night we have dinner, I wouldn't necessarily change my eating habits around her and eat less and things like that at dinner time because that's kind of our time. But during the day, I just don't eat that much.

John Barban: So it was basically hidden to her, or not hidden so much as it just wasn't in her face.

Brad Howard: Right, so it's the same thing with supplementation. We talked about this on the guys at the site some, but we will talk about supplementation with you guys as well. I take creatine and every once in a while multivitamins and stuff like that, but she never sees that. I'll put it this way, anytime she has ever seen me take a scoop of creatine and put it in my mouth, all I get is a funny look.

John Barban: Yeah, it's actually more worth your effort to just do it when she's not around than deal with that.

Brad Howard: Right. And she knows, she gets it, but it's still like with that funny look. It's like that you are trying too hard kind of a thing, like nobody ever really wants to know how hard you work. They want to act like it is magic. So that's kind of what you have to show people that there is this magic thing that you are doing, I guess. Does that make sense?

John Barban: Yeah, because then it takes them off the hook for not being able to do it.

Brad Howard: Yeah, it's like the illusion. You have to craft this illusion of what's going on in your life. What's going on above water isn't what's going on below water. It's kind of like a duck swimming.

John Barban: Yeah, they are just there just gliding along on top. They don't realize how much work their feet are doing.

Brad Howard: But it's kind of what it's like. I mean, that's the type of challenge. All of this stuff, it's social. Most of it is social. Actually 95% of it is social when it comes to it, I would say.

John Barban: When it comes to trying to lose weight, oh yeah. I mean, we can give you a million techniques, but all of them just revolve around finding a way to eat less.

Brad Howard: Yeah.

John Barban: Some of them are necessary. Like some of the stuff we just said, like selecting who you are going to let it on it and selecting who you will just conveniently not let in on it. Because some people just won't be supportive.

I have two buddies who are overweight, and the one who I just mentioned, who is now actively losing a lot of weight used to kind of pull back or really take the legs out from under this other guy who was losing weight, and I think it was just because he was insecure about the fact that the other guy was making progress and he wasn't.

Brad Howard: Yeah.

John Barban: And the other guy would confide in me, he's like, "Man, it really kills me when I'm around that guy because I feel like I'm doing well, and then he just makes me feel stupid." And he is that sensitive because it is a challenge. It's a daily challenge. So if people are sort of attacking you or just not making it any easier, it's already difficult and you don't need anyone making it even more difficult, and some people will do that.

Brad Howard: Well, one of the ways people kind of put off a goal or something, like for instance, like if I was to pull up in a Ferrari and say,

“Hey, I’ll give you this Ferrari. Do you want it?” You would probably say, “Oh yeah. Oh yeah, give me that Ferrari.” Right? But if I’m going to say, “You know, this Ferrari cost \$150,000.” Chances are you would say something like, “You know what? Who needs a Ferrari? They are really not that cool anyway. You know, they are only for rich, pompous assholes.”

John Barban: Yeah, yeah.

Brad Howard: So what you do is you basically kind of discredit, or in your mind, make that thing less important, which is what happens a lot of times for people that aren’t getting results. They basically just kind of discredit what the end goal is, like, “Oh you know what? I’m just not willing to live my life that way to get that result. You must feel like crap all the time. You know what? I’m happy being like this. You know, I’m a happy person.” That kind of thing, and people do it all the time.

John Barban: Well, they rationalize their situation.

Brad Howard: Yeah, you rationalize it down to make yourself feel good about where you’re at.

John Barban: But the problem is if you’re right next to them making a change and they have already rationalized whether or not they are going to make that change, it’s in their interest to also knock you down.

Brad Howard: Yes, crabs in a bucket.

John Barban: Yeah, they're going to pull you down...So we kind of strayed from our initial topic a little bit. But anyway, it was necessary, though.

Brad Howard: Get used to it.

John Barban: Yeah, that's kind of how these things go, but I think hopefully we, at least, answered the question at hand. So I guess to wrap it up, cardio is just a form of manipulating the calories in calories out equation, but it's not really that good at it. So if you like doing it, by all means, do it for stress relief or general health. If you do any kind of activity, it's always better than not, so I'm never going to say no. And you can't really overdo it. You will find how it fits, like some people have been asking, "Can I keep up running with VI?" It was tested on girls that run, so you should be able to maintain a running schedule and do the workouts, and you will find where the balance is. But as far as weight loss, it's far superior to find a way to eat less than it is to ever try to out-exercise your diet. That is just impossible to out-exercise a bad diet. And by 'bad', I don't mean bad food I just mean too much food.

Brad Howard: Yeah, I mean, you won't even come close.

John Barban: Yeah, because it's essentially impossible.

Brad Howard: Yeah, you would have to keep your energy up all day and nobody does. Most of us will have a lull or maybe sleep 30 minutes longer or whatever after a really tough workout, like from my perspective, I view exercise as a way to increase my specific performance and for overall health benefits. I view that somehow somehow that the exercise I just did is basically null and void. Somehow somehow my body is going to compensate and take away some activity somewhere in the day, or in a week or whatever.

John Barban: Now, I'll add to that. I like that thought because if you keep that as your baseline thought that it's really not going to affect it and then structure your eating assuming that, then you can almost view it as it's going to be a bonus but never count on it.

Brad Howard: Yeah it's like getting a surprise bonus at work or something like that, or getting a Christmas bonus. I mean, it's something you may use for presents, but you don't necessarily budget it to pay the bills.

John Barban: And the reason we're saying this is because when you actually put it into practice, clearly doing something burns more calories than sitting and doing nothing. But just as strong of an effect is the psychological effect that, "Oh, now I can eat a bit more." There are just so many things that go along with it that you are almost tricking yourself

assuming that it can have a weight loss effect on its own. It's almost safer just to assume that all exercise didn't do anything.

Brad Howard: Sure. Oh yeah, you could gain 10-20 pounds a year just by exercising.

John Barban: Yeah, because it will just stimulate you to eat more.

Brad Howard: Right, and you would give yourself permission to eat more so that then you eat your extra 200 calories a day, so there you go, there is your 20 pounds.

John Barban: Yeah, I guess the bottom line is that we're trying to reframe the way you think about how cardio affects weight loss.

Brad Howard: Sure, yeah. Like our perspective is exercise is specifically for performance and shaping, either it shapes your muscles or it improves your basic performance. That's pretty much it.

John Barban: Or if you just like it for the community and the way it's a stress relief, any of those things, so it could be part of performance.

Brad Howard: Yeah, exactly, like your general performance, but as far as the amount of fat that's on you, yeah, just view it as a wash.

John Barban: And that puts you way further ahead in the game.

Brad Howard: Yeah, it will never ever have the effect of you controlling what goes in your mouth, ever. It won't even come close. All right, have you got anything to close on? It sounds good to me.

John Barban: No, that's a good start.

Brad Howard: Yeah, all right. Well, like I say, this is the first installment of Venus Index podcast. I'm Brad Howard and for John Barban, we'll see you later.
