

Low Carb Mag

Gut Health

Dr Michael Ruscio

Paleo Vegan

Ellen Jaffe Jones

The Low Carb RN

Kelly Pounds

Beneficial Oil on a LC Diet

Dr Mona Morstein

Ketones: The Workout Fuel

Martina Johansson

De-Stress & Chill Out

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January Food Festivals Near You

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Top ^{step by step} Recipes

Beth McIntire - LC Ham Loaf

Taryn Scarfone - Spinach & Feta 'Pastries'

Rami & Vicky 'Tasteaholics' - LC Pancakes



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Next Month's Feature Interview

Hanna Boëthius



Hanna is a coach, writer and speaker, who loves diabetes topics that are off of the beaten track. She's passionate to find motivational and inspiring ways to bring about a change in diabetes management, with international public speaking engagements and smaller workshops as her main tools. Through her own company, Hanna Diabetes Expert, she's coached numerous people with diabetes to a healthier life. She has a profound understanding of how things like nutrition and lifestyle choices can balance diabetes.

[Check out Hanna's website here](#)

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Dr. Michael Ruscio



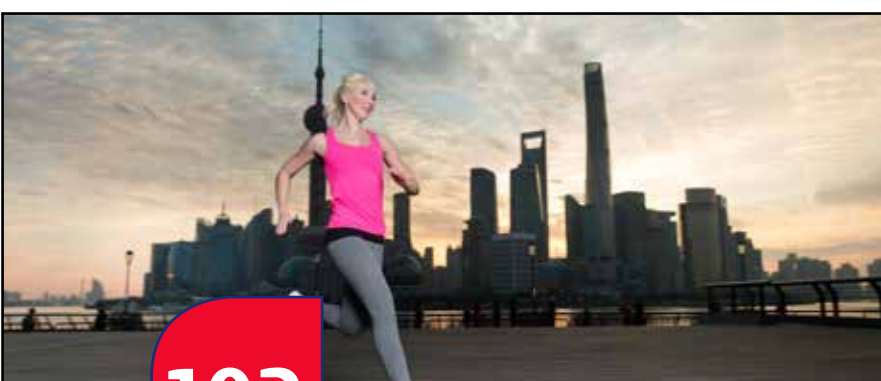
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Editorial

In this issue we have our interview with Dr Michael Ruscio, a functional medicine doctor.

There are three things in that interview that I'd like to bring to your attention.

1 You don't need to have every test available to find out what is wrong with you.

It's much better to choose the first tests based on the symptoms and confirm or eliminate the most common causes. That way you can often cut patients' bills by more than half and still get valuable results that allow effective treatment. And after all, you can always do more tests later on if they are needed..

2 If you can... Try and get your conventional doctor to work with your functional medicine doctor.

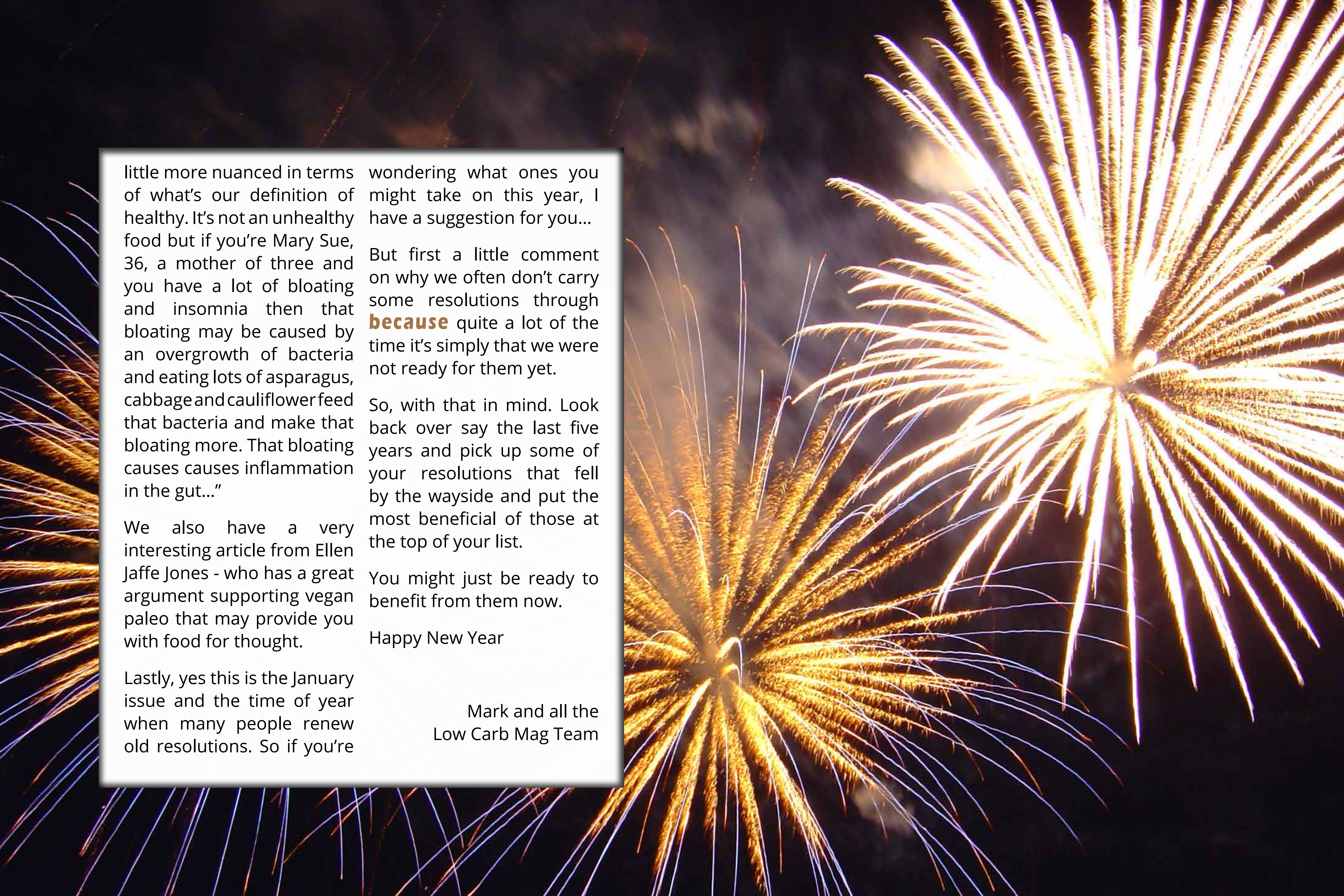
That's because they have complementary skills that work at different ends of the care spectrum. And... "because they're looking for slightly different things.

Conventional medicine is very good at early detection of disease and conventional management of certain diseases. Functional medicine is more so suited at

chronic degenerative diseases and trying to prevent those diseases or trying to treat the underlying cause of those diseases."

3 Not every good food is good in every circumstance.

"...looking at things like asparagus, cauliflower, broccoli and cabbage. So these are foods that people would probably say, yeah that's a really healthy food but this is where we have to get a



little more nuanced in terms of what's our definition of healthy. It's not an unhealthy food but if you're Mary Sue, 36, a mother of three and you have a lot of bloating and insomnia then that bloating may be caused by an overgrowth of bacteria and eating lots of asparagus, cabbage and cauliflower feed that bacteria and make that bloating more. That bloating causes inflammation in the gut..."

We also have a very interesting article from Ellen Jaffe Jones - who has a great argument supporting vegan paleo that may provide you with food for thought.

Lastly, yes this is the January issue and the time of year when many people renew old resolutions. So if you're

wondering what ones you might take on this year, I have a suggestion for you...

But first a little comment on why we often don't carry some resolutions through **because** quite a lot of the time it's simply that we were not ready for them yet.

So, with that in mind. Look back over say the last five years and pick up some of your resolutions that fell by the wayside and put the most beneficial of those at the top of your list.

You might just be ready to benefit from them now.

Happy New Year

Mark and all the
Low Carb Mag Team



You can download the complete interview here:

<https://lowcarbmag.com/michael-ruscio-the-full-interview/>

Alain Braux: [AB] Good morning Michael!

Michael Ruscio: [MR] Good morning. Thanks for having me.

Mark Moxom: [MM] I trust you are both going to be wonderful for the rest of our time together

[MR] I hope so.

[AB] Yeah

So Michael you are a functional medicine doctor, researcher, author and health enthusiast and you also specialize in autoimmune, thyroid and digestive disorder. First let's find out who you are. Can you describe your path to health and helping and how you got to help other people?

[MR] I think many people who get into functional medicine have had their own experience and so same thing for me I was in college planning on going into conventional medicine

until I had my own health challenge and that really kind of opened my eyes and diverted my path.

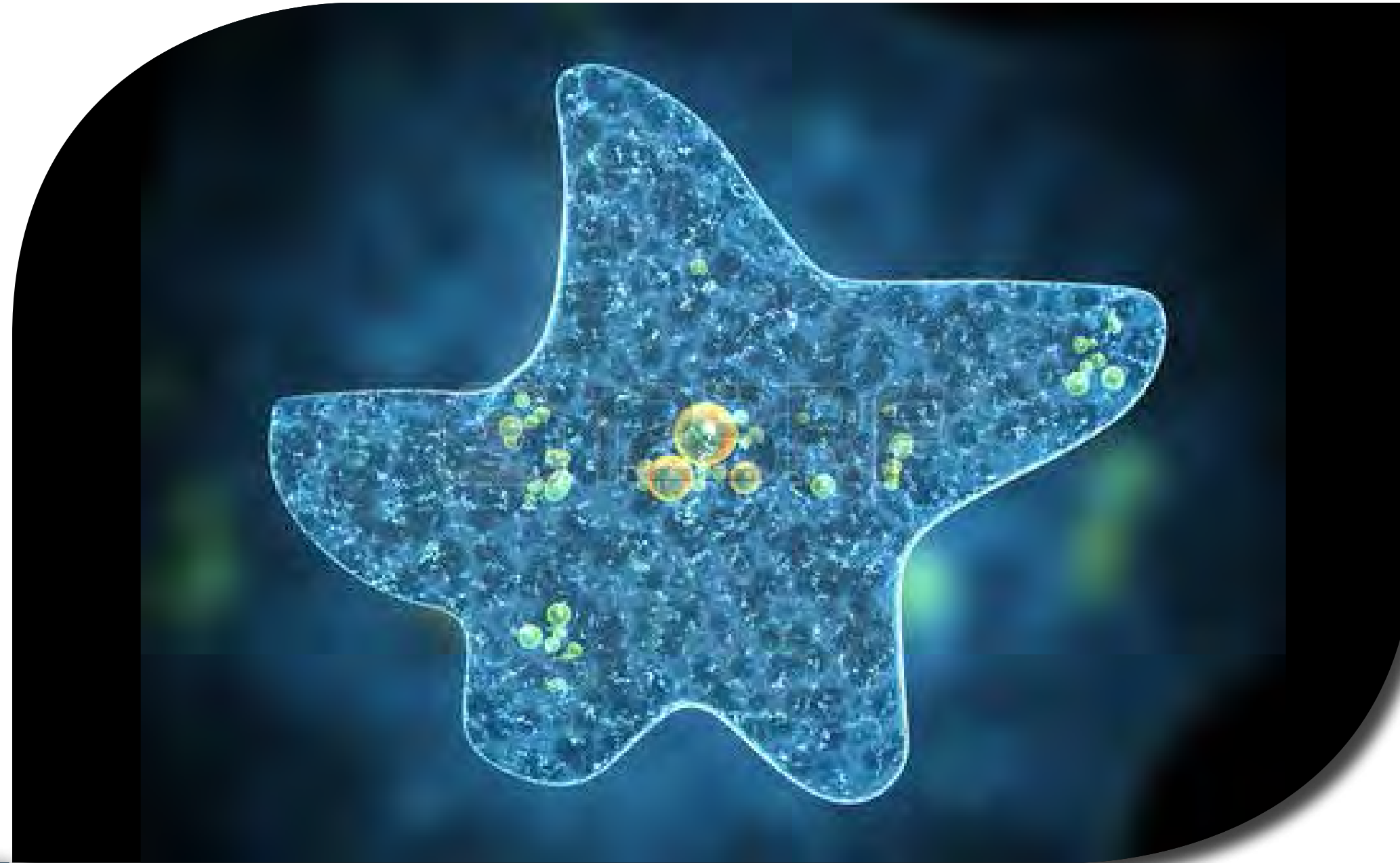
Essentially, somewhat long story short I acquired an intestinal infection. An amoeba specifically and it wasn't manifesting as any digestive symptoms as many digestive infections do. So there was no bloating or diarrhea. Nothing like that but the predominant symptoms I was suffering from were fatigue, insomnia, brain fog, bouts of depression.

It threw me down this road of first I went to a couple

conventional doctors, got screened and everyone said on paper, you look really healthy. So everything's normal. Of course my response to that would be, okay I understand that your testing is saying that everything's normal but I feel terrible compared to the way I felt a few months ago. There's got to be some kind of cause. So I got really nothing there. Eventually ended up going on the internet and doing internet research and thinking that I had hypothyroid or thinking that I had heavy metal toxicity or thinking that I had adrenal fatigue, some of the typical things that come up when you

search some of these nonspecific symptoms into Google like fatigue or insomnia and what-have-you.

So I tried herbal thyroid support protocol. I tried some adrenal support. I tried some detox therapy and nothing really produced any long-lasting or significant results. I later found a functional medicine doctor that told me he thought that I had an intestinal parasite. I remember thinking to myself no way this guy is crazy because I had never been to a foreign country and got food poisoning and had diarrhea or throwing up like the typical course of an infection.



But at that point I said well what do I really have to lose here I'll just do the stool test and not much to lose.

It ended up coming back with an amoeba. Treating that amoeba is the only thing it really helped with all the symptoms that I was experiencing. The key thing I took away from that and probably the most important was you can have a problem in the gut that doesn't manifest as a gut symptom but solely manifests as non digestive

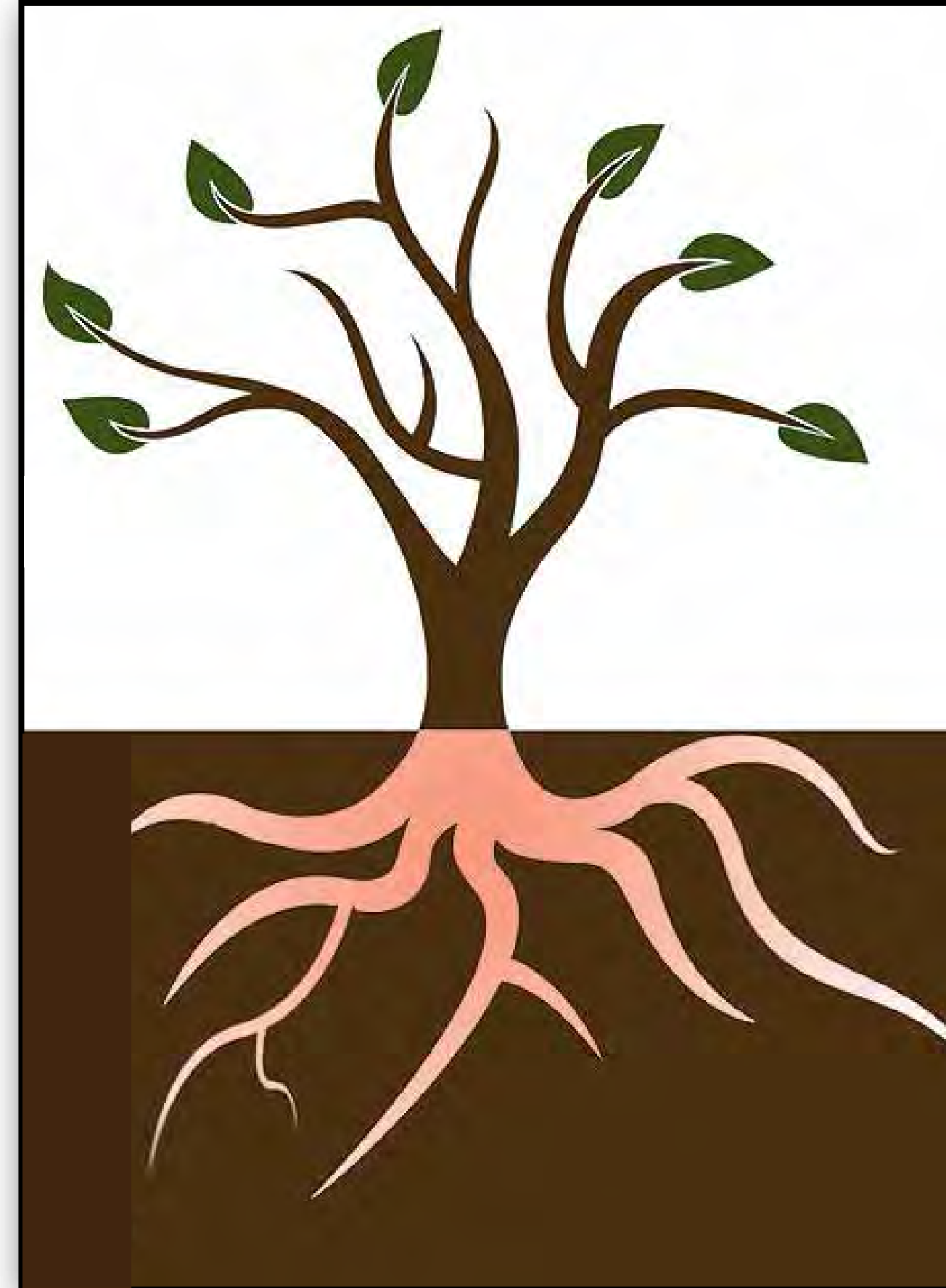
symptoms like fatigue, brain fog, insomnia, depression and if you treat those symptoms but you don't treat where the symptoms are coming from, then you're going to be spinning your wheels forever.

That same thing is what I see with many of my patients and it's unfortunate that there's so much information on the internet that leads you to natural treatment of the symptoms but not the treatment of the cause. So many of the patients I

work with now I try to prevent them from going down the adrenal fatigue road or the thyroid road or the heavy-metal road. Some people need to go down those roads but if you have a digestive problem and you haven't addressed that before going into those things then you may not really see optimum results.

So I converted my path and went into functional medicine. I'm really passionate about functional medicine but more so I would say specifically is helping

people apply or find a functional medicine provider to help them apply some of the therapies and functional medicine in an efficient manner because that an area where I think sometimes there's a miss. If some people have looked into functional or integrative alternative medicine they may have felt like, wow this seems like it's maybe a little bit expensive or maybe there's kind of a lot of changes I have to make in terms of diet and supplements but you don't necessarily have to



if you're having an eye toward doing things efficiently.

AB: So typically Western medicine treats the symptoms and not the cause and doesn't look at the whole body and a interaction between the gut the brain and so on so forth. You mentioned functional medicine. Can you explain that to us?

MR: Sure!

Functional medicine is kind of a subset that you can put it kind of in between conventional medicine and natural medicine. It's this kind of integrative medium in between the two. It really aims to try to treat the underlying cause of disease in this progressive model

oftentimes with more natural therapy. So it's not conventional medicine. That's important to mention it. It's important to understand that if you are working with or seeking out functional medicine provider you should still follow up with your conventional medicine doctor because they're looking for slightly different things.

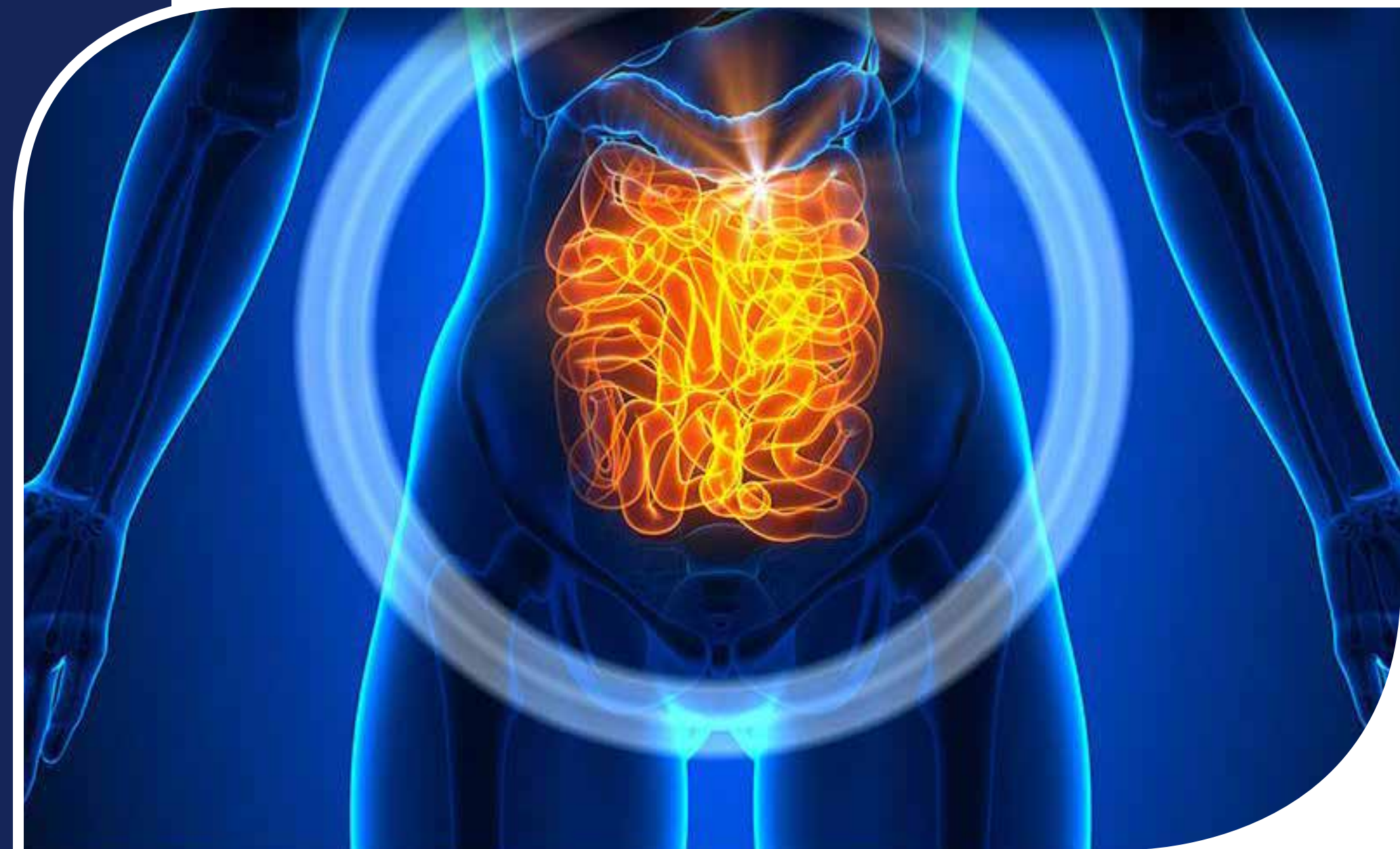
Conventional medicine is very good at early detection of disease and conventional management of certain diseases. Functional medicine is more so suited at chronic degenerative diseases and trying to prevent those diseases or trying to treat the underlying cause of those diseases. It can be practiced by different types of doctors. You could have conventional medical doctors that practice it. You can have naturopathic doctors that

practice it. You can have chiropractic doctors that practice, some PhDs, you even have some nutritionist that also practice. They go beyond just nutritional recommendations and they start doing some lab work but it's essentially this integrative type of healthcare that looks to treat the underlying cause of disease often tied with the foundations of dietary, lifestyle and nutritional supplement interventions.

AB: So typically as a functional medicine doctor what kind of services do you offer to your patients?

MR: Well what I try to do amongst a few different things I guess is try to help people find the most efficient path to feeling well. I also

...Conventional medicine is very good at early detection of disease ... Functional medicine is more so suited at chronic degenerative diseases and trying to prevent ... or treat the underlying cause of those diseases.



take a strong look into their gut health because again as I laid out a moment ago I have found that when you have all these different areas of the body that you could potentially look into for the cause of disease or symptoms it's a very good idea to start with the gut. So my primary area of focus is someone's digestion because that often times can cause what we think again is adrenal fatigue or what is hypothyroid or

where the depression is coming from or where the insomnia is coming from and I again try to help people navigate through that as efficiently as possible.

So if you're maybe to picture like a pyramid, the foundation of that pyramid would be diet and lifestyle. Because before we go on to other levels of the pyramid like potentially ordering lab testing and treating an imbalance found on the lab work we want to make

sure someone's eating a diet that is helping their health and not detracting from it or getting enough sleep. Sometimes these things seem like basics but it's important to make sure someone's getting at least adequate sleep, eating a diet that's healthy for them not under excessive amounts of stress.

can apply the paleo diet and probably the most common myths can be if people have underlying gut imbalances and they go on the standard paleo diet sometimes they actually end up eating more foods that are problematic for their gut than they should. But they don't understand that here's the paleo diet potential menu, if



The diet may be one that's the easiest to get wrong. So maybe to frame that a little bit - the paleo diet and obviously our audience is familiar with the paleo diet. Their derivation as to how you

you have IBS or IBD or just a fair amount of imbalances you may want to focus on this niche of foods and avoid some of the foods from over here. More so what that breaks down to look like is there are foods allowed on

the paleo diet that can be very healthy. However if there are currently imbalances in the gut some of those seemingly healthy foods can actually feed imbalances. Specifically these are foods that highly feed bacteria in the gut because a fair subset of the population has overgrowth of bacteria in the gut if you eat a diet high

feed these bacteria?
MR: Fortunately there's a diet that is good in cutting out all the food that seed bacteria. This is known as the low FODMAP diet. It's just an acronym. It's low oligo-di monosaccharides and polyols. It's just a term for different types of carbohydrates and how



in foods that feed bacteria in the gut. You actually make that pre-existing overgrowth of bacteria worse.

AB: So what would be an example of that? What kind of foods would

they're bound but you're looking at things like asparagus, cauliflower, broccoli and cabbage. So these are foods that people would probably say, yeah that's a really healthy

food but this is where we have to get a little more nuanced in terms of what's our definition of healthy. It's not an unhealthy food but if you're Mary Sue, a 36 mother of three and you have a lot of bloating and insomnia then that bloating may be caused by an overgrowth of bacteria and eating lots of asparagus, cabbage and cauliflower feed that bacteria and make that bloating more. That bloating causes inflammation in the gut which has been shown to cause insomnia.

So even though you're going on a paleo diet and say to yourself, I'm eating healthy, why am I not feeling better? It may be because that diet, even though the foods are healthy is not healthy for your particular gut. We have to make some short-term modifications to improve and make a healthier gut. So the foundation would be diet.

AB: So when you say bacteria you're not talking about Candida yeast which is another problem that a lot of people have? What

kind of bacteria is it and how do you rebalance the gut to that effect?

MR: That's a great question. So bacteria and fungus tend not to operate very similarly in the gut but I think what we're learning is bacterial overgrowth might be a little more common than fungal or candida overgrowth but



they're both two of the more common imbalances that you see in the gut. Let's say compared to things like a parasite, like an amoeba, a pathogenic parasite. Those are actually fairly rare even though I think in natural medicine we used to think that they were more common than they are because I think that's a bit of an antiquated concept that everyone has. Everyone has parasites and needs to treat those. I think in a lot of cases what we end up treating with some

of these gut interventions, like some of the herbal cleanses that people may have heard about are actually these imbalances of the bacteria and fungus that are already in the gut and should be in the gut but now they just become overgrown. So the analogy I like to use is it's kind of like weeding versus trimming the shrubs. Most people don't have over weeds that need to be yanked out like parasites will be yanked out but rather their shrubs are

just overgrown and it needs this periodic trimming of the shrubbery to make sure that things remain balanced.

There's a lot of similarities between how we treat the bacteria and how we treat the fungus. The general stroke for addressing fungus or Candida is a lower carb diet. Carbs feed the candida or the fungus but the one nuance that throws off more people with the bacteria is you can eat a lower carb food like asparagus but that can also that can be very

good at feeding bacteria. So that's what I think most people miss. When most people on the paleo diet inadvertently restrict a lot of the carbs like juices, breads, crackers, pastas or grains that feed things like Candida but they a lot of times inadvertently start eating more of the high FODMAP vegetables that feed the bacterial overgrowth.

AB: Correct me if I'm wrong but asparagus and these other vegetable you mentioned gives us probiotics.

MR: Precisely! That's another way you could say that the low FODMAP diet reduces foods that are high in probiotics.

AB: Okay thank you.

MR: Coming back to the the other aspect of your question, the other ways that we would help someone. Let's say someone has gone through the dietary piece which can be a great way of improving their gut health; so if they've gone paleo but they're not feeling any



better maybe we have them go on the low FODMAP diet. If they still don't feel any better than what we may do is order a reasonable round of testing to see if we can identify if there is a bacterial overgrowth. Might there be a fungal or candida overgrowth, like there may be an inflammation in the gut and we'll start to do some testing to try to clarify where the problem is coming from. It's a reasonable testing. It's important to

mention because I think today's healthcare consumer is confronted when they go online and they're looking for help you sometimes get this overzealous testing model in some circles of integrative or alternative or functional medicine. I've been a big proponent of not doing any more testing than is needed and making sure that we're very discerning and precise with only ordering the testing which is truly going to be valuable

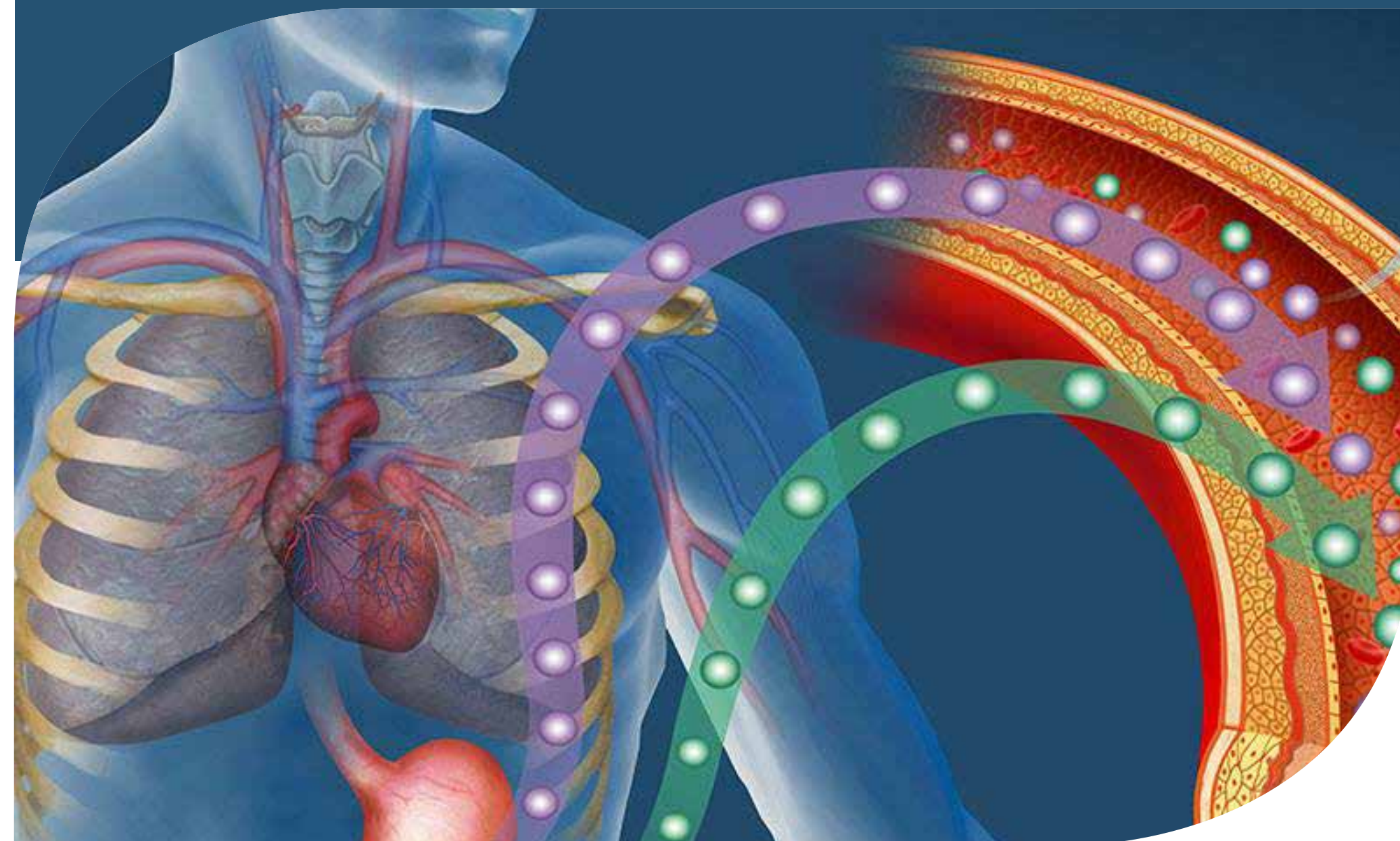
especially if someone may not have complete insurance coverage for a test then there's going to be some out-of-pocket costs. We want to try to minimize that out-of-pocket cost but next step would be ordering some testing to try to clarify what imbalances are present.

Often times they're very helpful natural medicines that can be used to correct those imbalance. Probiotics can be very helpful, certain

types of anti-inflammatory or antimicrobial herbs can be very helpful as one of the next major steps that are used kind of in that pyramid I was describing to help people rebalance their gut.

AB: So that leads me to a question I have been wondering for awhile now which is why do we see more and more gut dysfunctions like inflammations and Crohn's disease and IBS and so on and so forth? Why do we see more of that now than we used to see like 20 years ago?

MR: Probably the main contributing factor to that it is probably the health of the environment that we live in, in terms of the amount of exposure that we have to bacteria, dirt and germs. This is sometimes known as the hygiene hypothesis or the old friends hypothesis. Essentially what that means is the more hygienic that we become meaning we have less contact, for example farm animals early in life, less contact with other children, less contact with dirt and



soil, more children are becoming cesarean birth rather than vaginal birth, more children are using formula then breastfeeding, all these things are very important especially during the first few years of life for establishing a good colonization of bacteria in the gut in and other areas of your body. But helping those bacteria how to tune and calibrate your immune system to prevent things

like autoimmunity and immune and inflammatory mediated conditions later in life like, inflammatory bowel disease, potentially like IBS, things like allergy, eczema atopic dermatitis. So I think probably it has to do with some of these early life factors that are not present to help with the best formation of the immune system.

Then when we don't have a healthy formation of the

...the later that you can delay the first introduction of antibiotics into an infant's life the less harmful it is in terms of causing conditions later in life like allergy, eczema, atopic dermatitis and inflammatory bowel disease.

immune system we're more prone to some of these autoimmune, immune or inflammatory conditions later in life. We do have pretty good documentation to substantiate this. For example, this is not a research from our clinic but it's from the scientific community at large, it's been shown that when a child is administered an antibiotic at three months compared to at six months of age compared to a nine months of age compared to a twelve months of age, the later that you can delay the first introduction of antibiotics

into an infant's life the less harmful it is in terms of causing conditions later in life like allergy, eczema, atopic dermatitis and inflammatory bowel disease.

Then on the same lines the earlier that a probiotic is administered the more beneficial it tends to be. So there's a key component of this which is timing but these life factors do seem to have a big influence on disease later in life. Then there's also current day factors which are as people's diets become progressively less healthy and they're

eating more sugar and more processed foods and there's more emulsifiers in those processed foods and we're under more stress, all these things will contribute to in kind of exacerbates some of the conditions that you mentioned a moment ago like IBS.

AB: A couple of other factors that came to mind with the overuse of antibiotics by doctors very early on of course we already addressed breastfeeding versus formula which is breastfeeding introduced healthy bacteria to the baby's system

and helps strengthen the immune system. The other one which it seems like a lot of people try to avoid talking about is GMOs and excess use of glyphosate which is toxic to our system. Can you speak about this?

MR: Yes! The antibiotics we covered briefly, the GMO is I haven't done a comprehensive review of the literature on GMOs yet. So I can't speak to that directly. Certainly I think theoretically the potential for them to be contributing to problems in the gut is is very plausible.

It's just I try to be careful in my commentary unless it's something that I've researched firsthand because I have found that in the field of integrative and alternative medicine there's a lot of great truths but there's a lot of misnomers that have just been, "people think this, people keep citing the same incorrect information" and it's kind of a self propagating erroneous belief that kind of has legs. I would think it'd be very fair to surmise that when going through a review

of the literature on GMOs we'd probably find some evidence showing that they can act as gut irritants.

But I'd also probably be inclined to think, this is just my opinion and my speculation that they wouldn't be a problem for everyone and periodic exposure probably wouldn't be a big deal except for a small subset of patients that are very very sensitive. The only reason why I make that qualifier is because sometimes I see patients in the clinic that get so afraid of food

...Then on the same lines the earlier that a probiotic is administered the more beneficial it tends to be

because they keep learning about all the different bad things that food can do to them that they almost feel paralyzed that they cannot eat anything ever. So I try to let people know

think there's definitely something there and I certainly think that these adulterations to food are definitely not helping us in any way, shape or form.



discussed – early life factors and how early life factors affect the formation of your gut microbiota and your gut immune system and how that can affect your health through your entire life. Things that can be affected by problems in the gut. Like we discussed early in the call how a problem in the gut can manifest as insomnia, acne and oppression and may not even manifest as any overt digestive symptom.

We also talked about different diets that can be useful and different treatments that can be useful.

Essentially the book I think is a very interesting narrative on how important gut health is for one's overall health. How foundational and fundamental it is. Then the book concludes with a self-help plan that takes all the information that we've discussed and puts into a personalized sequence of steps so as to how people get a healthier and one of the key aspects of the personalization is so that people can become healthier but not having to do anymore than they need to to become healthier because we may have two different people who read the book.

that if your day-to-day diet is healthy you can afford exposure occasionally to GMOs and it may not be a hugely deleterious endeavor.

The glyphosate, like I say I think is also very interesting. There have definitely been some papers. One paper in particular to the increase in celiac disease and so I

AB: So switching subject, I understand you are in the process of writing a book. What is the book about and can you tell us a little more?

MR: The book is all about the importance of one's gut health. We go into a lot of detail about many of the things that we've



One person may be very young, very healthy and just have minor symptoms and minor imbalances and they may only need to go through two steps of the eight that are listed or the eighth that are potential. Whereas you may have someone who is in, let's say, in their mid 40s who has had chronic inflammatory bowel disease that's relapsing and remitting and they may have more severe imbalances and more severe symptoms and so they may need to go through six of the eight steps in order to totally see resolution of their complaints. It's essentially taking what I do in the clinic and it's kind of comprised into an

algorithm where you respond this way to step one and then that leads you here or it leads you there.

So I'm very excited about the book from the perspective of it's not just a book that gives you some interesting information about the gut and a few tips. It gives you some information about that gut but then it's not just a few generic tips. These are tips that have been really crafted by my years in the clinic, applying this information and learning the best way to sequence people through some of the therapies and techniques for opti-

mizing their gut health. So I'm very excited about it. It's been a labor of love over the past few years.

Another thing about what's really important to me is educating people but not making them afraid of food. I think sometimes this happens and I don't think any author ever does this intentionally but if you're not very careful in the words you use and the way you describe things and you only describe how things can be a problem, how they can be a problem but you never take a moment to say here's how much of a problem, here's how much of a

concern you should be making out of this then people can go to the very most extreme end point. Unfortunately I see some these people in the clinic who stopped eating out. They've stopped having a drink in the weekends with their friends. They've stopped enjoying any off-plan food because they've gotten so scared of all the potential bad things in the food supply that they forget that having a life and having some fun is also a very important part of health. So I'm excited about the potential to give people a pretty reasonable narrative on how

to improve their health.

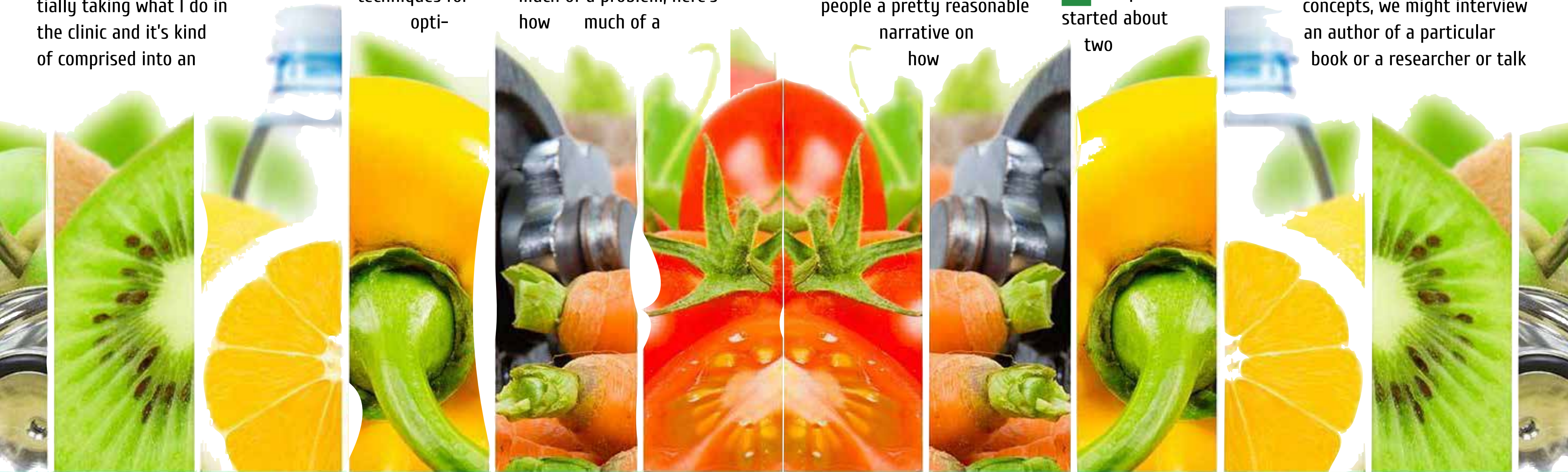
AB: That sounds very interesting. When do you expect a book to come out?

MR: I'm hoping we'll be out late this year. If we miss that window, it will be out early 2018. The book is pretty much done. We're just going through some of the editing and with my spelling and grammar that's no easy task.

AB: You also offer your own podcast which is called Dr. Ruscio Radio. What do you discuss on your show and just briefly explain.

MR: The podcast started about two

years ago now and it's really grown quite quickly which is nice to see that the work is received very dearly. We discuss many of the concepts in gut health that we've been discussing today. So we'll talk about probiotics or enzymes or IBS or inflammatory bowel disease, low FODMAP diet, fasting, all these different types of interventions that can be useful for the gut. The gut is a very common topic. We also talk quite a bit about thyroid because that's the other area that I'm interested in then I do a bit of focus on. Also other concepts, we might interview an author of a particular book or a researcher or talk



about some of the latest research that's been published in healthcare. It's definitely very kept in a health and medicine focus but we try to keep the concepts accessible to people.

Maybe one of the other more important things to mention is trying to get people to get optimal information that's not overzealous and that's not going to cause fear that's going to really help them empower them again with a focus of gut and thyroid.

AB: Cool!

I know and I read that more and more people are going towards alternative medicine because they just don't trust Western medicine anymore. The problem is insurances are not paying for it and it makes our job difficult because people are going to think twice about spending money out-of-pocket when the insurance couldn't pay for it. So in your opinion what is the future of functional medicine in that

aspect Do you think that eventually insurance will accept the kind of work you do and pay for it or we're going to struggle for another 10 years before something happens?



MR: That's a great question. To the comment that people are trusting their conventional doctors less. I understand where people are coming from and I think it's important that we take a step back and we look at the health care system as

the conventional medicine doctor isn't able to provide everything for someone. They're really kind of your disease detection and your disease management doctor and that's what they're

for a colorectal cancer screening. It may not be fair to ask your conventional doctor to know everything about probiotics for IBS. So I think it's important that we make that distinction between the two and we go to each type of provider for what they're the best at and not expect them to be the jack-of-all-trades. I think if you approach your health care that way you can come up with a much better prognosis or a much better situation.

Then to the point of insurance I do think we're going to start seeing insurance cover more of these diet and lifestyle based interventions and you're already seeing some major corporations realize that you can save quite a bit of money when you invest in your employee's health and wellness. So I think we will see more there happening. However there's another issue and this is something I touched on briefly a little earlier in our discussion is sometimes in alternative

going to be the best at. Alternative medicine is not going to be the best at that. Alternative medicine cannot perform thyroid cancer screenings, colorectal cancer screenings, so they're different and you wouldn't go to your natural doctor

medicine we're way over zealous with our testing. This is a big problem because it's going to hinder further acceptance and integration of alternative medicine into the insurance model because if your testing is very excessive then it's not a cost effective care model. So it limits the people that we can reach and help. This is something I've been a huge advocate of is cost-effective functional medicine. It's important to realize that more testing does not equal better results.

AB: I think a part of that is a result of fear of being sued and liability and so on.

MR: In conventional medicine maybe but really in an alternative medicine many of the tests that are used are not used to detect or overt diseases so the potential for malpractice liability is very minimal because the the test isn't telling you about a disease that if you missed said disease you'd be liable. I think where it really comes

from is alternative providers are well-intentioned but I don't think many of us have realized that we don't have to order more testing to get better results. It's an easy assumption to make. Someone's sick, I

One, many of the tests that are used have not been validated to be clinically relevant. As an example there was one lab that did urinary testing for neurotransmitters which are brain chemicals that help with

Several months ago they pled guilty to fraud because they're manipulating the lab ranges. The lab ranges that were shown have no relevance to any kind of clinical treatment. I don't say that lightly. There are tests

The other is because as a clinician if you're ordering testing that isn't meaningful what you're doing is you're trying to treat something that doesn't mean anything and that makes the clinical process more difficult.

model of functional medicine, meaning only or ordering a few tests that are highly meaningful then you bring the cost way down. I can tell you that many many patients have sought me out because of just that and it's been alarming to me how they want to see a provider and the provider wanted to order a few thousand dollars worth of testing out of the gate.

Again, I think it's well-intentioned. I think it's more so a fault of the educational system in alternative medicine being influenced by lab companies and doctors having a hard time figuring out what to do when and what is legitimate and what is not legitimate but they'll come in and will order maybe 800 to 1200 dollars worth of testing if the person has no insurance. That will be more than enough to help them or if they have insurance coverage their out-of-pocket expense may only be a couple hundred dollars for testing. So we can do it more efficiently.



want to help him or her. I totally get that. So if I order more testing and I'm very comprehensive I'll increase the probability of finding the cause of the problem and get this person well but that doesn't tend to be the case for two reasons.

anxiety-depression focus and for years people had come to me saying, "can we order this test?" Patients had asked about it before. Other clinicians ask me, will I recommend doing this for their patients. I had repeatedly said, no I don't really see the clinical utility of this.

that show you, yes a high or low but that high or low is pretty much meaningless in terms of if it hasn't been connected to any treatment or any condition. So the one reason is because some of these tests aren't clinically relevant. They're interesting but they're just academic.

So it actually can make it harder to be a good clinician if you're ordering testing that's not accurate. But as those things change I think we'll see broader acceptance in the insurance model but even if you don't have full insurance coverage, if you're working in a cost-effective

AB: In some cases, people are afraid to go to doctors because they know they're going to be throwing half a dozen tests and it's going to cost them thousands of dollars. They just don't go to the doctor because they know they can't afford it.

MR: It's a very legitimate concern and it's definitely a reality. I think the real travesty is that to help people you really don't have to do a lot of lab work. You have to do some and you have to be invested in your health care. Meaning if

you're not willing to spend any money or put in any effort then nobody can help you. If you're going to make a reasonable effort and a reasonable investment you can. Just to give up a couple pretty examples, let's say someone comes into my office. Now after we've gone through the base of that pyramid of diet and lifestyle, if we haven't gotten optimum results we might do some testing but that testing out of the gate may look like a breath test for small intestinal bacterial overgrowth, \$200 and a stool

test may be \$300. That's reasonable I think. Now what we're not going to do is a food allergy test so that's about 300 to \$500 we've just saved, an adrenal fatigue test that's another \$200 we've just saved. So those are two of the tests that are oftentimes ordered which I found are not needed. They're really not needed. So I just cut the person's lab bill from probably 1,100 dollars down to about 500 dollars just by focusing on the testing that was most relevant. That makes a big difference because if months



The Real Food Pyramid

later you're going to retest the findings that same bill at x2. So it's \$500 once, \$500 again or \$1,200 once and then \$1,200 again. So it very quickly adds up and can either save you a lot of money or drive the cost way up. Again it doesn't mean that you don't get people better results. In fact I would argue that by focusing on the most core issues you actually get someone

better result because you're not distracted trying to treat these other tests.

So yes it's a legitimate concern. I do think it's the evolution or the future of functional medicine like anything else with time and with new ways and new generations of doctors we should be updating and improving what we're doing. I think this is a next evolution of integrative

alternative and functional medicine is really trying to cut the fat so to speak and focusing the things that are the most shown to be more beneficial and meaningful.

AB: On the positive side I hear and I read that some hospitals are starting to integrate alternative healing like nutrition, acupuncture, massage therapy and in California of course they're typically ahead of the time when it comes to this issue. A friend of mine told me that MD Anderson in Houston is also starting to add alternative medicine choices to their treatment as well for cancer.

MR: It's nice to see that I think with every with every passing couple years the line between conventional and alternative medicine is being blurred.

AB: And I think a lot of it is also the fact that the customers are demanding it. There's a demand for those services.

MR: And the services work.

If you read the clinic literature many of these services they work and so how long can you keep out of the care model things that work just because they're not drug based which is kind of what conventional medicine has been all about. There's been more money in drugs. There's been more research on drug. So the doctors have stayed to what the studies show.

But now as studies are branching more into probiotics and diets and some of these anti-inflammatory herbs and certain vitamins we're seeing symptom reduction, disease risk reduction with these thing. So how long can we just kind of keep those things out just because they're different than what's been done typically in the conventional model. That's I think a big reason why



we're starting to see a lot of new integration. I think probiotics is probably one of the best examples. You see some very promising results in IBS and IBD with probiotics and so for a gastroenterologist not to be using probiotics as part of the

is that for example I use probiotics as a preventative. Some people at PaleoFx said that probiotics should not be thought as a way to heal but just as a way to re-seed the gut. What's your opinion on that?

on the host. They are anti-inflammatory. They help stop or repair leaky gut. They help to rebalance the gut microbiota meaning that they help to push out or kill off unwanted or overgrown bacteria and fungus so they do have a beneficial impact

in the long term fashion in my opinion. We do see some studies showing positive health outcomes when using probiotics in the long term. The only thing for people to be in the lookout is a small percentage of people may start to have side effects from probiotics. The most notable is probably bloating. For some people will have a bloat reaction if the probiotic doesn't agree with their system or they've been using too high of a dose or they're using it for too long. So probiotics are actually definitely helpful in a preventative fashion in a long term fashion in my opinion

but the thing that they recede you is not the case. There's only really one therapy that can recede or take up residence in your gut and that's a what's called a fecal microbiota transplant. The gut bacteria has often been described as an organ. So it's an organ inside your intestines that's about approximately the size of the liver. So when you do a fecal microbiota transplant you're essentially taking that organ from somewhere else. They are gut bacteria and you're transplanting it into a new host and this is done by taking the feces of a healthy donor and usually through

an enema administering it into an ill host. That can actually repopulate their gut but that's not a therapy that is a frontline therapy. That therapy I would only recommend to people that have exhausted every other therapeutic option and haven't seen optimum results.

AB: Constipation is obviously a gut problem but where does it come from and how do you deal with it?

MR: There's a couple different causes of constipation. I'll start maybe with the most common. Some people if they're eating a poor diet that is

...we know... most probiotics do not colonize you but they do have a beneficial impact on the host. They are anti-inflammatory. They help stop or repair leaky gut. They help to rebalance the gut microbiota

practice is probably pretty silly but a lot still aren't. But I think you're seeing more of an acceptance as that wealth of research which is building and so you're seeing this integration of the two which is great.

AB: Speaking of probiotics, an assumption that I believed for a long time

MR: The reseedling is not true. The majority of probiotics do not repopulate your gut and that's something that we discussed on the panel. It's a misconception that I think is slowly being overturned and we now know that again most probiotics do not colonize you but they do have a beneficial impact

on the host's health which is probably the most important.

Also some of the mechanisms that we think undermine that improvement in host health like being anti-inflammatory, being antibacterial against bacteria overgrowth and bad bacterial pathogens and such. So you can use probiotics in the

Treating Constipation with Biofeedback Therapy



either too high in fiber or too low in fiber or high in inflammatory foods will end up causing constipation. So again let's not forget the basics. But second to diet certain bacterial overgrowths have been shown to lead

constipation and more importantly the treatment of that gas or the treatment of the bacteria that are causing that high gas has then shown the ability to help ameliorate constipation. So I make that clarifying

the breath. Treatment of the organisms that cause a high methane has been shown to reduce or aid or improve constipation. So certain bacteria overgrowths can be one cause.

Another cause can be problems with motility. Sometimes people have disruptive motility and there are certain therapies that can be done that can be helpful with motility. It's a little bit nuanced. Then another may be obstruction in the bowel and people can sometimes have scar

tissue if people have had inflammatory bowel disease, intestinal surgery, if they had maybe very bad endometriosis then these to scarring in the gastrointestinal tract that may impede the intestinal tract and that may cause constipation. There's therapy that can be done break down that scar tissue.

Then there's also connective tissue disorders like Ehlers-Danlos syndrome where people have really soft connective tissue. So essentially the guts aren't held in place. Things can kind



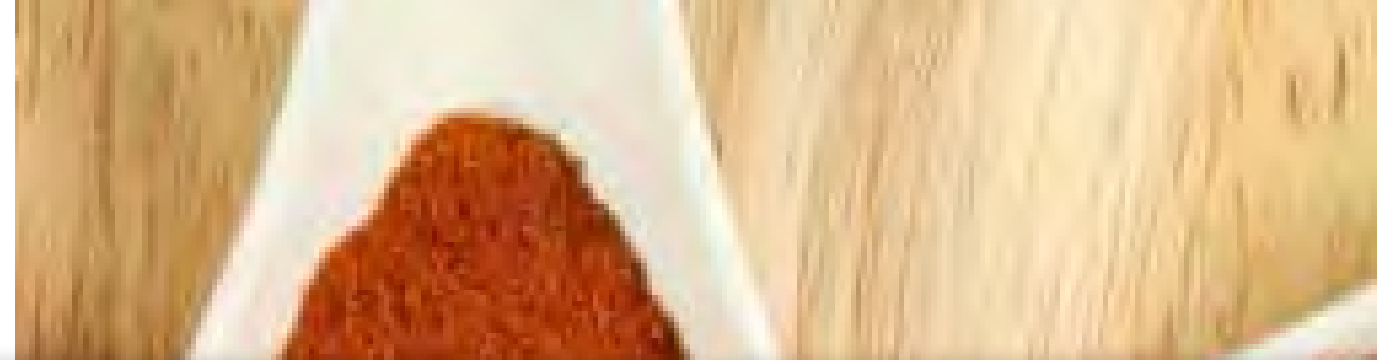
to constipation. So with with breath testing that I mentioned a moment ago if we see high levels of methane gas in someone's breath that's been shown to correlate and cause

note because if we show two things correlate the next step is to show treatment of that piece leads to an improvement and we have shown that with this high methane in

Treatment of the organisms that cause high methane has been shown to reduce or aid or improve constipation.

of like collapse in and slough and then that can occlude on the intestinal lumen and be So there's definitely some therapies that can be very effective for constipation.

So there's definitely some therapies that can be very effective for constipation.



MM: I want to come come back to basics a little bit. Obviously you work in

Doctor or Provider. So if people go to my homepage there's a search box in the



problematic with constipation. So those things are less common. The adhesions and the connective tissue disorders are the less common but far more common are overgrowth of organisms that produce this methane gas that cause constipation or problems with motility.

That is a problem if you're only pooping a few times a week or one time a week. That's something that needs to be looked into and if you're not pooping at least once a day then it's definitely something that needs to be investigated and corrected.



tandem with someone's doctor but how can a normal person find a good quality functional medicine practitioner like yourself?

MR: We did an entire podcast and I believe the title was How To Find A Good Functional Medicine

upper right-hand corner. If they just search functional medicine doctor or how to find a functional medicine doctor in the search box they should see that post come up fairly quickly. I run through how to find the right provider for you and then some red flags so

there's a couple brushstrokes I should mention.

First everyone who practices functional medicine from nutritionists all the way up through conventional doctors, so where you are depends on what type of provider you may want to work with. If you haven't even changed your diet yet working with a functional nutritionist is probably going to be an adequate starting point. Go through some dietary basics. If you have pretty moderate to severe recurring

inflammatory bowel disease then you may want to go to the other end of the spectrum with someone who's got a little more training especially if you have a condition that you've already changed your diet a couple times and you still haven't seen optimum results. Then again you may want to go to the more clinical, more doctor end of the spectrum rather than the nutritionist end of the spectrum. That's important because if you're only driving down the street you don't need to drive on a Ferrari but if you're

doing a race then you may want to take the Ferrari. That matters because the cost will change. To go to a clinician like myself just for some basic dietary advice certainly I can give you good competent dietary advice but you may be spending more than you need to coming to see me if you haven't even changed your diet. So that I think is important to realize there's a spectrum of providers trying to find the provider that's the right fit for where you're entering into the conversation.

There are a couple other things that are important and that's looking for a provider who especially if you're more on the clinical end, that has a focus that's overlaid to what you need. So if you have inflammatory bowel disease or you have irritable bowel syndrome and you're going to see a doctor who focuses on metal detox or Lyme's disease then that may be off from the area of focus that you need. Now you may not know what you need so then this isn't relevant but if you do know what you need and

what you're grappling with then that can be helpful.

Then there's also some red flags. One red flag is if someone seems overly opinionated. The reason I caution about those that are overly opinionated is because the more you learn the more you realize that whatever you think there's contradictory information to what you do think. So that makes you more tempered in your opinion and I can speak for myself and say the level of me being opinionated today compared to five years ago

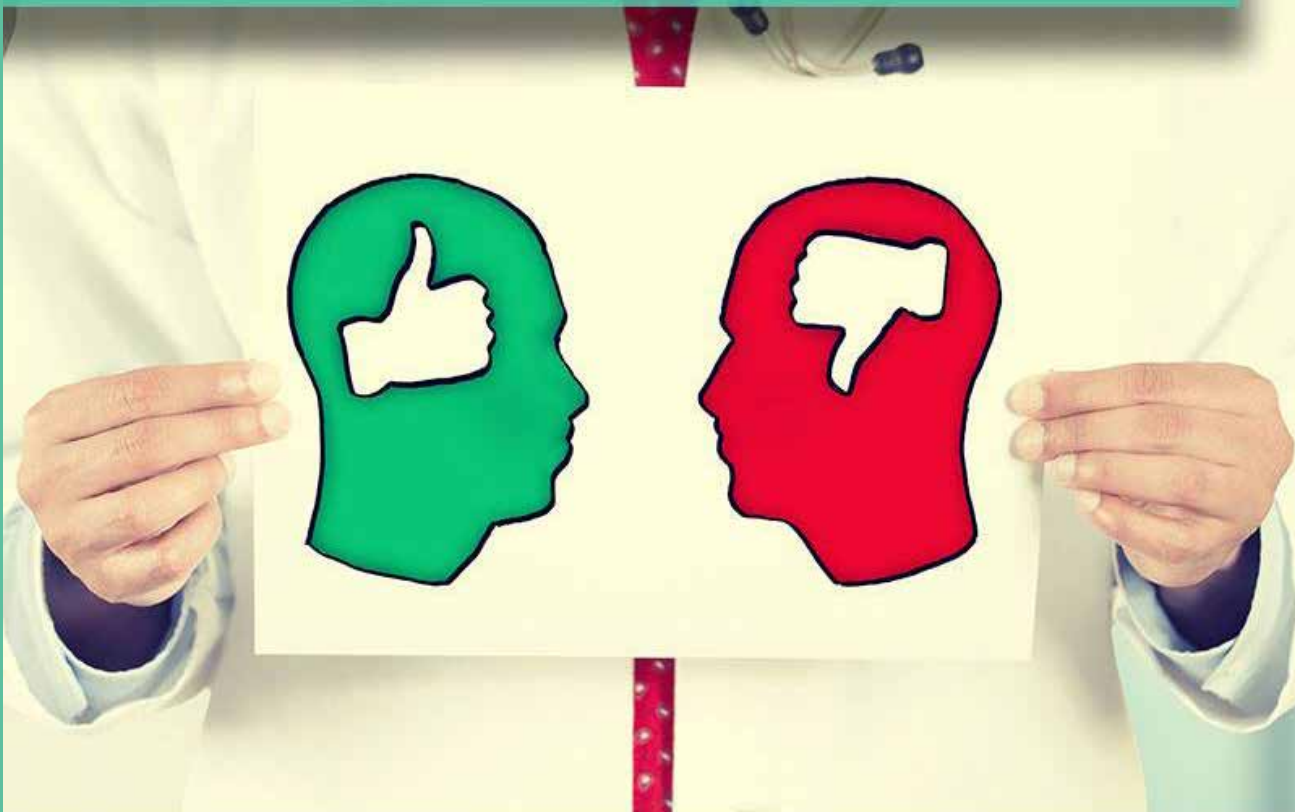
is way tempered. The paleo diet is great but there's these other diets that may work better for other people other times for other conditions so even though I'm still a very big proponent of the paleo diet I don't come out and say the paleo diet is the one diet healthy diet for everybody. So if you get that kind of absolute dogmatic or overzealous opinion from someone it's likely a barometer indicating that they're not very well versed on the topic and if they're not very well versed in the topic what you're

If you haven't even changed your diet yet working with a functional nutritionist is probably going to be an adequate starting point.



probably going to get is their narrow view on health care. It's going to be applied to everybody rather than someone who's got to a wide view that can say, "You're person A, this will be best for you" or "You're person B, this will be best for you". So be caution of those that come off very dogmatic and very rigid in their approach. do several thousand dollars worth of lab testing just to get started, if you're talking to three four five six seven thousand dollars of lab testing just to kind of get started, I oftentimes think that that's more of a model that's set up to make things as easy as possible and run everyone through the same testing. Which again doesn't

Staying Objective About Your Health in a Polarized World

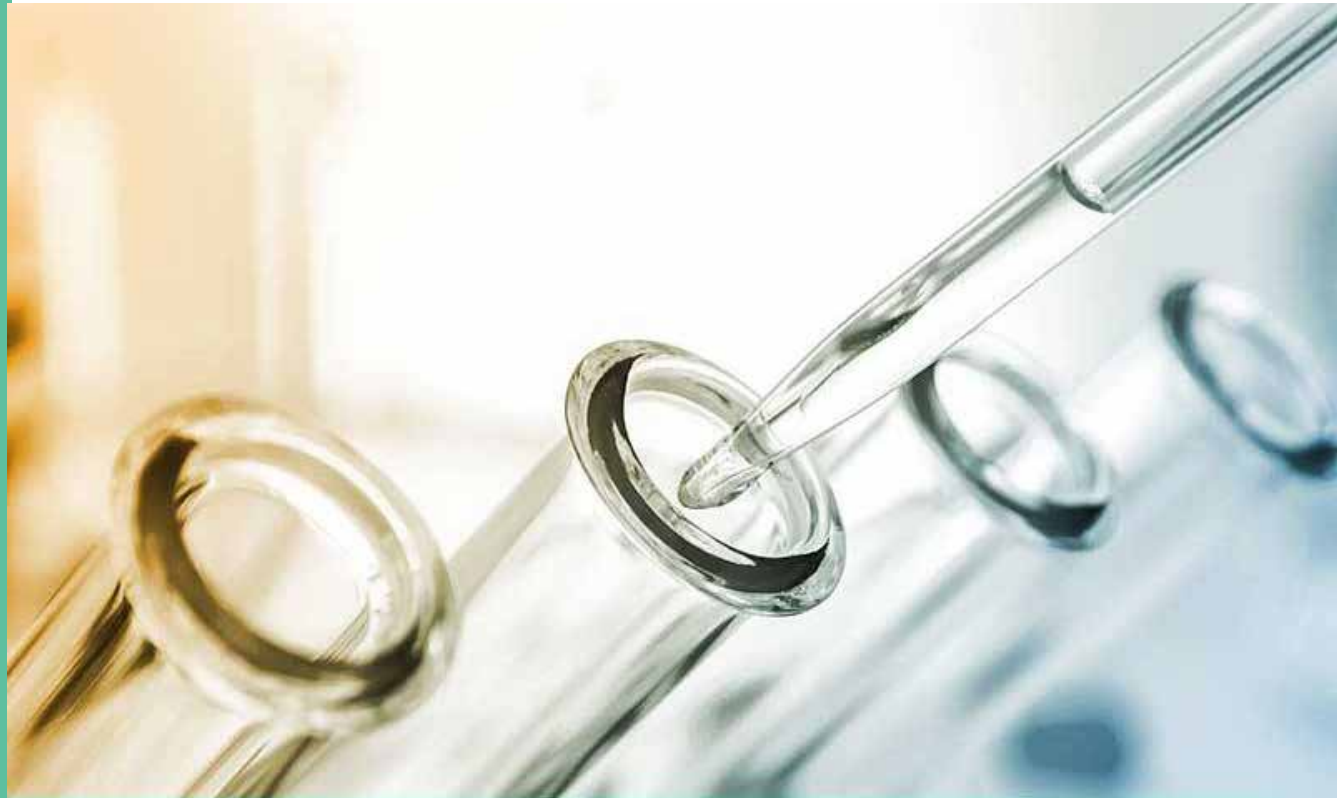


The other would be for providers that to get you started want a heavy investment upfront. There are exceptions to this rule. But as a general rule in my opinion if someone wants to mean someone has any bad intentions but they're probably not very keen on trying to make the care as cost-effective as possible. Which is why in my office

we do an exam visit first and then we decide on what testing we want to order because by listening to what someone says I may be able to cut down 80% of the testing that we could have done and focus on that 20%. So if you're being presented with this very large bill out of the gate, again, it doesn't

MM: So it's very much a case of experience counseling. Also as you say you'd like to work with the person's normal doctor. How do you find the conventional physicians attitude towards you for instance?

MR: That's a good question. I think it depends more so on the the doctor's personality than it does on me. Some



Can Organic Acid Testing Tell You How Healthy You Are?

mean the person has bad intentions but cost-effectiveness may not be high in the priority list. So if you're trying to be cost-efficient then that may be something to be cognizant of. doctors are open some are not. I understand where the lack of openness comes from because as someone in the alternative field and as I criticized a moment

ago sometimes we are overzealous. We order tons of lab testing that hasn't been validated and we make patients afraid of food. So if you're a conventional doctor seeing patients come in struggling with that, that I could get, as a conventional doctor how you be reserved and how strongly you recommend alternative medicine. So that part I get but there's also the other part of being evidence-based and realizing for example, diets can be very helpful for many of these

conditions or certain herbs or probiotics can be very helpful so some doctors are cognizant about that and they get that. They're encouraging and we can have really nice dialogues.

Every once in awhile you get a doctor that's very kind of hard-headed and it's almost no matter what you say or do they're going to be resistant . So what I would offer to the audience is if you have a doctor that seems to be resistant no matter what,

you can still use them. Just put them in the box, oh okay you're going to do my diseased checkups and my disease management and hopefully I'll never have a disease and I'm going to work my other doctor and we're going to do the preventive work. You can do it that way but I think the ideal approach would be to find a doctor who does their disease monitoring and management but is also open to things on the other side of the fence and willing to integrate more collaboratively should the opportunity present itself.

MM: Now you did mention earlier that sort of some of the foods that we would

commonly regard as being healthy for the gut are actually unhealthy when it comes to things like another microbiome. I'm talking about asparagus and cauliflower and that sort of thing. How about things like kimchi and fermented foods and that sort of a thing? How how do they fit into your protocols?

MR: Great question. The comment I made a moment ago that those foods aren't healthy for the gut, it's important to contextualize that they're not unhealthy but if people have a pre-existing overgrowth then they can be problematic. In terms of fermented foods I think fermented foods can be very healthy for the gut and



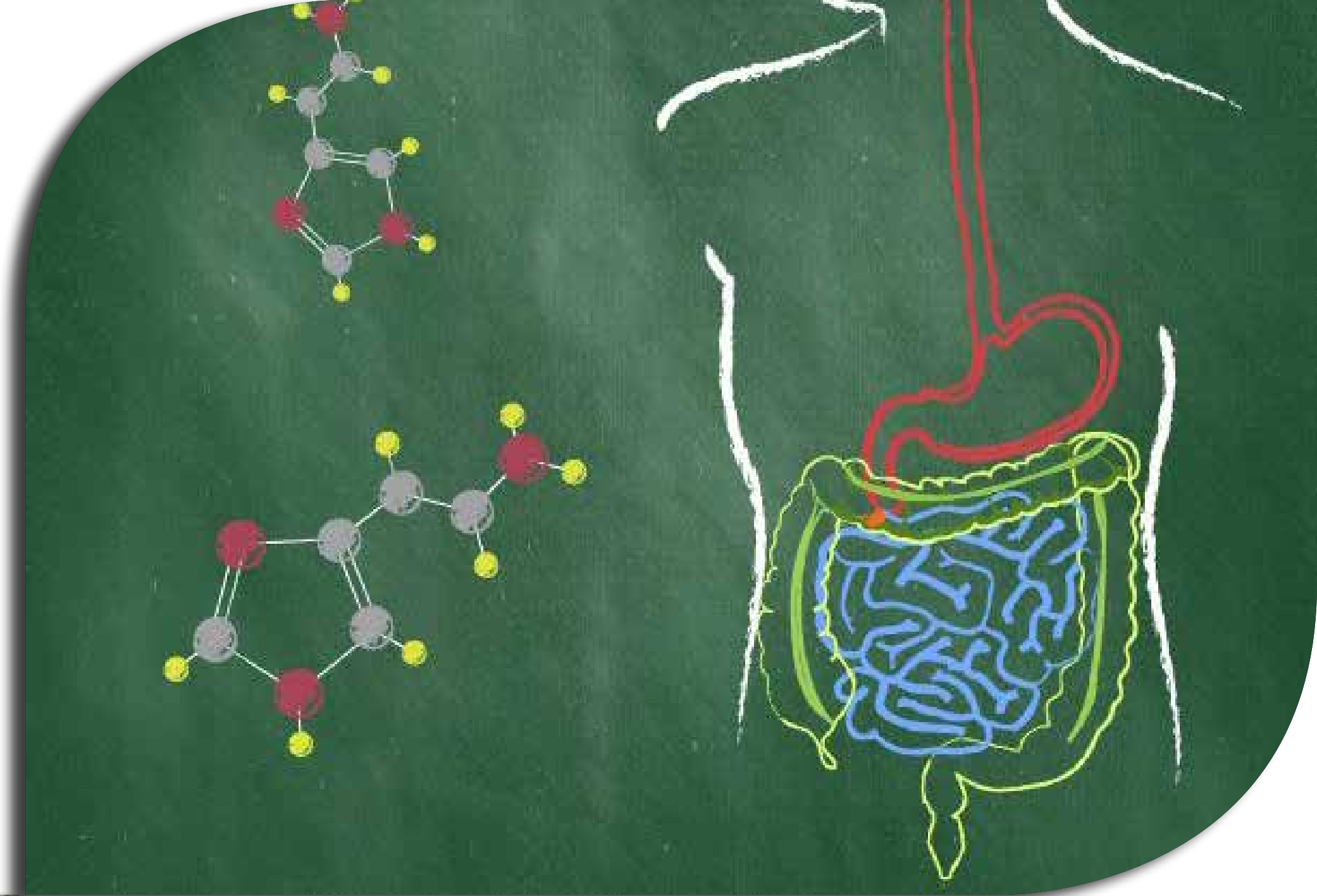
the ideal approach would be to find a doctor who does their disease monitoring and management but is also open to things on the other side of the fence

kimchi, sauerkraut, kombucha can definitely be helpful. I think they're very good food for people to incorporate into their daily or weekly diet. For most people.

Now there's a subset of people that they have to be a little bit careful with these foods and these are people that have histamine intolerance. In the most typical presentations that the note someone might be histamine intolerant, if someone has IBS type symptoms especially if it's more

diarrheal type. So gas, bloating and abdominal pain and they tend toward looser more frequent stools. Now these people can have bacterial overgrowth like I mentioned a moment ago and they can also have what's known as histamine intolerance.

Essentially histamine is a compound found in foods and also that is secreted by bacteria. Histamine is not a bad thing but if you're someone that doesn't process histamine



well then it can be easier for you to have too much histamine in your system. It's kind of like pouring water into the sink. We all have a drain and pouring water into the sink isn't a bad thing but if you are pouring three gallons at the same time you may overflow the sink. That's what can happen with histamine and that can manifest as looser stools, abdominal pain, neurological symptoms like brain

fog or irritability, insomnia, lightheadedness, failing flushed, rashes and joint pain. These patients can tend to do very well from a histamine elimination and then reintroduction.

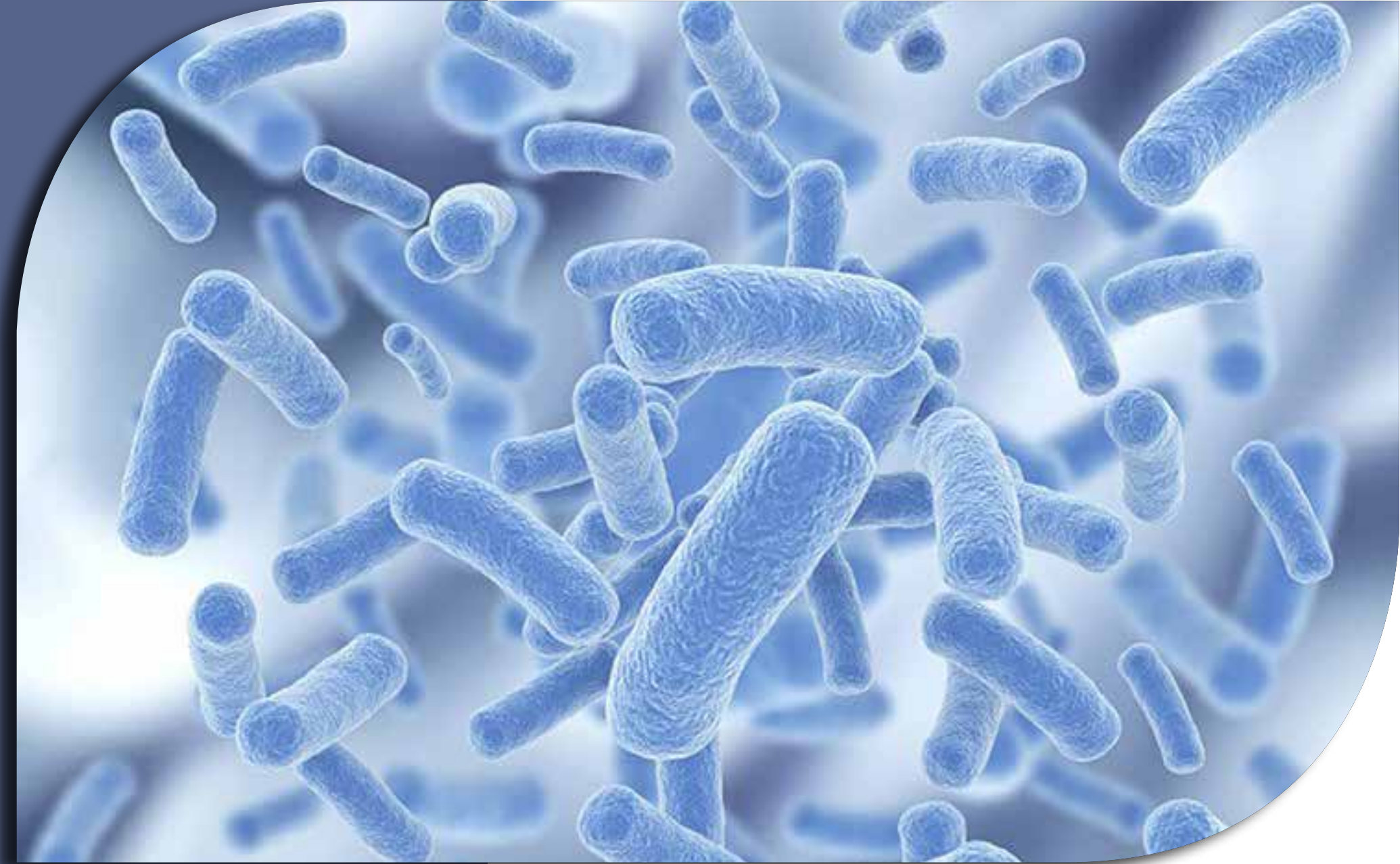
Histamine rich foods in part are fermented foods because of course they have live bacterial cultures and those bacteria release histamine. So for some of these people they have to temporarily restrict their dietary

histamine to let the sink drain so to speak and then they can reintroduce it. I should also mention that for a diet like the low FODMAP diet that isn't necessarily a diet as we've done in perpetuity but rather eliminate the high FODMAP foods and then later reintroduce and that tends to be a reoccurring theme with most diets where you do a shorter term elimination and then you introduce to your tolerance.

MM: Excellent! Now one thing that did jump out at me when you are talking about how an overgrowth

can cause things like acne. When we see the amount of kids nowadays that seems to have acne, what would you say that they should start doing or probably to not do?

MR: The foundation again would really be diet. I think for a lot of these kids if we can get them off of the sugars, the sodas, the processed foods and maybe if they're intolerant to things like grains or dairy that itself will probably produce a whole lot of improvement. Then next to that you could try things



like a probiotic which can be very helpful. Potentially a fish oil especially if you're not getting a lot of fish in their diet. Then if none of those things produce adequate results then you may want to get them to a clinician and look into something like, for example small intestinal bacterial overgrowth.

The treatment of that bacterial overgrowth has been shown in clinical trials to help improve rosacea which we thought there

was not really much to do for rosacea other than topical creams but we're realizing that the gut affects the the rosacea. I can say that I've seen other similar conditions clear after we've improved the health and someone's gut. There's a solid philosophy in natural medicine that essentially states that the skin is a reflection of the gut.

So how do we optimize the gut? Well diet like we talked about would be kind of our level one and then



maybe some things like probiotics can be level two and then level three will be looking into an overt imbalance potentially via some lab testing and then treating whatever imbalances are found.

MM: Super! You've given us a whole raft of interesting and useful information. I think a lot of people are going to want to know more. Where is the best place they can find out?

MR: The best place to really plug in would be my website which is <https://drruscio.com/>

There's a few specific pages they can navigate to to get

more on a particular topic. Of course if you go to the home page you can kind of plug into everything and you can use a search box if you have something in particular you want to know more about. If you're someone that's looking to get clinical help we do also advise patients who are not in our physical area via phone and Skype if they're farther away. So if you go to <https://drruscio.com/gethelp/> you can get more information about that. If you want to be notified about my book when it releases you can go to <https://drruscio.com/gutbook/>

If you're a health coach or a nutritionist or a doctor and you're wanting to learn

more about how to kind of sharpen your clinical skills or practices more cost-effective model, of functional medicine that was espousing then you can go to <https://drruscio.com/review/>

If you're a podcast listener, you just search my name Michael Russo and podcasts and you should find whatever you plug in through, come up iTunes or Lipson or what have you. You can certainly follow our podcast for more.

MM: Excellent: Thanks for everything today Michael. It has been totally interesting.

MR: Thank you for having me. It's been a great discussion.

AB: Thank you again Michael for being with us.



Dr. Ruscio gives smart, busy people suffering from symptoms like daily bloating... constant fatigue... and unexplained weight gain... simple steps to start living a healthy, enjoyable life again - no matter how long you've been suffering for.

Specializing in autoimmune, thyroid, and digestive disorders, Dr Ruscio has spoken at The SIBO Symposium Summit, Paleo FX, Ancestral Health Symposium, Sean Croxton's Digestion Sessions, as well as many other international conferences and top health podcasts.

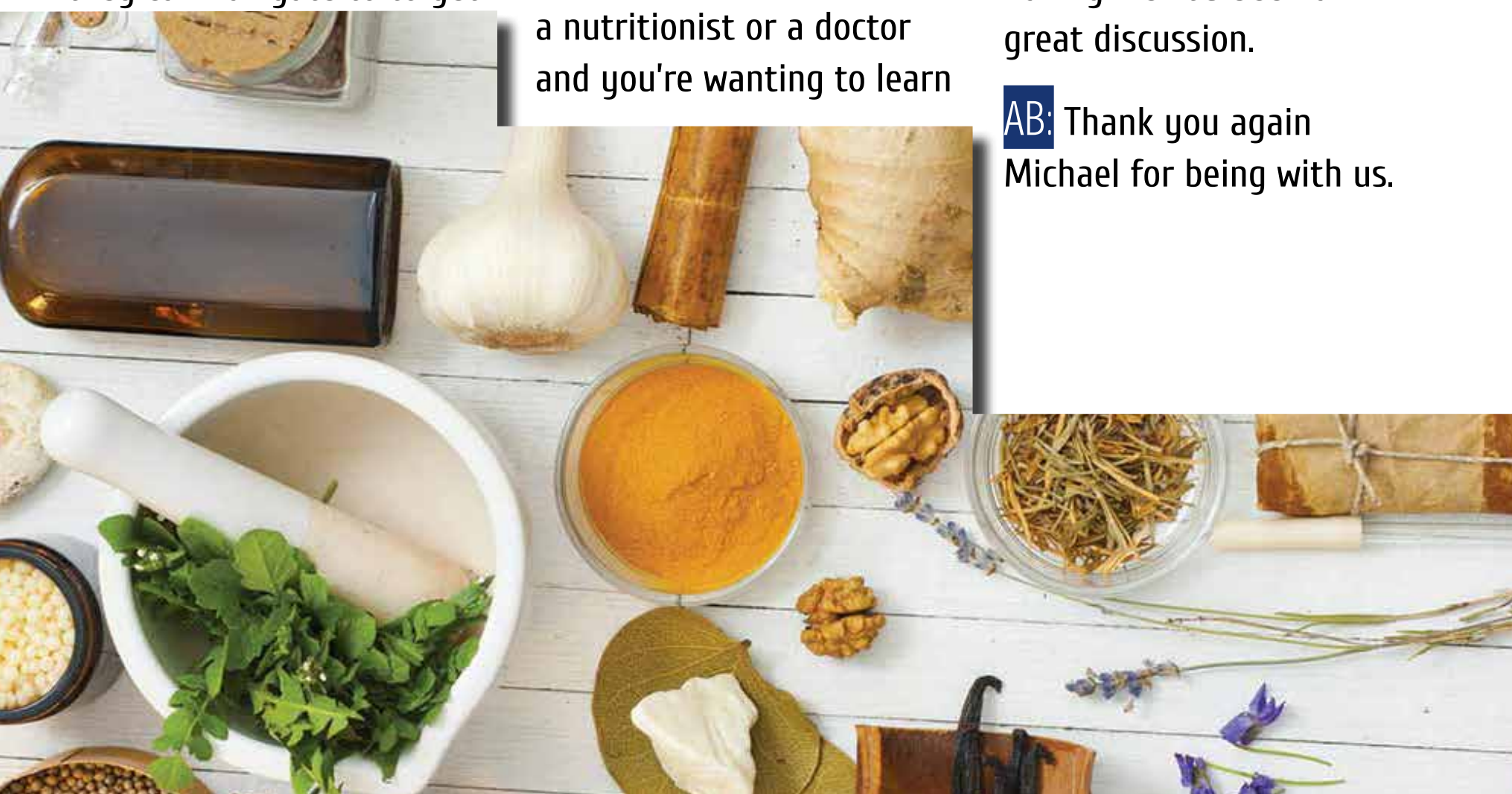
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Alain Braux: [AB] Good morning Ellen! Welcome!

Ellen Jaffe Jones! [EJJ] Thank you so much for having me I appreciate the invite.

[AB] It's our pleasure for sure. Mark how are you doing today?

Mark Moxom: [MM] Wonderful thank you!

[AB] Ellen you are a motivational speaker, personal trainer, running coach, author and instructor of healthy cooking class and you are vegan. Talking about your background can you tell us your story before you became all of these different personalities?

[EJJ] Well the first part of it really began when I was 5 years old. My aunt seriously died of breast cancer in our home and it was really traumatic. Then my mom and both sisters would go on to have breast cancer. We became part of the

You can download the complete interview here:

<https://lowcarbmag.com/ellen-jaffe-jones-the-full-interview/>

original breast cancer gene studies and even though we didn't need any study to tell us what we already knew that the gene was alive and well in our family.

I began living my life because doctors said when I almost died of a colon blockage at the age of 28, "you better do some things differently or you're going to end up like everybody else in your family". Everyone of them had in addition to the breast cancer, the men as well as the women, had heart disease, diabetes and a lot of arthritis and Alzheimer's, four cases of Alzheimer's.

So I lived my life as if I had the gene. I was a TV investigative reporter and I took every opportunity I could to interview doctors and dietitians sort of with my own little agenda about what is the truth about food. I became a financial consultant at Smith Barney for five years and that was following 18 years in TV news; getting two Emmys in the National Press Club Award for my investigative reporting.

Then I became a media consultant to the president of one of the most influential organizations at the time and still is in the US, called Physicians Committee for Responsible Medicine. It's a group of doctors and dietitians who like me were trying to figure out the truth about food. So I did media training for them and then became part of their cooking program as a trained instructor to teach their classes and that's where during that six years I cooked up my own idea to start writing my own books.

AB: So you've been vegan since that time very early on or was it a later change?

EJJ: My progression was and this is fairly common with people my age, I went macrobiotic then vegetarian and then vegan. I was vegan before I got married. Once I had my three daughters I became a La Leche League leader which is the international organization that focuses on breastfeeding information and support and because again I had doctors telling me even before I was married that breastfeeding could possibly be preventative against breast cancer not only in the mom but in female offspring as well. So I did that for six years as well.



When I finished doing it or during the time actually the cookbooks that La Leche League recommended once a baby was weaned from its own species milk, drinking milk from another species which was kind of a disconnect but breast feeding is so controversial. Their issue always was we don't want to mix causes. Indeed I worked in a city and lived in a city St. Louis Missouri where a woman was arrested for breastfeeding her own child in a parked car in a shopping

mall parking lot. So these issues are connected but it's connecting the dots is certainly the challenge.

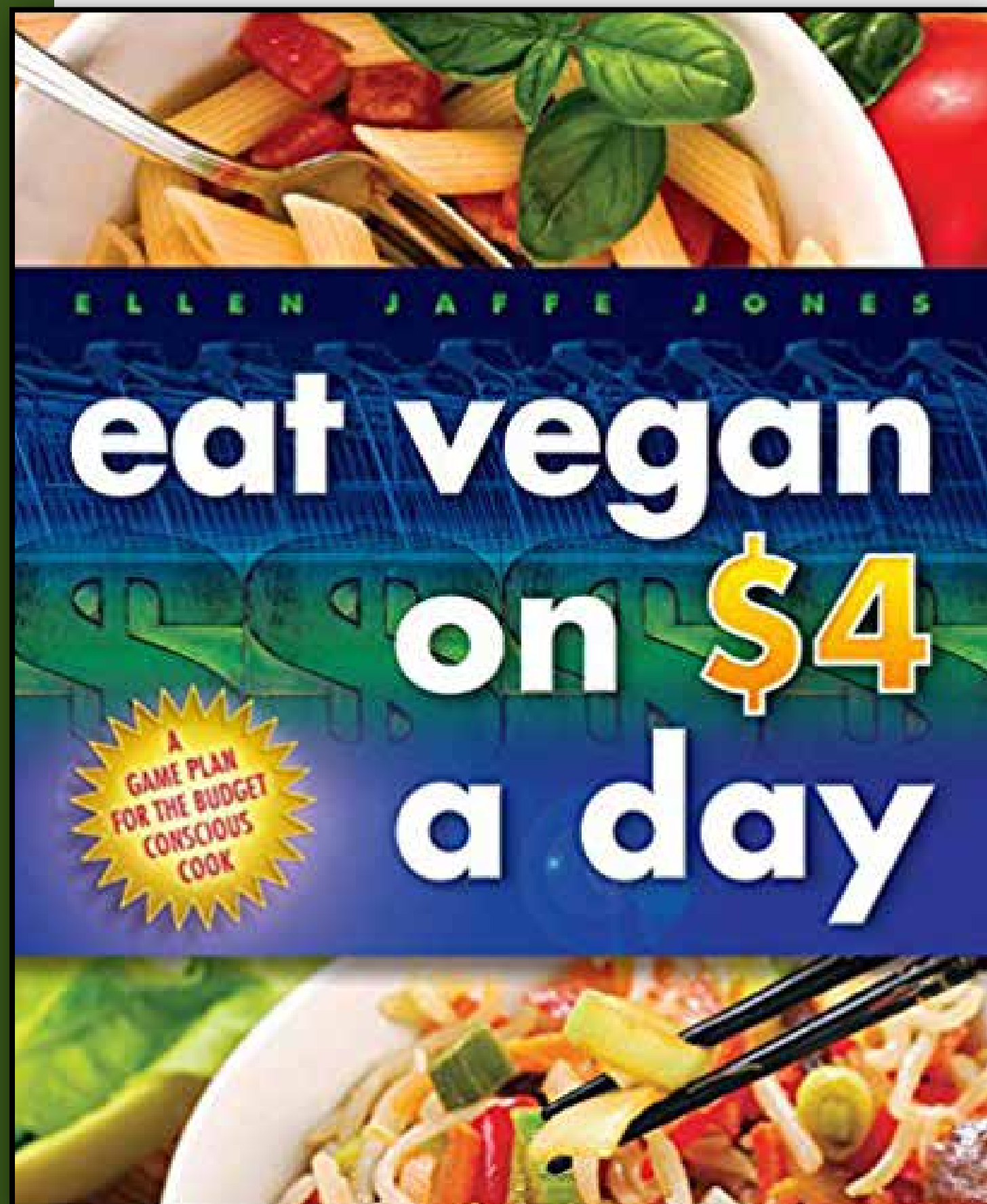
MM: Madness!

AB: In many ways America is behind the curve but it's getting better. In Europe It has never been a problem but here it's much more Puritan. So tell me about your books, how many do you have now?

EJJ: I have six out and people say wow how do

you write a book a year? This year I've actually written two. So I worked as a television reporter in Des Moines, Iowa and I always say I used to do six stories a day in Des Moines so if I can do that with a very heavy camera on my shoulder a book a year is a luxury.

This is my first book *Eat Vegan On \$4 A Day* and what makes it unique is that every single recipe in here has an estimated price right up here in the corner based on ingredients you can find at any big-box store. As a financial consultant I just got so tired of hearing these stories on the news that still do say



you can't eat well on a budget. I've done this for the better part of 35 years and it's been really important for me to do this in a way that is consistent with my background as well. So I felt it was really important to just kind of put it out of the universe that it is not expensive to eat a vegan or plant-based diet and it's not only what you save at the store. It's what you save by avoiding doctors and diseases and certainly that's been my way I've lived my life.

I also do this crazy running that kind of started by accident. I really hate running but I have placed in 118 5k or longer races for my age group since 2006, as I like to say just on plants.

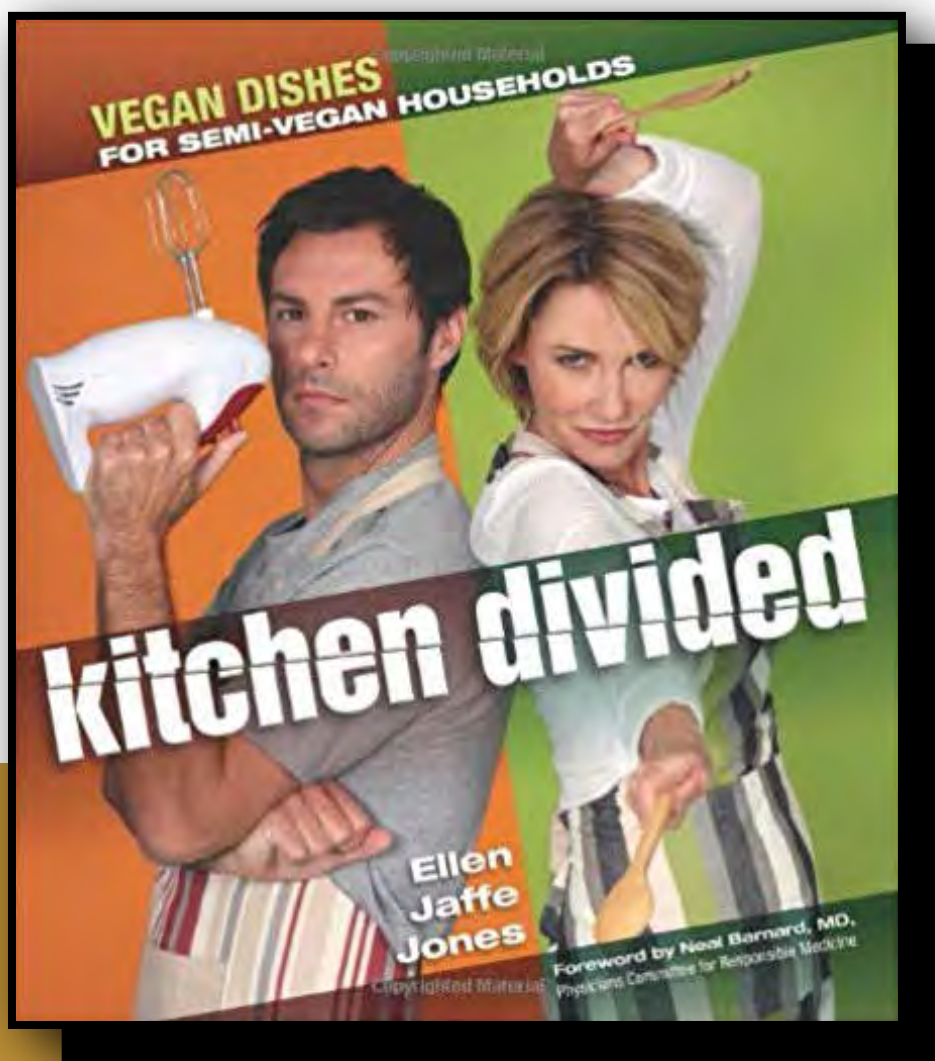
I ranked third in the US in the National Senior Games a couple of months ago in the 4 by 100 meter relays and fifth in the 800 meters, seventh in the 1500 and the 400 and I've done a couple marathons and nine half marathons just to stay in shape.

So you get plenty of energy, plenty of protein and people always ask vegans where do you get your protein. We always say the same place your protein gets its protein.

MM: hahaha you've cut out the middle man.

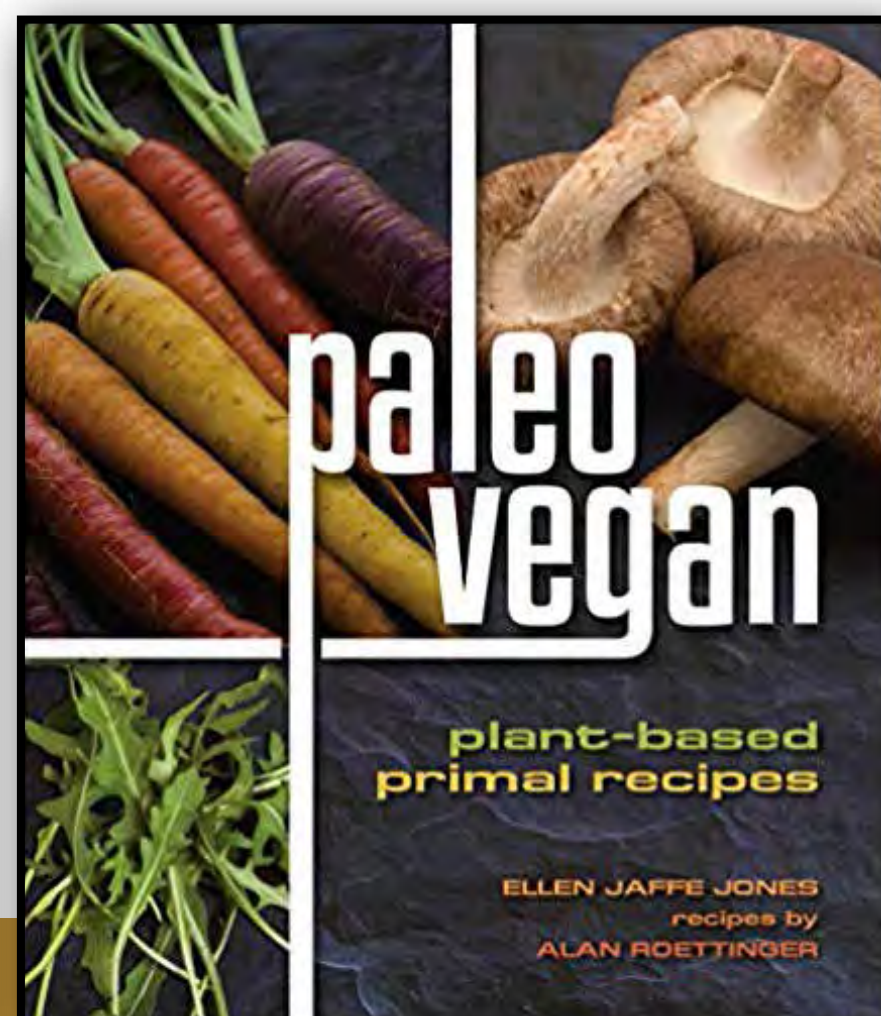
EJJ: Yeah!

The second child was this one *Kitchen Divided: Vegan Dishes for Semi-Vegan Households* because a lot of people I started asking them how many of you live in mixed marriages where one of you is plant-based and the other isn't and lots of people roll their eyes and like angst set in. So that book deals with getting recipes organized in a way, it's your main course, the meat eaters side dish or maybe



it's their main course and they can flop in whatever meat they want to. The idea is to streamline the cooking process so that if you as a vegan are charged with cooking for everybody you don't lose your mind and it simplifies the whole process. So that was book number two.

Then book number three as a runner I was starting to hear about six or seven years ago about the paleo craze and I forced myself to read the meat base paleo books and it seemed to me because I've done all these diets and I've read all the books it was like Atkins, the South Beach diet, the Zone diet all over again. I lost weight on those diets but my cholesterol shot up from being vegetarian at 130 to 203



to the point where doctors were ready in my 40s to put me on Lipitor. So there's heart disease in my family and that was a big red flag.

Many vegans have had zigzags throughout their life and I was certainly one of those because the Atkins diet enjoyed a resurgence in the late 90s and Atkins was on the Larry King show and there was a story in The New York Times about what if it was a big fat lie. I believed that the science had changed. What I felt to be the case later in hindsight was that the marketing had changed.

I wanted to write *Paleo Vegan* and for those people who want to do paleo but do it vegan style there's actually a page here where I have some of the main foods that are common to both the vegan and the paleo diet but a hundred percent vegan again so that if people want to do the paleo diet vegan style they can. Interestingly enough National Geographic came out with a cover story about a year after *Paleo Vegan* came out. It was called the real paleo diet and I show this in my slideshows but I have like 12 sticky notes where they almost quoted verbatim right out

of the book basically saying, they called the current meat base paleo books a stew of misconceptions. They said that the planet can't sustain a diet based around meat and dairy and the third thing the main point was the success rate of the real hunter-gatherers was abysmal. There's only two hunter tribes left in Africa today and their success rate going out once every two weeks is about 50% so it's really thought that in true Paleolithic times about a million years ago to the start of Agriculture that the success rate was not very good.



So it was really gratifying to see their cover story, the real paleo diet since there was no Instagram back then and there is some DNA evidence that some of these tribes actually were consuming certain kinds of grains and some legumes as well to the extent they existed back during those time.

was running through their backyard. Now they have more sophisticated tools like arrowhead spears that kind of thing but it's thought that in true Paleolithic times that it was pretty primitive. So it wasn't like a wild boar in today's times is running through our backyard. I mean I did do a lot of research and forced myself to read

Small amount of protein and all we need is four to six hours a day and that's it. The people that eat too much meat, that's a problem but we should not see the paleo diet as just people gorging themselves with meat. That's not the case.

EJJ: Well one of the things I also found is there are a

paleo thing. I wrote this book three years ago so it's been a while since I have read the current books. I had not read any current meat based paleo books but certainly the ones I read especially the more popular ones had the concept of a 20% cheat because they understood that a high protein diet was not sustainable for the long



PHOTOGRAPHS BY MATTHIEU PALEY

AB: When you mentioned success rate you mean survival rate?

EJJ: The success rate of being able to actually capture an animal that

the meat base paleo books and they do make this assumption that we should be eating some kind of meat almost three times a day.

AB: No, no that is not true.

ton of paleo books out there many of them written by self-appointed gurus. Within the vegan universe a number of doctors, cardiologists are writing books and I didn't really find that in the whole

term especially for athletes. That athletes definitely do need more carbs especially if you're gonna be running.

AB: Right as usual any kind of diet there's going to be

hardcore people that will go to excess but that is not the current trend. The current trend is much more I wouldn't say laid-back but it's much more reasonable and besides eating too much animal protein is not good for you anyway.

EJJ: The USDA has cut back here in the States. Its recommended amounts of daily intake of protein because people are getting kidney disease and it was catching up with them in ways that were documented when Atkins started his

whole thing but I understand that the current paleo focus is very different from the high-protein diet.

AB: So can you explain what makes your book paleo vegan? How do you make it paleo?

EJJ: well I looked at foods that were around before the start of agriculture. Because so many of the books I read at the time did allow for the concept of the cheat we separated the book into what we would call a more strict paleo definition which does not include beans

and grains. I fly a lot on book tours almost every weekend and inevitably I'll sit next to somebody who is on the paleo diet and I'll go so what do you do for your cheat and they'll kind of giggle and go ice cream and alcohol. So my belief for a cheat for vegans if you want to do beans and grains and they don't bother you and it's not an issue for you 20% of the time that's better than ice cream and alcohol but for doing it in a more strict way obviously just cutting out the beans and the grains.



For whatever reasons people have different issues with different things and so it's a very pretty much gluten-free way of eating and it is a hundred percent vegan so it's not going to include the meat but the nuts and seeds would be the basis for protein and of course every fruit and vegetable even a banana has a gram of protein and that's the real big issue. There's a great book out by a vegan

doctor called *Proteinaholic* and we are so focused on the protein and certainly our Paleolithic relatives survived different ways and it was really what was just available in their own environment. In northern climes all they had access to mainly are more of the fish and the wild game but in the more tropical climes they had an abundance of plants as National Geographic pointed out.

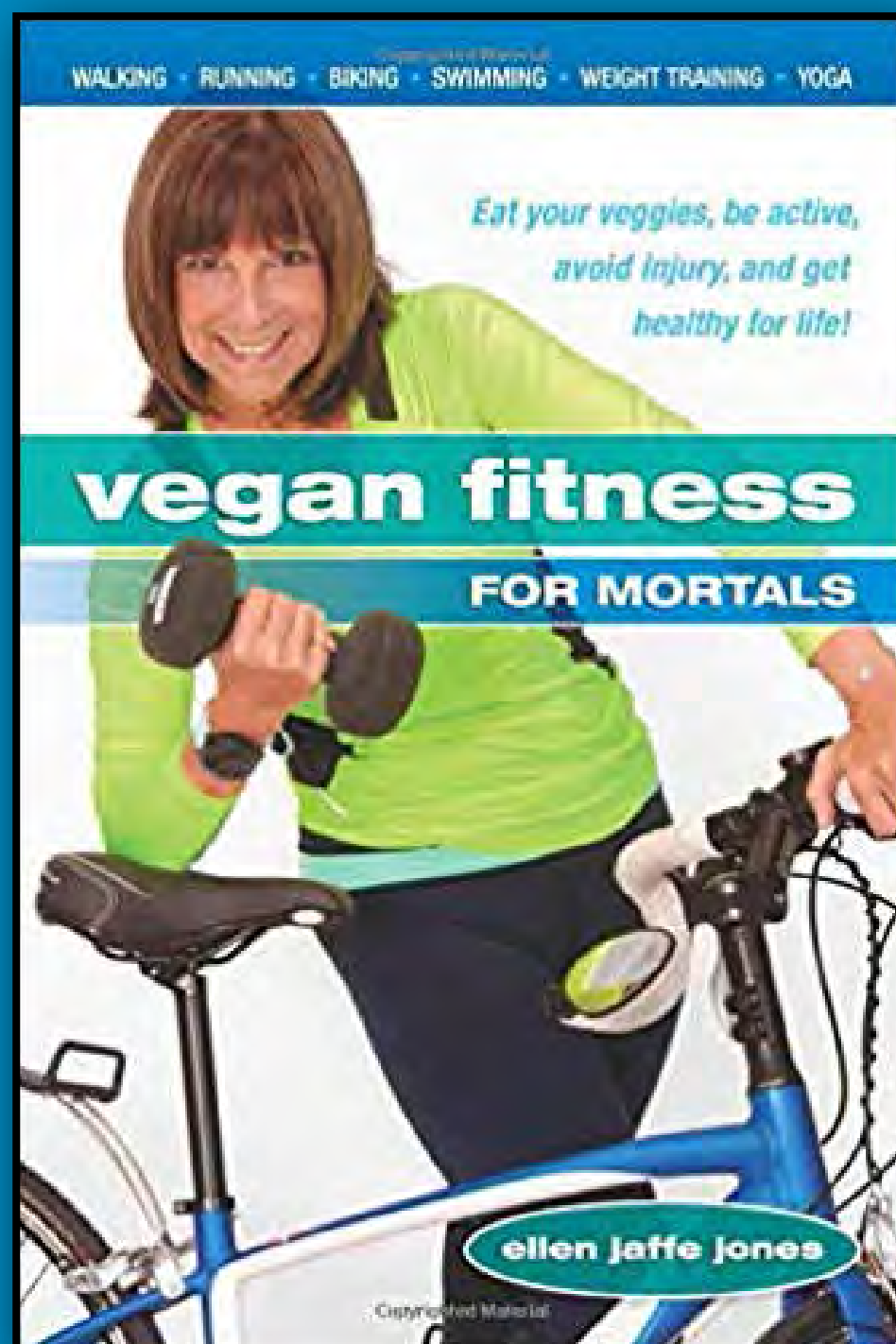
AB: For me my cheat is corn chips and once in a while I do eat lentils because I found that it's necessary for transit but otherwise I'm pretty good that no grains, no beans and I don't eat ice cream but I take sorbet once in a while which technically is not paleo but it's fruit.

EJJ: What's fascinating to me is I work out quite a bit, I belong to gyms and I even

went to a CrossFit gym which here in the US they are very correlated and connected into the paleo diet so much so that when you check in at the front desk they have these big canisters of whey protein and I'm going like wait in Paleolithic times we did not have anybody stomping around on olives to squeeze out the oil or to extract this the fluids

from another species and put it in a powder form so I just kind of get amazed at these different exceptions.

Before we go jumping back into the whole paleo thing real quickly I'll just finish up on the books here. *Vegan Fitness for Mortals* was my fourth one just because of my athletic record and I'm often on these fitness panels around the country where



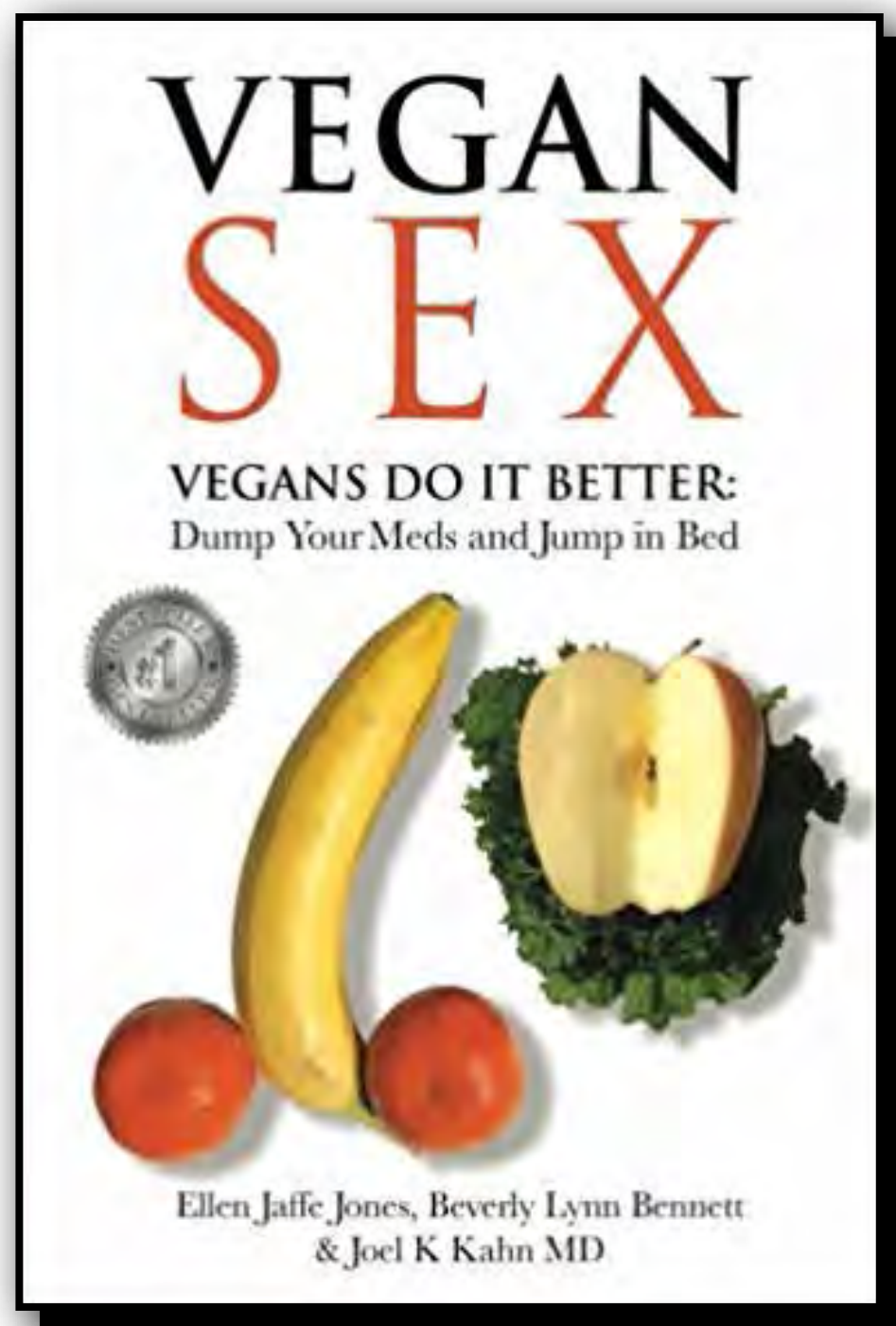
I'm the only female and and certainly I am without a doubt the oldest. I'll be 65 in November and I just did a panel at the Raleigh-Durham Veg Fest here in the states and they were all these 20, 30-something guys, bodybuilders and ultra marathoners, just a little Ellen here who's just kind of cranking it out and

for me the reason I wrote *Vegan Fitness* is because women who were beating me like crazy ten years ago in 5k races they aren't even running anymore.

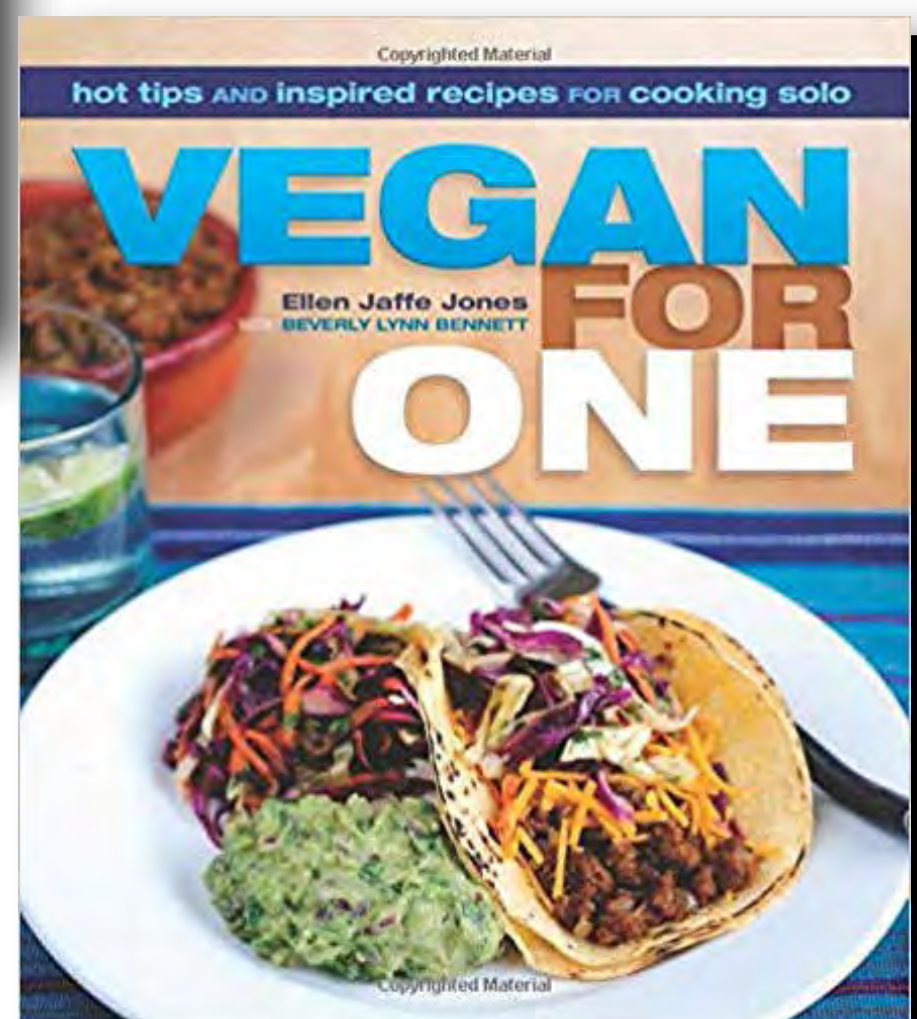
Meat eaters tend to get arthritis, vegans tend not to. It's a very anti-inflammatory diet and when I competed at the National Senior Games I kept hearing

more and more women my age and older kind of tapping me on the shoulder they see me wearing a vegan shirt and they go me too because they're really getting this message. You get such energy from it and the arthritis is kind of non-existent. So finish without injury that's the big message of mine.

Then the fifth and most controversial book is *Vegan Sex: Vegans Do it Better: Dump Your Meds and Jump in Bed* because what's good for the heart is good for other parts and we can talk about that if you want.



Then the final book, book number six *Vegan for One* because more and more people are living alone and so that book has servings of one to two so there's not so much wasted food.

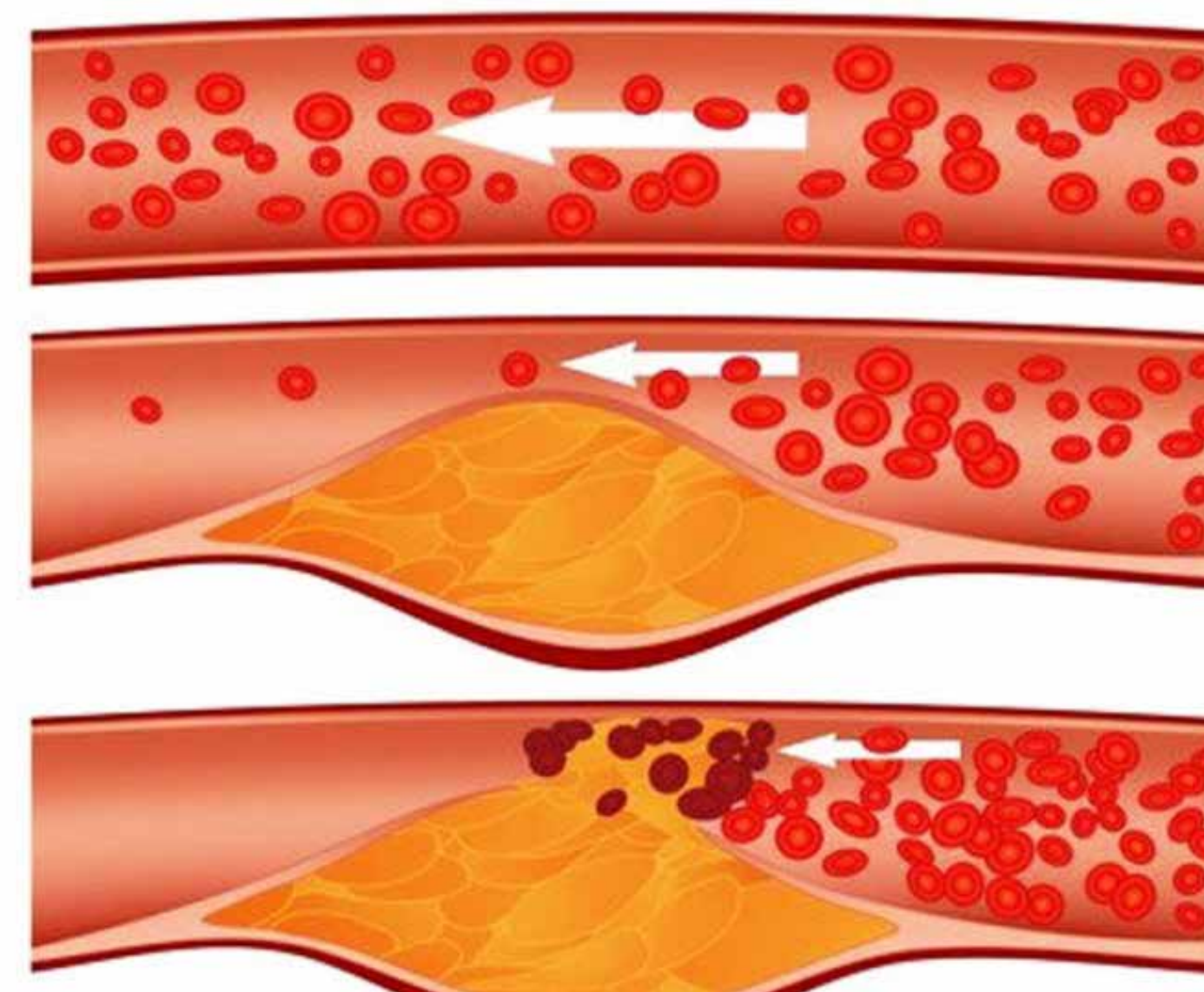


They're all cookbooks except for a couple hundred recipes in each book.

AB: Let's go back to the subject that interests everybody, sex. So tell us more about that. I understand the idea of keeping your heart healthy and and all the other parts will stay healthy. More specifically can you elaborate a little more?

EJJ: Even mainstream doctors will say to patients if you have erectile dysfunction this is the canary in the coal mine and we need to maybe look at your heart because what happens is the arteries and the vessels are smaller in that part of the body than they are around the heart. So the smaller vessels clog up first and give you that first warning signal that something may not be right and I experienced this painfully myself with my ex-husband who was not vegan and would not say that he had heart disease even though he was on Lipitor and blood thinners and blood pressure medicine. Sure enough he had a 1 hour from death almost fatal heart attack and it was just so sad because he wasn't really willing to look at this.

Cardiologists around the country have gone to these different workshops put on by different medical institutions and the cardiologists really get this big time. Dr. Caldwell Esselstyn has written a book reversing heart disease and a lot of the work that he's done has inspired many of these other cardiologists to get out there. There's Dr. Terry Cook who is the head of medical services for Cook County in Chicago and he runs around the country and I've seen him doing this. It's amazing! He's a urologist by training and he shows the surgery he does of penile implant surgeries and he said every man in America or the world ought to be required to see this because when you clog up your arteries with cholesterol and plaque this is your life and this is what will happen.



...vegans sometimes feel this joy when they first go vegan because they feel good and energized

So the converse for me is I hope it's okay to say this and you'll just have to tell me if I'm getting beyond the G rating here but I was a 62 year old vegan virgin. I had not had an experience with a vegan until that age and every single partner I had up until then had an erectile dysfunction. We all just thought it was part of life, give me the blue pill, it may or may not work but you know there's really nothing we can do it's just the aging process. Well once I had a vegan partner the difference

was so astounding. It's kind of like vegans sometimes feel this joy when they first go vegan because they feel good and energized and then they get like angry like why didn't a doctor suggest this before they cracked open my heart or did these other invasive procedures. For me it was the same reaction it's like why didn't a doctor tell one of my partners to go vegan. Since then I actually have been with another partner who was not vegan when

we met and I got him to go vegan 95 percent of the time and he had thought he couldn't have sex for 30 years and when we met he got a prescription of Viagra and I'll just leave it at this to say he did not need it and he was blown away by the difference. So he wrote a section of the book too about his own experience. It's not only the physical reaction but it's also the emotional connection that you get because the whole thing about being vegan for

animals is that when you are not consuming them three times a day you realize that you are eliminating at least in a tiny way some animal suffering or you're not paying someone else to go out and do the kinds of things that you wouldn't do like you wouldn't kill your dog or your cat to be on your plate and we actually know now that pigs are smarter than dogs. So people are making these connections for animals in very big ways. It's not just the diet as people like to say now.

AB: Can we talk about the feminine side of things? How does it benefit women to be vegan on the sexual side because it's obvious with the men but it's not so obvious with women. So how do you know?

EJJ: Well I write about this extensively in the book. I'll share this experience because so many women have thanked me for sharing it. So I'm plotting along doing my life and running and I had some back pain and so the doctor can't really find anything but said you may

have a prolapsed uterus that sometimes happens as you age. The bottom falls out.

So they sent me to a physical therapist who specialize in pelvic floor issues for both men and women so she did this internal exam like no other physical therapists I've ever had. She said and again you have to stop me if we get too graphic here but she said you have atrophy. Because my partner's had erectile dysfunction my internal muscles, the vaginal walls and that whole department had just gone to sleep.

...when you are not consuming animals three times a day you realize that you are eliminating at least in a tiny way some animal suffering or you're not paying someone else to go out and do the kinds of things that you wouldn't do

So her prescription, US medical Insurance paid for this was a dildo. She said I don't want you to use it for the purpose of achieving anything but I want you to

to this location and the short story is I didn't need a thing. Vegans are eating lots of fruits and vegetables that have water in them and stimulate the



use it for massaging those internal muscles that need to get blood flow into the area. So when I got divorced and then it was going to be apparent that I was going to be having an experience with a vegan I told her about it she says oh it's gonna be awful, it's gonna be painful, at the age of 62 you need to have lubricants so I stocked up on three different kinds of lubricants and trotted

production of healthy hormones and you know the erectile dysfunction commercials that say if you have an erection lasting four hours call your doctor? My response is call me. For a woman you are equally lubricated and the blood flow is fabulous and you can feel and sense your partner. I actually have a section in here on simultaneous experiences.

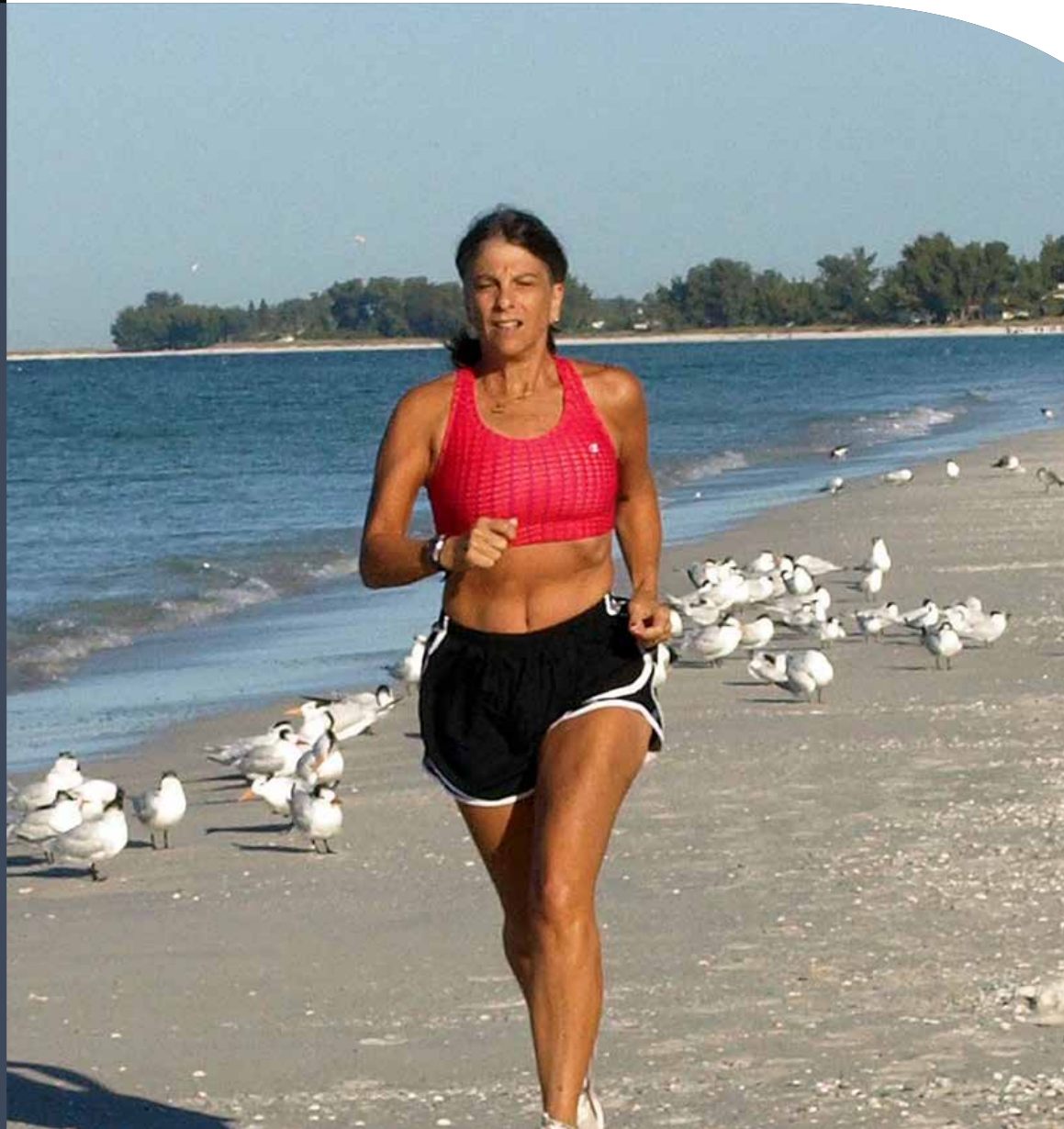
AB: You mean orgasm?

You know that you can't blame cholesterol for everything. Most plaque is created by inflammation and inflammation is due to certain kind of foods we eat certainly but not always protein. For example, a lot of vegans eat a lot of grains and a lot of beans and that's inflammatory. So is your paleo vegan book more geared toward anti-inflammation or less grains and beans then the other cookbooks?

EJJ: Absolutely it is and as I say I'm a certified personal

trainer and different things work for different people and you don't have to figure out what works for you. I think a lot of people especially if their aerobically fit and doing the whole running thing like I am they can get away with all kinds of stuff. Like I know runners who are way younger than I am, not vegan and they'll be posting on social media eating donuts and all kinds of stuff after they run. It's like it's an insurance policy they think.

But conversely a vegan diet does not cure flat feet. I've



been working on that one and it may not cure erectile dysfunction and it may not reverse heart disease but a lot of times it can make great inroads depending on your body and you just have to be your own experiment. I mean after six decades here I have definitely experimented a lot.

When when I was young you'd go to your doctor and complain about a weight problem and they would put you on amphetamines for two weeks and I've run into many women my age in the States who have had that experience. So we've learned so much and you just have

to see what works for you.

AB: For the record I'm 65 and I've never used a blue pill.

EJJ: Awesome!

AB: And I'm paleo. I have reference to prove it in case you need them.

Moving on what other services do you offer to your clients?

EJJ: Well because I am a certified personal trainer it doesn't allow me to act as a dietician or a healthcare professional in a way but I can request a three-day foodlog and make recommendations. People will always say as I'm sure,

oh yeah it's so healthy and then when they give you the food log it's like sheepish and they go, well maybe not so much. So there's that.

AB: I found that people are much less likely to let you read a food log than their bank account.

MM: That's true!

AB: I mean I've had clients to fight with because they either don't want to do it at all in which cases I say okay then we have nothing to do with each other or they'll cheat and I say if you want me to help you you have to be honest and I'm not here to judge I'm here to do the

detective and let you know what you should take out of your diet to improve.

EJJ: Right and especially if people are paying you, you need to get their money's worth.

The other thing I do o because of this amazing technology that we're now using I can act as a, I mean I am a certified personal trainer so we can develop a program using just weight or body weight. For people who don't want to go to a gym for whatever reason and I can see their form, they can see my form as I demonstrate the proper form so that's another

thing. Then there's vegan lifestyle coaching as well.

AB: Cool! Do you particularly train athletes or just regular people?

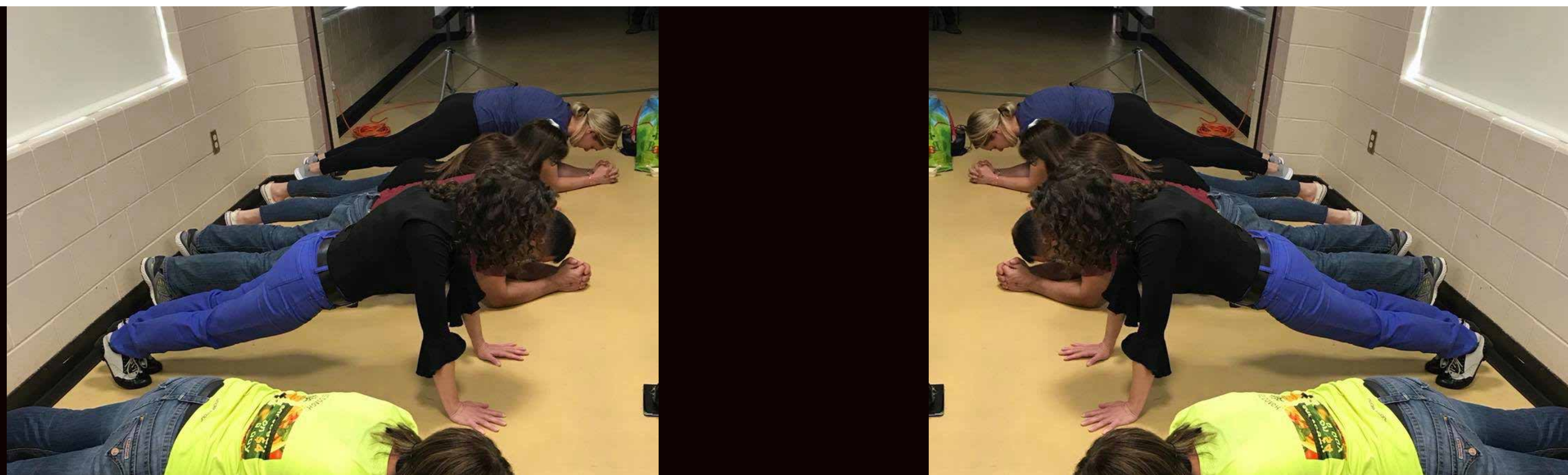
EJJ: All ages. I was a high school volunteer track and field coach so I've done running clinics that kind of thing. When I travel around the country I do cooking demonstrations and I usually close out my Q&A sessions doing plank contest and I am proud to say that I have won almost every plank contest I've done except this past weekend, these 220-something bodybuilders outlasted me but my record is six and a half minutes.

AB: So it's similar to like a yoga pose?

EJJ: Yes but a lot of people do it with their arms straight up like the extended push-up position but if you're doing it for longer periods of time it's really better to do it..

AB: Okay so support your weight on the floor.

EJJ: Right. It's a core exercise that's one of the reasons I do it and also just to kind of close it up because a lot of people think vegans don't get enough protein or they're weak. I will be holding one of my age group awards at a race wearing a vegan shirt and people come



up to me all the time go, I didn't know you could run on a vegan diet or you can't race on a vegan diet. I've actually had people say that.

AB: Well the thing that's important that you should warn potential vegans out there is that for example, people eat potato chip and they say it's vegan. Technically it is but it is it is garbage and it's it's processed food so we also need to be careful with how to present the vegan diets as well.

I teach vegan at the local culinary school and I always tell them there's plenty of food out there, processed food that are technically vegan that doesn't make them healthy.

EJJ: Exactly I mean the classic example is Oreos are vegan. Some people use the phrase Whole Foods, plant-based and I like that except the only problem of saying that is if you Google Whole Foods or plant-based diet it comes up with like 20 ways of eating 20 diets

that include meat so it's not entirely accurate to say a plant-based diet and that doesn't really capture it either.

AB: I've also seen a lot of vegan overweight because



they eat a lot of carbs, a lot of processed grains and junk food that is vegan technically but it's not healthy so we have to be very clear on that because it says vegan in the box doesn't mean necessarily means that it's healthy for you.



EJJ: That's correct and I always ask the questions of my clients and I really promote this message in paleo vegan, what did our ancestors really eat? What did mother nature intend?

And when you come up with the answers to that kind of outlook you, it doesn't have to be rocket science and there are so many convenience foods but they really aren't convenient if it sends you to the hospital. So many people will say well I don't

have time to cook from scratch and I go you don't have time for diabetes, heart disease and cancer, those are real time wasters. I grew up in hospitals watching all my relatives come to those and not fun.

AB: It's very difficult to convince people that grew up in a convenient society to switch them to cooking. I mean steaming anything takes five minutes, sauté two minutes, pan frying, grill, all of these takes only a few minutes but it's probably because the convenience factor and also the fact that nobody ever taught them those basic techniques. Which leads us to your cooking class what are you teaching your cooking class?

EJJ: Well it depends on where I'm traveling and what people want really. I've done them at health food stores and so it's really up to me to pick a topic usually I'll pick a few recipes from one of my books and make that the topic. So I used to teach every week and sometimes

every day and at one point when we had funding and the classes were free I was doing two classes every day which was just insane but now that I'm traveling so much I don't do them on a regular schedule. So it's just per event that I do that.

Chicago Veggie Fest here in the States, they had 45,000 people come. I had to do cooking samples for 200 people for each of my demos and doing 3 different recipes for 45 minutes. So that's the kind of stuff that I'm really doing now.

It's funny I do a radio show and I have my Google Alerts set for vegan and I pull up all these news stories that have the word vegan in them and one of them has some woman who graduated from Yale has come out with a frozen food line that is like these home delivery services that you pay like a fortune for to plop the food on you front door. This one is frozen and it's by different ingredients so when you get home, you know for people

who don't want to just cook it in the microwave and be done with it, you can actually just put it in a dish or several dishes and everything comes with it so you don't really have to think or measure or do anything but

and everything in a package. It's in a refrigerated section. I don't like frozen food personally, you know just grab that, you throw it together but you still need a minimum of knowledge to put it together. Do

of course at the end. I'll do a little bit of technique but the main thing I stress is just get a couple of really sharp knives that are fun to cut things with and if they don't want to do that putting it in some cookware or you don't

and all I wanted to do was to come home at the end of a long work day and get healthy food on the table for my three daughters.

AB: Can we talk about a controversial subject,

advice on using soy?

EJJ: You're absolutely right about doing too much. The phytochemicals and the soy burgers like if you're eating those three times a day there actually was one case of a guy who got man boobs because he ate way too much soy it was like three times a day.

I just recently spoke and got to hear some other speakers at the North American Vegetarian Summerfest otherwise known as Summer Camp For Vegans. I got to hear the very well-respected dieticians Ginny Messina and her husband Mark Messina and they talked about a study on soy that's just been released that shows that earlier in life you eat soy in its natural form - what is that - Edamame, and tofu and it's non-gmo, it's organic, it's been minimally processed. Those two specifically that the sooner you have it the more often you eat it earlier in life then breast cancer is hardly on the radar at all.



it's good to see all these different platforms now where people are just trying to figure out how to get people to eat more healthful.

AB: I see that in my local grocery store. They do pre-cut, pre sliced, pre-prepared with the spices

you just demo or do you actually teach techniques?

EJJ: I don't do too many things that are very complicated just because the events where I do these at people are moving from event to event, they want to stay and get the free food

even have to use water, it's got like a temperature gauge on the top. You just don't have to think very much to get things on the table.

Most of the recipes from my first book *Eat Vegan For \$4 A Day* were developed when I was a single working mom

soy and soy products especially processed soy products. You know there are phytonutrients and phytochemicals in soy which a lot of people claim will potentially lead to breast cancer. What's your take on that and what's your

You can check out that study because this stuff is changing all the time. My belief has always been when you understand there's no money in broccoli then there's no broccoli corporation, broccoli association, broccoli lobby and when you understand that you got to be your own investigative reporter like I was to figure out what true about food. I mean I just want so that my three daughters don't get breast cancer. That's my only motivation in doing all this but as far as breast cancer goes, again I think these studies are not

as clear, depending which study you're looking at. If you go to Virginia Messina's website she has the links to some of these more recent studies that are not vilifying soy. I know you had Miyoko Schinner on your show not that long ago and she is Asian and I once asked her the same question you just asked me because I get this question all the time when I did cooking classes and in my audiences now. She said Ellen, the Asian cultures and others have grown up

eating soy and its natural steak forever and our cancer rates are way less than in cultures where they don't have access to eating soy.

AB: Right but again their culture, compared to the Americans, typically eat less soy and typically fermented soy as a condiment. Edamame yes I agree but all the process soy out there especially the highly processed that could turn the soy itself toxic not to mention GMO, this is where I'm raising the flag. We don't know enough about this because chances of



By Tammy Green



hurting yourself by eating all these soy processed products be careful.

EJJ: Yeah I think as a former television investigative reporter and with my family history of breast cancer and being part of the breast cancer gene study believe me I was really looking at this. But the phytoestrogen that is in soy and again the Messina's document as

well and the research that they have compiled, it is not the same kind of estrogen that you take if you are on hormone replacement therapy or anything like that. It's just not the same kind of estrogen and it's well absorbed by your body if eaten in the right amounts and again in its natural state and we are just coming back to that. What mother nature intend.

AB: Another concern is what if the mother cannot breastfeed and instead use soy based formulas?

EJJ: Yeah it's better than using cow's milk because there are just all kinds of reasons not to give a newborn baby cow's milk. I can tell you this now. This has nothing to do in my work with veganism but as a La Leche League of breastfeeding information and support organization mammalian milk is very species specific. What that means is mama cow's milk is made to make a baby cow grow into a ginormous cow in a matter of weeks and months.

Also there's research by the way, that shows that it makes baby tumors grow into large tumors. It stimulates the production of estrogen which may be why much of the breast cancer in my family is estrogen receptive.

Human mammalian milk has more sugar in it than any other mammal and

what that means is Mother Nature really wanted to make sure our babies would keep coming back for more and so what happens is when a baby is weaned we don't lose that sweet tooth. It's how we replace it that becomes the challenge of our lives. Mother nature and her infinite wisdom created a solution for that called fruits. So we can still enjoy satisfying the sweet tooth without the Oreo cookies.

AB: I agree with you. Cow's milk is not appropriate. So what would be a good choice if the mother cannot breastfeed?

EJJ: I have not looked at all the different options lately. I guess I'll just maybe dance around it a little bit more and say there are very very few reasons why a woman can't breastfeed. I was a



woman who in the middle of the night phone call saying my baby won't nurse what can I do and I would get in my car and drive over there and usually what was happening is the baby wasn't latching on correctly and I just stick my pinkie

AB: Right so keeping in mind that in other larger cities there's access to alternative La Leche. We have that in Austin but in like smaller towns it's not always available so what would be a good alternative?

so you can pump your milk and put it in a bottle. Wet nurses have been around since the Bible so I'm just gonna dance around it that way because I really don't know in this day and age what a good alternative is.

have all my books available there as well as Amazon.

MM: I want to go back really to what you were talking about how there are a number of vegetarians or vegans who end up getting fat and so forth. I've got quite a few vegetarian and vegan friends and the ones who are successful are the ones who have educated themselves about their particular diet. Would you say that's key and crucial?

EJJ: Yes absolutely. Let me just be real clear because I do so much talking in

different venues between animal rights groups as well as health and fitness focus groups. The folks who are vegan for animal rights they will often say this, I don't care if I'm fat if I avoid hurting an animal. So when you take that approach that's kind of putting on the blinders a little bit and it's just feed me the Oreos kind of thing, I'm not saying that that is the way everybody is, but to your point this is what can happen. So there are a lot of plant-based milks that are made from nuts and seeds, very calorie dense and for me sometimes

I feel like if I look at a nut I gain weight and because I have had a weight problem and I have successfully taken it off with a good program called if you just Google Mary's Mini¹. We won't get into it now but that's the way I lost weight basically using sweet potatoes as the bulk of my diet. Like in the times of famine when people were only eating potatoes that you can lose weight that way.

Also eating a lot of raw foods is a great way to lose weight as long as it doesn't

¹ <https://www.drmcDougall.com/misc/2006nl/june/marys.htm>

...I just stick my pinkie finger and the baby will pull the lip down and then breastfeeding happens

finger and the baby will pull the lip down and then breastfeeding happens. I was kept an extra day in the hospital because I had, I can't believe I'm saying this, cracked and bleeding nipples because my first baby wasn't nursing properly and I didn't know how. In our culture the reason La Leche League is so important we don't see other mothers breastfeeding.

EJJ: You know because I'm not a La Leche League leader I haven't done that since the 1990s. Soy often was the alternative but even then 20-30 years ago we were kind of going like please don't do this unless you really have to. The other thing that it was starting to be done then and I think it's only gaining traction is human breast milk banks and

MM: You've given us a huge amount of information. Where can people find out more about it?

EJJ: Well as I always tell people I'm always on Facebook. So Ellen Jaffe Jones. I'm on Twitter, Ellen Jaffe Jones, Instagram. I have a website www.vegcoach.com If you want to email me directly there. I





I'm sure you've all made this point, healthy carbs that take a long time to digest. We're not talking mainlining sugar and the refined carbs, the white rice and all that. I'm sure you guys have gone over that.

MM: There are obviously a lot of foods that vegans and vegetarians can eat.

EJJ: Oh yeah!

MM: Would you like to mention three or four they should stay clear of if possible?

EJJ: Just anything with added sugar. Read your labels. high fructose corn syrup.

The beautiful thing about eating a vegan diet is it includes all colors of the rainbow and so just look to colorful foods. In the animal kingdom it's pretty much brown, brown and brown and if you barbecue it it's black, black and black and then you've got heterocyclic amines which can lead to cancer. So just eat outside

glom on too many nuts and seed. So there are great ways to lose weight pretty much on any diet but you want to do it healthfully. For me the high meat based protein diets worked in my 20s but at the expense of my heart and it's just not worth it for a lot of people to have those kinds of issues. So just do the research, stick with the medical doctors who have been doing this for a long time like Dr. Neal Barnard, Dr. John McDougall, Caldwell Esselstyn, Joel Kahn

my co-author on *Vegan Sex*. A cardiologist and he has a great practice and a fabulous vegan restaurant in Detroit where he actually puts into practice what he's talking about. So there are lots of great social media resources and stay with the people who've been doing this the longest and who are successful at it. I keep running just to show that you can do it and also to keep the fire burning so that I can, oh my gosh eat my carbs.



because these colors really pop. All of those colors come alive when you're in the sunlight and its mother nature's way of saying eat me.

MM: Sounds good!

It's been fascinating hearing what you've been saying.

EJJ: Thank you so much for having me. It's really been an honor and a pleasure to speak to you both.

AB: It's been a pleasure and for the record you don't look at all your age.

EJJ: Thank you!



Ellen Jaffe Jones

aka the "Earth Mother in a Suit" is an inspiring motivational speaker, personal trainer, running coach, author, and instructor of healthy cooking classes. She wrote her first book, *Eat Vegan on \$4 a Day*, after seeing news stories saying eating healthy was impossible on a budget.

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<http://www.vegcoach.com/>

Author's Facebook URL

<https://www.facebook.com/EatVeganOn4DollarsADay>

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Dr. Mona Morstein

Dr. Mona Morstein is a naturopathic physician in Tempe, AZ, USA who has a busy practice seeing all types of diabetic patients. She is the author of the upcoming book "*Master Your Diabetes: A Comprehensive Integrative Approach For Type 1 and Type 2 Diabetes*," published in October, 2017 by Chelsea Green Publishers.

Author's Page URL on LCM

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Author's Face Book URL

<https://lowcarbdiabetes.org/#>

Authors Website URL

<https://lowcarbdiabetes.org/>

She is the founder and Executive Director of the 501c3 non-profit, the Low Carb Diabetes Association at lowcarbdiabetes.org.

Dr. Morstein has taught diabetes education to medical students and physicians for years, and has an eleven week diabetes webinar archived at MedicineTalkPro.org. Her clinic is the Arizona Integrative Medical Solutions at azimsolutions.com.

BENEFICIAL OILS ON A LOW CARB DIET



When you are eating a low carb diet, you may be eating more fats and oils. Unfortunately, some organizations, such as the American Heart Association and the British Heart Foundation, recommend archaic nutritional advice that people avoid fats to help prevent cardiovascular disease. Luckily, for those eating more fats/oils there is a lot of research showing eating them is very safe, doesn't cause cardiovascular disease, and actually seems to be protective.

There are many other benefits to eating fats/oils!

Fats/oils do not break down into carbohydrates, so are good if you have pre-diabetes, diabetes, or if you are overweight or obese. Carbohydrates cause more weight gain and glucose

imbalances than in general do fats/oils. In fact, eating a diet higher in fats and protein can help you lose weight, and tone and shape your body.

Fats/oils taste good and make food more satisfying. They also provide food with slow digesting calories that keep you full longer, and make up for the calories you're not eating by avoiding grains and high carb fruits and vegetables.

Healthy fats are anti-inflammatory and can help reduce inflammation in joints, body cells, your brain, all over. They can help lower your cholesterol, triglycerides and blood pressure, and can elevate your mood and protect you against depression and anxiety.

What are the different types of fats? Fats are listed as saturated or unsaturated, and regarding how long the fatty molecule is.

These are the healthy fats:



Omega-3 and Omega-6 oils are polyunsaturated fats and are essential fats that we should eat daily in a ratio of 4-6 Omega 6:1 Omega 3. Unfortunately, today most people eat ratios of 20-30:1. Too many Omega-6 oils can produce inflammation in the

body, so the focus should always be on eating more Omega-3 oils. Omega-3 oils are found in oily fish, grass fed/grass finished meat, omega-3 eggs, leafy greens, walnuts, organic, pasteurized dairy products, flax and chia seeds. Omega-6 oils are found in nuts/seeds, and vegetable oils.



Monounsaturated oils are found in olives, macadamia nuts, canola oil, and avocados. They have been shown to be very healthy oils that are beneficial to the heart. Olive oil should ideally be organic, unrefined and from a company that guarantees the oil was grown, processed and bottled in one country, such as Italy or Greece, or one state, such as California. That can help ensure the oil is not adulterated with other oils added in to cheapen the quality.



Saturated fat is solid at room temperature. It is found in meat, dairy, coconut oil, and palm kernel oil. Too much saturated fat may be a problem; it may cause insulin resistance, or inflammation if it is over-eaten, so it's good to balance it with foods that have other oils in them. It's best to get meat that is grass fed/ grass finished and organic. That type of meat contains a lot of Omega-3/6 fats balancing out the saturated fat. Meat from Agri-Industry feedlots is fed corn that turns their fat into essentially all saturated fat.



Short chain fatty acids (SCFA) are very important to your colon. This type of oil is also found a little bit in butter.



There are 2 main unhealthy fats to always avoid.

Ensure you read the ingredient labels of all processed foods to make sure these are not listed.

Partially hydrogenated oils (PHO)—AKA trans fat, vegetable fats and vegetable shortening. Found in margarines, shortenings and historically many foods, these fats are scientifically associated with causing cardiovascular disease. They will be banned in the US in 2018 but are not yet banned in the UK. Even if food manufacturers cannot add them into their products, fried foods in restaurants will oftentimes still contain trans fats.



Fully hydrogenated oils are exchanging one problem for another, by replacing PHOs in many processed foods. Combined with interesterified¹ oils to replicate the feel and taste of PHO, these oils are very synthetic, one step away from being plastic, and may raise glucose levels significantly in people. These oils should also be avoided.

Medium chain triglycerides are absorbed easily and used easily by the body and brain to make energy.

MCT are found a little bit in coconut oil, palm kernel oil and dairy products. Overall, it's best to get it from a good supplement. KetoMCT.com makes the highest quality MCT oil supplement.

¹ Interesterified fat is a type of oil where the fatty acids have been moved from one triglyceride molecule to another. This is generally done to modify the melting point, slow rancidification and create an oil more suitable for deep frying or making margarine with good taste and low saturated fat content.

So, what oils/fats should you have in your kitchen?

Here is a good list of healthy options to choose from:

Must use raw: Flax Seed oil (great in smoothies, with vinegar as a salad dressing, dribbled on cooked vegetables).

Can cook on medium heat: unrefined organic olive oil, unrefined organic coconut oil, walnut oil, butter, red palm oil

Can cook on medium high: Macadamia nut oil, lard (don't worry about lard—we change lard into olive oil in our bodies).

Can cook on high heat: Avocado oil, peanut oil, sesame oil, ghee

Using fats/oils is a great way to add flavor, healthy calories, and healthy nutrients to your diet. Don't worry about them; embrace and enjoy them!



Martina Johansson



Martina Johansson is a passionate biohacker and entrepreneur living in Stockholm, Sweden. She has a master's degree in bioengineering and spend her days experimenting, exploring, inventing and writing.

She's writing to share her quest for insight in human biology, and to share knowledge and experiences in the world of entrepreneurship and lifestyle design.

KETONES TO FUEL YOUR WORKOUTS

Author's Page URL on LCM

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Instagram

www.instagram.com/highfatfitness

Author's Book

https://www.amazon.com/Keto-Guidebook-Martina-Johansson/dp/1628601280/ref=sr_1_1?s=books&ie=UTF8&qid=1497351035&sr=1-1

In my last keto column I talked about the therapeutic effects of traceable blood ketones, for inflammatory diseases and cognitive disorders. Medicinal ketosis is well researched for a wide variety of conditions, but not so much when it comes to physical performance. Even dedicated low carb enthusiasts are sometimes doubtful about combining endurance training or heavy weight lifting with limited carb intake. Contrary to common beliefs fat is not a slow energy source at all, and it's never the only energy source. Even if you don't eat a single carb you still have glycogen stored in your muscles and liver, because the liver makes glycogen out of both proteins and fat, through the process

of gluconeogenesis. The difference between a carb burner and a fat burner is that the fat burner can use both fat and glycogen, while the carb burner is limited to his or her glycogen storage. Body fat is not completely inaccessible for a carb burner, but not as readily used as if you have trained your body to use it. This is done by performing aerobic and anaerobic exercise on a strict low carb diet, for a period of 4-6 months.

It takes quite some time because we have trained our bodies to be heavily glucose dependent since birth, but after 4-6 month you will be hitting some new personal records in the gym and/or running track.



Less lactic acid in ketosis

During endurance training the brain detects dropping oxygen levels and forces us to breathe harder. More oxygen is coming into our lungs but so does carbon dioxide, which in turn releases more lactic acid.

Harder breathing → more carbon dioxide → more lactic acid.

The cool thing here is that ketosis increases the respiratory quotient, which means we get more oxygen and less carbon dioxide per consumed calorie. Another benefit is a 25% increase in heart efficiency when fat fueled. Many people are quite amazed about this difference when they try ketogenic endurance training, and many professional triathletes experiment with this as well. The Swedish triathlete Jonas Colting is a great example of a fat fueled Ultraman World Champion.



Ketones for your muscles

Carbs and bodybuilding go hand in hand because without carbs it's difficult to get really big. Every gram of carbohydrates binds 4 grams of water so carb loading and heavy gym training can really create that bulky look.

Despite this, there's no difference in either explosivity or strength when it comes to fuel choice.

Glycogen will be present in both scenarios made by either carbs or proteins and fat. Bodybuilding is mostly about cell signaling, to make sure that the muscle cells get a strong and clear signal of growth. This is done by time under tension combined with correct nutrients. Time under tension means to lift weights that are heavy enough under enough time

for the body to produce new muscle cells. A rule of thumb is 5 repetitions per set, in 5 sets. If you can do more than 5 repetitions in one set the weight is not heavy enough. Correct nutrients are leafy greens, cruciferous vegetables, animal protein and saturated fats. This is all you need. Protein bars and powders are almost always a waste of money.



If you are carb sensitive like me, carb loading can be quite uncomfortable. It's not pleasant to work out during a blood sugar spike, it feels like a crash even before the workout has begun. Aim for real food (fats and protein) a couple of hours before the gym, to make sure you have stable blood sugar during the training session. This was the common regimen for professional power lifters during the 30's and 40's and it worked very well.

Ketones imitate amino acids

Another cool benefit about cell signaling is that branched amino acids (from meat, fish, eggs or BCAA

supplements) have similar molecular structure as ketone bodies. This means that they stay in the blood a lot longer during ketosis. This is great for athletes that wish to increase in muscle mass, as they get this anabolic signal during longer periods of time.

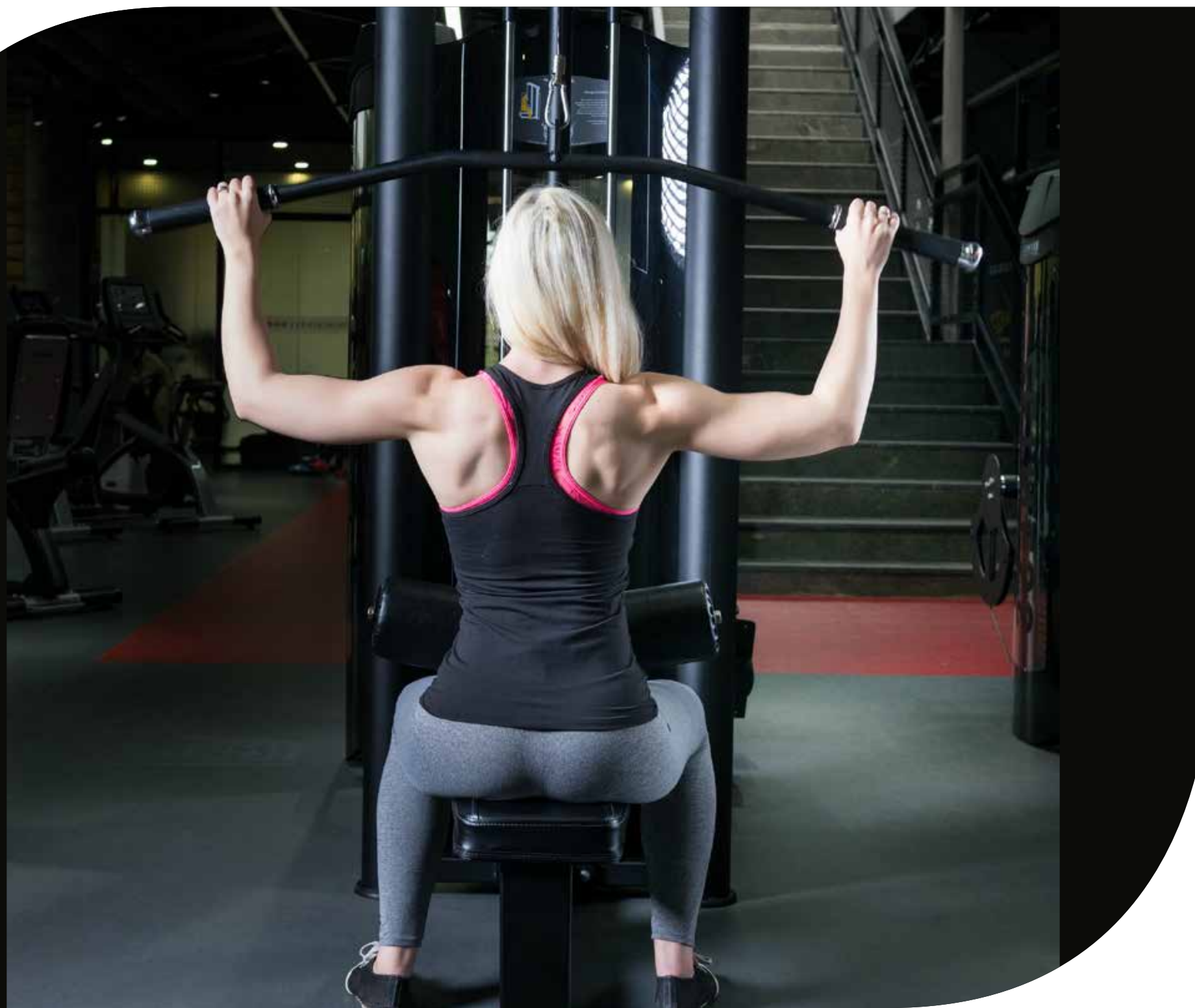
Ketosis & limited protein intake

The last thing that is diametrically opposing in the world of fitness compared to the world of ketones is the amount of protein needed per day. The fitness industry tells us that there's no end to our protein needs, and

we can see evidence of this in almost any grocery store today. There are protein shakes, protein pudding, protein snacks, powders and bars everywhere. To stay in ketosis we limit protein intake to about 50 grams per day to make sure ketone production and fat metabolism isn't hampered. It still works very well for body building because with little protein, we don't get protein tolerance and need a lot less protein for the same effect.

Cell communication and cell signaling is of utter importance in both fat loss and body building!

I hope this article has inspired you to experiment a bit with fat fueled workouts.



Low Carb Top Blogs



In this series of articles, we look at the best lowcarb blogs on the planet. We're doing this because we like to pass on details about only the best places to get top class information.

We have looked far and wide for only those people who provide top content or excellent service. Many of the ones we'll be looking at come from our own findings yet many more are ones you've told us about. Then after careful review, top candidates get asked to tell

us and you about what they do and why they do it so that you can get to know them better and get an idea about whether or not they can help you.

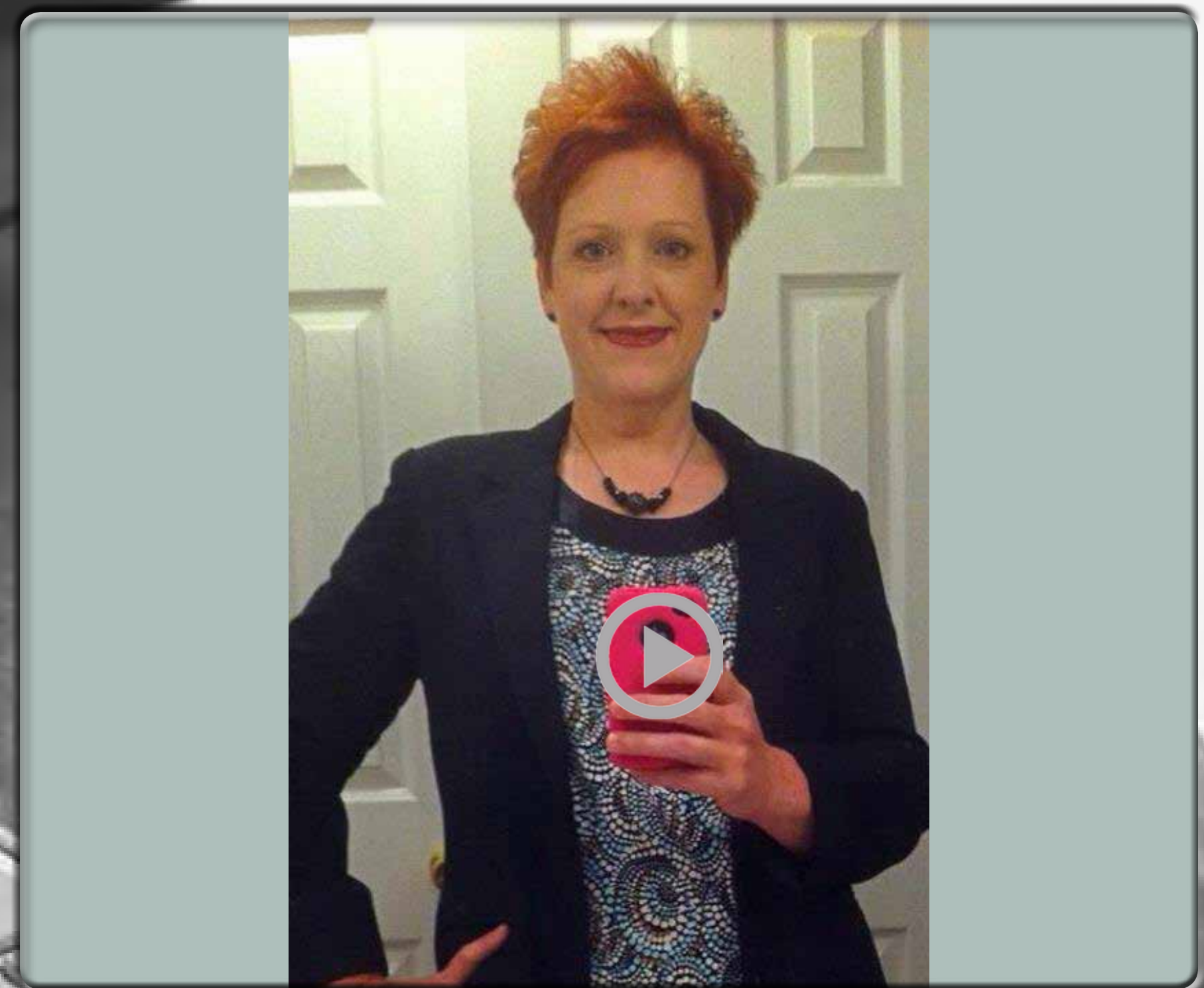
Now don't forget - if you know about a great blog - let us know via email

feedback@lowcarbmag.com

or use the contact form on the website.

<http://lowcarbmag.com/feedback/>

The blog we recommend this month



Kelley Pounds Low Carb RN

Kelley Pounds is the creator of lowcarbrn.com. She is a wife, mother, Registered Nurse and Certified Diabetes Educator by trade.

Kelley is strong, a survivor and has a tenacious will. She is serious about her profession and her passion.

At the suggestion of her dad, a Type 2 diabetic who had lost 70 lbs and was managing his diabetes with a low carb lifestyle, Kelley started to read and thoroughly research this way of eating. As a nurse, it all made so much sense to her. She fully adopted a sugar free, grain free, low carb - high fat (LCHF) lifestyle. For the first time in years, Kelley felt energetic, and the weight started melting off.

Author's LCM page

<http://lowcarbmag.com/low-carb-mag-interview-with-kelley-pounds-low-carb-rn/>

Author's Facebook URL

<http://www.facebook.com/thelowcarbrn>

Author's Website URL

<https://lowcarbrn.wordpress.com>

Low Carb Mag Pick of the Podcasts



We've been looking at the pick of the podcasts for the last year now and we are constantly pleased to see that all of them deliver top quality, informative and interesting articles on a regular basis.

To be frank, there are a lot of podcasts so we had to divide them up into three main categories...

- Low Carb
- Paleo
- Health - that covers things like exercise, dietary information, medical and so on.

Each month, we'll review these and see how they compare with each other and new ones as

they appear, and that's where you come in.

Firstly, thank you if you've been one of the many who vote and also suggest other podcasts we should look at. If you've never voted or suggested one of your favorite podcasts. Please let us know about any podcasts that you think are worthy of being in the top five for each of these categories as we don't want anyone else to miss out on good information. also, you can vote for them too by sending an email to us at feedback@lowcarbmag.com

Simply list them in order from best to worst.

There are a whole lot more that nearly made it into the top position so you could make the difference about who gets in and who gets the top slots.

LOW CARB

Livin La Vida Low Carb



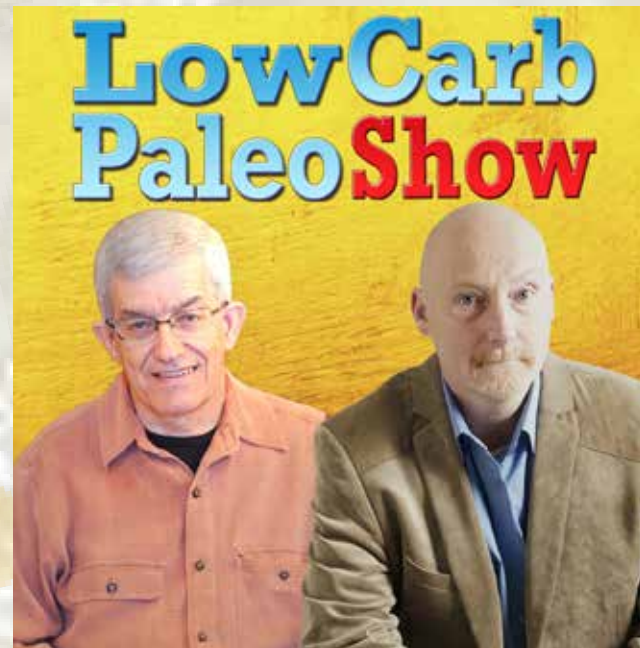
<http://www.thelivinlowcarbshow.com/shownotes>



Have you heard about the annual Low-Carb Cruise that our host Jimmy Moore helps organize each year as the preeminent event for the low-carb community? They just completed their tenth one in 2017 with lots of incredible guest speakers who are the leading voices for carbohydrate restriction and ketogenic diets, including people like Dave Feldman, Dr. Eric Westman, Dr. Lucia Aronica, Dr. Steve Phinney, Dr. Adam Nally, Tom and Chareva Naughton, Jackie Eberstein, Dr. Ann Childers, and many more! Today's featured lecture is from a Ketogenic diet-focused physician-scientist Dr. Stephen Phinney who will be sharing his lecture "The Case for Nutritional Ketosis".

2 LOW CARB

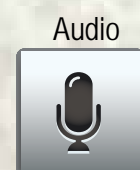
Low Carb Paleo Show



Hosts: Alain Braux and Mark Moxom interview Angela Mavridis



Angela Mavridis had grown tired of fueling her body with endless combinations of protein powders, shakes, supplements, and bars. She came to realize that clean animal proteins paired with real, ancestral ingredients made her feel better physically and emotionally.



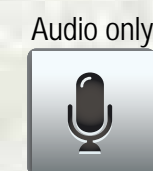
3 LOW CARB

Keto Talk with Jimmy Moore & The Doc



Keto Talk

Mailbox Blitz – Vegan Keto Edition With Special Guest Dr. Carrie Diulus



1 LOW CARB

Low-Carb Conversations with Leah Williamson & Kara Halderman



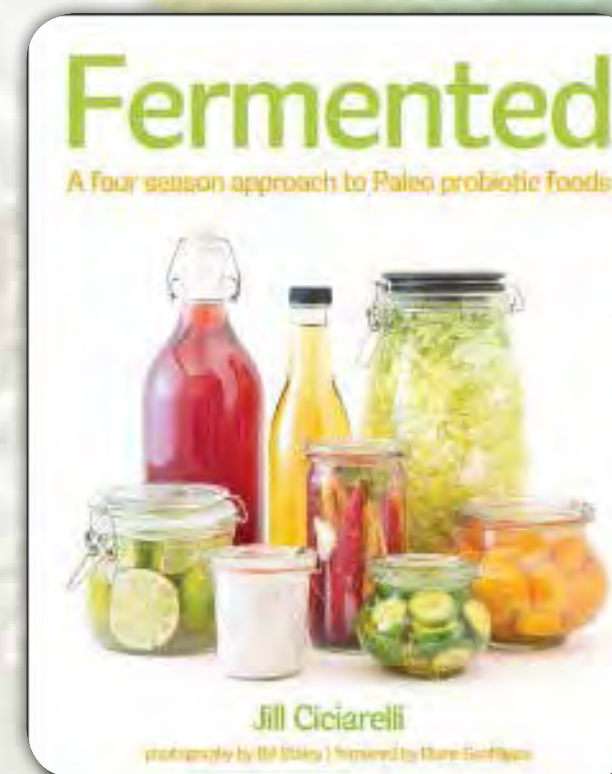
Audio only



Mandy Thomas, nutritionist and financial coach and health influencer and motivational expert, Melanie Miller join Leah and Kara this week for Episode 245 of “Low Carb Conversations with Leah Williamson and Kara Halderman”.

3 LOW CARB

Ask the Low Carb Experts



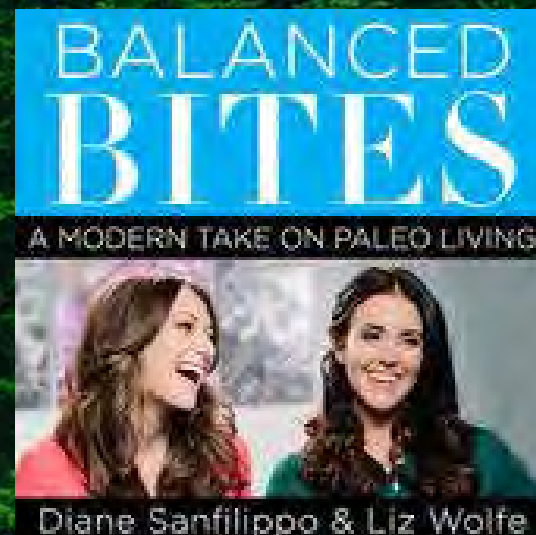
In Episode 52 of “Ask The Low-Carb Experts” the timely and very relevant topic of “All Things Fermented (Fermentation 101).”

Audio only



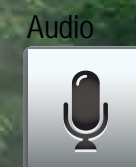
1 Paleo/Primal

Balanced Bites



2 Paleo/Primal

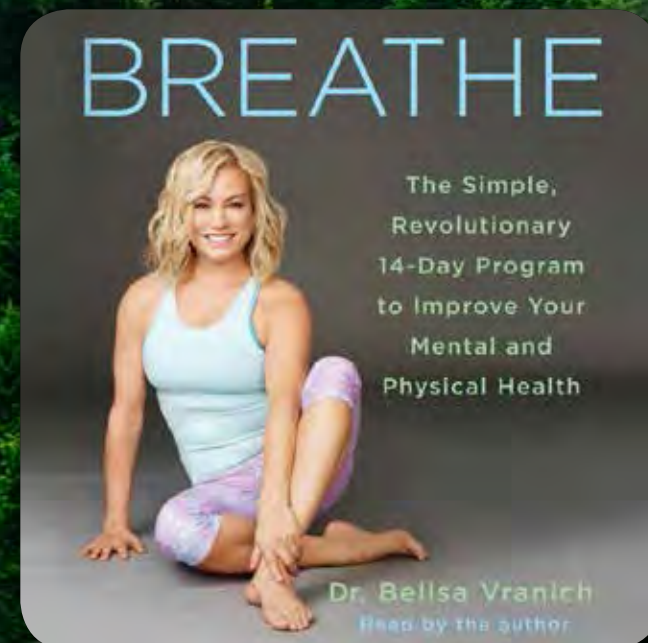
The Primal Blueprint Podcast



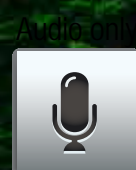
Elle Russ chats with Thor Conklin about romantic relationships from their perspectives and experience. Thor is an entrepreneur, profitability consultant and host of his daily podcast, Peak Performers Podcast. 2017 marks his 17th year as an entrepreneur. The first company Thor created was a global risk management consulting firm that served the private equity community. His top 15 clients had a combined revenue of \$12.7 billion USD and operated in over 100 countries worldwide. Thor has started, bought and sold several multi-million dollar businesses making him a sought after, cross-industrial resource for entrepreneurs and executives in all stages of business. Thor lives a Paleo lifestyle and believes achieving optimum health is a critical co-factor in business success and becoming a Peak Performer.

3 Paleo/Primal

The Paleo Solution Podcast



Our guest this episode is Dr. Belisa Vranich. She is a renowned clinical psychologist, public speaker, and the author of *Breathe: The Simple, Revolutionary 14-Day Program to Improve your Mental and Physical Health*. Belisa is also the Director of Breathing Science at The Ash Center for Comprehensive Medicine in New York City.

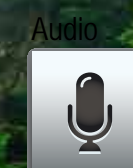


4 Paleo/Primal

The Primal Show

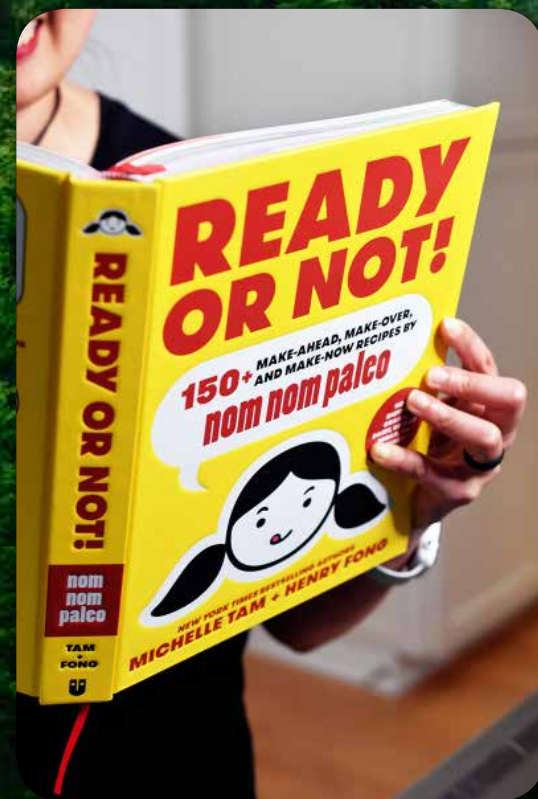


Episode #44 Guest Celebrity Chef Pete Evans is interviewed by show host Heath Squier. Pete is captivating in this 50 min interview as he provides in depth information about Paleo and how he has cooked for celebrities around the world while teaching them how to achieve optimal health through Paleo. He discusses recent controversial subjects in Australian news and also talks about the launch of his new company The Paleo Way and how people around the world rid themselves of inflammation and extra weight.



5 Paleo/Primal

Nom Nom Paleo Podcast



We're back! Yeah, I know it's been over two months since our last podcast, but we think you'll really dig this hour-long episode packed with juicy details about my favorite Hawaiian-inspired summer dish, our exciting new Ready or Not! cookbook, volunteering with the family at the food bank, and my favorite green powder: Matcha! Download the episode and take us along with you on your next road trip, mountain hike, or traffic-packed slog to work!



1 Health/Fitness

Rebooted Body



7 Powerful Tips For
Eating Healthy During
The Holidays

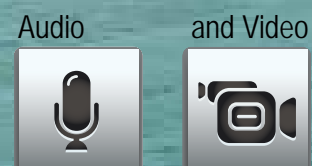


2 Health/Fitness

TED Talks Health



What if you could know exactly how food or medication would impact your health -- before you put it in your body? Genomics researcher Jun Wang is working to develop digital doppelgangers for real people; they start with genetic code, but they'll also factor in other kinds of data as well, from food intake to sleep to data collected by a "smart toilet." With all of this valuable information, Wang hopes to create an engine that will change the way we think about health, both on an individual level and as a collective.

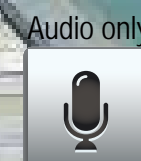


3 Health/Fitness

The Fitcast



Mark Fisher returns to talk about our message and tone as fitness professionals, new vs old school facilities, marketing to your audience, Burning Man and more!



4 Health/Fitness

The Jillian Michaels Show



Private Stuff

Audio only

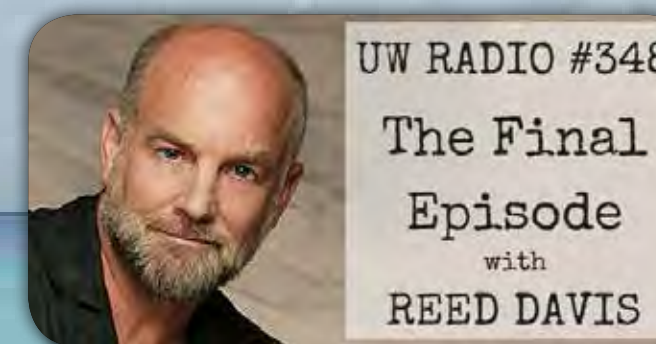


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5 Health/Fitness

Underground Wellness Radio



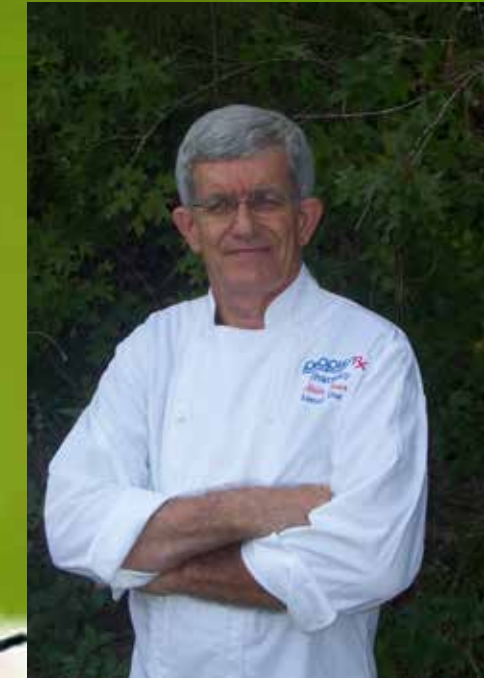
On today's final episode of Underground Wellness Radio, Reed and I get together one last time to show you how to become your own health detective ... one who stops chasing symptoms and gets to the root cause.

Audio only



GMO Watch

Whats going on in the world
of GMO? (Genetically Modified Organisms)



*Author Alain Braux
keeps us up to date
with the latest news
from around the
world.*

GMO Holland: New Groundbreaking Research Shows Glyphosate Persists in Soil

<https://sustainablepulse.com/2017/10/17/new-groundbreaking-research-shows-glyphosate-persists-in-soil/>

GMO Middle East: Six Middle Eastern Countries Ban Glyphosate Herbicides over 'Probable Carcinogen' Fears

<https://sustainablepulse.com/2017/10/13/six-middle-eastern-countries-ban-glyphosate-herbicides-over-probable-carcinogen-fears/>



GMO USA: Expert Scientists Attack Journal over Monsanto Influence and Funding for Glyphosate Review

<https://sustainablepulse.com/2017/10/13/expert-scientists-attack-journal-over-monsanto-influence-and-funding-for-glyphosate-review/>

GMO USA: Glyphosate Exposure in California Has Skyrocketed Since Introduction of GMO Crops - Research Letter

<https://sustainablepulse.com/2017/10/24/glyphosate-exposure-in-california-has-increased-500-since-introduction-of-gmo-crops-new-research/>

GMO France: Emmanuel Macron: EU pesticide debate needs more 'independent expertise'

<https://sustainablepulse.com/2017/10/11/emmanuel-macron-eu-pesticide-debate-needs-more-independent-expertise/>

GMO Europe: MEPs Vote to Ban Glyphosate in European Union in 2022

<https://sustainablepulse.com/2017/10/24/meps-vote-to-ban-glyphosate-in-european-union-in-2022/>

GMO Europe: European Member States Continue Great Glyphosate Rebellion with 10 Year License Refusal

<https://sustainablepulse.com/2017/10/25/european-member-states-continue-great-glyphosate-rebellion-with-10-year-license-refusal/>

GMO USA: Arizona Science Institute Launches First Ever Glyphosate Testing Biobank

<https://sustainablepulse.com/2017/10/24/arizona-science-institute-launches-first-ever-glyphosate-testing-biobank/>

GMO World: IARC Slams Reuters over False Glyphosate Claims in Support of Monsanto

<https://sustainablepulse.com/2017/10/25/iarc-slams-reuters-over-false-glyphosate-claims-in-support-of-monsanto/>

Brandon Olin



As an ergonomics consultant, Brandon Olin works with companies to help their employees avoid the damaging effects of sedentary desk work. Helping people achieve, as per their company credo "greater mobility through constant movement".

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Author's Facebook

<https://www.facebook.com/Movilityco/>

Author's Twitter

<https://twitter.com/Movilityco>

Chill Out, That Stress'll Kill Ya

A low carb diet is a means to an end

It's very easy for people (myself included) to view eating a low carbohydrate diet as a cure to all ills. This shouldn't be surprising. If eating low carb allowed you to conquer a serious health problem like being obese, at risk of heart disease, dealing with type 2 diabetes, etc,

then it makes sense that you'd think so highly of it! It created a massive change for the better in terms of how you look and feel, often eliminating the need for expensive medications or surgery bills looming on the horizon.

Is it any wonder that the subject of diet and nutrition

has become such a divisive issue in this day and age, in some cases with arguments getting as emotionally charged as ones about politics or religion?

People become emotionally attached to things that represent a sort of "turning point" in their life.



But to get the most out of this sort of diet or lifestyle we need to remain a bit more objective. Poor quality, high carbohydrate diets are (in my opinion) the biggest contributing factor to the health problems many people suffer from, creating a massive influx of blood sugar and insulin that wreaks havoc on the body.

But there are other things that cause our body to elevate blood sugar and

insulin levels that we need to keep an eye out for.

Today I'm going to talk about the one we have the most control over: stress.

Stress is often referred to as the "fight or flight response". In primitive times its main purpose was to aid us in dealing with life or death scenarios, like not getting killed by a bear. To aid us in this endeavor, our body flips the switch on a number of biological conditions

that are meant to aid us in fighting off this threat.

Our heart rate, blood pressure, and blood sugar levels increase. These are meant to give us intense focus, energy, and the physical ability to deal with this threat. Your digestive, reproductive, and immune systems are suppressed. These bodily functions are considered unimportant compared to the current predicament of not dying.

This is a perfectly healthy reaction when it happens infrequently, and when it's accompanied by intense physical activity. Your body just gave you a biological triple shot of espresso, that energy needs to be used!

The problem is that chronic stress has become such a common part of our everyday lives that intense exercise isn't a practical response.

So what can we do about it?

The first (and most obvious) solution here is to not get stressed! Modern life can be overwhelming when it seems like there's so much to do all the time. But if we take a step back and look at it objectively, the problems are far less overwhelming.

The first step is to simplify. When it feels like you've

got twenty mental tabs open at once, any small problem is going to seem like a complete catastrophe. How you apply this in your life is up to you, but I've found two general guidelines that work very well.

Eliminate the unnecessary:

Do you have some engagement every week that you attend because you feel

obligated, not because you enjoy it? Do you have some work task that takes a great deal of time and does little to help the company? These things lead to task overwhelm and often restrict your free time, which is an incredibly vital resource in the modern world.

Simplify the complex:

A great way to reduce your work load (along with it's associated stress), and increase your free time is through task batching. Structure your tasks in a way that you can complete multiple tasks at once, or that you can complete a task in larger batches less frequently.

Some practical examples:

Set up a carpool group for taking the kids to school. If driving them there takes twice as long but you only have to do it once a week, that's a solid chunk of time saved.

Cook multiple days worth of meals all at once, to be reheated later. Cooking a really solid meal for a single day might take me twenty minutes, but I can increase the batch size and do four or five days worth of meals in forty minutes.

Do laundry less often, for me it's once every two weeks.

Many people wear the same clothes every week, either from habit or personal preference while they let the rest of their clothes collect dust. Bust out some of those underused clothes, it'll save you time and is less wasteful!

These are just some basics. The point is that lack of control over how we spend our time costs us a great deal of mental energy. This can lead to chronic stress and anxiety which takes a serious toll on our health.

We need to be ruthless about how we protect our time. Our health depends on it.

Stress is not what happens to us. It's our response to what happens, and response is something we can choose.

YOUSUF KARSH



Photo by Toa Heftiba on Unsplash



FESTIVALS



Old Fashioned Christmas

<http://www.alexandercountyonline.com/applefestival/indexChristmas.htm>

We will be having Ice Skating all day, Polar Express Train rides, Carriage Rides, a Live Nativity, Manger Petting Zoo, Christmas Shopping all day in our Angel Christmas Market, a Winter Wonderland with Santa vacationing here in Taylorsville, NC for the day... before his big trip around the world.

Taylorsville, North Carolina
December 15-16, 2017

2nd Annual Seafood Festival

<http://www.jesproductiondesign.com>

Our stunning weather and natural beauty set the stage for phenomenal events, whether they are Food Festivals, Fine Arts & Crafts, Music Festivals, corporate affair, or niche festival.

Davie, Florida
December 16-17, 2017



**** Image by Phil Long**



New Year's Eve Ball Drop & Fireworks Show

<https://www.gatlinburg.com/to-do/events/winter/>

Gatlinburg will welcome the arrival of 2018 in unique style with its Annual New year's Ball Drop and Fireworks Show.

Gatlinburg, Tennessee
December 31, 2017

Dropping of the Edelweiss & New Year's Eve Event

<http://www.helenchamber.com/new-years.html>

This is the story of Helen, the miracle of a small, remote mountain community that revitalized itself in various ways throughout several centuries and today hosts nearly two million visitors per year.

Helen, Georgia
December 31, 2017



7th Annual Napa Truffle Festival

<http://www.napatrufflefestival.com/>

The American Truffle Company returns to Napa with the eighth annual Napa Truffle Festival – bringing together two complementary aspects of European truffles: the best chefs in the world known for their truffle cuisine, and the best truffle experts/scientists in the world recognized for their expertise and data on truffle cultivation. Gourmands and aspiring truffle growers alike will find a bounty of activities throughout the festival weekend to satisfy their appetite and curiosity for the flavor and knowledge of one of the world's most prized and delectable foods.

Napa, California
January 12-15, 2018



Palm Beach VegFest 2018

<http://www.pbvegfest.com/>

Palm Beach VegFest is like no event you have ever seen before! Palm Beach VegFest is a registered 501c3 nonprofit organization and profits are donated to vegan charities and organizations. Admission is FREE! Enjoy the good vibes, learn, play games, shop, and spoil your taste buds with frozen desserts and all of your favorite foods!

Boca Raton, Florida
January 20, 2018

Annual Kumquat Festival

<http://www.kumquaffestival.org/>

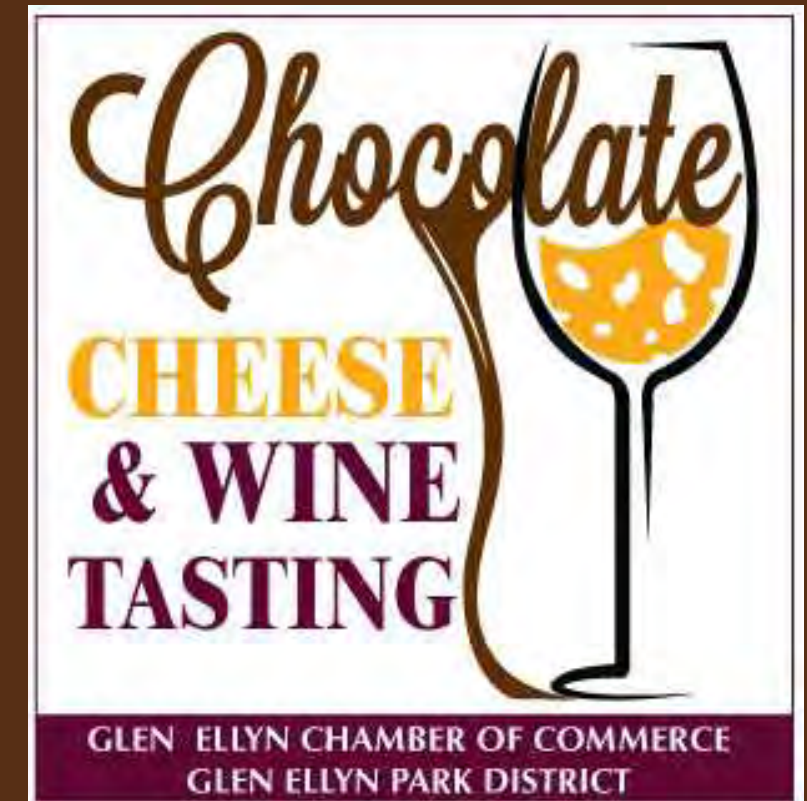
Come and enjoy the unique, quaint and family fun of "old Florida" during our Annual Kumquat Festival® in historic downtown Dade City - it's one of a kind!!!

**Dade City, Florida
January 27, 2018**

Chocolate, Cheese & Wine Tasting

<http://www.glenellynchamber.com/>

Enjoy an evening of wine, chocolate and cheese tastings from around the world. The admission ticket includes a souvenir wine glass, tastings of over 35 wines, as well as, chocolate and cheese. In addition, local Glen Ellyn restaurants will be showcasing a sample of their menu. Make dinner reservations and pre-order chocolates, cheeses and wines on-side for Valentine season. All rating will be available for purchase day of. A portion of the proceeds is donated to the Glen Ellyn Park District Scholarship Program.



**Glen Ellyn, Illinois
February 2, 2018**



71st Annual Holtville Carrot Festival

<http://www.holtvillechamber.org/carrot-festival>

Featuring award of the 2017 Citizen of the Year honors, and crowning of the 2018 Carrot Festival Queen, Princess and Junior Princess. 6:30 - 7:00 p.m.: No-Host Cocktails. 7:00 - 8:00 p.m.: Dinner. 8:00 - 9:00 p.m.: Ceremonies at Imperial Palms Hotel & Resort at Barbara Worth.

**Holtville, California
February 2-11, 2018**

****[Image by Amelia Crook](#)

19th Annual South Florida Garlic Fest 2018

<http://dbggarlicfest.com/#modal>

The South Florida Garlic Fest is the epitome of homegrown talent and a cultural showcase providing an outlet for local artists and chefs to express themselves. In a variety of mediums, Garlic Fest serves as a gathering festival focal point for musicians, artist of every genre and culinary artists. Each year over 40,000 local South Floridians attend to enjoy the premier food and entertainment event in South Florida.

Delray Beach, Florida
February 9-11, 2018

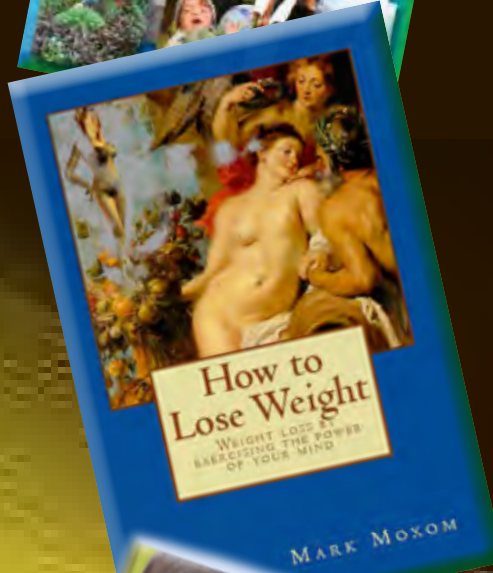


Gluten Free & Allergen Friendly Expo 2018

<http://gfafexpo.com/>

Whether you're looking for specialty products that taste great or trying to learn how to cook and bake to meet your dietary needs, the Expo is the place to be!

San Diego, California
February 10-11, 2018



**YOURS FREE
WHEN YOU
BECOME A
GOLD LEVEL
SUBSCRIBER**

Thanks for reading the magazine!

I really do hope you're enjoying it - There is so much more for you to see though!

Anyway, I'm sure you'd like more great information that will help you become fit and healthy and get the body and life that you want.

To help you do that we've got more - just for you.

We've done a deal with the publishers who are allowing us to let you have four more books at a ridiculously cheap price. (In fact you can get them for nearly 60% off the current price)

Each of them deals with fitness and weight loss, approaching those subjects from different angles so there's bound to be something in them that will help you achieve your goals.

Now the publishers won't let us release them to you at this price individually but you can get them as part of your subscription to our gold level membership with one book released every 3 months.

Here's what's in the offer so far:

- Easy Weight Loss Exercise
- How to Lose Weight - by Using the Power of Your Mind
- Exercise - Your way
- The Revolutionary SnackBox Diet

Right now - you can get a **full one year Gold** subscription including these four books for **only \$9.99**. But don't delay... This will be going away soon and you'll never see this particular offer again.

This is just for the early birds.

So what are you waiting for?

Click the button now.
Before this offer expires.

Go for Gold Now

RECIPES



Delicious Low Carb Ham Loaf

By Beth McIntire of livingwithbeth.com

[Link to original recipe](#)



My grandma used to make delicious ham loaf. She passed away many years ago, but my mom, my sister and I have made the ham loaf recipe on occasion over the years. It just isn't the same without Grandma making it, but we do our best. I've adapted it to fit with my low carb eating plan. The original recipe calls for 2 cups of crushed saltine crackers in the ham loaves and 1 cup of brown sugar in the glaze. To make it low carb, I got rid of the crackers and used a different sweetener in the glaze. Without the brown sugar, the loaves still taste yummy but don't have as much of a glaze on them

Ingredients:

Loaves:

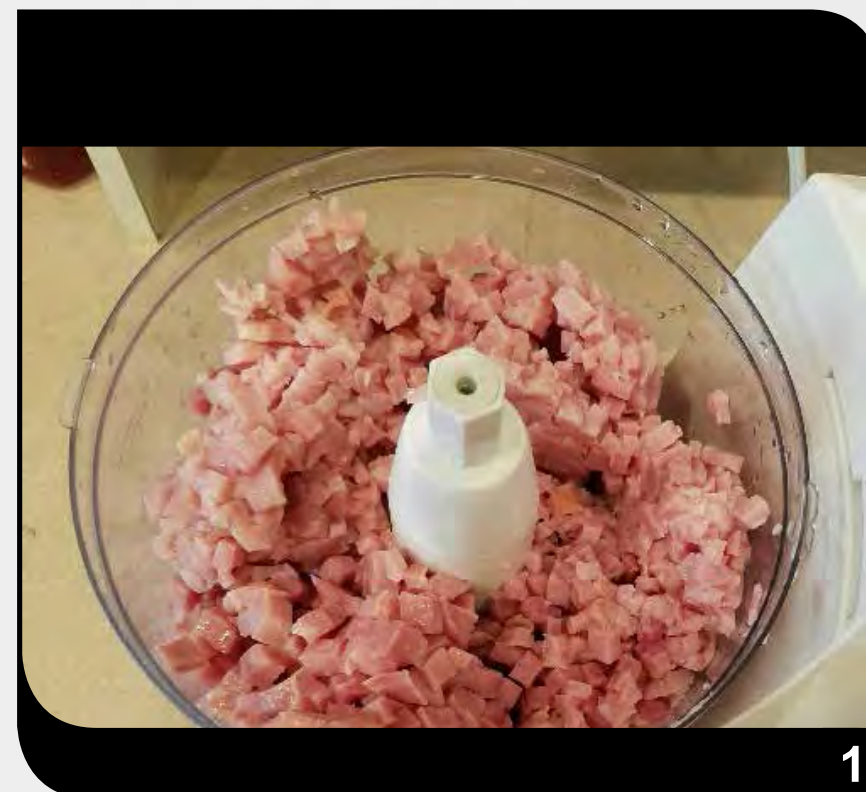
- 2 lb. smoked ham (ground)
- 1 lb. fresh pork (ground-unseasoned)
- 4 large eggs

Glaze:

- 1/2 cup Splenda Brown Sugar Blend
- 1/2 tbsp. dry mustard
- 1/4 cup water
- 1/4 cup cider vinegar

Directions

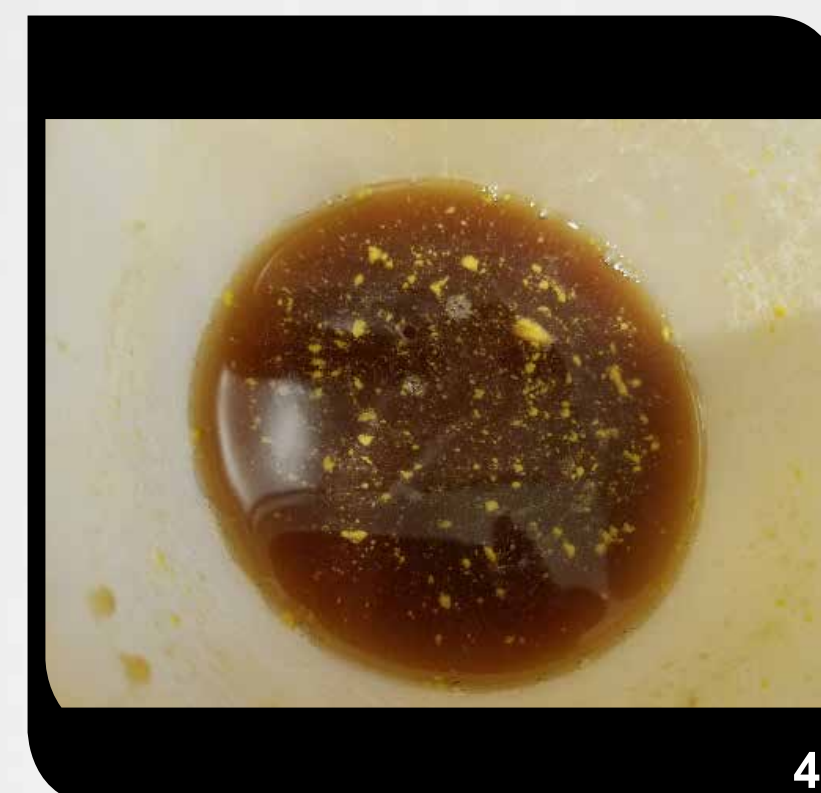
1. Preheat your oven to 350 degrees.



2. Mix together the ham, pork and eggs in a large bowl. Spray two loaf pans with olive oil.



3. Form the ham mixture into two equally sized loaves and place in loaf pans. Cover the loaves with aluminum foil and bake for 30 minutes.



4. Combine the glaze ingredients in a medium bowl. After baking the loaves for 30 minutes covered, remove them from the oven and remove the foil covering them. Pour the glaze over the loaves and bake uncovered for an additional 45 minutes or until completely cooked and hot in the middle. Leave it a bit longer for a browner, crispier top.



Chef's Tips

To make it low carb, I got rid of the crackers and used a different sweetener in the glaze. Without the brown sugar, the loaves still taste yummy but don't have as much of a glaze on them. Your grocer probably won't grind the ham for you, but not to worry. I found ham that was on sale at the deli and requested that they cube it for me rather than slice it. Then, I ground the cubed ham in my food processor to get ground ham for this recipe. Ground pork is easy to find with the rest of the pork in your grocery store's meat coolers. Fortunately, the one option my grocery store had for ground pork was labeled as lean and low fat, which is what I wanted.



Beth McIntire is a writer, blogger and technology professional with a degree in journalism and a lifelong passion for writing. She lost weight on a low-carb diet and continues to follow a low-carb eating plan.

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<http://pinterest.com/catcallsbeth>

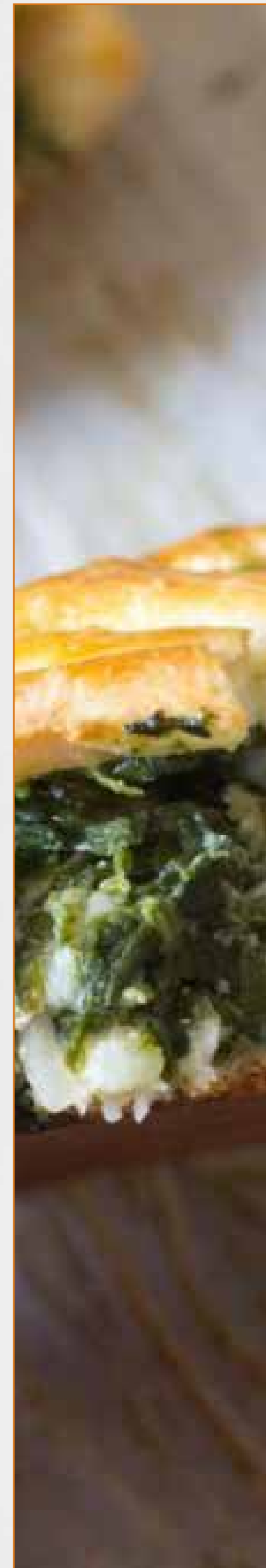
Spinach & Feta Pastries

Low Carb, Grain Free, THM S

By Taryn Scarfone of joyfilledeats.com

[Link to original recipe](#)

These handheld savory Spinach & Feta Pastries are Taryn's favorite vegetarian lunch, snack, or dinner. You don't even miss the meat when you bite into one. They are filling and delicious. You can eat them on their own or pair with soup or salad..



Ingredients:

Dough Ingredients:

- 8 oz mozzarella cheese
- 2 oz cream cheese
- 1 cup almond flour
- 1/2 cup coconut flour
- 1 egg
- 1 tsp baking powder
- 1/2 tsp salt

Filling Ingredients:

- 12 oz frozen spinach, thawed and drained
- 4 oz crumbled feta cheese
- 1 egg white
- 1 tsp dried minced onion
- 1/2 tsp garlic powder
- pinch of salt
- 1 egg yolk, to brush on the outside of the pastries

Directions

1. Preheat the oven to 375. Put the mozzarella and cream cheese in a microwave-safe bowl. Microwave one minute. Stir.

Microwave 30 seconds.

Stir. At this point, all the cheese should be melted. Microwave 30 more seconds until uniform and gloopy (it should look like cheese fondue at this point). Add the rest of the dough ingredients and the cheese to a food processor. Mix using the dough blade until a uniform color. If you do not have a food processor you can mix in a medium bowl with a wooden spoon but you may need to dump it onto wax paper and knead it by hand to thoroughly incorporate the ingredients. Stir together the ingredients for the filling. Set aside the egg yolk to brush on the pastries.

2. Roll the dough out between two pieces of parchment paper into a 6 x 18 inch rectangle. Cut in half lengthwise with a pizza cutter. Put the filling down the center of one piece. Top with the other piece of dough. Use the pizza cutter to cut into 7 or 8 pieces.



3. Put them on a baking sheet lined with parchment.



4. Gently press the edges together on two opposing sides of each pastry. Use a kitchen shears or small knife to make a few slits in the top dough. Brush with the egg yolk.

5. Bake for 30 minutes until golden brown.



Chef's Tips:

If you have a bottle of dry white wine open it adds a nice flavor. But I wouldn't open a new bottle just for this recipe. Unless you are planning on having a glass while you cook.

Number of Portions:

Yields 7-8 pastries



I'm Taryn. The kitchen has always been a joy filled place in my life. Even in the midst of dieting and weight loss food should bring JOY. I have lost over 50 pounds and enjoyed every bite. My recipes are all gluten and sugar-free. Most are also low carb and grain free. I enjoy spending time baking, cooking, and creating recipes and I want to share that with my readers.

I am a stay home mom to 4 children from 3 to 10 years old. One of my first loves is baking and cooking. I've been playing around with recipes for over 20 years. Unfortunately, mothering all these babies has added to my waistline. After baby #4 I became determined to lose ALL the baby weight.

I've tried whole30, keto, intermittent fasting, and paleo over the last 2 years. I started the Trim Healthy Mama way of eating after getting tired of cutting out entire food groups. I'm looking forward to sharing recipes and tips along the way.

The kitchen for me has always been a joy-filled place. I remember rolling out pie crust with my grandmother and sprinkling the scraps with cinnamon and sugar to make little cookies. The rolling pin in my header is a drawing of the rolling pin she passed down to me. I love having that little part of my grandmother on the top of every page.

I love being in the kitchen and I want to share that with you. I hope you enjoy Joy Filled Eats as much as I enjoy creating it for you.

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Author's Website URL

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Author's Links

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<https://www.pinterest.com/joyfilleddeats/>

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<https://www.instagram.com/joyfilleddeats/>

Low Carb Pancakes

By Rami and Vicky of Tasteaholics

[Link to original recipe](#)

We would recommend these low carb pancakes to anyone- low carb diet or not! They're delicious, fluffy, moist and flavorful. The addition of bacon added some savory notes to the pancakes. We're excited to try this recipe with some added berries, nuts, chocolate chips, peanut butter and other add ins!



Ingredients:

Dry Ingredients

- 2 scoops vanilla protein powder (25g of protein per scoop)
- 2 tsp baking powder
- 1 pinch salt
- 1 tbsp coconut flour

Wet Ingredients

- 2 eggs
- 1/4 tsp vanilla extract
- 4 tbsp unsalted butter (softened)
- 1 tbsp heavy cream
- 2 tbsp Belgian cookie syrup (optional)

Optional Fold Ins

- 2 strips bacon

Serving instructions

Serve stacked with a drizzle of sugar-free pancake syrup!

Serves: 2

(This recipe makes 6 small pancakes, or 4 large pancakes depending on how generously you ladle)



Directions

1. Combine all your dry ingredients and set aside.



2. Combine all your wet ingredients. Make sure the butter you're using is salted (or add some additional salt to the batter) and softened. Softened butter will melt as you're cooking your pancakes and add more moisture. Make a well in the dry ingredients and pour your wet ingredients in.



3. Mix with a spoon until the batter is just combined. The batter should be chunky! Do not over mix!



4. At this point, you can add in any fold-ins you'd like. They can be berries, nuts, chocolate chips or, in our case, bacon! We cooked and chopped up 4 strips of bacon and added them to our pancake batter.





5

5. Heat up a pan or a skillet with some oil (or bacon grease! It gave our pancake a crunchy outer shell without burning them). Use butter with caution as it tends to burn if let on the pan for too long. We recommend coconut oil. Use an ice cream scoop or a $\frac{1}{4}$ cup measuring spoon/cup to ladle pancake batter onto your pan. Let the pancake cook undisturbed until you see bubbles forming on the top. If the bubbles pop right away and are filled with surrounding batter, it's too early to flip the pancake. Wait until the bubbles pop and the holes remain.



6

6. Flip with a spatula in one swift motion and let the pancake cook on its second side for about a minute. Don't overcook. Transfer to a plate and add a little butter to the top of each pancake.

Nutritional Value (per portion)

Nutrients per serving	
Energy	500 kcal
Protein	38 g
Carbs	1 g
Fat	37 g

Chef's Tips:

Not only did I discover the right combination of ingredients (for personal preference), I also fine-tuned my method of making the pancakes themselves. Here are some handy tips I can pass on:

Use Softened Butter

Use softened butter in the pancake batter instead of melted butter, or say coconut oil. This ensures extra moisture in the pancakes since the butter melts while cooking and remains inside the pancakes rather than seeping out.

Cooking with the Right Fat

We tried these pancakes on several different fats including coconut oil, spray oil, butter and bacon grease. We wouldn't recommend using butter as it tends to burn when left on the heat too long. Coconut oil and spray oil worked equally well in creating nice, uniformly brown pancakes. Our favorite oil for cooking pancakes was bacon grease! It made our pancakes extra crispy on the outside without browning them too much.

Watch Your Heat

If your pan/griddle is too hot, your pancakes will burn before they're properly cooked. If your pan is not hot enough your pancakes won't be fluffy – the batter will spread to the edges of the pan and the pancake won't brown properly. Try the pancakes on a medium flame and adjust from there.

Do not Press the Pancake

Due to impatience the first time, I thought the pancake would cook faster if I pressed on it with the spatula after flipping it. I was wrong. Ended up with very tough and dry pancakes.

Flipping Only When Ready

The pancakes should cook on their first side longer than the second side. A good way to tell when the pancakes are ready to be flipped is when the air bubbles that escape through the top are not refilled with surrounding batter. Using a wide spatula, wedge and wiggle it underneath and with one swift motion of the wrist, flip the pancake. When flipped, do not move it, let the pancake cook undisturbed. Moving the pancake around could rip the pancake.

Drench in Butter and Syrup

No matter your diet, a pancake is lonely without butter and syrup. In our case, we used Kerrygold Salted Irish Butter and Walden Farms Calorie-free Pancake Syrup. The syrup tastes great and has 0 grams of carbs. If you don't have Belgian Cookie Speculoos Syrup (it's a pretty specific ingredient) you can also use any kind of 0 carb sweetener in it's place. The syrup is sweetened with Splenda, so the granulated version would work well in the pancakes. The taste of the Speculoos syrup mimics the pancake taste very well, but omitting it completely will still leave you with tasty pancakes.

We are now offering Weekly Keto Weight Loss Meal Plans delivered to your inbox!



What can you expect from our Weekly Keto Weight Loss Meal Plans?

- Comprehensive, easy-to-follow low carb meal plans straight to your email inbox every week
- Easy, delicious and practical recipes (hello, tasty leftovers!) + keto-friendly snack ideas
- Seasonal ingredients and relevant recipes
- All nutritional information provided
- Shopping lists categorized by food type
- Technical support for any issues that may arise
- Cancel at any time for free – no questions asked

We get emails from you guys all the time asking about meals plans, calories, macronutrients and how to make it all easier. Beginning a ketogenic or low carb diet can be frustrating and we decided it's time to take your suggestions and put them all together in one, beautiful (recurring!) meal plan service

Go and decide for yourself if you'd like to try our [Weekly Keto Weight Loss Meal Plans](#) for yourself. We're even offering a 7-day FREE trial to anyone who joins now! Go go go!

Find out more here - <https://www.tasteaholics.com/recipes/breakfast-recipes/pumpkin-spice-walnut-bread-weekly-meal-plans/>



We are Rami and Vicky and we're the Tasteaholics! To keep enjoying our love for food, we're making healthy and delicious meals at home and never sacrificing on flavor. Most of our recipes are keto inspired recipes (which means most are gluten-free simply because everything is very low carb). We also appreciate the paleo lifestyle and try to follow a lot of its principles. Working, cooking and living together is fun; sharing it is even better!

Creating something beautiful and nutritious for ourselves, family and friends challenges us and brings us closer together at the same time. Seeing smiles on the faces of those we feed keeps us cooking.

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Meatballs with Creamy Avocado Cilantro Sauce

Tender and tasty meatballs paired with creamy and healthy avocado dipping sauce.

Perfect for your low carb cocktail parties!

[Click this link for more avocado step by step recipes](#)



Ingredients

For the meatballs

- 1 1/2 pound ground pork
- 1/4 small red onion, minced
- 1/2 red bell pepper, finely chopped
- 2 garlic cloves, minced
- 1/2 jalapeño, minced
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon paprika
- salt and pepper, to taste

For the sauce

- 1 avocado
- handful of cilantro, roughly chopped
- juice of 1/2 lime
- 1 teaspoon lemon zest
- 1/4 jalapeño, minced
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon cumin
- pinch of salt and pepper
- 1/4 cup mayo
- Olive oil for cooking



1



2



3



4



5



6

Directions

1. Cut avocado in half lengthwise, remove the pit and scoop out the flesh directly into a blender. Add the cayenne pepper, lemon zest, cilantro, cayenne pepper, cumin, salt, pepper and lemon juice and puree until smooth.
2. Transfer to a bowl and add the mayo and stir thoroughly then set aside.
3. Place ground pork in a bowl. Add cayenne pepper, garlic, onion, bell pepper, cumin, chili powder, paprika, salt and pepper and mix everything using your hands.
4. Scoop out some meat and using your hands, form it into a ball and put aside while you do the rest.
5. Heat a medium pan over low heat and fry the meatballs until golden brown in batches to suit your pan size.
6. In a serving plate, put some sauce and top off with the meatballs.

Chef's Tips:

Just as nice cold though add a bit more spice to the sauce.

Number of Portions: 4

Nutritional Value:

Nutrients per serving	
Energy	660 kcal
Protein	27.5 g
Carbs	9.8 g
Fiber	5.5 g
Fat	57.7 g
Water	176.2g

WHY BOTHER WITH EXERCISE

Easy Weight Loss Exercises



Biceps Curl



This is designed to strengthen the upper arm muscles at the front. Using the same armless kitchen chair, sit in the chair with your back straight. Again, your feet should be flat on the floor, the same width apart as your shoulders.

Hold your hands straight down at your sides, with your palms facing in towards your body.



Take a breath and breathe out slowly as you take 5 seconds to bend your arm at the elbow and slowly lift the weight so that it touches the front of your shoulder.

If you're using your left arm, you touch your left shoulder with the weight.



Hold that position for one second, then take five seconds again to lower it to the starting position as you finish exhaling.

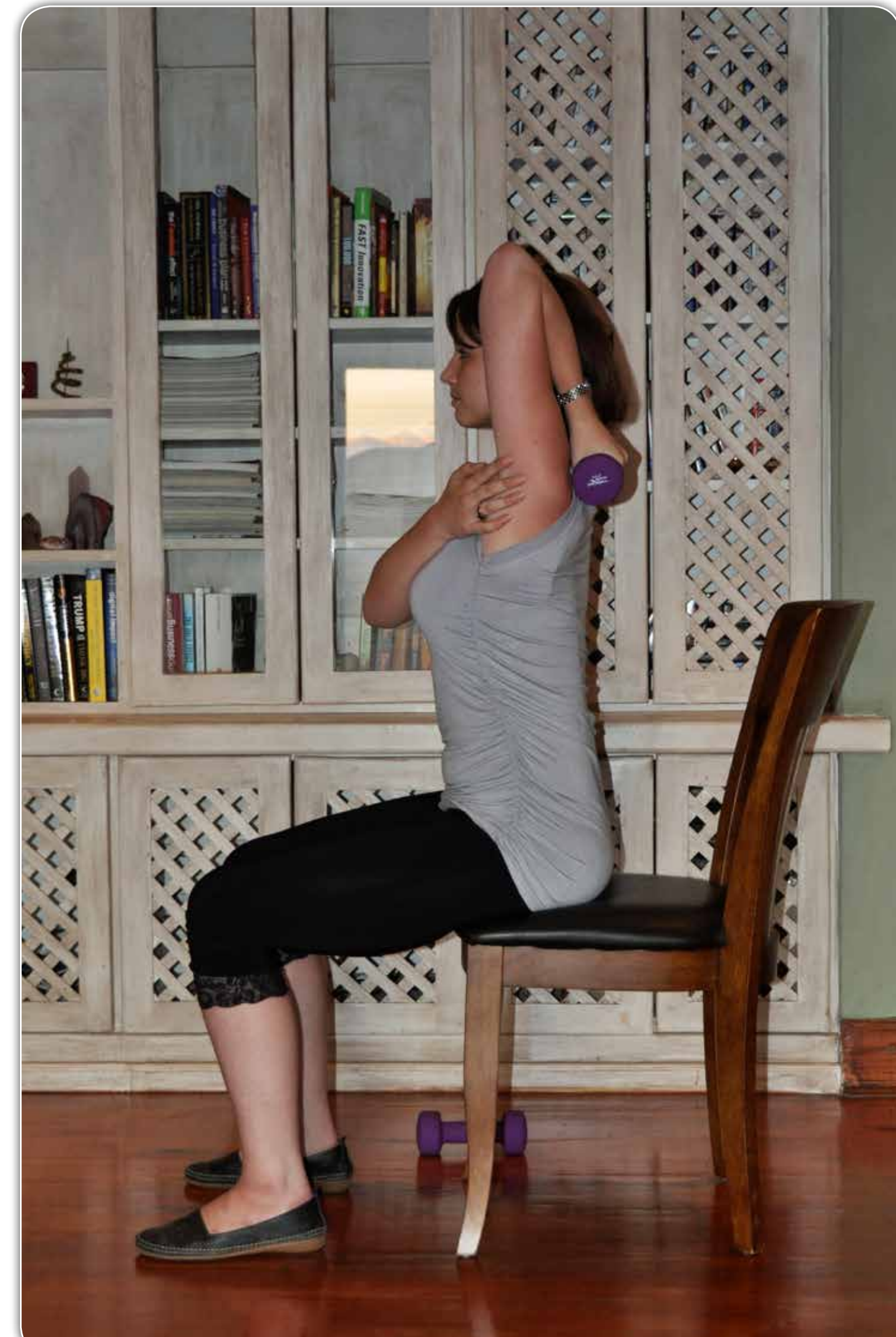
Do this 3 times, then change arms.

Keep alternating sides until you have done the exercise with each arm 9-12 times.

Pause and then repeat the set again.

Triceps Extension

This is designed to strengthen the muscles in the back of your upper arm.



Sit in the chair facing front, your feet flat on the floor placed apart at the same width as your shoulders.

Holding the weight in your left hand, raise your left arm so that it points straight up towards the ceiling, with your palm facing in or forward.



Using your other hand, support the arm at the front so that it doesn't wobble, bend your arm at the elbow, lower your left hand behind you, so that it now points as much as it can towards the floor.



This is the starting position for the triceps extension. Take a breath in, and as you slowly breathe out, lift up your left arm to the count of five so that it is pointing once again at the ceiling as you can see in the first picture.

Hold it in that position for one second, and then as you continue to breathe out, lower it down back to the starting position again.

Repeat 3 times, and then change arms. Keep alternating arms until you've done the complete exercise 9-12 times.