



October 27, 2015 – Grand Rapids, MI

It's Showtime!

While I was in Richmond, VA, this past weekend, I was interviewed about my *Real-Life Detox* book on the local ABC affiliate WRIC. I had contacted Darrielle Snipes, the host of their morning show a few weeks ago and said I would be in the area; would she be interested in talking about detox and cleansing? She called me and said that would work. I had prepared by having my Toastmasters group ask me the toughest questions they could about detoxing. After I arrived at the studio, we went over the questions she would ask. They were really straightforward and to the point. She made me feel comfortable and at ease. Here's the interview.



<http://wric.com/2015/10/25/real-life-detox-3/>

In case you're going to be on television, here's a tip: find out where to look. I haven't been on television in quite a few years, and while I was gone, the whole place got automated. There were no camera people, just a director controlling everything from another room. The cameras are already placed and rotated to where on the set the on-air talent is standing. As you can probably tell, I didn't know which camera was active. There were no red lights, at least none I could see—I was just guessing. Next time I'll know to ask more about the mechanics of the interview and less about the content.

By the way, you do have your copy of [Real-Life Detox](#), don't you? You're going to need it after all that Halloween candy. People in Virginia are ordering theirs. How about you?

What are you prepared to do today?

Dr. Chet

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