



10TH ANNUAL

# KICK SUGAR SUMMIT

## *Metabolic Health Edition*

INTERVIEW SUMMARIES EBOOK



**Join the Fight Against Ultra-Processed Foods**

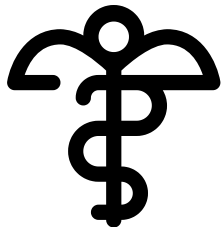
50+ World Experts Share the Science and Strategies to Reduce Your Consumption of Ultra-Processed Foods and Restore Your Metabolic Health!

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# MEDICAL DISCLAIMER

**Before you proceed, please read the following disclaimer that reminds you to GET PROFESSIONAL MEDICAL ADVICE before, during and after making dietary changes and to always consult with YOUR own doctor to diagnose and manage your health conditions.**

The contents of this ebook are for informational and inspirational purposes only. They are not a substitute for professional medical advice, diagnosis, or treatment. It is your responsibility to work with a healthcare practitioner familiar with your specific medical, mental health and eating disorder needs. Always seek the advice of your physician or other qualified health provider before, during and after making lifestyle changes. They can affect your prescriptions and symptoms. NOTE: We do not advocate any particular way of eating beyond the importance of minimizing or eliminating processed foods and sugar. You get to decide what whole foods work for you.



# WELCOME

## Congratulations on Deciding to Get Informed On the Topic of Ultra-Processed Food and Metabolic Health

Choosing to look at your potentially problematic consumption of refined carbohydrates is not for the faint of heart. It takes courage. Sugar is in most of the foods we eat every day. Often these foods are our favourites. They tend to be comforting, convenient and highly affordable. We have decades of happy childhood memories all tied into the mix.

Deciding to cut back or eliminate our consumption of ultra-processed foods is NOT a minor decision. It can pose serious challenges. Many conclude it is too hard, too extreme, and too depriving to even consider. Others get down to business and begin the journey of unhooking. I assume and hope you fall into the latter category.

The speakers in the Kick Sugar Summit are here to guide you forward, to encourage you along the path, and empower you with their personal stories and scientific research. May you find what works for you and enjoy vibrant health in body, mind, and spirit.

A special thank you to the many volunteers, world experts, co-hosts, and staff members who pulled this summit together. A special thank you to Alicia Batucan who worked around the clock for 6 months to make sure everything was ready for launch day. To say this free educational event is a team effort is a massive understatement. Thank you all. We hope this summit is a turning point for you.

**Florence Christophers**  
**Kick Sugar Summit Founder and Host**



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# THINGS TO NOTE

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## WE SHARE DIVERSE POINTS OF VIEW

Our world experts share a wide variety of ideas and points of view, some of them are complimentary, and others are contradictory. Take what you like and leave the rest. From time to time our Vegan, Paleo, and Keto experts will advocate their approach to nutrition while dismissing others. We believe in bio-individuality, and the dignity of choice, and encourage you to find your own truth regarding which food meal plan works best for YOUR body. Personal research, experimentation, tracking symptoms and food reactions, bloodwork, genetic testing, a CGM, and more can help you figure that out for yourself. You are your own nutritional guru. Trust yourself when it comes to whole foods. Do not trust yourself when it comes to processed foods. Your appetite has been hijacked.

## PURPOSE OF EBOOK

The purpose of the e-book is to provide broad brushstrokes of core concepts shared during the interview. This serves two purposes.

- It allows you to decide which interviews you would like to listen to
- It helps solidify key concepts for better recall.

## THESE SUMMARIES ARE GOOD BUT NOT PERFECT

The summaries were generated by AI and edited by volunteers. For this reason, these summaries are imperfect. You will find word-for-word also AI generated interview transcripts (which are also imperfect) in your Kick Sugar Summit digital package on our platform called Simplero.

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# ALLY HOUSTON

Metabolic Mental Health Coach,  
Scientist, & Founder of Paleo Canteen

## BIOGRAPHY

Ally is a former physicist who fixed his brain with food. After suffering from ADHD, seasonal depression, chronic anxiety, and a host of other metabolic problems, a paleo ketogenic diet and lifestyle change resulted in a quantum leap in his health. The effect was so profound that he switched career. He is now a metabolic mental health coach trained by PreKure and Dr. Georgia Ede. In 2025, he will lead a study at Oxford, testing the ketogenic diet plus MetPsy for ADHD with depression.

## WEBSITE:



<https://metpsy.com/>

# INTERVIEW SUMMARY

## Sugar's Impact on Mental Health and Ally's Path to Recovery

Ally Houston's personal journey reveals the profound impact that diet can have on both mental health and metabolic issues. As a former physicist, Ally faced long-standing challenges with ADHD, seasonal depression, and anxiety, conditions he battled for many years. Despite exploring various medications, he found that these solutions didn't address the root causes of his struggles. Frustrated with conventional treatments, Ally's turning point came when he learned about the paleo ketogenic diet from a professor who had managed to overcome his own chronic fatigue syndrome using this dietary approach. Inspired by this success story, Ally decided to experiment with the diet himself, seeking a more natural and sustainable remedy for his conditions.

Within just a few weeks of adopting the paleo ketogenic diet, Ally noticed significant improvements in his mental health. His anxiety levels decreased markedly, and his symptoms of ADHD began to diminish. Additionally, he experienced relief from his seasonal depression, which had previously impacted him heavily. The diet's strict regimen — eliminating sugar, flour, vegetable oils, and dairy — played a crucial role in these changes. Ally points out that these ingredients can exacerbate addiction and have detrimental effects on mental health, suggesting that their elimination can lead to better overall well-being.

The principles of metabolic psychiatry, which Ally discovered during his dietary transformation, also guided him through this process. This approach emphasizes the importance of how the body generates energy and the crucial role nutrients play in this process. It integrates concepts from functional medicine, focusing particularly on nutrition and lifestyle as fundamental elements in managing mental health. Ally's experience underscores the potential negative impacts of ultra-processed foods, especially those high in sugars that are often addictive and harmful to mental stability.

Despite the clear benefits he experienced, Ally acknowledges the difficulties in maintaining a strict ketogenic diet, highlighting the need for personalized dietary strategies that can adapt to individual needs and circumstances. He also points out the social challenges of avoiding junk food, which is often a central part of social interactions but detrimental to health. His story offers hope to others battling mental health issues, illustrating that substantial improvements are possible through dedicated nutritional and lifestyle changes. Ally's journey serves as an inspirational testament to the power of diet in transforming mental and physical health, encouraging a broader consideration of holistic approaches to wellness.



## KEY TAKEAWAYS

- The paleo ketogenic diet can have a profound impact on metabolic health and mental health.
- Avoiding sugar, flour, vegetable oil, and dairy can help reduce addiction and improve mental health.
- Individuals may need to personalize their approach to the diet based on their specific needs and sensitivities.
- Maintaining a ketogenic diet can be challenging, but the benefits are worth it for many people.
- Metabolic psychiatry focuses on the role of nutrition and lifestyle in mental health, emphasizing the body's energy production and nutrient needs.
- Ultra-processed foods, particularly those high in sugar, can have addictive properties and negatively impact mental health.
- Removing processed junk foods and adopting a whole foods diet can lead to significant improvements in mental health.
- The social aspect of giving up junk food can be challenging, but it is essential for overall well-being.
- There is hope for those struggling with mental health issues, as many people have successfully transformed their lives through nutrition and lifestyle changes.

## NOTEWORTHY INTERVIEW QUOTES

- "Sugar, flour, vegetable oil, and dairy, these things I just steer as far clear from as I can because they've all got their own individual problems and they fuel addiction in me."
- "...Generally speaking, the binge eating disorder, the eating till you're sick, you only did that with ultra processed foods and that you, for the most part, don't do that with whole foods, which again, suggests that some binge eating is really driven [by the addictiveness of processed foods]."
- "The impact of ultra-processed foods on our culture is heartbreaking."



# BITTEN JONSSON

Registered Nurse, Sugar Addiction Specialist,  
ADDIS/SUGAR Certified

## BIOGRAPHY

Bitten Jonsson, a registered nurse since 1973, addiction specialist, SUGAR/ADDIS certified, is a forerunner in this field in Sweden and an international lecturer and has been on TV and radio in Sweden, Norway, and Finland numerous times. Bitten is trained in the US and has developed a special treatment method, involving Integrated Functional Medicine and Orthomolecular Medicine together with American Addiction Medicine, support group development and traditional medicine. Bitten Jonsson has written three books about sugar addiction. “Sockerbomben I din hjärna” (The Sugar Bomb in Your Brain), her first book, was published 2004 and revised 2010 and 2016 and is currently being edited and translated into English. The Sugar-Free Cookbook, published 2006, and updated 2018. The books are very well received and one version is published in Norway, Denmark, Finland, and Germany. She has also further developed SUGAR, a diagnostic instrument for sugar/food addiction. Bitten Jonsson was a member of NAATP, National Association of Addiction Treatment Providers in USA, NAADAC, USA, [www.naadac.org](http://www.naadac.org) for many years. She is since 2012 certifying and training the next generation sugar addiction specialists.

## WEBSITE:



<https://www.bittensaddiction.com/>

# INTERVIEW SUMMARY

## Sugar Addiction is Real and Here's What You Need to Know

Bitten Jonsson, a registered nurse with extensive experience in addiction treatment, has emerged as a pioneering figure in the field of sugar addiction. Her journey is both personal and professional, having overcome her own struggles with alcohol and sugar addiction. This firsthand experience has profoundly shaped her approach to addiction treatment, lending authenticity and depth to her work. Jonsson's unique model for addressing sugar and food addiction is groundbreaking in its holistic approach, recognizing the complex interplay of physiological, psychological, and environmental factors that contribute to addictive behaviors around food.

Central to Jonsson's philosophy is the belief that understanding addiction is crucial for effective treatment. She argues that traditional addiction models often fall short when applied to sugar and food addiction, necessitating a more nuanced and tailored approach. Jonsson's method emphasizes the need for personalized nutrition plans and lifestyle modifications, acknowledging that what works for one individual may not work for another. She highlights the insidious nature of sugar addiction, drawing parallels with other forms of substance abuse and emphasizing how the ubiquity of sugar in our food environment makes recovery particularly challenging.

In their in-depth conversation, Jonsson and Florence Christophers explore the multifaceted nature of addiction recovery. They discuss the limitations of conventional treatment methods, which often focus solely on willpower or short-term interventions. Instead, Jonsson advocates for a comprehensive approach that addresses the root causes of addiction, including trauma, nutritional deficiencies, and societal factors. She stresses the importance of ongoing support, education, and the development of new coping mechanisms. Jonsson's approach is characterized by its emphasis on curiosity and continuous learning, encouraging both practitioners and those in recovery to deepen their understanding of addiction mechanisms constantly.

The conversation also touches on broader societal issues related to addiction. Jonsson and Christophers discuss the current state of addiction in society, noting the increasing prevalence of food-related addictive behaviors. They emphasize the need for systemic changes, including improved education about nutrition and addiction, changes in food policy, and a shift in societal attitudes towards sugar consumption. Despite the daunting nature of these challenges, Jonsson maintains a message of hope. She encourages individuals and communities to take small, actionable steps towards change, whether through personal dietary modifications, supporting addiction awareness initiatives, or advocating for policy changes. This balanced approach, combining individual responsibility with a call for broader societal change, underscores the complexity of addressing sugar and food addiction in the modern world.

## KEY TAKEAWAYS

- Understanding addiction is crucial for effective treatment.
- Long-term recovery from addiction is challenging but possible.
- A personalized approach to food and nutrition is necessary.
- The food environment plays a significant role in addiction and recovery
- Traditional treatment methods for addiction may have limitations and may not work for everyone in the long term.
- A holistic approach that addresses the underlying issues of addiction is important for sustainable recovery.
- Knowledge, curiosity, and a burning passion to understand addiction are key factors in successful recovery.
- Community support and cultivating healthy interests and passions can help in maintaining recovery.
- Taking small steps and making a difference in individual lives is important in the fight against addiction.

## NOTEWORTHY INTERVIEW QUOTES

- "Sugar addiction is the strongest psychoactive substance on earth. Because it doesn't only affect our reward system, and it's not only dopamine, it's many neurotransmitters that's affected."
- "You can't minimize consumption, can't eat moderation eating if you're an addict because it's going to go into full-blown relapse and you're going to be worse off than you are. Relapse is progressive."
- "One of the things... is knowledge. That's what's my point. Knowledge. To always learn. And also I have some colleagues and some of my former clients that understand this. And I say that very few people understand addiction on the depth that they should."
- "I love the sun. I think the sun is the source of all life on earth. So that's very important to understand. I love hanging with my friends. I love summer. I endure winter. I love my dog, I love dogs. It's the passion for those things. They counteract."
- "Freedom is meant everything to me. Freedom to choose, you know, what I eat, choose what I say, choose what I do, choose. Of course, free choice is also a little bit of a myth, right? We are so affected by circumstances, but at least, you know, it's not a drug ruling me or an alcohol."



# CANDICE EGNOS

Project Director at Nutrition Network

## BIOGRAPHY

Candice Egnos holds a Bachelor of Laws and a Bachelor of Social Sciences from the University of Cape Town, but her passion is in health and nutrition. Candice spent three years as Communications Executive at The Noakes Foundation before stepping into her current role as Project Director at the Nutrition Network. In this capacity, she has helped drive the organization's global impact, advancing education and awareness in the Therapeutic Carbohydrate Restriction and Keto nutrition spaces. Candice is dedicated to fostering a healthier world by supporting practitioners and professionals in delivering life-changing nutrition solutions.

## WEBSITE:



<https://nutrition-network.org/>

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# INTERVIEW SUMMARY

## Changing Healthcare, One Practitioner at a Time

In this interview, Florence Christophers speaks with Candice Egnos, the Project Director at the Nutrition Network, a sponsor of the Kick Sugar Summit. Candice shares her journey from working with the Noakes Foundation to leading the Nutrition Network, an organization that trains healthcare professionals in therapeutic carbohydrate reduction to combat metabolic diseases. The Nutrition Network has trained nearly 10,000 practitioners across 100 countries and offers a variety of online courses, including advisor training for health coaches and more advanced programs for medical professionals.

Candice discusses the Nutrition Network's mission to change healthcare "one practitioner at a time" by bridging the gap between emerging nutrition science and practical application in medical settings. Their courses cover topics such as therapeutic carbohydrate restriction for conditions like diabetes, migraines, and obesity, and they emphasize individualized approaches to diet rather than a one-size-fits-all philosophy.

Candice highlights the importance of empowering healthcare professionals with knowledge and tools to use low-carb approaches where appropriate. Florence shares her personal experience with migraines and how adopting a low-carb diet helped her, advocating for more widespread education on the benefits of therapeutic carbohydrate reduction.

The interview concludes with a discussion of the network's extensive free resources and the value of joining their global community of practitioners. Candice offers a 30% discount for viewers interested in the Nutrition Network's courses. The interview emphasizes the growing need for low-carb education in healthcare and the positive impact it can have on both metabolic and mental health.



## KEY TAKEAWAYS

- The Nutrition Network aims to change healthcare one practitioner at a time.
- There is a significant demand for training in therapeutic carbohydrate reduction.
- The community aspect of the Nutrition Network fosters collaboration among practitioners.
- Courses are available for a wide range of healthcare professionals.
- Understanding individual dietary needs is crucial for effective client support.
- The Nutrition Network offers free resources to the public.
- Therapeutic carbohydrate reduction can be a powerful intervention for various health issues.
- The organization emphasizes the importance of whole foods in dietary protocols.
- Training programs are available in multiple languages and countries.
- The Nutrition Network is committed to sharing knowledge and empowering practitioners.

## NOTEWORTHY INTERVIEW QUOTES

- "We want to bridge the gap between nutrition science and practice."
- "Our vision is to change healthcare one practitioner at a time... bridging the gap between nutrition science and medical practice to empower professionals to better serve their patients."
- "The Nutrition Network is changing healthcare by building clinical guidelines, creating a community, and fostering human collaboration in a way that's truly the best I've seen in the world."
- "We were overwhelmed by the response. What we thought would attract 30 doctors in a month ended up drawing 300 globally, and that was just the beginning."
- "People often misunderstand the ketogenic diet. It's not about bacon and pork rinds — there are so many ways to do it right, from vegan to Mediterranean, and it's about finding the right path for each individual."
- "We feel it's more ethical for practitioners to at least be familiar with the science of carbohydrate reduction... meeting patients where they are and empowering them with evidence-based options."



# CHRIS IRVIN

Nutrition Researcher, Writer, and  
Educator, Founder at TheKetologist.com

## BIOGRAPHY

Chris Irvin, known as @theketologist, is a nutrition researcher and content creator focused on ketogenic therapies for chronic disease, with an emphasis on brain-related diseases. Chris has a master's in nutrition science from the University of Tampa, where he studied ketogenic diets in both athletes and animal models of disease. Chris is the author of Keto Answers and The Carnivore Reset, and host of The Thinking Health Podcast.

## WEBSITE:



<https://theketologist.com/>

# INTERVIEW SUMMARY

## The 30-Day Carnivore Challenge Protocol

In this interview, Roxana talks with Chris Irvin, a nutrition researcher and content creator known as "The Ketologist," who specializes in ketogenic therapies for chronic diseases, particularly brain-related conditions. Chris shares his journey into studying ketogenic diets, which began in 2014 when he was introduced to keto at a sports nutrition conference. Initially skeptical, he was intrigued by its potential for endurance performance and weight loss. After experimenting with the diet himself, he experienced significant improvements in energy and productivity, which piqued his interest in its broader applications.

Chris highlights his work at the University of Tampa, where he studied the effects of keto on athletes and various disease models. He later pursued an internship in Dr. D'Agostino's lab, where he explored the therapeutic potential of ketogenic diets for chronic diseases like cancer and neurodegenerative conditions. Noticing that much of the research on ketogenic diets was inaccessible to the general public, Chris launched his personal brand and began sharing simplified information through content and books like *Keto Answers* and *The Carnivore Reset*.

The conversation explores keto's benefits for brain health, particularly in conditions like Alzheimer's and epilepsy. Chris explains how ketones provide an alternative energy source for the brain when glucose metabolism is impaired, a common issue in neurodegenerative diseases. Ketones also reduce brain inflammation and can balance neurotransmitters, which may help with mental illnesses like bipolar disorder and depression.

Chris advocates for the ketogenic diet not just for weight loss but as a therapeutic tool for various chronic and brain-related conditions. He emphasizes that while keto may seem restrictive, it can profoundly improve quality of life for individuals with conditions linked to poor metabolic function. He also discusses his books, podcast (*Thinking Health*), and the importance of making this research more accessible to the public. Chris concludes by encouraging people to explore keto as a viable option for managing chronic conditions, noting that the potential benefits far outweigh the risks, especially for those dissatisfied with conventional medical treatments.

## KEY TAKEAWAYS

- Chris Irvin's journey into ketogenic diets began with a sports nutrition class.
- Ketogenic diets show promise for brain-related conditions like Alzheimer's and epilepsy.
- Ketones provide an alternative energy source for the brain, especially when glucose metabolism is impaired.
- Gut health plays a crucial role in brain function and can be improved through a ketogenic diet.
- MCTs can help individuals enter ketosis more easily and improve satiety.
- The ketogenic diet can be a powerful tool for managing mental illnesses and neurodegenerative diseases.
- Personal experiences with family members highlight the potential benefits of ketogenic therapies.
- The ketogenic diet should focus on food quality to optimize gut health.
- Research on exogenous ketones is still developing, but they show promise for cognitive function.
- The ketogenic diet can empower individuals to take control of their health journey.

## NOTEWORTHY INTERVIEW QUOTES

- “A ketogenic diet is like prescription-strength medicine — without the side effects.”
- “Ketones really are, in a way, kind of a magical molecule. They can do a lot. The brain actually has a preferential use of ketones over glucose.”
- “The misconception is that because the brain primarily uses glucose on a high-carb diet, people think it prefers glucose. But when ketones are available, the brain actually prefers ketones for energy.”
- “When I tried the diet myself, I had just a massive increase in energy. Not only could I go all day and have a lot of energy, but I didn’t really need to eat that much. It was kind of amazing.”
- “What I found fascinating was how ketogenic diets could address the root cause of so many conditions, but also help manage symptoms at the same time.”
- “Our brain loses its ability to effectively metabolize glucose in conditions like Alzheimer’s. Ketones solve this energy deficit and reduce inflammation, providing an alternative fuel source.”
- “The ketogenic diet isn’t just about weight loss; it’s a therapeutic tool that can help with neurodegenerative diseases, mental illnesses, and overall brain health.”
- “One of the most common misconceptions I hear is that high-fat, low-carb diets are unhealthy. But when you strip away the ultra-processed foods and focus on real, whole foods, everything changes.”



# DALLIN HARDY

Scientist and Director  
with Hardy Nutritionals

## BIOGRAPHY

Dallin recently joined Hardy Nutritionals Research and Development Team as a Product Development Scientist. Dallin is trained as a Food Scientist and holds a Bachelor of Science in Biochemistry, with a minor in Business Management from Brigham Young University. He shares the science that has been published in 30+ peer reviewed medical studies showing the efficacy of micronutrient supplementation in mental health treatment.

## WEBSITE:



<https://HardyNutritionals.com>

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# INTERVIEW SUMMARY

## Revolutionizing Mental Health Through Broad Spectrum Nutrition

In the interview, Dallin Hardy explored the critical role that broad-spectrum micronutrient supplementation plays in improving both physical and mental health, with a specific focus on its impact during pregnancy and early childhood development. He discussed the findings of research showing that pregnant women who took Hardy's micronutrient formula experienced significant improvements in maternal mental health, as well as enhanced cognitive and motor development in their infants compared to those who took standard prenatal vitamins or antidepressants. The infants of mothers who used the micronutrient formula were observed to have better motor control, stability, and the ability to habituate to stimuli — indicating a more advanced stage of neurological development.

Dallin emphasized that modern diets, often lacking in essential nutrients due to soil depletion and processed foods, contribute to the rising rates of mental health issues, chronic diseases, and developmental challenges in children. He argued that supplementing with a broad spectrum of micronutrients is a way to optimize health and well-being, rather than merely preventing nutrient deficiencies. This philosophy, which moves beyond traditional medical approaches, underscores the idea of fostering resilience in the body by giving it the essential building blocks it needs for optimal functioning.

He also shared the background story of his father, David Hardy, who originally worked in the animal nutrition industry and became interested in applying the same principles of robust nutritional support to human health. David observed how micronutrient supplementation in animals led to better health and productivity and saw the potential for similar results in humans. This idea formed the basis for the development of Hardy Nutritionals' supplement formula, which has since been supported by numerous studies and real-world applications.

Dallin concluded by highlighting the growing body of research validating the effectiveness of micronutrient supplementation in improving health outcomes. He noted that Hardy Nutritionals has been working to make these supplements more accessible and affordable to those who need them, as they believe that proper nutrition is the foundation of overall health and can make a profound difference in managing physical, mental, and emotional well-being.



## KEY TAKEAWAYS

- Pregnant women using Hardy's micronutrient formula showed significant improvements in mental health and had infants with better cognitive and motor development compared to those using standard prenatal vitamins or antidepressants.
- Infants whose mothers took the micronutrient supplement had superior motor control, stability, and better neurological development, indicating that proper maternal nutrition has a lasting impact on child development.
- The philosophy of broad-spectrum micronutrient supplementation promotes optimizing overall health and resilience rather than merely treating deficiencies or symptoms.
- Dallin's father, David Hardy, applied principles from the animal nutrition industry — where micronutrient supplementation led to healthier, more productive animals — to human health, inspiring the creation of Hardy Nutritionals.
- There is a growing body of research validating the effectiveness of broad-spectrum micronutrient supplementation in improving health outcomes, particularly mental health.
- Hardy Nutritionals aims to make its supplements more accessible and affordable, emphasizing that proper nutrition is essential for mental, physical, and emotional well-being.

## NOTEWORTHY INTERVIEW QUOTES

- "We've seen that women taking our micronutrients during pregnancy had significantly better mental health outcomes and gave birth to children with better cognitive and motor development. It's amazing what proper nutrition can do, not just for the mother but also for the child."
- "So much of what's happening in modern diets is that people are starved of essential nutrients. Soil depletion and the rise of processed foods have created a nutrient crisis, and it's no surprise that we're seeing more mental health and chronic disease issues as a result."
- "We don't just look at supplementation as a way to fix deficiencies, but as a way to optimize overall health and resilience. Our approach is about giving the body what it needs to function at its best, not just treating symptoms."
- "There is growing research that validates what we've known for years: broad-spectrum micronutrient supplementation can have profound effects, especially on mental health outcomes."
- "Our mission is to make these supplements more accessible and affordable because proper nutrition isn't a luxury — it's essential for mental, physical, and emotional well-being."



# DR. ADRIAN SOTO-MOTA

MD, PhD & Specialist in Internal  
Medicine and Data Science

## BIOGRAPHY

Dr. Adrian Soto-Mota is a medical doctor (UNAM) with a PhD (Oxford) in Internal Medicine (INCMNSZ) and Data Science (HarvardX). He is a Fellow of the American College of Physicians and his work focuses on human metabolism and evidence-based medicine. When speaking about his journey into metabolic health, he emphasizes the importance of understanding insulin resistance and its implications for overall health. He explains the complexities of insulin's role in metabolism, the challenges of identifying insulin resistance, and offers actionable steps for improving insulin sensitivity.

## WEBSITE:



<https://www.linkedin.com/in/adriansotomota/>

# INTERVIEW SUMMARY

## Sugar and Insulin Resistance

Dr. Adrian Soto-Mota, a highly qualified medical doctor with a PhD in internal medicine and data science, offers an insightful discussion on the critical role of insulin in metabolic health and the far-reaching consequences of insulin resistance. He explains that insulin functions as a key regulator in the body's anabolic mode of metabolism, which is responsible for energy storage. When insulin is working effectively, it helps cells absorb glucose from the bloodstream, thereby maintaining balanced energy levels. However, when the body becomes less responsive to insulin — a condition known as insulin resistance — the entire metabolic system is disrupted, leading to energy imbalances that contribute to weight gain and the onset of various chronic diseases, including Type-2 diabetes, cardiovascular disease, and certain cancers.

Dr. Soto-Mota delves into the mechanisms behind insulin resistance, stressing that it often develops gradually and can go unnoticed until more serious health issues arise. He points out that insulin resistance is not just a problem of blood sugar regulation; it also affects the body's ability to store and utilize fat effectively. This disruption in metabolic processes can lead to the accumulation of fat in the liver, a condition known as fatty liver, which is one of the early warning signs of insulin resistance. Additionally, Dr. Soto-Mota highlights abnormal hair growth as another potential indicator, linking these seemingly unrelated symptoms to underlying metabolic dysfunction.

Recognizing the early signs of insulin resistance is crucial for preventing the progression to more severe health conditions. Dr. Soto-Mota emphasizes the importance of proactive lifestyle changes as a first line of defense against insulin resistance. He advocates for a low-carbohydrate diet, which can help reduce the body's demand for insulin and promote better blood sugar control. Alongside dietary changes, he underscores the value of regular physical activity, which enhances the body's sensitivity to insulin and supports overall metabolic health. Improved sleep is also a key recommendation, as poor sleep has been shown to negatively affect insulin sensitivity and contribute to metabolic disorders.

Dr. Soto-Mota's approach is holistic, focusing on sustainable lifestyle modifications rather than quick fixes. He argues that by addressing insulin resistance early and comprehensively, individuals can significantly reduce their risk of developing chronic diseases and improve their overall quality of life. His expertise in both medicine and data science allows him to present a well-rounded perspective, combining clinical insights with evidence-based strategies. Through this integrated approach, Dr. Soto-Mota aims to empower individuals to take control of their metabolic health and prevent the long-term consequences of insulin resistance.

## KEY TAKEAWAYS

- Insulin resistance occurs when the body becomes less responsive to insulin, leading to weight gain and an increased risk of chronic diseases.
- Early warning signs of insulin resistance include fatty liver, abnormal hair growth, high BMI, and high fasting insulin levels.
- Lifestyle changes, such as adopting a low-carbohydrate diet, improving sleep quality, and engaging in regular physical activity, can improve insulin sensitivity.
- It is important to work with a knowledgeable healthcare professional or health coach to develop a personalized plan for managing insulin resistance.
- Regular check-ups and monitoring of inflammation levels can help identify and address underlying causes of insulin resistance.

## NOTEWORTHY INTERVIEW QUOTES

- "Insulin is a very big player in telling all your organs and your tissues that we are in building up mode. It's not only about lowering blood glucose. I sometimes say that it's even disrespectful saying that insulin's job is to lower your glucose. It has a lot of jobs."
- "There is no amount of metformin that will have the same impact on your insulin sensitivity than diet changes or even sleep changes. Lifestyle changes are the way to go, not a pill for a meal."
- "Insulin resistance is tightly linked with the major killers — heart attacks, strokes, cancer, Alzheimer's, autoimmune diseases, and mental illnesses. It's worth checking if your insulin sensitivity is okay."
- "Staying away from sugar and carbs is very important, but minding your sleep and your physical activity is also very important. Establishing good communication with whoever is following you up is crucial."
- "It makes sense to constantly check yourself... be mindful of your body. Lifestyle changes require good company in multiple aspects of your life."
- "The best forms of exercise occur with partners. Walking more with your dog can be another reason to stay active — your dog can be your partner, and your dog will love walking out."



# DR. AMELIA SCOTT BARRET

Board Certified Neurologist, TEDx Speaker,  
& Founder of Migraine Relief Code

## BIOGRAPHY

Dr. Amelia Scott Barrett, MD believes that YOU are more powerful than your headache pills. New science and technology give us more information about our bodies than ever before - in all of human history. You can use this information to recover from your headaches, rather than just cover them up with a pill. That's what makes YOU more powerful than your pills.

She did a TEDx Talk in 2023 about how repeated migraines physically change the brain, in a process called chronification. When this happens, we become more prone to headaches, and medications stop working the way they used to. It's part of the reason that migraines are the leading cause of disability in women under 50. That's why we need to shift our focus toward finding and fixing the hidden causes of headaches.

Her work has also been featured in publications like Business Insider and Women's World. She is a Neurologist who trained at Stanford and then started a private practice in Denver in 2003. She founded Migraine Relief Code in 2018, and offers online courses to show people how to find and fix the hidden causes of headaches using new tools like genetic testing and smart health devices. Dr. Barrett envisions a world where disabling headaches are a thing of the past, and people are able to fully live the lives they love.

## WEBSITE:



<https://ameliascottbarrettmd.com/>

# INTERVIEW SUMMARY

## Lifestyle Changes for Headache and Migraine Relief

Dr. Amelia Scott Barrett, a Stanford-trained neurologist and migraine expert, offers a comprehensive and innovative approach to understanding and treating headaches and migraines. Her methodology emphasizes the importance of addressing the root causes of these conditions rather than merely managing symptoms with medications. Dr. Scott Barrett highlights the concept of bio-individuality in migraine triggers, suggesting that each person's experience with migraines is unique and requires a personalized approach to treatment. This perspective represents a significant shift from traditional one-size-fits-all treatment models and opens up new possibilities for more effective, tailored interventions.

A key focus of Dr. Scott Barrett's approach is the role of diet, particularly the impact of sugar and carbohydrates, on migraine occurrence and severity. She provides practical advice for stabilizing blood sugar levels as a means of reducing migraine frequency and intensity. This dietary approach is complemented by her insights into the genetic factors that may predispose individuals to migraines, further emphasizing the need for personalized treatment strategies. Dr. Scott Barrett also stresses the importance of early intervention to prevent the chronification of headaches, a concept that underscores the potential for proactive management of migraine conditions.

Dr. Scott Barrett advocates for leveraging modern science and technology to gain a deeper understanding of individual health profiles. She recommends extensive testing to identify nutrient deficiencies, inflammation markers, sugar levels, toxin exposure, and the impacts of chronic stress. This data-driven approach allows for a more precise identification of underlying issues contributing to migraines. Notably, Dr. Scott Barrett highlights chronic stress as a highly underrecognized contributor to migraines, especially among women juggling multiple responsibilities. This recognition of the stress-migraine connection adds an important dimension to her holistic treatment approach.

The final aspect of Dr. Scott Barrett's methodology focuses on actionable steps based on the gathered data. She emphasizes the importance of lifestyle modifications such as improving sleep quality, regular exercise, maintaining a healthy diet, and effective stress management. However, Dr. Scott Barrett acknowledges that making these changes can be challenging and stresses the importance of having the right information, accountability, and support systems in place. This comprehensive approach not only addresses the physical aspects of migraines but also recognizes the psychological and emotional components of effective treatment, offering a truly holistic path to migraine management and prevention.



## KEY TAKEAWAYS

- Understanding the root causes of migraines and headaches is crucial for effective treatment.
- Bio-individuality plays a significant role in identifying triggers and finding personalized solutions.
- Diet, particularly sugar and carbohydrates, can have a significant impact on migraines.
- Stabilizing blood sugar levels through a combination of protein, fat, and fiber can help reduce migraines.
- Genetics can contribute to migraines, and personalized approaches to treatment may be beneficial.
- Taking action early is important to prevent chronification of headaches. Take advantage of new science and technology to get tested and gather data about your body.
- Chronic stress is a highly unrecognized contributor to migraines.
- Improving sleep, exercise, healthy eating, and stress management are key lifestyle changes.
- Get the right information, accountability, and support to make effective changes.

## NOTEWORTHY INTERVIEW QUOTES

- "Every headache does a little bit of harm. That's what the data is showing us."
- "We live a much faster paced lives and much more demands on our time. And I think so many of us just get caught up in that and it blunts our capacity to recognize what's happening to us. And then suddenly we end up with chronic headaches and we feel like, well, this is just my life."
- "Test, don't guess. There was a fascinating study published five-ish years ago that showed that if you do food sensitivity testing, a specific type, and then you avoid the foods that your body's reacting to, you can cut headaches down from 10 a month to seven a month."
- "I don't think anybody who has bad headaches has just one problem. They would have Googled it and figured it out. But the difficult thing is they've got a dozen different hidden causes going on under there."
- "New science and technology that has never before been available to human beings is now out there. You might not find out about it in your doctor's office, they have a different role in our whole circle of healthcare, but the answers are there for you. Keep trying."
- "We're tracking heart rate variability that if you track it over time, it gives you a picture of where your nervous system is at on this teeter-totter of your nervous system, right? Because we go into stress, recover, stress, recover, stress, recover."
- "I think the most important thing is to take advantage of this new science and technology and get tested. You've got to have the information so you know which problems you're fixing."



# DR. ANDREW KOUTNIK

Research Scientist, TEDx Speaker,  
& Metabolic Health Advocate

## BIOGRAPHY

Research Scientist at the Sansum Diabetes Research Institute and Visiting Scientist at Florida Institute for Human and Machine Cognition running clinical trials investigating innovative way to impact nutritional impacts on cardiometabolic health in Obesity, Pre-Diabetes, Type-2 Diabetes, and Type-1 Diabetes currently funded by the American Diabetes Association, National Institutes of Health, Department of Defense Congressionally Directly Medical Research Program Strategies, Silicon Valley Community Foundation. Previously, Dr. Koutnik conducted human trials evaluating the biological impact of elevating key metabolites under extreme stress in elite military and metabolically unhealthy clinical populations funded by the Department of Defense. Dr. Koutnik is a father, husband, Type-1 Diabetic, and patient advocate living in Santa Barbara, California.

## WEBSITE:



**[andrewkoutnik.com](http://andrewkoutnik.com)**

## INTERVIEW SUMMARY

### Managing Type 1 Diabetes: The Impact of Carbohydrates and Low-Carb Diets

Dr. Andrew Koutnick provides an insightful discussion on the long-term effects of high and unstable blood sugar levels in individuals with type 1 and type 2 diabetes. He clarifies the distinct physiological mechanisms that characterize each type: insulin resistance in type 2 diabetes and insulin deficiency in type 1 diabetes. Despite these differences, Dr. Koutnick notes that individuals with either type of diabetes face a significantly increased risk of cardiovascular disease and a generally reduced life expectancy. His emphasis on the importance of meticulous glycemic control is aimed at mitigating these risks and improving the long-term health outcomes for patients living with diabetes.

Expanding on management strategies, Dr. Koutnick explores the potential benefits of low carbohydrate and ketogenic diets, particularly in the context of type 1 diabetes. He points out the current gap in clinical guidelines and the lack of robust, evidence-based strategies that specifically address the use of these diets in managing type 1 diabetes. This absence of guidance often leaves patients and healthcare providers navigating a complex landscape of dietary management without clear direction. The discussion highlights the need for well-defined standards of care that would provide reliable frameworks within which patients could safely explore different dietary approaches to managing their condition.

Within this dialogue, there is also a significant focus on common misconceptions surrounding ketosis and ketoacidosis, which are often conflated. Dr. Koutnick clarifies these conditions, emphasizing that while ketoacidosis is a dangerous state associated with high ketone bodies alongside high blood sugar levels, nutritional ketosis is a controlled, safe metabolic state beneficial for glycemic control. This distinction is crucial for both patients and providers to understand as they consider low-carb diets as a potential strategy for diabetes management.

Lastly, the conversation delves into the practical challenges of managing diabetes, such as maintaining stable blood glucose levels during physical activity and understanding the impacts of insulin on glycemic variability. These aspects underscore the necessity for individualized treatment plans tailored to meet the unique needs of each patient. Dr. Koutnick calls for enhanced patient education and resources that can support diabetic individuals in making informed decisions about their health, particularly in relation to diet and exercise. The overarching theme is the critical need for personalized approaches to diabetes care that accommodate the complexities of the disease and the lifestyle of the patient.

## KEY TAKEAWAYS

- Type 1 and type 2 diabetes both have a high risk for cardiovascular disease and a shortened life expectancy.
- Glycemic control plays a key role in improving long-term outcomes in patients with diabetes.
- Tighter glycemic control can lead to lower rates of microvascular and macrovascular complications.
- Low-carb diets may have therapeutic potential for glycemic control in type 1 diabetes, but more research is needed.
- Misconceptions about ketosis and ketoacidosis can lead to confusion and limited access to low-carb diets for type 1 diabetes patients.
- Managing blood glucose levels during exercise is challenging for individuals with type 1 diabetes, and insulin plays a crucial role in glycemic variability.
- Individualized approaches and comprehensive resources are necessary to support patients in managing type 1 diabetes.

## NOTEWORTHY INTERVIEW QUOTES

- "In type two diabetes, it's largely appreciated as insulin resistance. The body produces insulin, but it doesn't work optimally... Whereas in type 1 diabetes, it's known as insulin deficiency."
- "We diagnose type 1 diabetes the same way with high glucose levels, but the manifestation of disease is entirely different from type 2 diabetes."
- "With very, very high levels of risk for cardiovascular disease. In fact, the numbers cited for both type 1 and type 2 diabetes can reach up to tenfold higher risk for cardiovascular disease."
- "Improving glycemic control above all other metrics appears to be one of the key determining factors of these long-term complications."



# DR. ANNETTE BOSWORTH

Doctor of Internal Medicine, Author,  
Mother, Wife, Teacher, & Story-teller

## BIOGRAPHY

Dr. Annette Bosworth, often referred to as Dr. Boz, is a board-certified internal medicine physician and a prominent advocate for the ketogenic lifestyle. She is the founder of BozMD, a platform dedicated to educating people about the benefits of a ketogenic diet and helping them achieve optimal health.

Dr. Boz is known for her "Consistently Keto" course, which provides step-by-step guidance for individuals looking to adopt and maintain a ketogenic lifestyle. Her approach combines medical expertise with practical, accessible advice, making complex nutritional concepts understandable to a wide audience. She emphasizes the importance of understanding ketones and their role in health, particularly in managing conditions like diabetes and promoting brain health.

In addition to her online courses, Dr. Boz is the author of several books, including "Any Way You Can," which details her personal experience using the ketogenic diet to help her mother battle cancer. She is also active on YouTube, where she shares informative videos about ketogenic living and health optimization.

Dr. Boz's work has positively impacted many lives, with numerous testimonials praising her approach for helping individuals lose weight, improve blood sugar control, and enhance overall health. Her philosophy extends beyond just weight loss, focusing on the ketogenic diet as a sustainable lifestyle for long-term health and wellness.

## WEBSITE:



<https://bozmd.com>

## INTERVIEW SUMMARY

### Understanding Insulin Resistance: The Key to Reversing Chronic Diseases

Dr. Annette Bosworth, known as Dr. Boz, is an internal medicine physician and educator dedicated to reversing chronic diseases through ketogenic diets. In her presentation on insulin resistance, she explains the intricate relationships between insulin, glucose, and mitochondria in the body. Dr. Boz emphasizes the importance of reducing insulin levels and adopting a high-fat, low-carbohydrate diet to combat insulin resistance. She acknowledges the challenges patients may face during this transition, stressing the need for patience as improvements in energy levels and overall health may take time to manifest.

In a conversation with Florence Christophers, Dr. Boz addresses criticisms of high-fat diets and their alleged link to insulin resistance. She provides a nuanced explanation of how fat in the bloodstream affects insulin signaling, effectively debunking misconceptions about dietary fat and its impact on metabolic health. This discussion is crucial in challenging long-standing beliefs about the dangers of fat consumption and its role in insulin resistance.

Dr. Boz and Christophers explore the significance of fat-based hormones for cellular function and the potential benefits of a ketogenic approach in improving insulin sensitivity. They challenge the conventional wisdom that a low-fat, high-carbohydrate diet is the optimal solution for reversing diabetes, presenting evidence to support their alternative approach.

Most importantly, they emphasize the need for individualized nutrition strategies and the importance of monitoring blood sugar levels to tailor dietary interventions to each person's unique physiological responses. This personalized approach to nutrition and health management represents a significant shift from one-size-fits-all dietary recommendations, acknowledging the complexity of human metabolism and the variability in individual responses to different dietary patterns.

## KEY TAKEAWAYS

- Dr. Boz is a doctor of internal medicine, author, and teacher who helps her patients reverse chronic diseases through a ketogenic diet.
- Insulin resistance occurs when the body's cells become less responsive to insulin, leading to high blood sugar levels.
- Reducing insulin levels and adopting a high-fat, low-carbohydrate diet can help reverse insulin resistance and improve overall health.
- Reversing insulin resistance takes time and persistence, and it may take several weeks or even months to see improvements in energy levels and health.
- A high-fat, low-carb ketogenic approach is beneficial for improving insulin resistance and promoting overall health.
- Individualized approaches to nutrition and monitoring blood sugar levels are important for managing insulin resistance and diabetes.

## NOTEWORTHY INTERVIEW QUOTES

- "Insulin resistance means it's taking much more insulin to get the job done."
- "Patients have been ill at a cellular level for a decade."
- "Your cells are going to keep record on how long it's been since your body has needed that much insulin."





# DR. BRIAN LENZKES

Physician, CEO of Arizona Metabolic Health,  
Co-Host of the LowCarbMD Podcast

## BIOGRAPHY

Brian Lenzkes is an Internal Medicine physician with over 20 years of clinical experience. Through his own struggles with obesity and a significant family history of diabetes and early coronary disease, he learned the importance of metabolic health. He is co-host of the popular LowCarbMD Podcast with over 10 million downloads and the host of the Life's Best Medicine Podcast. He is the CEO of Arizona Metabolic Health and is using his experience to help others to improve their own lives and successfully decrease their medication dependence. When he isn't working, Dr. Lenzkes loves to spend time with his wife, Lanell, mountain biking and hiking in the beautiful scenery of Prescott, Arizona.

## WEBSITE:



[www.ArizonaMetabolicHealth.com](http://www.ArizonaMetabolicHealth.com)

## INTERVIEW SUMMARY

### **Beyond Diet: The Essential Role of Self-Care, Stress Relief, and Sleep in Reversing Chronic Disease**

Dr. Brian Lenzkes, an internal medicine physician, has undergone a remarkable transformation in his medical practice, embracing a lifestyle medicine-focused approach. His journey is not merely a professional shift but a personal mission to revolutionize patient care. As he shares his experiences, one can sense the genuine excitement in his voice when he speaks about the joy of witnessing patients achieve significant health improvements through straightforward yet powerful lifestyle interventions. It's evident that for Dr. Lenzkes, medicine is more than a career; it's a calling that allows him to make a profound impact on people's lives.

At the core of Dr. Lenzkes' philosophy lies a keen focus on metabolic health. He ardently advocates for addressing this often-neglected aspect of wellness, emphasizing its potential to be a game-changer in managing chronic conditions. There's a hint of rebellion in his eyes when he discusses the process of deprescribing medications - a practice that seems almost revolutionary in a healthcare system heavily reliant on pharmaceutical solutions. He often remarks that there's nothing quite as satisfying as informing a patient they no longer need a medication they've been taking for years, likening it to giving them a piece of their life back.

Dr. Lenzkes is a staunch proponent of personalized medicine. He emphasizes that when it comes to nutrition and exercise, there's no universal solution. With the patience of an educator and the enthusiasm of a researcher, he explains how factors such as insulin levels and metabolic health should guide individual health plans. He's particularly passionate about the importance of checking fasting insulin levels, a test he believes is severely underutilized in traditional healthcare. He often describes it as having a crystal ball for one's metabolic future, expressing disbelief that so many doctors overlook this valuable tool.

As the conversation progresses, Dr. Lenzkes touches on a variety of interconnected health factors - from the impact of sugar on the body to the crucial role of muscle mass in metabolism. He speaks with sincere concern about the effects of chronic stress on health, highlighting the often-overlooked importance of self-care and quality sleep. His parting advice is refreshingly simple yet profound: focus on real food, engage in regular physical activity, and find effective ways to manage stress. He concludes with a warm reminder that health is a journey, not a destination, encouraging people to trust the process and not to stress about the outcome. In his view, the body knows what to do when given the right tools.

## KEY TAKEAWAYS

- Transitioning to a lifestyle medicine-focused practice can lead to better health outcomes and the joy of helping patients achieve their goals.
- Addressing metabolic health and deprescribing medications are important aspects of improving patient well-being.
- Individualized approaches to nutrition and exercise based on metabolic health and insulin levels are crucial for optimal health.
- Checking fasting insulin levels is a valuable marker of metabolic health that is often overlooked in traditional healthcare settings.
- Cutting out sugar is crucial for lowering insulin levels and resting the pancreas.
- Muscle mass plays a significant role in metabolism and insulin sensitivity.
- Stress is a major factor in health and can affect weight, digestion, and sleep.
- Self-care, including sleep, exercise, and relaxation, is essential for overall well-being.
- Gut health is connected to metabolic health and can impact nutrient absorption and food choices.
- Focus on real food, regular exercise, and stress reduction for long-term health.
- Trust the process and don't stress about the outcome.

## NOTEWORTHY INTERVIEW QUOTES

- "To experience the real joy of being a doctor is truly watching people reverse metabolic health syndrome, get off diabetes medications, lose weight, feel good — all the things that we turn to our doctors for outcomes."
- "In six months, I had 11 patients take themselves off of insulin. I had never seen this in the 16 years before that, and then all of a sudden people are coming off insulin. I used to think it was crazy."
- "Once you're on insulin, you don't come off, but now we see it routinely. It's become reality."



# DR. CATHARINE ARNSTON

PhD, MBA, BA Hons, Founder/CEO & Chief  
Scientific Officer of ENERGYbits Inc.

## BIOGRAPHY

Dr. Catharine Arnston, Ph.D. is the visionary founder and CEO of ENERGYbits, a leading brand in the algae wellness industry. With a passion for health and longevity, Dr. Arnston is dedicated to educating the world about the power of algae — the most nutrient-dense food on the planet. Her mission is to help people achieve optimal health and performance through the science-backed benefits of spirulina and chlorella, which are the foundation of ENERGYbits' products.

A highly respected thought leader, Dr. Arnston is recognized for her in-depth knowledge of holistic nutrition and her innovative approach to wellness. She frequently speaks at conferences, health summits, and on podcasts, where she shares her expertise on how algae can transform health, boost energy, and improve metabolic function. Under her leadership, ENERGYbits has grown into a trusted brand known for quality, purity, and sustainability. Dr. Arnston's work has made her a pioneer in the nutrition space, where she bridges the gap between traditional dietary approaches and cutting-edge science. With a background in corporate America and a profound commitment to personal health, she has built ENERGYbits into a company that not only enhances physical well-being but also promotes environmental consciousness.

**WEBSITE:** [energybits.com](https://energybits.com)

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*KickSugar*

## INTERVIEW SUMMARY

### How Spirulina and Chlorella Can Reduce Sugar Cravings, Detox the Body and Repair Mitochondria

In this interview, Dr. Catharine Arnston, CEO of ENERGYbits, shares her deep knowledge and passion for algae, particularly spirulina and chlorella, and their profound health benefits. Florence Christophers introduces Dr. Arnston, noting her recent Ph.D. in nutrition and her expertise in algae, which she discovered while helping her sister recover from breast cancer. Dr. Arnston explains how spirulina and chlorella are nutrient-dense superfoods that detoxify the body, balance blood sugar, and reduce cravings, especially for sugar.

She highlights the unique benefits of each algae:

- Spirulina, a cyanobacteria, is a complete protein source that provides immediate energy without breaking a fast. It's rich in chlorophyll, vitamins, and essential fatty acids, making it excellent for metabolic health and supporting mitochondrial function.
- Chlorella, a detoxifying algae, helps eliminate toxins from the body, supports gut health, and enhances sleep due to its high tryptophan content. It aids in bowel movements and balances blood sugar by promoting healthy gut bacteria.

Dr. Arnston also explains how algae can prevent chronic diseases like diabetes, Alzheimer's, and heart disease, citing extensive scientific research supporting its efficacy. She shares insights on how spirulina can aid fasting by providing bioavailable nutrients without interfering with the fasting process.

Dr. Arnston emphasizes algae's role in repairing mitochondrial health, which is key to overcoming sugar addiction, weight management, and preventing disease. She also advocates for algae as a sustainable, eco-friendly solution to global nutrition challenges. Dr. Arnston invites listeners to explore the benefits of algae and provides a discount code for purchasing ENERGYbits products.

## KEY TAKEAWAYS

- **Algae as a Nutrient-Dense Superfood:** Spirulina and chlorella are extremely nutrient-dense, providing essential vitamins, minerals, and protein in a highly bioavailable form. They support overall health, energy production, and sugar cravings management.
- **Mitochondrial Health and Energy:** Spirulina is proven to boost mitochondrial function, which is vital for cellular energy, metabolic health, and preventing chronic diseases like diabetes. Healthy mitochondria are essential for reversing the damage caused by sugar and processed foods.
- **Detoxification with Chlorella:** Chlorella's ability to detoxify the body by removing heavy metals, toxins, and other pollutants is crucial for maintaining health. It also supports gut health and helps balance blood sugar by reducing cravings.
- **Sustainable Nutrition Solution:** Algae is a sustainable, eco-friendly food source with a low carbon footprint, making it an ideal solution for global nutrition challenges. It's efficient in providing high levels of protein and essential nutrients with minimal environmental impact.
- **Effortless Health Benefits:** Consuming just a few spirulina or chlorella tablets daily offers a convenient, simple way to improve health, energy levels, and detoxify the body without complex diets or supplements.
- **Scientific Support for Algae's Health Benefits:** Algae's health benefits are backed by over 100,000 studies, and recent research shows that spirulina can dramatically improve mitochondrial health in as little as seven days, offering similar benefits to three months of intermittent fasting.

## NOTEWORTHY INTERVIEW QUOTES

- "I didn't choose algae, it chose me."
- "Spirulina and chlorella are the most nutrient-dense foods in the world."
- "Your mitochondria are the electricity and the lights of your cells."
- "If you can swallow water, you can take spirulina and chlorella."
- "Algae isn't new, it's just new to you."
- "Spirulina provides cellular energy, not a stimulant burst like sugar or caffeine."



# DR. DARYL GIOFFRE

Chiropractor, Health Coach, Celebrity Nutritionist  
& Alkamind© Founder

## BIOGRAPHY

Dr. Daryl Gioffre is a highly sought-after longevity expert and renowned chiropractor, best known for his cutting-edge approach to nutrition to help his patients fight inflammation. As the creator of the Get Off Your Acid brand and author of the bestselling books, *Get Off Your Acid* and *Get Off Your Sugar*, Dr. Gioffre empowers people to transform their health by eliminating acidity and inflammation from their bodies. A former Sugar Addict turned Health Machine, he knows firsthand what it takes to overcome adversity and challenges in the pursuit of superior health.

With over two decades of experience, Dr. Gioffre has helped thousands of individuals—from elite athletes to everyday health seekers—unlock their full potential through nutrition, movement, and lifestyle strategies. His expertise extends to gut health, detoxification, and overcoming sugar addiction, providing a sustainable path to vitality and disease prevention.

Dr. Gioffre's passion for wellness stems from his personal health journey. After overcoming his own sugar addiction and chronic health issues, he dedicated his career to helping others break free from the cycle of fatigue, cravings, and inflammation. As a sought-after speaker and media personality, he frequently shares his insights on platforms such as *The Dr. Oz Show*, *Live with Kelly and Ryan*, and other prominent outlets.

## WEBSITE:



<https://www.getoffyouracid.com/>



## INTERVIEW SUMMARY

### It's Never Too Late to Restore Your Health!

Florence Christophers speaks with Dr. Daryl Gioffre, a celebrity nutritionist and gut health expert, about his journey from a sugar addict to a wellness advocate, and the importance of gut health in overall wellness. Dr. Gioffre shares a personal story about his father, who passed away from esophageal cancer in 2017. His father's battle with cancer led Dr. Gioffre to deeply study gut health, realizing that much of his father's condition was due to chronic inflammation and an overly acidic body, both exacerbated by sugar addiction.

Dr. Gioffre explains that all disease begins in the gut, echoing Hippocrates' wisdom, and how important it is to eliminate sugar and processed foods that cause systemic damage. He emphasizes that sugar is not a food but a drug that is highly addictive and detrimental to health, affecting everything from the gut to cognitive function. Gioffre describes the "bliss point," where processed food manufacturers engineer foods to be hyper-palatable and addictive, leading to sugar addiction in children and adults.

He talks about his work in using live blood cell analysis and DNA stool testing to understand gut health and how these tests can reveal inflammatory markers and gut imbalances. Dr. Gioffre also discusses the dangers of modern-day toxins, including sugar, seed oils, and mold toxicity, and how they affect not only physical health but brain health and longevity.

Throughout the interview, Dr. Gioffre stresses the importance of taking action to improve one's diet, reduce stress, and avoid toxic exposures. He mentions his mantra of "test, don't guess" and emphasizes the importance of addressing both deficiencies and toxins in the body. He concludes with a message of hope, sharing that it's never too late to begin healing, and recounts his personal recovery from mold toxicity, which almost claimed his life. He now dedicates his time to helping others achieve better health, especially those suffering from invisible illnesses like chronic inflammatory diseases.

## KEY TAKEAWAYS

- Dr. Gioffre emphasizes that all disease begins in the gut. A healthy gut is essential for overall well-being, and poor gut health can lead to systemic issues like inflammation, chronic diseases, and brain dysfunction.
- Sugar is highly addictive and harmful. It's not a food but a drug that has become America's addiction, feeding chronic illnesses by spiking dopamine and damaging the gut-brain connection.
- Food manufacturers design processed foods to hit the “bliss point” — the perfect combination of sugar, fat, and salt — to make them addictive. This keeps consumers coming back, contributing to widespread sugar addiction and health problems.
- Dr. Gioffre uses live blood cell analysis and DNA stool testing to assess gut health and inflammation.
- Chronic stress impacts gut health, immune function, and overall health. Dr. Gioffre recommends stress management techniques like meditation, grounding, breathing exercises, and proper nutrition to reduce stress hormones and support the gut-brain connection.
- Beyond sugar, toxins like mold, processed foods, and seed oils wreak havoc on the body, particularly the brain and gut. Removing toxins and eating a nutrient-dense, anti-inflammatory diet is key to healing.
- It's possible to reverse biological aging by addressing diet, stress, and gut health. Dr. Gioffre shares that by focusing on lifestyle changes, we can live longer, healthier lives with improved brain and physical function.
- Dr. Gioffre advocates for testing (e.g., for food sensitivities, gut health, inflammation) rather than guessing about health.
- Dr. Gioffre stresses the importance of finding a strong “why” to stay motivated on the healing journey.

## NOTEWORTHY INTERVIEW QUOTES

- "Sugar is not even a food, it's a poison, it's a drug. It's become America's drug of choice."
- "Sugar is eight times more addictive than cocaine."
- "Food manufacturers know exactly how much sugar, salt, and fat to put in their products to make them addictive. It's called the 'bliss point.'"
- "The cause of all disease is two things: deficiency and toxins. You have to give the body what it needs and get the toxins out."
- "It's never too late to start. The body is resilient and can heal if you give it the right tools."
- "We can heal ourselves, but we need a big enough reason to do what's necessary to get there."



# DR. DAVID WISS

Mental Health Nutritionist, Author, &  
Founder at WiseMindNutrition.com

## BIOGRAPHY

Dr. David Wiss is a mental health scientist and registered dietitian nutritionist. He founded Nutrition in Recovery, a group practice based in Los Angeles, CA, and the Wise Mind Nutrition mobile app. As a clinician and researcher, Dr. Wiss has over a decade of experience working one-on-one with patients and has authored more than 20 peer-reviewed journal articles. Passionate about recovery from disordered eating, he is a pioneer in harm reduction approaches for ultra-processed food use disorders. Dr. Wiss is dedicated to being a part of the solution to the mental health crisis.

## WEBSITE:



[www.nutritioninrecovery.com](http://www.nutritioninrecovery.com)

## INTERVIEW SUMMARY

### **Beyond 'One Size Fits All': Personalizing Nutrition for Disordered Eating**

In this interview, Dr. David Wiss presents a comprehensive and nuanced perspective on the complex relationship between ultra-processed foods, mental health, and eating disorders. He challenges the traditional "all foods fit" philosophy common in eating disorder treatment, advocating for a more integrated approach that considers both psychological and biological factors. Dr. Wiss emphasizes the link between ultra-processed foods and various mental health issues, including depression and disordered eating, while highlighting the need to consider individual differences in treatment approaches.

Dr. Wiss argues for personalized treatment plans that may include strategies like abstinence from trigger foods or harm reduction, depending on the individual's needs. He stresses the importance of recognizing the biological mechanisms through which ultra-processed foods can affect brain chemistry and gut health, factors often overlooked in traditional eating disorder treatments. By doing so, he proposes a more comprehensive approach to addressing eating disorders and food addiction.

Throughout the interview, Dr. Wiss calls for bridging the gap between the often-polarized fields of eating disorder treatment and food addiction research. He suggests that integrating insights from both areas can lead to more effective, comprehensive treatment strategies. This approach acknowledges the validity of concerns raised by both fields, such as the risks of restrictive eating behaviors and the potential addictive properties of certain ultra-processed foods.

Dr. Wiss also emphasizes the importance of considering broader societal and environmental factors that influence food choices and eating behaviors. He argues for a more holistic view that takes into account not just individual psychology, but also the food environment, corporate influences, and public health policies. By adopting this wider perspective, Dr. Wiss suggests that the field can move towards more effective prevention strategies and treatments that address the root causes of disordered eating and food addiction, ultimately balancing scientific understanding with compassionate, individualized care.

## KEY TAKEAWAYS

- The "all foods fit" philosophy in eating disorder treatment may not be suitable for everyone, particularly those with ultra-processed food addiction.
- Ultra-processed foods are linked to various mental health issues, including depression and disordered eating, through multiple biological mechanisms.
- There's a need for a more nuanced approach in treating eating disorders that considers both psychological and biological factors, including the role of ultra-processed foods.
- The prevalence of ultra-processed food addiction is approximately 14% in the general population and higher among those with eating disorders.
- Not all binge eating episodes are directly linked to food restriction; some may be driven by addiction-like responses to ultra-processed foods.
- The food environment and corporate influence on food production are important factors to consider in addressing eating disorders and food addiction.
- Personalized treatment plans that consider an individual's unique psychological, psychiatric, and neurobiological profiles are crucial.
- There's a need for more flexibility in clinical approaches, combining insights from both eating disorder and food addiction research.
- The motives behind dietary changes (e.g., weight loss vs. mental health improvement) can influence the success of interventions.
- Public health policies regulating food manufacturers could be an important target for intervention in addressing food-related health issues.
- There's a need for more research on the role of ultra-processed foods in eating disorders and their treatment.

## NOTEWORTHY INTERVIEW QUOTES

- "The eating disorder field assumes that the dieting and the weight stigma are all things that can be targeted, but the food environment can't."
- "Ultra-processed food addiction is not the same thing as binge eating, although the overlap is significant."
- "We desperately need more dialectics in dietetics. We teach our patients to be less rigid and not think in black and white terms, but many professionals have adopted this cognitive distortion about food philosophies."
- "There's never going to be a one size fits all. And there's going to be a need for individual treatment based on psychological and psychiatric profiles, what I like to call neurodiversity, brain diversity."
- "Maybe it is about the food. Maybe the food does matter, right? People that over consume ultra processed foods could be a cause or a consequence of depression, addiction, and disordered eating."



# DR. ERIC BERG

DC, Author, The Knowledge Doc, Founder/CEO of Dr. Berg Nutritionals, Inc.

## BIOGRAPHY

Dr. Eric Berg is a chiropractor and health educator specializing in keto and intermittent fasting for weight loss and overall wellness. With over 30 years of experience, Dr. Berg has helped millions of people transform their health through his practical, science-based approach to nutrition and metabolic health. Known for simplifying complex health topics, he has amassed a global following through his popular YouTube channel, books, and courses, where he educates people on the power of ketosis, hormone balance, and nutrient-rich diets. Dr. Berg's mission is to empower individuals to take control of their health through informed, sustainable lifestyle changes.

### WEBSITE:



**[drberg.com](https://drberg.com)**

## INTERVIEW SUMMARY

### You May Never Want to Eat Sugar Again After Watching This

Dr. Eric Berg discusses his journey from chiropractic medicine to becoming a health educator focused on diet, keto, and intermittent fasting. Initially inspired by a personal experience with chiropractic care, Dr. Berg pursued a career in the field but soon realized that chiropractic adjustments alone weren't enough to address many health issues, especially his own. He began exploring the profound impact of diet on health, particularly the role of insulin and refined foods, which led him to keto and intermittent fasting. His personal health transformation ignited a passion for educating others on how to heal and optimize their health through better dietary choices.

Dr. Berg delves into his shift from a junk food-heavy diet to a ketogenic one, sharing how his awareness of the harmful effects of refined sugars and carbohydrates, particularly processed starches, transformed his health. He emphasizes the importance of understanding food labels and recognizing hidden sugars and unhealthy ingredients like seed oils, which are prevalent in ultra-processed foods. Dr. Berg also introduces his upcoming app designed to help people quickly scan food labels and identify harmful ingredients, making healthier choices easier.

Lastly, Dr. Berg highlights his mission to raise awareness about the negative impact of industrial food systems on public health, advocating for supporting local farmers and choosing high-quality, whole foods. He warns against the misinformation and attacks on keto and healthy eating in the media, often driven by large food corporations. Ultimately, Dr. Berg aims to empower individuals to take control of their health through better nutrition, believing that increased consumer demand for healthier options will drive positive change in the food industry.



## KEY TAKEAWAYS

- Dr. Berg emphasizes the dangers of refined sugars, processed starches, and seed oils, which are prevalent in most packaged and processed foods. These ingredients are often hidden on labels but contribute significantly to insulin resistance, inflammation, and overall poor health.
- Dr. Berg advocates for a "healthy keto" approach combined with intermittent fasting. He stresses the importance of consuming high-quality whole foods like grass-fed meat, and organic vegetables, rather than relying on processed "keto-friendly" products that often contain unhealthy additives.
- Dr. Berg believes that increasing public awareness and education about food quality, reading labels, and understanding hidden ingredients is crucial. He is developing an app to help people easily scan and identify harmful components in everyday food products.
- Dr. Berg urges consumers to support small, local farmers and sustainable farming practices. He highlights how large corporations dominate the industrial food system, pushing unhealthy products while small, grass-fed farming operations are struggling to compete.
- Dr. Berg's overall mission is to create demand for healthier food options by educating the public and empowering them to take control of their health. He believes that when more people make better food choices, the food industry will have to adapt to meet this demand.

## NOTEWORTHY INTERVIEW QUOTES

- "I was literally a junk food junkie. Even all through chiropractic, I never ate anything healthy at all. It finally caught up to me when I was 28. That's when I discovered the power of diet and it completely changed my life."
- "Most people think complex carbohydrates are healthier, but many of them, like modified food starch or maltodextrin, behave even worse than sugar on the glycemic index. It's just more hidden sugar."
- "The combination of keto and intermittent fasting is amazing. It's not just about reducing carbs — it's about the timing of your meals, and giving your body a break from constantly processing food."
- "If you were to read a food label, you have to kind of understand chemistry. There are over 50 different names for sugar and 100 names for starches. We need tools to make this easier for people to understand what they're actually eating."
- "The industrial food system is dominated by just a few companies, but there's a growing demand for grass-fed meat and sustainable farming. It's important we support local farmers because they're providing the healthier, real food we need."



# DR. JAY WRIGLEY

Functional Medicine Doctor,  
Specializes in Metabolic & Hormonal Issues

## BIOGRAPHY

Dr. Jay Wrigley is a practicing Functional Medicine doctor with 30 years of experience. He began his academic journey by obtaining a bachelor's degree from Taylor University, followed by a master's in Biochemistry from UNC-Chapel Hill. Dr. Wrigley then graduated from The National College of Naturopathic Medicine in Portland, Oregon, and completed his post-doctorate Functional Medicine and Clinical Nutrition training in Boulder, Colorado.

For many years, Dr. Wrigley operated his clinic, The Art of Living Center, in Charlotte, North Carolina. He has since transitioned to offering online consultations, which he now conducts globally through Zoom. Dr. Wrigley is deeply passionate about utilizing his extensive experience to improve the health and happiness of his patients. He specializes in successfully addressing health conditions that have not responded to conventional treatments such as drugs, surgery, or other therapies.

### WEBSITE:



**[drjaywrigley.com](http://drjaywrigley.com)**

## INTERVIEW SUMMARY

### **Hormonal Balance in Peri-/Menopause: The Impact of Sugar Consumption**

During perimenopause and postmenopause, women experience significant hormonal changes that can greatly impact their metabolic health. The decline in progesterone levels, coupled with an increase in estrogen, often leads to a condition known as estrogen dominance. This imbalance can suppress blood sugar levels and trigger intense cravings for carbohydrate-rich foods. These cravings, along with the hormonal shifts, contribute to weight gain, particularly around the waist, a common concern for women during this stage of life.

The interplay between hormones and metabolic health during menopause is further influenced by lifestyle factors such as stress, sleep quality, and diet. High stress levels and poor sleep can exacerbate hormonal imbalances, leading to more pronounced issues with blood sugar regulation and insulin sensitivity. Therefore, it is crucial for women going through these stages to adopt lifestyle habits that support metabolic function. One effective approach is a low carbohydrate diet, which can help stabilize blood sugar levels and shift hormone balance in a more favorable direction.

For a low carbohydrate diet to be effective, it is important to be well-prepared and avoid situations where hunger leads to poor food choices. This means having satiating, nutrient-dense foods, particularly those high in protein and healthy fats, readily available. While fat intake should be monitored, especially to avoid overconsumption, protein should be prioritized in the diet. Protein not only supports muscle maintenance and overall health but also helps in managing hunger and cravings, which are particularly challenging during menopause.

To further manage the metabolic challenges of menopause, it is essential to reduce sugar intake, as high sugar consumption worsens hormonal imbalances and insulin resistance. Incorporating intermittent fasting can also help regulate blood sugar and reduce cravings. Along with dietary changes, regular exercise and good sleep are critical components of maintaining metabolic health during this stage. By cleaning up their diet, incorporating physical activity, and prioritizing sleep, women can better navigate the hormonal changes of perimenopause and postmenopause while supporting their overall well-being.

## KEY TAKEAWAYS

- Hormonal changes during perimenopause and postmenopause can impact blood sugar levels, insulin sensitivity, and cravings.
- Estrogen dominance, caused by a decline in progesterone and an increase in estrogen, can suppress blood sugar and lead to cravings for carbohydrate-rich foods.
- Lifestyle factors such as stress, sleep quality, and diet play a significant role in maintaining metabolic health during this stage.
- A low carbohydrate diet can help shift hormones in the right direction and improve metabolic function.
- Individuals may need to experiment with their diet and make adjustments based on their specific hormonal needs and health conditions.
- Being prepared and avoiding hunger are key to success with a low carb diet.
- Prioritize protein and limit fat intake for women in menopause.
- High sugar consumption exacerbates hormonal imbalances and insulin resistance.
- Three key actionable steps for women in hormonal changes are: clean up your diet, incorporate exercise, and prioritize good sleep.

## NOTEWORTHY INTERVIEW QUOTES

- "When you have more estrogen than you do progesterone around to antagonize the estrogen, then you're going to get these effects of having a dominance of estrogen. One of those is going to be that estrogen suppresses blood sugar."
- "Estrogen is complicating the relationship between insulin and glucose where it's making the cells less resistant or less sensitive to insulin... you might have normal blood sugars, but you might be experiencing symptoms of being hypoglycemic because insulin's not working effectively at a cellular level."
- "The biochemistry around hormonal balance, even in peri and postmenopause, is directly related to the choices that you make around how you live your life, how much stress you have in your life and how you handle that stress... Sleep quality is a huge issue around proper hormonal balance or not."
- "The key to being successful with a low carbohydrate diet is being prepared. One of the biggest pitfalls is waiting until you get really hungry and then thinking about what you're going to eat."
- "When you eat refined white sugar, you're setting off an inflammatory cascade in your body... It's breaking down your joint tissue. It's making your skin wrinkly. It's doing so many things that you just don't want to do."



# DR. JEN UNWIN

Clinical Psychologist Specializing in Food Addiction  
& Author of 'Fork in the Road'

## BIOGRAPHY

Dr Jen Unwin has spent her professional life interested in the role of hope in chronic disease and how it can be used to bring about behaviour change and improve quality of life. Her insights teamed up perfectly with Dr David Unwin's interests in bringing about drug-free type 2 diabetes remission. For twelve years they have been running group sessions in primary care to achieve just that, so far for nearly 150 patients, saving considerable amounts on de-prescribed drugs. Both doctors were featured in a BBC TV documentary 'The truth about carbs' that was seen by 3.7 million viewers. Since retiring from the NHS, she has devoted her time to learning about, researching and helping others with food addiction. She has published a book called 'Fork in the Road: A hopeful guide to food freedom'. Jen was part of the organising team for the first international food addiction consensus conference in London in 2024 and has published on the outcomes of a food addiction intervention programme.

## WEBSITE:



[www.the-chc.org](http://www.the-chc.org)

## INTERVIEW SUMMARY

### The Need for Research and Recognition of Ultra-Processed Food Addiction

Dr. Jen Unwin advocates for addressing ultra-processed food addiction within both the medical community and among individuals. She stresses the importance of breaking the stigma around food addiction and recognizing it as a legitimate condition. Dr. Unwin believes many people struggling with food addiction feel isolated, which worsens their condition. By raising awareness, she hopes clinicians and individuals can contribute to a broader understanding, crucial for effective treatment and support.

Central to her message is the role of clinicians in recognizing food addiction. Many healthcare professionals may not fully understand the signs, leading to misdiagnosis or inadequate treatment. Dr. Unwin outlines six criteria for diagnosing food addiction, emphasizing the harmful effects of ultra-processed foods. With this knowledge, clinicians can better support those struggling with addiction.

Dr. Unwin also addresses the challenges in gaining international recognition for food addiction, often hindered by vested food industry interests. Despite these obstacles, she remains hopeful, advocating for continued research, public education, and collective action among clinicians, researchers, and affected individuals to push for greater recognition.

The conversation highlights the importance of community support and personal stories in managing food addiction. Individuals who have overcome it provide invaluable inspiration to those still struggling. Dr. Unwin emphasizes the need for more research and resources, pointing to upcoming conferences and projects as key to destigmatizing sugar addiction and promoting healthier food relationships.

## KEY TAKEAWAYS

- It is crucial for both clinicians and individuals to speak out about ultra-processed food addiction to break the stigma and shame associated with it.
- Recognizing food addiction as a legitimate condition is important for individuals to seek help and for clinicians to provide appropriate support.
- The six criteria for food addiction include cravings and compulsions, reaching for more, activities neglected, volume (losing control of the amount), exclusion (lack of moderation), and withdrawal symptoms.
- Efforts are being made to get ultra-processed food addiction recognized at an international level, but challenges exist due to vested interests.
- Recognition of food addiction would lead to proper research, effective treatments, and support services for individuals struggling with this condition.
- Community support and sharing personal stories are crucial in understanding and addressing ultra-processed food addiction.
- Clinicians should educate themselves about the condition and use screening measures to identify patients struggling with addiction.
- Support groups, online resources, and professional help are available for individuals seeking assistance.
- Ultra-processed foods are designed to be addictive, and sugar addiction should be destigmatized.
- Conferences, research projects, and resources are available for those interested in getting involved or seeking help.

## NOTEWORTHY INTERVIEW QUOTES

- "The more that we talk openly about it... that it isn't a personal failing, but largely due to the effects of those foods on your brain that make it very, very difficult to have any self-control around those things, the more we can break the stigma."
- "It's important for clinicians to start recognizing food addiction in patients because until that happens, there's no help for people. They're trapped and alone with their difficulties."
- "If the condition is recognized, we can have a proper research program... just like when gambling was recognized as an addiction disorder, there would be proper funding and services available."
- "We all know that people with food addiction often feel ashamed and isolated... society doesn't really believe in it, and it's a struggle to stay in recovery, but with support, it's totally possible."





# DR. JOAN IFLAND

Food Addiction Specialist, Author,  
& Founder of Food Addiction Reset

## BIOGRAPHY

Dr. Ifland has been creating breakthroughs in recovery from food addiction from 1999 with her first popular book to 2018 when her textbook, *Processed Food Addiction: Foundations, Assessment, and Recovery* was released by CRC Press. She has been selected for her expertise by Oprah Winfrey Network, Martha Stewart Wedding Magazine, Fortune Magazine, and US News and World Report. She founded the online Addiction Reset Community (ARC) in 2018, [www.foodaddictionreset.com](http://www.foodaddictionreset.com). The Facebook group, 'Food Addiction Education' (2014) and [www.foodaddictionresources.com](http://www.foodaddictionresources.com) (2014) provide free support. Reset Week is the first online live video program for withdrawal (2018). ARC Manager Training is a program training future Addiction Reset Community leaders (2020). Dr. Ifland is the lead author of the first scholarly description of processed food addiction and definition of addictive foods. Dr. Ifland earned her PhD in addictive nutrition at Union Institute and University (2010); her MBA at Stanford Business School (1978) and her BA in Economics and Political Science at Oberlin College (1974). She currently resides in Seattle.

## WEBSITE:



<http://foodaddictionreset.com>

# INTERVIEW SUMMARY

## The Role of Shame and Humiliation in Addiction Relapse

Dr. Joan Ilfland has brought critical attention to what she terms the twin scandals of wellness programs and binge eating treatment — both of which, she argues, fail to confront the pivotal issue of processed foods contributing to health problems. Her critique focuses on how these programs often overlook the role that processed foods play in triggering addictive behaviors and cravings that dominate an individual's brain chemistry. By not addressing these foods as the root cause of numerous health issues, these programs miss a crucial element of effective treatment and prevention.

Dr. Ilfland further criticizes the eating disorder community for its handling of binge eating disorders, pointing out a significant oversight in their treatment approaches. According to her, there is a harmful trend within this community to recognize and even promote the consumption of processed foods, which she labels as toxic. This stance not only exacerbates the problem by maintaining the addictive cycle but also fails those it aims to help by not removing the fundamental triggers of their eating disorders. The consequence is a continued struggle for individuals against a tide of highly addictive substances that are often pushed as part of dietary regimens.

Shifting focus to workplace wellness programs, Dr. Ilfland discusses their ineffectiveness when they merely aim to alter the food environment without addressing underlying educational and support structures. She emphasizes the necessity of a multifaceted approach that combines accurate information, community support, and skill-building. Such an approach would help individuals resist processed foods and make healthier choices. Dr. Ilfland points out that creating a normalcy around eating real foods in both workplaces and homes is crucial. This shift would help mitigate the social pressures that often discourage individuals from maintaining healthy eating habits.

Finally, Dr. Ilfland touches on the societal factors that complicate the recovery from food addiction, such as the shame and humiliation that can accompany relapses. She argues that it is essential to understand that the fault does not lie solely with the individual, as the food industry and its marketing strategies significantly contribute to the widespread addiction to processed foods. There is, however, a beacon of hope if communities and wellness programs can foster environments that support the unlearning of harmful eating habits and encourage skill development. By building and nurturing supportive networks, individuals can find the strength to make lasting changes towards healthier lifestyles.

## KEY TAKEAWAYS

- Processed foods are the core problem in wellness programs and binge eating treatment, but they are often not addressed.
- The processed food industry uses tactics similar to the tobacco industry to create addictive cravings.
- Eating disorder specialists often fail to provide the necessary support and resources for individuals to break free from processed foods.
- Workplace wellness programs need to focus on accurate education and provide convenient and healthy food options to help employees avoid processed foods.
- Creating a supportive community and providing accurate information are crucial in overcoming addiction to processed foods.
- Workplace wellness programs should focus on combining messaging, community support, and skill-building to help employees make healthier food choices.
- The drive to fit in and be normal can be a major obstacle in maintaining abstinence from processed foods.
- Shame and humiliation associated with relapse can contribute to further lapses.
- It is not the individual's fault for being addicted to processed foods, as the food industry and advertising play a significant role in promoting these addictive products.
- There is hope in building skills and being surrounded by a community that supports healthy eating choices.

## NOTEWORTHY INTERVIEW QUOTES

- "Processed foods are the core problem."
- "The processed food industry learned from the tobacco industry."
- "Cravings can directly control behavior."
- "You can immerse yourself literally 24 hours a day in people who have control."
- "Changing the food in the environment doesn't work."
- "[The message in disordered eating recovery is these] processed foods cause these 20 diseases, but you have to eat them."



# DR. JOY JACOBS

Clinical Psychologist, Asst. Clinical Professor at UCSD  
School of Medicine

## BIOGRAPHY

Dr. Joy Jacobs is an internationally recognized expert in the treatment of food addiction and eating disorders. Dr. Joy is a Harvard educated clinical psychologist working in private practice (virtually), a clinical professor at UCSD School of Medicine, and published author who provides individual and group coaching for individuals with eating disorders and food addiction. She has been featured on The Doctors, The Today Show, Time, Elle & more. Dr Joy provides cutting edge strategies for recovery and healing.

### WEBSITE:



<https://www.drjoyjacobs.com/>

## INTERVIEW SUMMARY

### Is Abstinence Based Eating an Eating Disorder?

In this interview, Dr. Joy Jacobs, a Harvard-educated clinical psychologist specializing in eating disorders and food addiction, discusses the crucial distinction between abstinence and restrictive eating. Abstinence, she explains, is rooted in self-care and self-love, involving the elimination of harmful substances like sugar or flour, while restrictive eating is driven by deprivation and control. Dr. Jacobs emphasizes that food addiction is not yet recognized as a formal psychiatric diagnosis, which leaves many individuals without proper medical support. She critiques how some therapists push for intuitive eating without acknowledging the brain science behind food addiction, which shows that abstinence is often necessary for recovery, similar to how alcohol addiction is treated.

Dr. Jacobs addresses the challenge of managing both food addiction and disordered eating, as abstinence can sometimes trigger binge eating for those with eating disorders. A structured, professional meal plan that provides adequate nourishment is essential in early recovery to prevent binge episodes. She also explains the concept of "extinction bursts," where cravings temporarily intensify when stopping an addictive substance, and how riding out these cravings with support is crucial.

The conversation highlights the importance of community support and learning new coping mechanisms for stress, as many individuals use food to self-regulate their nervous systems. Dr. Jacobs stresses that recovery requires patience, professional guidance, and a sustainable, long-term approach. She also critiques treatment settings that require ultra-processed foods for compliance, which can be detrimental for food addicts. Finally, she underscores the need for individualized recovery plans, as each person's journey is unique.

## KEY TAKEAWAYS

- Abstinence from addictive substances is a form of self-care, unlike restrictive dieting, which is driven by deprivation and quick-fix mentalities.
- Individuals with both food addiction and eating disorders may find that abstinence from addictive foods helps with addiction but can trigger binge eating behaviors.
- A structured meal plan that provides enough nourishment is essential for preventing binge eating and supporting recovery.
- Recovery from food addiction and eating disorders requires community support, nervous system regulation, and the guidance of professionals.
- Recovery is a long-term process requiring patience, a sustainable approach, and a willingness to navigate discomfort during initial stages.

## NOTEWORTHY INTERVIEW QUOTES

- "Abstinence is rooted in self-love. It's about choosing to no longer put substances in your body that are poisonous to you, whether it's sugar, flour, alcohol, or any other substance."
- "No one would ever ask a sober alcoholic to moderate their drinking, yet we ask people struggling with food addiction to moderate ultra-processed foods. It's an unrealistic and harmful expectation."
- "Why is it that giving up cigarettes or alcohol is seen as a good idea, but when someone says they're breaking up with junk food, it's labeled as disordered eating?"
- "The brain science is clear — cravings don't disappear by giving in to them. In fact, satisfying cravings often increases them. The key is to ride them out with support."
- "A proper meal plan is foundational to recovery. For most binge eaters, it's not about restricting calories, but about ensuring enough nourishment to avoid triggering starvation brain."
- "In recovery, it's crucial to learn to embrace discomfort. It's a sign that you're doing something different and making progress."



# DR. KEN BERRY

Family Physician, Author, and  
Leading Advocate for the 'Proper Human Diet'

## BIOGRAPHY

Dr. Ken D. Berry, MD, is a licensed family physician, best-selling author, and leading advocate for the Proper Human Diet (PHD). With over two decades of clinical experience, Dr. Berry specializes in helping patients improve their health through low-carbohydrate, nutrient-dense eating. His best-selling book, "Lies My Doctor Told Me: Medical Myths That Can Harm Your Health," and his popular YouTube channel, which has over 3 million subscribers, provide accessible, evidence-based guidance on nutrition and wellness. Dr. Berry's mission is to empower individuals to reclaim their health by debunking common medical myths and promoting sustainable dietary and lifestyle changes. He is also a member of the Diet Doctor low-carb expert panel and an active participant in the keto and low-carb communities. Dr. Berry lives with his wife Neisha and their children on a farm in Holladay, Tennessee.

## WEBSITE:



<https://www.drberry.com>



## INTERVIEW SUMMARY

### How the 'Proper Human Diet' Can End Sugar Addiction

Dr. Ken Berry's journey from traditional medicine to lifestyle medicine is a compelling narrative of personal and professional transformation. Initially practicing conventional medicine, Dr. Berry faced his own health crisis that led him to explore alternative approaches. He discovered that adopting a low-carb, meat-centric diet not only helped him lose weight but also significantly improved his overall health. This personal experience became the catalyst for a shift in his medical practice, as he began recommending similar dietary changes to his patients.

The results Dr. Berry observed in his patients were remarkable. Many experienced substantial weight loss, improved blood sugar levels, and overall better health outcomes. This success reinforced his belief in the power of lifestyle medicine, particularly the importance of a proper human diet. Dr. Berry emphasizes the need for nutrient-dense foods and the elimination of inflammatory agents from one's diet. He also highlights the potential benefits of ketosis for mental health, suggesting that this metabolic state can have positive effects beyond just physical well-being.

Florence Christophers delves deeper into the concept of sugar addiction and the challenges of overcoming it. She draws parallels between sugar addiction and other substance addictions like alcohol or nicotine, emphasizing that breaking free from sugar is not an easy process. Christophers suggests a practical approach for those unsure about their relationship with sugar: eliminate all added sugars and excessive naturally occurring sugars for two weeks to observe if cravings and withdrawal symptoms occur. This self-experiment can provide valuable insights into one's potential sugar addiction.

The conversation also touches on broader dietary approaches, including low-carb and ketogenic diets, and their potential benefits for mental and metabolic health. Christophers discusses the concept of addiction to sweetness and the importance of reducing sweetener consumption overall. She also addresses the carnivore diet, emphasizing the importance of individualized approaches to nutrition. The discussion concludes with insights on the power of fasting and the freedom that comes from breaking the constant dependence on food for pleasure and energy, highlighting the transformative potential of mindful eating habits.

## KEY TAKEAWAYS

- A low-carb, meat-centric diet can lead to significant weight loss and improvements in blood sugar levels.
- A proper human diet includes nutrient-dense foods and removes inflammatory agents.
- Ketosis can have positive effects on mental health and help individuals overcome the freeze response.
- Sugar addiction is a real phenomenon, and it's important to recognize and address it for better health.
- Breaking a sugar addiction is challenging and can be compared to breaking an addiction to alcohol or nicotine.
- Eliminating all added sugars and excessive naturally occurring sugars from the diet for two weeks can help determine if one has a sugar addiction.
- Reducing the consumption of sweeteners and adopting a low-carb or ketogenic diet can improve mental and metabolic health.
- Finding a dietary approach that works best for each individual is important, and the carnivore diet may not be suitable for everyone.
- Fasting can be a powerful tool for achieving freedom from constant dependence on food for pleasure and energy.

## NOTEWORTHY INTERVIEW QUOTES

- "There is no other dietary intervention that I've ever seen that has this degree of positive signal in improving patients' health."
- "I think sugar addiction and carbohydrate addiction is absolutely real. But what you're seeing in mainstream media is you're seeing the same muddying of the water as we saw for those of us old enough to remember back when we were holding congressional hearings about cigarettes are is nicotine truly habit forming?"
- "If food is the greatest pleasure of your day, most days, that's a problem. That's not a good thing. That's a bad thing. There are things in your life that you should be deriving great pleasure from, but it's not food."
- "Every single time we've checked that on any population anywhere in the world, greater than 15,000 years ago, right? Before the agricultural de-evolution, is what I call it. They ate mostly meat without exception."
- "I feel in my personal life as a doctor for over 22 years, that it would be unethical and immoral of me to stop talking about a proper human diet on social media. That would be an unethical act for me to say, just, I'm going to start talking about classic cars or something."



# DR. LATT SHAHRIL MANSOR

PhD in Physiology, Anatomy & Genetics  
M.A. and B.Sc. in Biotechnology

## BIOGRAPHY

Dr. Latt Mansor holds a PhD in Physiology, Anatomy and Genetics from the University of Oxford, where his research focused on the metabolism of the type 2 diabetic heart in hypoxia. He also holds an M.A. (Columbia University) and B.Sc. (Hons) (University of Nottingham) in Biotechnology. He is a world expert in physiology and metabolism, and consults with elite sport, military, clinical and research organizations.

Although his education was primarily in health sciences, Latt always believed that collaborative efforts between science and business have more potential to create an impact in improving people's lives than each on its own.

## WEBSITE:



[www.ketone.com](http://www.ketone.com)

## INTERVIEW SUMMARY

### **The Power of Ketones to Fuel the Body and Brain and Optimize Human Performance**

Dr. Lat Mansor, a renowned expert in physiology and metabolism, delves into the detrimental effects of ultra-processed foods on metabolic health, emphasizing the critical need for metabolic flexibility. Metabolic flexibility, which refers to the body's ability to efficiently switch between different energy sources such as carbohydrates and fats, is essential for maintaining overall health. Dr. Mansor points out that the overconsumption of processed foods leads to elevated insulin levels, chronic inflammation, and insulin resistance — conditions that are detrimental to metabolic function and increase the risk of various diseases. The modern diet, characterized by high levels of processed sugars and unhealthy fats, overwhelms the body's metabolic system, contributing to a cascade of negative health outcomes.

To combat these issues, Dr. Mansor advocates for gradual lifestyle changes rather than drastic measures, which can often be unsustainable. He stresses the importance of seeking expert advice to tailor these changes to individual needs, ensuring a personalized approach to improving metabolic health. By adopting a balanced diet, incorporating regular physical activity, and managing stress, individuals can begin to restore their metabolic flexibility. Dr. Mansor's advice underscores the importance of a long-term commitment to lifestyle changes, as quick fixes or fad diets are unlikely to produce lasting results.

In addition to lifestyle modifications, Dr. Mansor shares insights from his research on exogenous ketones — compounds that can be consumed to boost the body's ketone levels, providing an alternative energy source when glucose metabolism is compromised. Ketones are naturally produced during periods of fasting or carbohydrate restriction, but they can also be supplemented externally. Dr. Mansor highlights the potential benefits of ketones, such as enhancing cognitive and physical performance, suppressing appetite, and promoting recovery. Furthermore, ketones may offer therapeutic effects on brain health, cardiovascular disease, and even colorectal cancer, making them a promising area of research.

However, Dr. Mansor cautions against viewing ketones as a magic bullet for health issues. He emphasizes that while ketones have numerous benefits, they should be integrated into a broader, healthy lifestyle that includes proper nutrition, exercise, and regular health monitoring. The use of a ketone meter can help individuals track their ketone levels, but it's important to avoid excessively high levels, which can lead to ketoacidosis — a dangerous condition. Overall, Dr. Mansor's insights highlight the potential of ketones as a valuable tool in the pursuit of better health, but they must be used wisely and in conjunction with other healthy habits.

## KEY TAKEAWAYS

- Metabolic flexibility, the ability of the body to metabolize different substrates, is crucial for overall health.
- The overconsumption of ultra-processed foods can lead to high insulin levels, chronic inflammation, and insulin resistance.
- Making gradual lifestyle changes and seeking expert advice can help improve metabolic health.
- Exogenous ketones have shown promise in enhancing cognitive and physical performance and promoting recovery.
- Ketones are a natural source of fuel that can be produced internally or consumed externally.
- Ketones provide an alternative route for energy production when glucose metabolism is impaired or insulin resistance is present.
- Ketones have various therapeutic benefits, including appetite suppression, improved brain health, and potential effects on cardiovascular disease and colorectal cancer.
- Ketones can be measured using a ketone meter, and excessive ketone levels should be monitored to avoid ketoacidosis.

## NOTEWORTHY INTERVIEW QUOTES

- "Metabolic flexibility refers to the ability of our body to metabolize different substrates at a given time and under a given condition. When that flexibility is broken, your body becomes overly reliant on one particular substrate, which leads to metabolic issues."
- "Processed foods are engineered in a way that is addictive, triggering your dopamine response and keeping you wanting more. This constant intake prevents your hormones from regulating properly, leading to issues like high insulin levels and insulin resistance."
- "Ketones provide an alternative route for energy production when glucose metabolism is impaired or insulin resistance is present. They are not a magic molecule but can be a powerful tool when used as part of a healthy lifestyle."
- "Do things in moderation, cut out one thing at a time, and let your body adapt to a new healthy lifestyle step by step. This approach is more sustainable than going cold turkey, which can lead to bingeing and setbacks."
- "You are the PhD of your own body. Try everything and anything, learn from it, and understand that your body is unique. This self-awareness is crucial for making long-lasting health changes."
- "It's more than just calories in, calories out. It's about seeing yourself as worthy and valuing yourself. The journey starts from there."



# DR. PAUL MASON

Sport & Exercise Medicine Specialist  
Low-Carb, Keto, & Carnivore Doctor

## BIOGRAPHY

Dr. Paul Mason is a Fellowship trained Sports and Exercise Medicine Physician with degrees in Medicine, Physiotherapy and Occupational Health.

He has significant expertise in medical nutrition therapy, especially with respect to low carb, ketogenic, Paleolithic and carnivore diets. He regularly lectures on nutrition both in Australia and internationally. Various conditions for which he believe there to be compelling evidence for nutritional interventions include diabetes, dementia, concussion and many autoimmune conditions.

As a sports medicine physician (which required a further 4 years of study after medical school, internship and residency), He also consult with many athletes and act as a consultant for professional sports teams. Additionally, He have a strong academic interest and expertise in chronic pain, especially that related to neck or lower back issues.

He respects that 'doctor' in Latin derives from 'teacher' and, educate my patients on the science regarding their treatment options. This allows them to make appropriately informed decisions regarding their care. Further, where possible, his holistic approach focuses on lifestyle management first, and pharmaceuticals second.

## WEBSITE:



<https://www.drpaulmason.com.au/>

## INTERVIEW SUMMARY

### Challenging Nutrition Science: Fibre, Red Meat, and Skewed Research

In this interview, Dr. Paul Mason, a sports and exercise medicine expert, discusses how research in nutrition is often misrepresented to serve specific agendas. He criticizes studies claiming low-carb diets cause diabetes or red meat causes cancer, highlighting their flawed methodologies, such as observational data and food recall surveys. Dr. Mason explains that these studies fail to prove causality but are nonetheless amplified by the media, leading to widespread misinformation. He calls this academic misconduct and emphasizes the need for better communication of research findings to avoid misleading the public.

Dr. Mason also critiques how relative risk is often manipulated to exaggerate treatment benefits, especially in pharmaceutical research. He gives examples of how patients are misled by inflated claims, undermining informed consent. He points to the influence of economic and political interests in shaping public dietary guidelines, such as the U.S. recommendation to increase grain consumption, which was likely driven by surplus grain stockpiles rather than health concerns.

The conversation moves to the role of red meat in health, debunking the claim that it causes cancer. Dr. Mason argues that modern diseases like bowel cancer cannot be blamed on ancient foods like red meat, which have been consumed for millennia. He instead points to ultra-processed foods as more likely culprits.

On gut health, Dr. Mason challenges the belief that fiber is essential for digestion, arguing that it often worsens constipation. He advocates for a lower-fiber diet, explaining that eliminating fiber can improve symptoms. He also discusses the individual variability in diet, noting that some people react negatively to certain foods like dairy or eggs and need a personalized approach to nutrition.

Dr. Mason concludes by calling for more rigorous research and transparency in how findings are reported, to prevent the spread of misinformation that affects public health.



## KEY TAKEAWAYS

- Dr. Mason highlights how flawed methodologies, like food frequency questionnaires and observational studies, are often used to falsely claim that low-carb diets or red meat cause diseases like diabetes or cancer.
- Press releases from reputable universities can spread misleading information without peer review, leading to public misconceptions about nutrition.
- Pharmaceutical companies and researchers often present relative risk reductions to exaggerate the benefits of treatments, misleading both doctors and patients, and undermining informed consent.
- Dr. Mason critiques how the food industry and government policies, such as those supporting high grain consumption, shape dietary guidelines more for economic reasons than for health.
- Dr. Mason advocates for personalized dietary approaches, recognizing that some people react negatively to certain animal products (like dairy and eggs) while others thrive on them.
- Dr. Mason argues that high-fiber diets are often overemphasized and that removing fiber can improve symptoms of constipation. He also explains the negative effects of fiber fermentation in the gut, which can cause bloating and gas.

## NOTEWORTHY INTERVIEW QUOTES

- “For a researcher to claim causality when none exists amounts to academic misconduct.”
- “If you can’t remember what you had for breakfast, how can we trust a study asking you to recall what you ate 12 months ago?”
- “The distortion of relative and absolute risk undermines the capacity for patients to make informed decisions about their health.”
- “We’ve created the perfect food: it’s addictive, it doesn’t go off, and you don’t need to refrigerate it. But it’s not real food.”
- “Some people don’t do well with dairy or eggs, so it’s not about being ideological with your diet; it’s about what works best for you.”
- “How can we blame modern diseases like bowel cancer on ancient foods like red meat, which have been consumed for millennia?”



# DR. PHILIP OVADIA

Cardiothoracic Surgeon, Author,  
Founder of Ovadia Heart Health

## BIOGRAPHY

Conducting over 3,000 heart surgeries taught Dr. Philip Ovadia that good health comes from lifestyle and nutrition, not surgery and medication. Sadly, many of his patients considered their heart attacks “inevitable.” Having lost 100lbs to overcome lifelong obesity, Dr Ovadia is on a mission to help people stay off his operating table by teaching them how to never need a heart surgeon. Dr Ovadia works as an independent cardiothoracic surgeon and runs Ovadia Heart Health, a Telehealth practice that focuses on the prevention of heart disease.

## WEBSITE:



<https://ovadiahearthealth.com/>

# INTERVIEW SUMMARY

## Sugar's Role in Heart Disease

In this interview, Dr. Philip Ovadia, a renowned heart surgeon, discusses how heart disease prevention is tied more to lifestyle and diet than cholesterol levels alone. Having performed over 3,000 heart surgeries and lost pounds himself, Dr. Ovadia emphasizes the role of sugar and insulin resistance in heart disease. He explains that while cholesterol plays a role, it is often overstated, with insulin resistance and excessive sugar intake being larger contributors to heart disease, leading to issues like plaque formation and damaged blood vessels.

Dr. Ovadia challenges the traditional medical view that red meat and saturated fats cause heart disease, pointing out that there is no strong evidence linking them to heart conditions. Instead, he emphasizes the importance of a low-carbohydrate, whole-food diet, which improves insulin sensitivity, reduces small dense LDL particles, and overall lowers heart disease risk. He also highlights the need for more accurate tests like the Lipoprotein Insulin Resistance (LPIR) score, which can better predict heart disease risk than conventional cholesterol tests.

In his journey from heart surgeon to health advocate, Dr. Ovadia shares his belief that prevention is more powerful than treatment. He calls for a paradigm shift in medical education and practice, urging doctors to focus on the root causes of diseases, like poor diet, instead of simply prescribing medications. He stresses the importance of metabolic health and how addressing insulin resistance can help reverse or prevent heart disease, even for those who have already undergone surgery.

Dr. Ovadia concludes by discussing his telemedicine practice and book *Stay Off My Operating Table*, both of which aim to empower people to take control of their health through diet and lifestyle changes. He advocates for people to challenge their doctors on outdated health advice and stresses that the path to better heart health begins with education, awareness, and personalized care.

## KEY TAKEAWAYS

- Dr. Ovadia emphasizes that insulin resistance, driven by excessive sugar intake, is a major cause of heart disease, not just high cholesterol levels.
- He debunks the myth that red meat and saturated fats are the primary causes of heart disease, explaining that they do not have a significant negative impact when consumed as part of a whole-food diet.
- Improving metabolic health through a low-carb, whole-food diet can prevent or reverse heart disease, reduce diabetes risk, and improve cholesterol particle quality.
- Dr. Ovadia encourages patients to take charge of their health, challenge outdated medical advice, and focus on diet and lifestyle changes to prevent heart disease.

## NOTEWORTHY INTERVIEW QUOTES

- "Cholesterol is not the whole story when it comes to heart disease — insulin resistance and sugar intake are much bigger risk factors."
- "Red meat is not what causes heart disease. In fact, eating primarily red meat is a very good way of lowering your risk of heart disease."
- "No matter how good I might be as a heart surgeon, you're never as good after the surgery as you would have been if you didn't need the surgery in the first place."
- "If we've treated cholesterol, why is heart disease still the number one killer? We need to ask better questions and focus on what's truly causing the disease."



# DR. RICHARD JOHNSON

Board Certified in Internal Medicine,  
Clinician, Educator, & Researcher

## BIOGRAPHY

Richard J. Johnson, M.D. is a Professor of Medicine at the University of Colorado. Dr Johnson is a clinician and a medical scientist who has been internationally recognized for his work on sugar (and especially fructose and its product, uric acid) and how they may play a role in obesity and diabetes. He has been funded by the National Institute of Health and is widely published, with over 500 academic papers, and with several popular books on the subject, of which the most recent is his book, called *Nature Wants Us to Be Fat* (Benbella, 2022).

## WEBSITE:



<http://drrichardjohnson.com>

# INTERVIEW SUMMARY

## **Sugar and its Role in Cancer, Dementia and Aging**

Dr. Johnson explains that while sugar has long been considered merely a source of empty calories, new research shows that fructose, found in table sugar and high-fructose corn syrup, triggers biological responses that promote obesity, diabetes, and other chronic conditions. Fructose lowers the energy produced in cells, leading to hunger and overeating, which drives weight gain and insulin resistance. He notes that excessive consumption of sugars and high-glycemic foods is responsible for many of today's metabolic health issues.

Dr. Johnson also discusses how fructose plays a significant role in cancer growth. While fructose doesn't directly cause cancer, it accelerates the growth of cancer cells by stimulating glycolysis (anaerobic energy production), which cancer cells thrive on, especially in low-oxygen environments. High-fructose consumption, particularly from processed foods, is linked to cancers associated with obesity, including colon, liver, and pancreatic cancers. He shares insights into how lowering fructose and adopting low-carb or ketogenic diets can slow cancer progression and improve health outcomes, citing studies that have shown benefits in animals and humans.

Additionally, Dr. Johnson connects fructose metabolism to Alzheimer's disease and dementia, explaining that fructose impairs brain function by causing insulin resistance, inflammation, and mitochondrial dysfunction, all of which are precursors to cognitive decline. He emphasizes that early signs of dementia, such as memory problems, are associated with high fructose consumption and can be mitigated by reducing sugar intake. Animal studies show that fructose-fed rats exhibit cognitive decline, further supporting the link between fructose and brain health issues.

In the interview, Florence and Dr. Johnson also touch on lifestyle strategies to counter the negative effects of fructose, including hydration, exercise, and the use of omega-3s and vitamins like B1 and C to boost energy production and repair mitochondria. They discuss the potential benefits of allulose, a sugar substitute that does not activate the fructose pathway, as a promising alternative for those trying to reduce sugar intake. Dr. Johnson concludes by highlighting the importance of healthy eating and simple lifestyle changes in preventing metabolic diseases and promoting long-term well-being.

## KEY TAKEAWAYS

- Fructose, found in table sugar and high-fructose corn syrup, contributes to obesity and diabetes not through its caloric content, but by disrupting cellular energy production, leading to hunger, overeating, and fat storage. It lowers ATP levels, driving weight gain and insulin resistance.
- Fructose accelerates the growth of cancer cells by stimulating glycolysis, an anaerobic energy process that cancer cells thrive on in low-oxygen environments. High-fructose diets are linked to cancers associated with obesity, such as colon, liver, and pancreatic cancers.
- Fructose consumption may play a major role in the development of Alzheimer's and dementia by causing insulin resistance, mitochondrial dysfunction, and inflammation in the brain. Early cognitive issues, like memory problems, are associated with high sugar intake.
- Dr. Johnson emphasizes the importance of reducing sugar intake, staying hydrated, exercising, and supplementing with omega-3, vitamins B1 and C, to counteract the negative effects of fructose. Emerging alternatives like allulose may offer a healthier way to satisfy sweet cravings without harmful metabolic effects.

## NOTEWORTHY INTERVIEW QUOTES

- "Fructose activates a whole biologic response in the body to make you hungry and to eat more than you normally do...it eventually makes you leptin resistant where you can't control your appetite and stay hungry."
- "Cancer cells love fructose... Many cancers express transporters for fructose, and if you give cancer cells fructose, they grow much faster."
- "When you look in the brains of people with dementia, they have five to seven times higher fructose levels compared to those without dementia."
- "It's simple: hydrate, take vitamins, take omega-3, eat well, cut back on sugar. We should be able to have a big impact on blocking dementia and metabolic diseases."
- "Allulose looks like fructose but doesn't activate the switch. It might actually be a promising sugar that can have health benefits while being better tolerated than other sugar substitutes."





# DR. ROBERT LUFKIN

Author, Physician/Medical School  
Professor at UCLA & USC

## BIOGRAPHY

Physician/medical school professor (UCLA and USC) focusing on the applied science of health and longevity. After reversing chronic disease and transforming his life he is making it his mission to help others do the same.

Helping to re-imagine the conventional healthcare model with evidence-based lifestyle modifications and other tools. Author of the best selling book 'Lies I Taught in Medical School'

## WEBSITE:



<https://www.robertlufkinmd.com/>

# INTERVIEW SUMMARY

## Lies I Taught In Medical School

In this interview for the Kick Sugar Summit 2024, Dr. Robert Lufkin, a physician and medical professor, discusses the importance of metabolic health and how lifestyle changes can reverse chronic diseases like diabetes, obesity, and heart disease. He explains that the traditional medical approach, which often relies on medication and surgery, tends to treat symptoms without addressing the root cause of metabolic dysfunction. Dr. Lufkin advocates for lifestyle interventions such as diet, exercise, and sleep to prevent and reverse diseases linked to metabolic health.

Dr. Lufkin also shares insights from his own personal health journey. Despite his background in mainstream medicine, he developed four chronic conditions — gout, high blood pressure, pre-diabetes, and abnormal blood lipids. Dissatisfied with the medical treatments offered to him, he researched alternative approaches and successfully reversed these conditions through lifestyle changes. He emphasizes that many chronic diseases, including cancer and Alzheimer's, are linked to metabolic dysfunction and can be mitigated by adopting a healthier lifestyle.

The conversation also highlights the importance of early prevention and the need to look beyond standard medical tests. Dr. Lufkin points out that many diseases start years before they are diagnosed, and it's critical to intervene with lifestyle changes before reaching a critical threshold. He encourages individuals to take control of their health by adopting simple lifestyle interventions, such as reducing carbohydrate intake, walking 10,000 steps daily, and monitoring key health markers like insulin levels.

Dr. Lufkin concludes by promoting a message of hope, explaining that individuals have the power to improve their health through daily lifestyle choices. He believes that while doctors can help make patients "less sick," true health is achieved through personal agency and a commitment to a healthier way of living. He praises the summit's role in educating people about these principles and encourages listeners to take action.

## KEY TAKEAWAYS

- Dr. Lufkin emphasizes that chronic diseases like diabetes, heart disease, and even Alzheimer's are often driven by metabolic dysfunction, which can be reversed through lifestyle changes rather than solely relying on medications. Diet, exercise, sleep, and stress management are crucial in addressing these conditions.
- He criticizes traditional medical approaches that often treat symptoms (e.g., high blood sugar in diabetes) without addressing the root cause of metabolic dysfunction. He argues that mainstream medical education and recommendations, such as those from the American Diabetes Association, do not focus enough on lifestyle interventions.
- Dr. Lufkin shares his own journey of overcoming four chronic conditions (gout, high blood pressure, pre-diabetes, and dyslipidemia) through lifestyle changes. Despite being a mainstream medical doctor, he realized the limitations of the treatments offered and found success through a low-carb diet, exercise, and other lifestyle adjustments.
- He stresses the importance of early intervention and prevention, explaining that chronic diseases begin long before they are diagnosed.
- Dr. Lufkin encourages people to be proactive with their health, monitor early warning signs, and make changes before the onset of serious conditions.

## NOTEWORTHY INTERVIEW QUOTES

- "Diabetes today is rampant, but it's not a chronic progressive disease if you address the root cause — carbohydrate intolerance. It can be reversed with lifestyle."
- "Doctors don't make me healthy. Doctors just make me less sick. If I want to be healthy, that's up to me and I do it with my lifestyle choices."
- "Insulin resistance, inflammation, and oxidative stress are at the heart of most chronic diseases. Address those, and you can reduce your risk for everything from heart disease to Alzheimer's."
- "The current medical system is set up to manage diseases, not to reverse or prevent them. But by changing our lifestyle, we can improve our health span and even our lifespan."
- "If I, as a medical school professor, missed these crucial lifestyle factors, how can the average person not feel overwhelmed? That's why education is so important."



# DR. ROBERT LUSTIG

Professor Emeritus of Pediatrics  
& Endocrinologist at UCSF

## BIOGRAPHY

Robert H. Lustig, M.D., M.S.L. is Emeritus Professor of Pediatrics in the Division of Endocrinology, and Member of the Institute for Health Policy Studies at UCSF. Dr. Lustig is a neuroendocrinologist, with expertise in obesity, diabetes, metabolism, and nutrition. He is one of the leaders of the current “anti-sugar” movement that is changing the food industry. He has dedicated his retirement from clinical medicine to help to fix the food supply any way he can, to reduce human suffering and to salvage the environment, by interacting with all stakeholders to bring them together around a common vision of metabolic health: protect the liver, feed the gut, support the brain. Dr. Lustig graduated from MIT in 1976, and received his M.D. from Cornell University Medical College in 1980. He also received his Masters of Studies in Law (MSL) degree at University of California, Hastings College of the Law in 2013. He is the author of the popular books *Fat Chance* (2012), *The Hacking of the American Mind* (2017), and *Metabological* (2021). He is the Chief Science Officer of the non-profit Eat REAL, he is on the Advisory Boards of the UC Davis Innovation Institute for Food and Health, the Center for Humane Technology, Simplex Health, Levels Health, Journeys Metabolic, and Myka Labs. He is also the Chief Medical Officer of BioLumen Technologies, Perfact, and Kalin Health.

## WEBSITE:



<https://robertlustig.com>

## INTERVIEW SUMMARY

### Understanding Sugar Addiction and Reducing Glucose and Insulin Response with 'Monchmonch'

Dr. Robert Lustig argues that sugar should be considered a harmful food additive, not a food, due to its detrimental effects on the body. He explains that refined sugar disrupts natural processes, hindering growth and energy use, and highlights its role in fueling chronic metabolic diseases. Lustig stresses the urgent need to reduce sugar consumption and contrasts its negative impact with the protective benefits of dietary fiber, which supports liver, gut, and brain health.

He notes a shift in the food industry's stance on sugar, with leaders now recognizing the need for reduction, as opposed to the previous focus on calories. The upcoming Sugar Reduction Summit will bring together industry stakeholders to explore ways to cut sugar in products. Lustig sees this as a vital step toward a healthier food environment.

Lustig also introduces Munch Munch, a product developed by BioLumen, which helps control glucose and insulin spikes after meals. This microcellulose sponge releases soluble fiber that absorbs sugars and slows their absorption, protecting the liver and improving metabolic health. Munch Munch could be transformative in managing sugar-related health issues.

Additionally, the fiber from Munch Munch supports gut health by feeding beneficial bacteria, which produce anti-inflammatory compounds. Lustig believes the product, which has shown promising results in clinical trials, will be a valuable tool for improving metabolic health and reducing sugar's harmful effects.

## KEY TAKEAWAYS

- Sugar is not food but a food additive that inhibits growth and repair in our bodies.
- Reducing sugar consumption and increasing fiber intake are crucial for metabolic health.
- The food industry is starting to acknowledge the problem of excessive sugar consumption and is exploring ways to reduce sugar in their products.
- The upcoming Sugar Reduction Summit will bring together industry leaders to discuss strategies for reducing sugar in food products. Very exciting development.
- MunchMunch is a microcellulose sponge that can be added to food to reduce the glucose and insulin response to meals.
- The soluble fiber is then chewed up by gut bacteria, producing short-chain fatty acids that are anti-inflammatory and gut protective.
- MunchMunch has shown positive results in short-term clinical trials and is available for purchase online.

## NOTEWORTHY INTERVIEW QUOTES

- "Sugar is not food. It's a food additive. It doesn't contribute to growth or burning in our bodies; in fact, it inhibits them. If it doesn't meet the criteria for food, it's a toxin."
- "There's a big fight about food addiction... The fact of the matter is, I think both sides are right. The thing we're addicted to is not food. It's what we do to the food that's not good. What we do to the food is we purify it, and particularly, we purify sugar."
- "These drugs cause weight loss, but as soon as you stop taking them, the weight comes rushing back. They don't solve the problem, they only band-aid it. And that's because you haven't really addressed the underlying issue."
- "We developed a microcellulose sponge, MunchMunch, that can be added to food. It absorbs 40% of glucose, fructose, sucrose, and simple starches, making them unavailable for early absorption. It's our way of putting back the fiber that the food industry took out."
- "The food industry grosses \$9 trillion a year, but we spend \$11 trillion cleaning up the chronic metabolic diseases of diet. Add \$7 trillion for environmental costs and \$1 trillion for productivity changes. We are losing \$10 trillion a year cleaning up their mess. That is unsustainable."
- "The idea is to mitigate the metabolic risk. It doesn't turn a Dorito into a healthy food, but it makes it less of a lethal, toxic food. Harm reduction is where we have to start."



# DR. ROSHANI SANGHANI

Board-Certified Endocrinologist &  
Metabolic Health Practitioner

## BIOGRAPHY

Dr Roshani Sanghani is American board certified in Endocrinology, Diabetes and Metabolism. She is a super specialist in hormone imbalance and her practice style is all about helping you achieve maximum hormone balance through lifestyle changes, so that you can have better health with less medication.

## WEBSITE:



<https://reisaanhealth.com/>



# INTERVIEW SUMMARY

## Reverse type 2 Diabetes- Step by Step

Dr. Roshni Sanghani's book, *\*Turn Around Diabetes\**, offers a comprehensive step-by-step guide for individuals managing both type 1 and type 2 diabetes. The book focuses on addressing insulin resistance at its core by promoting sustainable lifestyle changes. Dr. Sanghani provides actionable steps to improve overall health by managing diabetes through a holistic approach. Her primary message is that individuals can make significant improvements in their condition by understanding and addressing the factors contributing to insulin resistance, rather than simply treating the symptoms. She offers clear guidance for both types of diabetes, making her book an essential resource for anyone seeking a long-term solution.

A central concept in the book is the "four wheels of the lifestyle car," which consist of nutrition, sleep, stress management, and exercise. Dr. Sanghani emphasizes the need to approach these aspects of health in a specific order to achieve the best results. By focusing first on improving nutrition, readers are guided through practical and sustainable dietary changes, with particular attention to the importance of protein in managing insulin resistance. The book also explores how a positive mindset is essential for stress management, as stress is a key contributor to worsening diabetes. Her guidance is practical, making it easier for readers to implement these changes in their daily lives.

When it comes to exercise, Dr. Sanghani explains the critical role movement plays in managing diabetes. She advocates for increased mobility, especially for those with sedentary lifestyles, and provides simple strategies to incorporate more activity into the day. Additionally, she highlights the benefits of strength training, recommending Dr. Ben Bokikyo's 15-minute workouts as an efficient way to improve muscle strength and enhance glucose management. By pushing muscles to failure just twice a week, individuals can significantly boost their overall health and diabetes control, according to Dr. Sanghani.

Finally, the book delves into the role of fasting, particularly intermittent fasting, as a tool to reduce insulin resistance. Dr. Sanghani provides detailed recommendations on how to safely incorporate fasting into a diabetes management plan, making it accessible and achievable for most people. Her goal is clear: to empower readers to take control of their health and diabetes by making sustainable lifestyle changes. Through her practical advice and empathetic approach, *\*Turn Around Diabetes\** aims to inspire individuals to reclaim their health and improve their quality of life.

## KEY TAKEAWAYS

- Dr. Sanghani's book provides a step-by-step guide to help people with type 1 and type 2 diabetes improve their health through sustainable lifestyle changes.
- The book emphasizes the importance of addressing insulin resistance at the root and provides practical guidance on nutrition, sleep, stress management, and exercise.
- Protein plays a crucial role in the diet, especially for vegetarians, and the book provides strategies to ensure adequate protein intake.
- Managing stress involves changing one's perspective and mindset, rather than trying to change external factors.
- Exercise is an important component of diabetes management, and the book highlights the importance of finding an exercise routine that works for each individual. Incorporating movement into a sedentary lifestyle is crucial for managing diabetes.
- Strength training is beneficial for improving glucose management and overall health.
- Fasting can help reduce insulin resistance and improve diabetes control.
- Intermittent fasting is a useful tool for managing diabetes, but it is optional and depends on individual needs.
- Dr. Sanghani's book provides comprehensive information and guidance on managing diabetes through lifestyle changes.

## NOTEWORTHY INTERVIEW QUOTES

- "The common thread throughout the book is I help people really break it down into what can you exactly do to address insulin resistance, which as much as it's part of type 2, it's becoming a bigger problem in type 1 as well."
- "Before I even tell them to reduce the carbs and go low carb, I first have to make sure they're getting enough protein at their three main meals. Protein, protein, protein is starring as the hero of the meal."
- "People with type 1 diabetes, their C-Peptide level would be low... But in type 2 diabetes, you do the C-Peptide test to check whether your pancreas has burned out or if it's fine and you're just having a lifestyle pancreas, muscle, liver imbalance."
- "The idea is to push the muscle group to failure twice a week. If you're doing 20 repetitions and I say, 'Give me 21,' and you can, then you haven't failed. It's about pushing to failure so that your brain sends more muscle fibers to that area."
- "Fasting is the extra optional fifth element. You don't always need it, but it can help reduce insulin requirements, especially when lifestyle issues like nutrition, sleep, stress management, and exercise are in place."



# DR. SARAH MYHILL

Naturopathic Physician, Author,  
Clinical Director, ME/CFS Specialist

## BIOGRAPHY

Dr. Sarah Myhill is a British doctor and naturopathic physician who has dedicated her career to helping patients with chronic fatigue syndrome (CFS/ME) and other complex chronic conditions. She is known for her holistic approach to health, emphasizing the importance of addressing root causes rather than just treating symptoms.

Dr. Myhill's medical philosophy centers around optimizing energy delivery mechanisms in the body, which include diet, gut function, oxygenation, mitochondrial health, and sleep. She advocates for a paleo-ketogenic diet and emphasizes the importance of nutritional supplements, detoxification, and lifestyle modifications in treating chronic illnesses.

Throughout her career, Dr. Myhill has developed a comprehensive protocol for treating CFS/ME, which she shares freely on her website. Her approach often challenges conventional medical wisdom, leading her to face some controversy within the medical community. Despite this, she remains committed to empowering patients with the knowledge and tools they need to take control of their own health.

Dr. Myhill is the author of several books on chronic fatigue and nutrition, and maintains an extensive website ([drmyhill.co.uk](https://www.drmyhill.co.uk)) where she shares her medical knowledge and treatment protocols with the public. Her work represents a blend of traditional medical training and naturopathic principles, aiming to provide patients with a comprehensive approach to achieving optimal health.

## WEBSITE:



<https://www.drmyhill.co.uk/>

# INTERVIEW SUMMARY

## Thyroid and Metabolic Health Connection

Dr. Sarah Myhill is a notable figure in the field of naturopathic medicine, recognized globally for her expertise in chronic fatigue and the root cause analysis of diseases. Transitioning from a conventional medical practice to a naturopathic approach, Dr. Myhill focuses on understanding and treating the underlying mechanisms of illnesses rather than just addressing the symptoms. Her holistic strategy emphasizes optimizing energy delivery systems within the body, with a particular focus on diet, gut health, oxygenation, mitochondrial function, and sleep, all aimed at tackling health issues at their source.

In her dietary recommendations, Dr. Myhill advocates for a low-carb, paleo diet which helps in managing upper fermenting gut microbes and aids in the body's transition to ketosis — beneficial for both general health and athletic performance. She highlights that adapting to a ketogenic state typically takes about one to two weeks, with additional time needed to address any micronutrient deficiencies. This tailored approach underlines the significance of personalized medicine in achieving and maintaining optimal health.

Dr. Myhill places a significant focus on mitochondrial health, especially in the context of chronic fatigue syndrome, advocating for mitochondrial function tests to diagnose and understand this and similar conditions. Her research explores the vital nutrients needed for mitochondrial health and identifies potential inhibitions caused by toxins, marking a shift in how chronic fatigue and related disorders are perceived and treated. This emphasis on cellular health is central to her methodology, challenging more traditional views on these conditions.

Detoxification is integral to Dr. Myhill's treatment protocols, where she offers detailed guidance on reducing the body's toxic burden to improve health and prevent future ailments. Her approach goes beyond conventional treatments by considering environmental impacts on health, advocating for a holistic and environmentally aware strategy in medical practice. Despite facing resistance for her unconventional methods, particularly concerning treatments for underactive thyroid conditions, Dr. Myhill continues to empower patients to take an active role in their health management, providing resources and support for those exploring alternative treatments for chronic illnesses.

## KEY TAKEAWAYS

- Dr. Myhill started questioning the conventional medical approach early in her career, realizing that understanding root causes and implementing targeted interventions is key for true healing.
- Dr. Myhill's approach focuses on optimizing five key aspects for energy delivery - diet/gut function, oxygen/breathing, mitochondrial function, thyroid, and adrenals. She emphasizes the importance of addressing these systematically.
- Dr. Myhill sees chronic fatigue and ME/CFS as clinical pictures with many potential underlying causes, rather than single diagnoses. She uses targeted testing and treatments to address the root mechanisms.
- Dr. Myhill has faced significant pushback from the medical establishment for her unconventional views and treatments, but remains committed to empowering patients to take charge of their own health.
- Dr. Myhill encourages a "do-it-yourself" approach, providing extensive resources and guidance so patients can implement her protocols without needing expensive testing or doctors. She believes this empowerment is key for true healing.

## NOTEWORTHY INTERVIEW QUOTES

- "Understanding the root causes of diseases is crucial for effective treatment."
- "Optimizing energy delivery mechanisms, such as diet, gut function, and sleep, can improve overall health."
- "A low-carb, paleo diet can help starve out upper fermenting gut microbes and achieve ketosis."
- "Mitochondria had no clinical application... They were never otherwise mentioned at all in my clinical work... and still doesn't come up in conventional medicine."
- "Mitochondria are implicated in almost any disease process... from diabetes, cancer, dementia, and so on."
- "The most important [supplements] would be magnesium, vitamin D, coenzyme Q10, vitamin B3, acetyl l-carnitine, and D-ribose."



# DR. SARAH ZALDIVAR

Ph.D. in Exercise Physiology & Nutrition, Dietitian, &  
Certified Personal Trainer

## BIOGRAPHY

Dr. Sarah Zaldivar received her doctorate in Exercise Physiology and Nutrition from the University of Miami. She is currently a professor of nutrition at Miami Dade College and a full-time content creator on YouTube, Instagram, and other platforms. For decades, Dr. Zaldivar taught other health professionals and college students alike at the University of Miami and the American College of Sports Medicine about health and fitness, while struggling with her declining health due to following the dietary guidelines. She eventually found freedom from binge eating, acne, weight struggles, fatigue, sugar addiction, depression and anxiety, etc... by raising her BASELINE dopamine levels and by following a carnivore diet and a metabolism boosting protocol. She also offers very popular weight loss and addiction treatment guides and one on one coaching services through ZOOM by creating a personalized exercise, meal plan, supplementation, and mindset protocols.

## WEBSITE:



<https://www.drsarahzaldivar.com/>

# INTERVIEW SUMMARY

## Practical Tips to Raise Dopamine Levels Naturally

Dr. Sarah Zaldivar, a health and nutrition expert, shares her personal and professional journey, detailing her initial struggles with weight issues, binge eating, and persistent acne. These personal challenges propelled her into the realms of fitness and nutrition, exploring various diets including the carnivore diet, and highlighting the impact of reduced carbohydrate intake on skin health and inflammation. Dr. Zaldivar advocates for personalized dietary exploration to discover individual optimal health solutions, stressing that dietary effectiveness can vary widely from person to person.

Central to her teachings is the role of dopamine regulation in enhancing well-being and facilitating personal growth. Dr. Zaldivar discusses how increasing baseline dopamine levels through exercise and visualization can lead to significant improvements in overcoming food addiction and achieving sustained personal objectives. She acknowledges the discomfort often associated with this transformative process and integrates neuroscience with practical advice to demystify and make accessible the science behind these phenomena.

In her approach to combating sugar addiction, Dr. Zaldivar offers practical tools and techniques such as meditation apps like Headspace and habit stacking to embed visualization practices into daily routines. By combining modern technology with traditional methods, she provides a robust toolkit for individuals aiming to change their habits and conquer addictive behaviors. This methodological blend supports her audience in actively reshaping their lifestyle habits.

Dr. Zaldivar's holistic approach encompasses not only nutrition and neuroscience but also personal development and self-actualization. She emphasizes the importance of aligning one's daily actions with their deepest passions and life's purpose, promoting visualization not just as a goal-achieving tool but as a transformative method for redefining one's identity. Her philosophy extends beyond basic health advice to encompass a broader, more profound view of personal transformation, advocating for a life that integrates both mental and physical wellness.



## KEY TAKEAWAYS

- **Raising Baseline Dopamine:** Dr. Zaldivar emphasizes the importance of increasing baseline dopamine levels through challenging exercise and visualization techniques, rather than seeking quick dopamine hits from addictive behaviors or substances.
- **Power of Visualization:** She introduces two types of visualization - training visualization and energy visualization - as powerful tools for rewiring the brain, overcoming addiction, and achieving personal goals.
- **Dietary Approach to Health:** While advocating for a carnivore diet based on her personal experience, Dr. Zaldivar stresses the importance of whole foods and avoiding ultra-processed foods, acknowledging that different approaches may work for different individuals.
- **Gradual Transformation:** She highlights that overcoming food addiction and making significant lifestyle changes is a gradual process that requires consistent effort and patience.
- **Mindset and Identity Shift:** Dr. Zaldivar underscores the crucial role of mindset in personal transformation, emphasizing how visualization can shape one's identity and behaviors, encouraging a shift from fear-based thinking to faith-based living.

## NOTEWORTHY INTERVIEW QUOTES

- **On Dopamine and Comfort Zones:** Dr. Zaldivar emphasizes the importance of challenging oneself to raise baseline dopamine levels, stating, "You have to be outside your comfort zone because dopamine is an anesthetic. It anesthetizes pain, sensation of pain, both physical and emotional."
- **On Visualization and Brain Plasticity:** She highlights the power of visualization, explaining, "The brain cannot differentiate between a visualized scenario and real life," and encourages redirecting visualization towards positive goals.
- **On Addiction and Control:** Dr. Zaldivar defines addiction as a loss of control, saying, "Addiction is a feeling of being out of control. If you're one teaspoon away from falling apart... you haven't cured addiction."
- **On Diet and Processed Foods:** While advocating for whole foods, she clarifies, "Nobody's life got destroyed because they binged on fruit... It's really more ultra processed [foods]," emphasizing the importance of avoiding highly processed foods rather than demonizing all carbohydrates.
- **On Mindset and Personal Growth:** Dr. Zaldivar encourages a positive, growth-oriented mindset, concluding with, "Are you gonna live out of fear or out of faith? Always lead with faith over fear. Believe that you can do anything that you want because you are a limitless being and with enough reps, anything is possible."



# DR. STEPHEN HUSSEY

Chiropractor & Functional Medicine Practitioner,  
Health Coach, & Author

## BIOGRAPHY

Dr. Stephen Hussey MS, DC is a Chiropractor and Functional Medicine practitioner. He attained both his Doctorate of Chiropractic and Masters in Human Nutrition and Functional Medicine from the University of Western States in Portland, OR. He is a health coach, speaker, and the author of two books on health; *The Health Evolution: Why Understanding Evolution is the Key to Vibrant Health* and *Understanding The Heart: Surprising Insights Into The Evolutionary Origins Of Heart Disease – And Why It Matters*. Dr. Hussey guides clients from around the world back to health by using the latest research and health attaining strategies. In his down time, he likes to be outdoors, play sports, read, write, and travel.

## WEBSITE:



<https://www.resourceyourhealth.com>

# INTERVIEW SUMMARY

## Challenging Conventional Wisdom on Heart Disease

Dr. Stephen Hussey, a chiropractor and functional medicine practitioner, offers a novel perspective on heart health that diverges from conventional understandings. His holistic approach is informed by personal experiences and extensive research, portraying the heart not merely as a pump but as a complex organ involved in vortexing blood, creating structured water, and acting as a sensory organ. This multifunctional view extends to how the heart interacts with emotional and internal states, suggesting a deeper, systemic role in overall health.

Dr. Hussey introduces the concept of structured water — a negatively charged substance within the body acting like a battery, crucial for mitigating oxidative stress and inflammation. This water, formed through the heart's action, affects the body's overall health, with its quality and charge influenced significantly by diet, lifestyle, and environmental factors. Dr. Hussey warns of the adverse effects that a diet rich in sugars and processed foods can have on the structured water's charge, potentially leading to inflammation and various health complications.

The connection between emotional trauma and heart health is a critical component of Dr. Hussey's research. He suggests that emotional trauma can disrupt the heart's coherence and the body's structured water, thereby impacting overall heart function and leading to potential cardiovascular diseases. This insight emphasizes the necessity of integrating emotional well-being into heart health strategies, challenging the traditional biomedical model that predominantly focuses on physiological factors.

To enhance and maintain heart health, Dr. Hussey recommends a comprehensive approach that includes a metabolically healthy diet, proper circadian rhythms, and engaging in activities that energize the body's structured water, like grounding and sun exposure. He also highlights the importance of minimizing toxin exposure and electromagnetic fields to preserve the structured water's integrity. These strategies represent a holistic method for managing heart health, stepping away from the conventional focus on cholesterol and exercise to encompass a broader, more integrated view of cardiovascular wellness.

## KEY TAKEAWAYS

- Heart disease is not solely caused by cholesterol; processed grains, sugars, and vegetable oils also contribute.
- The heart vortexes blood, creating structured water that serves as a battery and moves fluid through the body.
- The heart slows the flow of blood to maintain pressure between the arterial and venous systems.
- The heart is a sensory organ, sensing and communicating emotional and internal states.
- Trauma can affect the heart's coherence and the structured water in the body, leading to dysfunction and disease.
- Structured water is negatively charged and protects the body from oxidative stress and inflammation.
- A diet high in sugar and processed foods can decrease the charge of structured water, leading to inflammation and low body charge.
- To improve the charge of water in the body, follow a metabolically healthy diet, set a proper circadian rhythm, and engage in activities that energize the water, such as grounding and exposure to sunlight.
- Avoid toxins and minimize exposure to non-native electromagnetic fields to maintain structured water.
- True hydration requires mineral-rich and toxin-free water, as well as energizing stimuli like light and grounding.

## NOTEWORTHY INTERVIEW QUOTES

- "The main way that diet contributes to heart disease is eating processed grains, sugars, vegetable oils - these processed foods."
- "Water is what holds our charge. It is the battery that holds our charge. And so when we are feeling low energy or getting symptoms, it is because the water in our body is not holding charge."
- "True hydration happens when water doesn't just get in our body, but when it gets in, it becomes structured water. It becomes the more gel-like water."
- "If we want to prevent atherosclerosis or a heart attack or strokes, we need to prevent clotting. And the way we prevent clotting is by building structured water in our arteries."
- "Be your own health advocate. No one's going to care more about your health than you do. Don't outsource your health to anybody. Take care of yourself and take the time to learn how to do that."



# DR. STEPHEN SIDEROFF

Psychologist, Author, Professor of UCLA's Geffen School of Medicine, Expert in Resilience

## BIOGRAPHY

Dr. Sideroff is an internationally renowned psychologist, consultant, author and professor at the UCLA Geffen School of Medicine. He has published pioneering research in brain and behavior. He has established clinical and training programs around the world, and has hosted summits in longevity, resilience and leadership, interviewing world renowned experts in these areas. Dr. Sideroff is a thought leader called on to speak on his groundbreaking approach to resilience, peak performance & transformational psychology to individuals and corporations. His new book is, "The 9 Pillars of Resilience: The Proven Path to Master Stress, Slow Aging & Increase Vitality."

## WEBSITE:



**[DrStephenSideroff.com](http://DrStephenSideroff.com)**

## INTERVIEW SUMMARY

### A New Model of Resilience: Addressing Cravings and Chronic Stress

Dr. Stephen Sideroff, an internationally renowned psychologist, consultant, and author, he discusses his groundbreaking approach to resilience, stress management, and personal growth, as outlined in his new book, "The 9 Pillars of Resilience: The Proven Path to Master Stress, Slow Aging & Increase Vitality." Dr. Sideroff emphasizes how resilience is not just about bouncing back from stress but growing through challenges by learning from experiences. His model of resilience highlights key pillars, such as having a healthy relationship with oneself, balancing emotional needs, and mastering physical well-being, all of which help individuals achieve peak performance and well-being.

Dr. Sideroff explains how stress management begins with understanding the structural and psychological barriers many people face. These include outdated survival mechanisms, such as the fight-or-flight response, which don't suit modern challenges, and deeply ingrained childhood beliefs that cause people to experience stress unnecessarily. He advocates for cultivating balance by recognizing and challenging old patterns and replacing them with healthier habits and self-talk. His book offers practical ways to engage with these ideas, providing readers with strategies to manage stress and improve their emotional and physical health.

A key takeaway from Dr. Sideroff's work is his focus on helping people stay consistent in their efforts to manage stress. He offers actionable steps to cultivate resilience, like creating "zones of safety" throughout the day and practicing self-compassion. By addressing unresolved emotional issues and accepting limitations, individuals can prevent stress from overwhelming them, making it easier to avoid unhealthy coping mechanisms, such as overeating. Ultimately, Dr. Sideroff's work provides a holistic approach to resilience, equipping individuals with the tools they need to handle life's pressures in a healthier and more balanced way.

## KEY TAKEAWAYS

- Dr. Sideroff redefines resilience as the ability to "bounce forward" after stress, rather than merely "bouncing back," emphasizing learning and growth from every experience to continually improve how we handle stress and life challenges.
- Our stress responses and coping mechanisms are heavily influenced by early childhood experiences. Unmet emotional needs from critical or inattentive parents can create deeply ingrained patterns that cause us to perceive neutral situations as threatening.
- A key pillar of resilience is developing a healthier relationship with oneself.
- Toxic relationships that trigger feelings of judgment or criticism can heighten stress.
- Chronic stress makes individuals more susceptible to cravings, which can lead to overeating or relapse into unhealthy eating habits. Maintaining emotional and physical balance helps reduce vulnerability to these triggers.
- Unresolved emotional issues from childhood, if left unaddressed, can lead to self-destructive patterns, including overeating.
- Resilience involves identifying and breaking free from old, maladaptive patterns. By becoming aware of automatic behaviors and consciously choosing healthier paths, individuals can reshape their neural pathways for lasting change.
- Resilience is not a final destination but an ongoing journey. Daily efforts and the mindset that small steps along the path can make a significant difference in well-being, rather than waiting for a distant goal.

## NOTEWORTHY INTERVIEW QUOTES

- "Our bodies mobilize to handle stress with the fight or flight response, and then we have to hold in all of that energy. We use up much more energy than we need to."
- "Most of us feel we should be further along, but the greatest growth happens when we start with an acceptance of where we are and not be hard on ourselves for it."
- "The only way to resolve unfinished emotional business is to address it directly. Time doesn't heal all wounds — only working through them does."
- "If you want to conquer any addiction, if you want to get healthier and eat better, addressing unfinished emotional business is a critical step in the process."
- "You want to avoid any language of difficulty around the path you know you need to take. Focus on the results, and let them pull you in the right direction."
- "If you're feeling upset, most likely you're getting a message from your internal parent. It's time to replace that critical voice with one that speaks from a place of love, acceptance, and support."



# DR. SUSAN PEIRCE THOMPSON

PhD in Neuroscience, Author, Founder  
and CEO of Bright Line Eating®

## BIOGRAPHY

Susan Peirce Thompson, Ph.D. is an Adjunct Associate Professor of Brain and Cognitive Sciences at the University of Rochester, a multiple New York Times bestselling author, and an expert in the psychology of eating. She is President of the Institute for Sustainable Weight Loss and the founder of Bright Line Eating, a global movement that helps people break free from ultra-processed food addiction and maintain a healthy weight long-term.

## WEBSITE:



**[brightlineeating.com](https://www.brightlineeating.com)**



## INTERVIEW SUMMARY

### **New Research on Ultra-Processed Addiction and Long-Term Weight Loss Success**

Dr. Susan Pierce Thompson explores the growing international efforts to recognize food addiction, particularly the push to include ultra-processed food addiction in the International Classification of Diseases (ICD). She delves into the collaborative work of experts worldwide who have reached a consensus on the term "ultra-processed food addiction," highlighting the significance of this terminology in capturing the nature of addiction to highly processed foods. This recognition is seen as a crucial step toward addressing the public health implications of food addiction on a global scale.

In addition to her advocacy for the formal recognition of food addiction, Dr. Thompson presents compelling findings from a six-year follow-up study on Bright Line Eating, a program she developed to help individuals achieve and maintain weight loss. The study demonstrates the long-term effectiveness of Bright Line Eating, which is rooted in a behavioral approach that emphasizes abstaining from sugar and flour, adhering to a structured food plan, and developing automaticity in eating habits. These strategies, according to Dr. Thompson, are key to overcoming the powerful pull of food addiction and achieving sustained weight loss.

The conversation also features a unique perspective on the intersection of food addiction and eating disorders. Contrary to the common belief that abstinence from certain foods might trigger eating disorders, research suggests that an abstinence-based approach can be highly effective in treating both food addiction and eating disorders. Drawing from her personal experience with addiction, Susan underscores the challenges of recovery in a society saturated with food-related cues and temptations, making it difficult for those in recovery to navigate everyday life without relapse.

This interview also addresses the growing use of GLP-1 drugs in weight loss, expressing concerns about their long-term impact on brain health. She advocates for a more holistic approach to recovery, one that includes strong support systems and the possibility of living free from addiction. By sharing her journey and insights, Susan emphasizes the need for compassionate, informed strategies in treating food addiction and underscores the potential for individuals to achieve lasting recovery in a challenging environment.

## KEY TAKEAWAYS

- There are international collaborations and efforts to include ultra-processed food addiction in the International Classification of Diseases (ICD).
- A consensus was reached on the name 'ultra-processed food addiction' to differentiate it from other food-related disorders.
- A six-year follow-up study on Bright Line Eating showed that participants maintained a 7% weight loss on average, with even better results for those who continued the program.
- Bright Line Eating follows a behavioral approach that includes abstaining from sugar and flour, following a food plan, and creating automaticity in eating habits.
- An abstinence approach to food addiction can be effective in treating eating disorders.
- Recovering from food addiction is challenging due to the constant cues to eat in society.
- GLP-1 drugs may help with weight loss, but their long-term effects on the brain are unknown.
- Support is crucial in overcoming addiction and living addiction-free.

## NOTEWORTHY INTERVIEW QUOTES

- "All foods are not equally addictive. If it was an eating addiction, you would see people addictively eating all things equally."
- "There's very specific foods that get eaten addictively and then other foods that almost never get eaten addictively."
- "When you narrow it down to ultra-processed food, all of a sudden, you give people at least some starter clarity on what to do about it."



# DR. TABATHA BARBER

Board-Certified OB/GYN, Creator of Fast to Faith,  
Owner of Her Higher Health

## BIOGRAPHY

Dr. Tabatha Barber has dedicated her life to giving women a voice and a choice when it comes to their health and well-being. Overcoming struggles as a young girl, including self-esteem challenges and the hurdles of being a high school dropout and teenage mother, she emerged as a successful physician through faith and perseverance.

Her unwavering commitment to women's health is evident through her triple board certifications in obstetrics and gynecology, menopause, and functional medicine. As the driving force behind her thriving medical practice, Dr. Tabatha and her team provide compassionate support and care to women nationwide. Through her podcast, supplement line, and her international best-selling book *Fast to Faith*, she shares insights into the importance of gut health, hormone balance, mindset, and most importantly, nourishing the soul to truly heal and become whole. She is a beacon of light in a sea of medical darkness.

## WEBSITE:



[www.drtabatha.com](http://www.drtabatha.com)

## INTERVIEW SUMMARY

### Doctor shares her story of overcoming metabolic syndrome and how you can too

Dr. Tabatha Barber's journey from ill health to wellness is a testament to the transformative power of functional medicine. As a practicing OB-GYN, she found herself struggling with her own health issues, which traditional medicine seemed unable to resolve. This personal experience became the catalyst for her deep dive into functional medicine, a field that seeks to address the root causes of health problems rather than merely treating symptoms. Dr. Barber's approach is holistic, encompassing not just physical health but also mental, emotional, and spiritual well-being. She emphasizes that true healing often requires looking beyond the obvious and considering the interconnectedness of various bodily systems and life factors.

Central to Dr. Barber's philosophy is the importance of nutrition and fasting in achieving optimal health. She introduces her innovative 210-2030 protocol, a comprehensive approach designed to promote metabolic flexibility. This protocol leverages the power of fasting as a healing tool, recognizing that giving the body periods of rest from digestion can trigger numerous beneficial physiological processes. Dr. Barber explains that metabolic flexibility - the body's ability to efficiently switch between different fuel sources - is key to maintaining health and preventing chronic diseases. Her protocol aims to train the body to become more adaptable, thus improving overall health outcomes.

Dr. Barber places significant emphasis on the detrimental role of ultra-processed foods in breaking down our bodies. She argues that the prevalence of these foods in modern diets is a major contributor to the rise in chronic diseases and metabolic disorders. By educating her patients about the impact of these foods and guiding them towards whole, nutrient-dense alternatives, she helps them lay the foundation for better health. Dr. Barber's works to help her patients understand the 'why' behind their food choices, empowering them to make informed decisions about their nutrition.

Perhaps most importantly, Dr. Barber highlights the crucial role of mindset and beliefs in creating lasting health changes. She recognizes that many people have deeply ingrained beliefs about their bodies and health that can hinder their progress. By addressing these mental and emotional barriers, Dr. Barber helps her patients shift their perspective and develop a more positive, empowering relationship with their bodies. This mind-body connection is a fundamental aspect of her approach. Through this comprehensive, patient-centered approach, Dr. Barber guides individuals on a journey of transformation, helping them achieve not just freedom from illness, but a state of vibrant, sustainable wellness.

## KEY TAKEAWAYS

- Addressing the root causes of health issues is essential for true healing.
- A holistic approach that includes nutrition, fasting, and spiritual connection can support overall wellness.
- The 210-2030 protocol focuses on metabolic flexibility and using fasting as a tool for healing.
- Ultra-processed foods can have a detrimental impact on our health and should be avoided.
- Shifting our mindset and beliefs about our bodies is crucial for creating lasting change.

## NOTEWORTHY INTERVIEW QUOTES

- "I was living on donuts and Mountain Dew and bagels and Starbucks and all these things to give me energy because I was so sleep deprived and living such a stressed out life trying to take care of my patients and my children that I was destroying my body."
- "I think if you can just take the shame and the blame off of yourself... I mean, how are we supposed to even function when we don't even know what we're putting in our bodies [through processed foods]?"
- "I was hailed as a great doctor and like everybody loved me and they wanted me to deliver their babies. And I was giving them bad advice because I just didn't know any better. And so you can't even fault them to a point, right? So I say, we're just asking the wrong people because conventional medicine is about disease and diagnosis."
- [What I was taught in med school is]: "It's not the food, we just have to find the right medication."
- "And I realized that even though I was trained that I was the healer, that I'm the surgeon, I'm going to fix you, right? That's what we're taught is like, your hands are amazing. They're going to fix people. But I can cut your skin and your fascia and your muscle and your uterus and sew them all back together with sutures. But I don't actually do the healing. Your body does the healing."



# DR. TONY HAMPTON

Family Physician & Obesity Specialist,  
Author of 'Fix Your Diet, Fix Your Diabetes'

## BIOGRAPHY

Dr. Tony Hampton is empowering thousands of patients on Chicago's South Side to improve their health and wellness. Dr. Hampton is on Diet Doctor's expert medical panel.

Since discovering low-carb he has been a passionate promoter of low-carb eating. He wrote the popular book, *Fix Your Diet, Fix Your Diabetes*. He's very active on Twitter, Facebook, and Instagram, and makes informative Youtube videos and easy-to-follow cooking demonstrations. He also has his own website.

## WEBSITE:



<https://www.dietdoctor.com/drtonyhampton>

## INTERVIEW SUMMARY

### FIX YOUR DIET, FIX YOUR DIABETES

In the interview, Dr. Tony Hampton, a family physician and obesity specialist, shares his expertise on metabolic health, focusing on the dangers of sugar and how lifestyle changes can improve health outcomes. He begins by discussing the hidden sugars in common foods, particularly packaged items, condiments, and even foods perceived as healthy, such as oatmeal, protein bars, and fruit. He explains how reading labels and avoiding ingredients ending in "-ose" (like sucrose or dextrose) can help people reduce their sugar intake. Dr. Hampton also stresses that sugar consumption leads to significant health issues, including diabetes, heart disease, and dementia, all of which come with a high financial and emotional cost. He encourages people to switch to a low-sugar or low-carb diet, explaining that this not only improves health but can also be more cost-effective by reducing hunger, cravings, and the need to buy processed foods.

Dr. Hampton further highlights the importance of rethinking how we approach dietary changes, particularly when discussing them with healthcare providers. He advises patients to frame their diets as "clean" or focused on whole foods rather than using terms like "keto" or "carnivore," which might trigger negative reactions from doctors unfamiliar with these approaches. Additionally, he addresses the disparities in food access and health outcomes, especially in underserved communities, where issues like food deserts and financial constraints make adopting healthier diets more challenging. He has been involved in initiatives like food pharmacies to help level the playing field for those struggling to access nutritious food.

Dr. Hampton also shares his involvement in founding the American Diabetes Society, which seeks to transform diabetes treatment by promoting reversal strategies for type 2 diabetes and better management of type 1 diabetes through low-carb approaches. The organization prioritizes reducing the influence of industry on health guidelines and offers education and research to support its goals. Throughout the conversation, Dr. Hampton emphasizes the importance of grassroots efforts, encouraging people to share their health stories to inspire others. His message is clear: by making informed food choices and addressing broader lifestyle factors, individuals can take control of their metabolic health and achieve long-lasting improvements in their well-being.

## KEY TAKEAWAYS

- Many common foods, including packaged goods, condiments, protein bars, and even healthy-seeming options like oatmeal or fruit, are packed with hidden sugars. Dr. Hampton encourages awareness of this and stresses the importance of reading labels to identify sugar and sugar-related ingredients.
- Excessive sugar consumption is a major contributor to chronic diseases like diabetes, heart disease, and dementia, which come with high healthcare costs and significantly reduce quality of life.
- Adopting a low-sugar, low-carb diet can help prevent these diseases and also save money by reducing hunger and cutting out unnecessary processed foods.
- Shifting to whole, unprocessed foods, particularly low-carb options, can stabilize blood sugar levels, reduce cravings, and support overall metabolic health. He advises framing dietary changes as “eating clean” to avoid resistance from healthcare providers who may not be well-versed in low-carb or keto approaches.
- Many underserved communities face barriers to accessing healthy food due to food deserts and financial limitations.
- Dr. Hampton believes patients should be empowered to take control of their health through education and self-experimentation. He advocates for doctors to receive more nutritional training and be open to alternative approaches like low-carb diets.
- Dr. Hampton is a founding member of the American Diabetes Society, which aims to shift the current disease management model toward diabetes reversal. The organization promotes low-carb and keto approaches to help people achieve better control over their diabetes, and ensuring funding and guidance are free from industry influence.
- He uses the NEST and ROPE acronyms to address various lifestyle factors, including nutrition, sleep, stress, relationships, and emotional well-being, recognizing that comprehensive care is essential for long-term success in metabolic health.

## NOTEWORTHY INTERVIEW QUOTES

- “The best determinant, particularly for diabetes, to understand what's going to hurt you or not, is to see what happens to your blood sugar an hour or so after you consume these [food/drinks].”
- “The illness part is one thing, but when you adopt a diet where you reduce starch and sugar, you won't have those spikes...and then you end up saving money because you're not hungry, you're not doing impulse shopping, and you don't have that rollercoaster of energy crashes.”
- “When you're eating keto or carnivore, a lot of times you simply won't be hungry, so the impulse shopping cuts down significantly.”
- “I just want to spread the message of healing and teach that achieving metabolic health is the way to do it.”





# DR. TRO KALAYJIAN

Board-Certified Physician in Internal Medicine and  
Obesity Medicine

## BIOGRAPHY

Dr. Tro Kalayjian is a board-certified physician in Internal Medicine and Obesity Medicine. His weight loss story began in childhood, growing up in an obese family. He personally understands the deep emotions and feelings involved with being overweight, as he too has faced these challenges for most of his life. Dr. Kalayjian's practice focuses on combating Type 2 diabetes and obesity. Their published 6-month medical weight loss program has yielded impressive results, with an average weight loss of 38 pounds per person. Patients have experienced significant reductions in cardiac risk, a1C levels, blood pressure, and medication costs per year. The practice's evidence-based approach is supported by seven publications, showcasing the effectiveness of their emphasis on metabolic health.

## WEBSITE:



<https://doctortro.com/>

## INTERVIEW SUMMARY

### **The Link Between Obesity and Food Addiction: A New Treatment Model**

Dr. Tro Kalayjian, a board-certified physician in internal medicine and obesity, shares his personal journey with obesity and food addiction. Growing up in an obese family, he struggled with weight from childhood through his medical training. His breakthrough came when he recognized his relationship with food as an addiction, a realization that occurred while screening a patient for alcoholism. This insight led him to develop a new approach to treating obesity and food addiction.

Dr. Kalayjian emphasizes the importance of understanding food addiction as a biological drive, similar to other bodily functions. He argues against shame and self-blame, instead advocating for accepting the drive to eat while learning to manage it effectively. He discusses the concepts of harm reduction versus abstinence, suggesting that while abstinence is the ultimate goal, harm reduction can be a useful tool in the journey towards healthier eating habits. Dr. Kalayjian shares personal examples of his own experimentation with different foods and strategies to manage his eating habits.

The interview highlights the multifactorial nature of obesity, including genetic predisposition, stress, and environmental factors. Dr. Kalayjian stresses the importance of personalized approaches in treatment, noting that stress and lack of family support are the top predictors of weight regain in his practice. He discusses the variability in individual responses to food and the need for tailored interventions.

Throughout the interview, Dr. Kalayjian emphasizes the importance of support systems and ongoing education in managing food addiction and obesity. He calls for support for organizations like the Society of Metabolic Health Practitioners and researchers working to change the medical landscape regarding obesity and food addiction. Dr. Kalayjian concludes with a message of hope, emphasizing that even in cases of clear genetic predisposition and food addiction, obesity can be reversed with the right approach and support.

## KEY TAKEAWAYS

- Food addiction is a real struggle for many people, and it can make weight loss and obesity a difficult journey.
- Dr. Tro's approach to reversing type 2 diabetes and obesity is evidence-based and focuses on lifestyle medicine and metabolic health.
- The addiction model is a more accurate way to understand and address obesity.
- Diet choices should be individualized based on personal beliefs, needs, and metabolic health. Acceptance is key in managing food addiction. The drive to eat is not going away and needs to be reconciled.
- Harm reduction strategies can be effective in managing food addiction. It is important to find a balance between abstinence and harm reduction.
- Genetics, trauma, and stress can play a role in food addiction. Understanding these factors can help in developing personalized approaches to managing addiction.
- Supporting organizations like the Society of Metabolic Health Practitioners is crucial in advancing research and promoting change in the healthcare system.
- Each individual's journey with food addiction is unique. It is important to be mindful, non-judgmental, and open to course correction along the way.

## NOTEWORTHY INTERVIEW QUOTES

- "Food addiction is a thing and [it can make] struggling with obesity a very difficult journey."
- "Using lifestyle medicine and metabolic health to reverse type 2 diabetes and obesity drug-free."
- "The addiction model is the only way to explain why smart people maintain a behavior despite ill health."
- "You just need to accept you have this drive."
- "Acknowledging your food addiction is the first step."



# DR. VENUS RAMOS

Rehabilitation Physician, Celebrity Fitness  
Trainer, & Assistant Clinical Professor

## BIOGRAPHY

As a rehabilitation physician, Dr. Venus has committed herself to the promotion of health and fitness not only to her patients, but to the community at large as well. Her training in Physical Medicine and Rehabilitation allows her to help deconditioned patients optimize their functional independence. Being a NSCA Certified Strength and Conditioning Specialist, her experience also includes work as a personal trainer, a senior citizen fitness educator, and a volunteer trainer for Special Olympics track athletes.

Dr. Venus not only advises patients and clients on the benefits of physical fitness, but she herself regularly trains for fitness competitions. Having held the titles of Ms. Bikini California, Ms. Collegiate USA, and Miss Teen of Missouri, this is one pageant titleholder that is not afraid to sweat. She has been a competitive fitness athlete for 20 years. She regularly appeared in the Fitness America ESPN Series and has competed in Ms. Fitness World, Fitness America National Finals, and NPC Fitness National Finals. Her competitive fitness achievements include winning the Natural Universe Modelquest 2001 and NPC Los Angeles Fitness Championships 2007. She also succeeded in becoming a Semi-Finalist in the 2008 premiere season of NBC's American Gladiators in a memorable comeback on the show's tough Eliminator obstacle course.

## WEBSITE:



<https://doctorvenus.com/>

# INTERVIEW SUMMARY

## Food, Fitness and Chronic Pain

Dr. Venus, also known as the Fit Foodie MD, has extensive background as a board-certified physician specializing in physical medicine and rehabilitation, and a 20-year career as a fitness athlete. Florence sets the stage for their discussion by focusing on the importance of stress management, particularly how stress leads people to abandon healthy eating and exercise habits.

Dr. Venus shares her personal journey, explaining how she became interested in fitness and health. Her passion began in her youth, fueled by participation in sports, and grew during medical school when she was inspired by a fitness competition. This led to a long career in fitness competitions alongside her medical career. Dr. Venus emphasizes the importance of staying active despite a busy schedule and how fitness and diet helped her manage the stress of medical school and beyond. They explore how stress impacts the body, specifically through the release of cortisol. Dr. Venus explains that while cortisol is necessary for survival, it can cause harm if it remains elevated for too long, leading to conditions like high blood pressure, insulin resistance, and weight gain. Florence adds that people often deal with stress by eating or numbing themselves, which exacerbates the problem.

Dr. Venus discusses practical ways to combat stress and improve health, even for people with limited time or physical limitations. She advocates starting with small steps, such as short bouts of exercise like rebounding or cycling for just 10 minutes. She also emphasizes the power of breathing exercises and how intentional breathing can reduce cortisol levels. Florence reflects on how small actions can break negative cycles and create positive ones, leading to improved health, energy, and well-being. Dr. Venus stresses that everyone, no matter their current situation, can make small changes that lead to significant improvements. She encourages listeners to start with basic actions, like breathing exercises, and gradually build from there. Both Florence and Dr. Venus emphasize the importance of maintaining movement and mindfulness in daily life to counteract stress and chronic pain.

## KEY TAKEAWAYS

- Stress is often the biggest obstacle to maintaining healthy habits like eating well and exercising.
- Elevated cortisol levels can lead to overeating, cravings for unhealthy foods, and even weight gain, insulin resistance, and chronic diseases.
- Dr. Venus advocates for starting small when making lifestyle changes. Simple, consistent actions like 10 minutes of exercise, mindful breathing, or making one healthier meal choice a day can help reduce stress and build positive habits over time.
- Physical activity helps manage stress by burning off excess cortisol and adrenaline. It doesn't need to be intense — low-impact movements like rebounding (even on a bed), or cycling for a few minutes a day can help relieve stress and energize the body.
- Dr. Venus highlights breathing exercises, such as the 4-7-8 technique, as a simple and effective way to lower cortisol levels and manage stress.
- Reducing inflammation in the body through these practices can help prevent and manage chronic pain and other health conditions.
- Dr. Venus discusses how small, positive actions can reverse the cycle of stress and poor habits, leading to better energy, sleep, and healthier choices. It's important to replace stress-driven habits like overeating with healthier responses like movement and mindfulness.
- Dr. Venus reassures listeners that even five minutes of movement or mindful breathing can be a great starting point.
- Spending time with loved ones or engaging in humor can significantly improve mental and emotional well-being.
- Small, consistent efforts can have a profound impact on long-term health.

## NOTEWORTHY INTERVIEW QUOTES

- "When you're eating bad foods, you're feeding inflammation in your body. When you're not moving those joints, those joints start to get more inflamed."
- "Just pick one little thing that you can do and do that for a couple of weeks and just see how you feel."
- "Cortisol, I would say, has almost a head-to-toe effect on our bodies."
- "No matter what's going on in your life, you can do it. There is time. If you're stressed out about being able to do it, just breathe. Start there."



# DR. VERA TARMAN

Medical Director, Food Addiction Expert, Writer,  
Speaker, & Author of Food Junkies and coHost of  
Podcast

## BIOGRAPHY

Dr Vera Tarman, MD. MSc. FCFP, ABAM, is an addictions specialist working in Toronto. She is the Medical Director of Renascent and a senior staff physician at Salvation Army. She is author of Food Junkies: Recovery from Food Addiction, is cohost of Food Junkies Podcast and is moderator of the Facebook Group "I'm Sweet Enough: Sugar Free for Life". You can also find her on youtube channel: veratarmanmd.

## WEBSITE:



<https://addictionsunplugged.com/>

## INTERVIEW SUMMARY

### Understanding the Stages of Food Addiction and the Challenges of Moderation

Dr. Vera Tarman, a leading expert in addiction recovery, offers groundbreaking insights into food addiction, drawing from her experiences at the International Food Addiction Consensus Conference. She emphasizes the need to recognize ultra-processed food addiction as a legitimate form of addiction, challenging conventional perspectives. Dr. Tarman's approach identifies the stages of food addiction, from early use to abuse and addiction, highlighting the progressive nature of this condition and the need for tailored interventions at each stage.

Central to Dr. Tarman's philosophy is the concept of abstinence, particularly for individuals in the later stages of food addiction. This controversial yet crucial aspect underscores the severity of food addiction and its parallels with other forms of substance abuse. By advocating for abstinence, Dr. Tarman challenges the notion that moderation is always possible or beneficial for those struggling with severe food addiction, opening up new avenues for treatment and recovery.

The conversation between Dr. Tarman and Florence Christophers explores the psychological and emotional aspects of food addiction, introducing the concept of the 'sugar dragon' as a metaphor for intense cravings and compulsions. They discuss the middle stage of addiction, a critical period where individuals may still be in denial about the severity of their problem. This insight provides a valuable framework for understanding and addressing the complex psychological mechanisms at play in food addiction.

Dr. Tarman's work also addresses the broader societal implications of food addiction, highlighting its social justice aspects. She advocates for collaboration across various sectors and policy changes to address the root causes of food addiction. Throughout the discussion, Dr. Tarman and Christophers maintain a message of hope, emphasizing the importance of community support in the recovery process and encouraging individuals to seek comprehensive care. Their conversation serves as a call to action, urging society to address food addiction with compassion, understanding, and evidence-based strategies.



## KEY TAKEAWAYS

- The International Food Addiction Consensus Conference aimed to establish a unified definition of food addiction and advocate for its recognition as a legitimate addiction.
- The consensus reached was to call it ultra-processed food addiction, although there are differing opinions on the terminology.
- Food addiction progresses through stages, from early use to abuse and addiction, with a neuroadaptation in the brain.
- Abstinence is essential for those in later stages of food addiction, while harm reduction strategies may be effective for those in earlier stages.
- Food addiction is a social justice issue that requires collaboration and policy changes to protect children and address the suffering caused by ultra-processed foods.
- Food addiction is a real and serious problem that requires abstinence for recovery.
- In the middle stage of addiction, a person may still be in denial about the severity of their problem and may attempt moderation.
- Addressing underlying trauma and emotional eating is crucial in recovery.
- Joining a supportive community and seeking professional help are important steps in the recovery process.

## NOTEWORTHY INTERVIEW QUOTES

- "We came up with the concept of ultra-processed food addiction, as that is the consensus. Now we all know with consensus that doesn't necessarily mean everybody agrees to the nth degree. It's really, it's a compromise."
- "Each time a relapse happens, it gets harder to get back on board. It's a little bit like once you've lost weight, there's weight regain, it's harder to lose weight again. It's like you're almost training the body that this thing is no longer working."
- "Sugar and tobacco are very similar in their addiction patterns, addictive patterns. Why can't we see that with sugar?"
- "We are born with a birthright to feel dopamine in its trueness, which is wonderment. And how do we get that back? Well, we want to get rid of the hijackers, first of all. That's - I'm sorry to say it - is abstinence."



# DR. WILLIAM DAVIS

Cardiologist, Medical Director, &  
Author of the 'Wheat Belly' Book Series

## BIOGRAPHY

William Davis, MD is cardiologist and author of the groundbreaking #1 New York Times bestseller *Wheat Belly*, three other New York Times bestsellers: *Wheat Belly Cookbook*, *Wheat Belly 30-Minutes (or Less!) Cookbook*, and *Wheat Belly Total Health*, and several other books including *Wheat Belly 10-Day Grain Detox* and *Undoctored*. His most recent book is *Super Gut: A Four-Week Plan to Reprogram Your Microbiome, Restore Health and Lose Weight* that maps out the damage that has occurred with the modern human microbiome and the specific, actionable steps that can be taken to restore it to maximum advantage. Dr. Davis champions programs that empower the individual in health in a world in which the healthcare system has failed to provide unbiased information and services. He is co-founder and Chief Medical Officer of Realize Therapeutics Corp. in Lake Bluff, Illinois, a commercial project to fund research and develop therapeutic products applying the new science of the microbiome. He is active in various online activities, including his *Wheat Belly Blog* (33 million visits) which has now transitioned to his *Dr. Davis Infinite Health website* ([www.DrDavisInfiniteHealth.com](http://www.DrDavisInfiniteHealth.com)). He also broadcasts his message through his *Dr. Davis Infinite Health YouTube channel* (<https://www.youtube.com/channel/UCZp4ONYOXZkf92UxxNnAiKQ>) and his *Defiant Health Radio podcast* (<https://podcasts.apple.com/us/podcast/defiant-health-radio-with-dr-william-davis/id1591499942>). He remains active in social media with, for instance, 400,000 Facebook followers. Dr. Davis is a graduate of the St. Louis University School of Medicine, with training in internal medicine and cardiovascular disease, and advanced training in interventional procedures at the Case Western Reserve University Hospitals where he also served as Director of the Cardiovascular Fellowship and Assistant Professor of Medicine. He lives in Milwaukee, Wisconsin.

## WEBSITE:



<https://drdavisinfinitehealth.com/>

## INTERVIEW SUMMARY

### **It's not a sweet tooth - it's a wheat tooth**

Dr. William Davis explores the negative impact of wheat consumption on our health, particularly on body composition and the gut microbiome. He explains that wheat contains the protein gliadin, as well as other related proteins in grains, which interact with opioid receptors in the brain to stimulate appetite. These proteins are not fully digestible and can lead to inflammation, hormonal disruptions, and various health issues. Dr. Davis associates wheat and grain consumption with common problems such as tooth decay, abdominal fat accumulation, and fat deposition in organs. His insights point to the pervasive role grains play in contributing to poor health outcomes.

In the conversation, Dr. Davis and Roxana emphasize the critical role of the gastrointestinal microbiome in overall health and how to optimize it through dietary changes. They discuss the importance of eliminating harmful factors like chlorine in water, acid-blocking drugs, and synthetic food additives that can disrupt gut function. Dr. Davis underscores the benefits of incorporating fermented foods and non-grain fibers into the diet to encourage the growth of beneficial microbes in the gut. He highlights the importance of keystone microbes such as *Lactobacillus rhoderi* and *Lactobacillus gasseri*, which help colonize the small intestine and produce natural antibiotics, contributing to better gut health and overall well-being.

The conversation concludes with practical strategies outlined in Dr. Davis' four-week plan, which aims to improve health through dietary and lifestyle changes. This plan focuses on weight loss, reversing type 2 diabetes, and reducing the risk of various diseases by restoring balance to the gut microbiome and eliminating harmful substances from the diet. In addition, they discuss how specific interventions like supplementing with hyaluronic acid can enhance skin health and the potential benefits of reintroducing lost microbes to promote long-term well-being. Through this approach, Dr. Davis offers a holistic framework for achieving better health by addressing both internal and external factors that influence the microbiome and overall body function.

## KEY TAKEAWAYS

- The protein gliadin in wheat stimulates appetite by interacting with opioid receptors in the brain.
- Wheat and grains can cause inflammation and disrupt hormone functions.
- Consumption of wheat and grains is associated with tooth decay and abdominal fat accumulation.
- Fermented foods and non-grain fibers are beneficial for rebuilding a healthy gut microbiome.
- Protect the gastrointestinal microbiome by eliminating disruptive factors like chlorine in water, stomach acid-blocking drugs, and synthetic additives in food.
- Include fermented foods and fibers in your diet to promote the growth of beneficial microbes.
- Consider the role of keystone microbes like *Lactobacillus reuteri* and *Lactobacillus gasseri* in colonizing the small intestine and producing natural antibiotics.
- Explore the benefits of hyaluronic acid in improving skin health and overall well-being.
- Follow a four-week plan outlined in Dr. Davis' book for weight loss, reversing type 2 diabetes, and reducing the risk of various diseases.

## NOTEWORTHY INTERVIEW QUOTES

- "When you consume the gliadin protein of wheat, it's broken down not into single amino acids, but into four or five amino acid long peptides. And those peptides have opioid properties. They go to the human brain and they interact with the opioid receptors in the brain and stimulate appetite."
- "Wheat also remains a major source of sugar. Conventional advice to cut your dietary fat and cholesterol, eat more healthy whole grains, everything in moderation — that is a formula for obesity, type 2 diabetes, tooth decay, autoimmune diseases, and on and on."
- "Before the consumption of wheat, tooth decay was almost unknown. When grains were added, 16 to 49 percent of all teeth showed decay, abscess, tooth loss, misalignment, crowding, etc."
- "The really cool thing about fermented foods is that the microbes in kimchi, sauerkraut, all those things...have this ability to somehow cultivate the expansion of beneficial microbes, ones you need."
- "We're not treating skin, we're not treating anger and frustration with *Lactobacillus reuteri* for oxytocin. We're restoring things that you should have had all along from your mom, for instance, at birth, or from a diet rich in fats and organs."
- "We also purposefully re-implant lost what are called keystone microbes, very important microbes. Without them, you can't fully rebuild a microbiome."



# JAN ELLISON BASZUCKI

President of Baszucki Group, Founder of  
Metabolic Mind™, & Best-Selling Author

## BIOGRAPHY

Jan Ellison Baszucki is president of Baszucki Group and founder of Metabolic Mind. A former Silicon Valley fintech marketing executive, she is a writer, parent, mental health advocate, and aspiring citizen scientist. With her husband, David Baszucki, CEO of Roblox, she co-founded Baszucki Group, focusing on metabolism, mental health, regenerative agriculture, and electoral reform. Inspired by her son's bipolar recovery, she advocates for ketogenic therapies. Jan authored a national bestselling novel and her essays have appeared in major publications. She holds degrees from Stanford and San Francisco State University.

## WEBSITE:



<https://metabolicmind.org>

## INTERVIEW SUMMARY

### New Frontiers in Mental Health: The Role of Diet in Treatment

In the interview, Jan Ellison Baszucki discusses her family's journey with her son Matt's bipolar disorder and their eventual discovery of ketogenic therapy as a transformative treatment for serious mental illnesses. When Matt was 19 and attending UC Berkeley, he experienced a manic episode, which led to years of psychiatric hospitalizations and numerous medications. Despite being med-compliant and adopting healthy practices like meditation, Matt's symptoms persisted until the family discovered Dr. Chris Palmer's work on ketogenic diets and mental illness.

In 2021, Matt began a ketogenic diet, which had a profound impact on his mental health. Within four months, his bipolar cycling had mostly remitted, and his mood stabilized, particularly his sleep patterns. In the past, even minor sleep disruptions would trigger manic episodes, but ketosis restored his circadian rhythm. Baszucki emphasized the importance of proper metabolic health for mental wellness and how sustained nutritional ketosis dramatically improved Matt's condition over time.

The interview also touches on how ketogenic therapy benefits those with schizophrenia, anxiety, and other mental health conditions. Baszucki mentions that higher ketone levels are particularly effective in managing severe mental illnesses and shares insights from the Metabolic Mind project, which she co-founded to educate and support others exploring metabolic interventions.

Baszucki's personal experience is reinforced by data from pilot studies and anecdotal evidence from individuals who have found relief from serious mental health challenges through ketogenic diets. The interview concludes by underscoring the importance of long-term commitment to nutritional ketosis and the transformative potential of metabolic therapies, while also acknowledging the need for further research and community support in this area.

## KEY TAKEAWAYS

- Jan Ellison Baszucki shared how the ketogenic diet was transformative in managing her son Matt's severe bipolar disorder. After years of unsuccessful treatments and hospitalizations, the diet significantly stabilized his mood, particularly his sleep patterns, which had been a major trigger for his manic episodes.
- The ketogenic diet's effect on Matt's metabolic health restored his circadian rhythm, reducing his susceptibility to mania triggered by minor sleep disturbances. This highlights the connection between metabolic health and mental wellness.
- Baszucki emphasized that ketogenic therapy shows promise not only for bipolar disorder but also for schizophrenia, anxiety, and other serious mental illnesses. She pointed out that higher ketone levels can be particularly beneficial in managing severe conditions.
- One of the key lessons was the importance of maintaining a long-term commitment to nutritional ketosis to achieve and sustain mental health benefits. Baszucki noted that Matt's condition continued to improve as he remained on the diet.
- Through the Metabolic Mind project, Jan and her family have become advocates for educating people about metabolic interventions for mental health. She highlighted the need for further research and clinical studies to better understand the mechanisms behind these improvements.

## NOTEWORTHY INTERVIEW QUOTES

- "Within four months of starting the ketogenic diet, Matt's bipolar cycling had mostly remitted." — Reflecting on the rapid and profound impact of the diet on Matt's condition.
- "Ketosis restored Matt's circadian rhythm, which had been disrupted for years. His sleep improved, and with it, his stability." — Emphasizing the critical role of sleep and how metabolic health affects mental stability.
- "We believe that Matt's story is one of many that show the potential of metabolic interventions like ketogenic diets to radically improve serious mental illness." — Expressing the broader implications of ketogenic therapy for mental health conditions beyond their own personal experience.
- "Sustaining high ketone levels seems to be essential for treating severe mental health conditions. It's not a quick fix but a long-term commitment." — Highlighting the importance of sustained ketosis in managing serious mental illnesses.
- "Metabolic health and mental health are deeply intertwined, and it's time we explore these connections more seriously in both research and clinical practice." — Advocating for more attention and investigation into the metabolic basis of mental health conditions.





# JOYCE LASZLOFFY

Founder and Creator of the Kicked Sugar™ Course

## BIOGRAPHY

After Joyce Laszloffy kicked sugar over nine years ago, she quickly noticed how serious sugar addiction was and that it was quickly becoming a global epidemic. Out of the endless encounters and stories she heard sharing her journey with other women, she decided to create a step-by-step Program that would help other women finally be free of sugar and junk food.

Hence I Kicked Sugar™ was born. In her Masterclass Program, Joyce shares how she went from a lifelong sugar addict to NEVER craving the sweet stuff again. Without feeling deprived or using willpower. She teaches the science and psychology of why we eat and crave sugar, the emotions and circumstances that keep us eating, and finally, the way out. Over 19,000 women globally have joined I Kicked Sugar™ and are reclaiming their health and happiness.

## WEBSITE:



<https://www.ikickedsugar.com>



## INTERVIEW SUMMARY

### **The Path to Freedom From Sugar is About Progress Not Perfection**

Joyce Laszloffy, a former sugar addict turned health advocate, shares her transformative journey and the innovative program she developed to help others break free from sugar addiction. Recognizing sugar addiction as a global epidemic, Laslawski emphasizes the importance of understanding it as a genuine addiction, which can alleviate the shame and guilt often associated with struggles to control sugar consumption. Her approach is rooted in personal experience and a deep understanding of the psychological and physiological aspects of sugar addiction.

Laszloffy's step-by-step program is designed to help individuals break up with sugar and junk food without feeling deprived or relying solely on willpower. This approach is particularly noteworthy as it addresses one of the main challenges in overcoming food addictions – the feeling of deprivation that often leads to relapse. By focusing on progress rather than perfection, Laszloffy's method encourages sustainable change. She teaches the importance of listening to one's body and becoming one's own health advocate, empowering individuals to take control of their health journey.

A key aspect of Laszloffy's approach is the concept of changing one's desire for sugar, rather than simply resisting cravings. This shift in perspective is crucial for long-term success. She discusses the power of giving oneself permission to make changes and the importance of creating a new identity that's not centered around sugar consumption. Laszloffy and Florence Christophers delve into the role of awareness, journaling, and emotional recovery in overcoming sugar cravings, highlighting the multifaceted nature of addiction recovery.

The conversation also touches on practical strategies for kicking sugar addiction, including the power of making a decisive decision to cut off all other options. Laszloffy introduces the concept of sugar sensitivity, emphasizing the need to be mindful of sugar intake even when consuming natural sugars. To support those interested in starting their journey to food freedom, she offers resources such as a free Sugar Sleuth Kit and a two-hour live intensive workshop. These tools are designed to provide individuals with the knowledge and support needed to begin their journey towards a sugar-free lifestyle, underscoring Laslawski's commitment to making her methods accessible to those seeking help.

## KEY TAKEAWAYS

- Sugar addiction is a global epidemic and understanding it as an addiction can alleviate shame and guilt.
- Breaking up with sugar and junk food can be done without feeling deprived or relying on willpower.
- Progress, not perfection, is key in the journey to kick sugar addiction.
- Listening to your body and becoming your own health advocate is crucial in overcoming sugar addiction.
- Changing your desire for sugar is possible and can lead to freedom from cravings.
- Giving yourself permission to eat sugar can actually reduce fixation and cravings. Creating a new identity and building a case against sugar are key steps in overcoming sugar addiction.
- Awareness, journaling, and emotional recovery play a crucial role in understanding and addressing sugar cravings.
- Making a decisive decision to cut off all other options is empowering and helps in achieving food freedom.
- Sugar sensitivity varies among individuals, and it is important to be mindful of sugar intake, even when consuming natural sugars.

## NOTEWORTHY INTERVIEW QUOTES

- "You can break up with sugar without feeling deprived or using willpower."
- "You are not alone in your struggle with sugar addiction."
- "You can change your desire first and then the fixation stops."
- "You get to decide when you're ready and what you're ready to let go of on your own terms."



# JULIA TULIPAN

Biologist & Nutritional Scientist, Author,  
Speaker, & Science Enthusiast

## BIOGRAPHY

Julia Tulipan is a biologist and nutritional scientist, blogger, author, speaker, entrepreneur, and science enthusiast. During her late 20ties, she experienced severe health issues like chronic back pain, depression, weight gain, and sleep problems, despite doing everything by the book. When Julia turned 30, she had reached a new low. That was the turning point in her health journey. This time she decided to dig deeper into the original science. This led her to question the general dietary guidelines and, on the path, to reclaiming her health. During the last ten years, Julia fought her way back and says about herself, that she is now the healthiest she has ever been. As a coach, she helps now others, who also struggled for years, on their path to health and well-being. She supports high-performing individuals in reaching their potential. and built one of the most popular German blogs about the low-carb and keto lifestyle ([www.juliatulipan.at](http://www.juliatulipan.at)).

Together with her dear college Daniela Pfeifer, they created the first certified KetoCoach training program in German. She is a founding member of Ess-Wissen Club für Praktiker (EWiP), a membership platform for health professionals, coaches, nurses and doctors. Within EWiP she and her co-founders they go through studies and scientific papers, prepare infographics, slides and material for your work with clients. Besides her entrepreneurial endeavours, she is a scientist by heart.

## WEBSITE:



<http://juliatulipan.com>

# INTERVIEW SUMMARY

## How Keto Curbs Hunger: An Animal-Based Approach

In this interview, Roxana talks with Julia Tulipan, a biologist and nutritional scientist, about the benefits of animal-based, low-carb, and ketogenic diets. Julia explains that animal-based protein is more bioavailable and better for satiety than plant-based protein, which often comes with carbohydrates. She emphasizes the importance of consuming high-quality protein to meet daily nutritional needs and help manage hunger. The ketogenic diet, according to Julia, is a natural metabolic state that can be triggered by reducing carbohydrates, which shifts the body into burning fat as its primary energy source.

Julia further explains that ultra-processed foods disrupt natural hunger signals, causing people to overeat. These foods, which often combine fats, carbohydrates, and sugars, trigger cravings in a way that doesn't occur with natural foods. She contrasts this with nutrient-dense animal products, like organ meats, which provide essential vitamins and minerals without the harmful effects of anti-nutrients found in many plant-based foods.

The conversation also touches on common misconceptions about protein, particularly concerns about high protein intake and its effects on the kidneys. Julia clarifies that healthy kidneys are not harmed by protein consumption and highlights the role of protein in muscle, bone, and hormone health. She encourages people to focus on protein as a key part of their diet, which helps regulate hunger and improve overall well-being.

In conclusion, Julia encourages listeners to try a low-carb or ketogenic diet for a few weeks to experience its benefits. She stresses that these diets are not fad diets but effective tools for improving metabolic health, managing weight, and reversing conditions like fatty liver and insulin resistance. Through her coaching and educational programs, Julia helps people regain a healthy relationship with food and feel more energized and satisfied.

## KEY TAKEAWAYS

- Sufficient protein intake, especially from animal sources, is essential for satiety and nutrient needs. Animal-based proteins are more complete and bioavailable than plant-based proteins.
- Modern processed foods are designed to trigger overeating by combining fats and carbohydrates, which are rare in nature. These foods lack the necessary protein to satiate hunger.
- A ketogenic diet, which limits carbohydrates, can help normalize hunger, reduce cravings, and improve metabolic health.
- Julia encourages us to start by increasing protein intake.
- Julia debunks the myth that high-protein diets damage healthy kidneys, clarifying that protein is not harmful unless pre-existing kidney disease is present.

## NOTEWORTHY INTERVIEW QUOTES

- "The key to managing hunger is satisfying your protein needs with high-quality animal-based proteins."
- "We are overfed and undernourished — modern foods fill us up but don't provide the nutrients our bodies need."
- "Processed foods hijack our brain's evolutionary triggers to make us crave more, leading to overeating."
- "There is no scientific evidence to support the idea that protein harms healthy kidneys. Protein is essential, and we need it daily."
- "If you're unsure about going low-carb or keto, just give it a try. You have nothing to lose by experimenting with your diet."



# KATHY WILLIAMS

Diabetes Prevention Strategist,  
Author, Founder at [ILiveSugarFree.com](https://ilivesugarfree.com/)

## BIOGRAPHY

Kathy is the CEO of Williams Consulting Group, LLC. She is an author, speaker, health strategist, and diabetes prevention advocate. She helps busy professionals eliminate sugar addiction & cravings in 90 days without giving up taste. Her easy step-by-step process empowers individuals to live a life of ENERGY/FOCUS/ CONFIDENCE in the body they LOVE.

Motivated by her personal journey from a pre-diabetic diagnosis to complete wellness, Kathy envisions a world free from diabetes. Her own remarkable results, sustained over the past decade, include overcoming pre-diabetes, a 10% reduction in HbA1c, shedding four dress sizes, maintaining an 11% weight reduction, and achieving a flat stomach after three kids – all sustained over the past 10 1/2 years.

Kathy's commitment extends beyond personal success, positively impacting clients and even her son, diagnosed with Type 1 diabetes four years ago. He has witnessed a remarkable 50% reduction in HbA1c and continues to produce insulin.

With over 20 years in the healthcare industry, Kathy holds an MBA from the Goizueta School of Business, a Master of Science in Mechanical Engineering from the University of Cincinnati, and a Bachelor of Science from North Carolina A&T State University.

Certified by the University of Pittsburgh's Diabetes Prevention Program, Kathy is passionate about sharing the transformative power of Sugar Free Living.

## WEBSITE:



<https://ilivesugarfree.com/>

# INTERVIEW SUMMARY

## Crush Your Sugar Cravings

In this interview, Roxana speaks with Kathy "Sugarfree Girl" Williams about her journey from being diagnosed with pre-diabetes to adopting a sugar-free lifestyle and helping others do the same. Kathy shares how her initial shock and confusion led her to research sugar addiction and create a five-step process to reverse pre-diabetes. She emphasizes the importance of reducing sugar and carbs, while also incorporating strategies based on the glycemic index to manage blood sugar levels effectively.

Kathy discusses how her background in healthcare initially made it difficult to accept her diagnosis, but eventually led her to realize that her daily "healthy" meals were full of hidden sugars and carbs. By working with a nutritionist and conducting research, she learned how to make healthier choices, gradually cutting sugar and creating alternatives for cravings. Her approach includes choosing low-glycemic foods like berries and leafy greens over high-glycemic options such as watermelon and corn.

The interview also highlights the importance of emotional and cultural factors in sugar addiction. Kathy explains how emotional eating and cultural habits around food contribute to cravings, but with preparation and alternatives, it's possible to break these patterns. She emphasizes the need for community and accountability, noting how sharing her goals with others helped her stay committed to her sugar-free lifestyle.

Finally, Kathy shares how her lifestyle changes positively influenced her family, particularly her son, who was diagnosed with type 1 diabetes. By leading by example, she helped him make healthier choices, which extended his insulin production beyond the typical period for type 1 diabetics. Kathy encourages people to take control of their health, stating that pre-diabetes and diabetes are reversible with the right lifestyle changes and support.

## KEY TAKEAWAYS

- Kathy's approach involves deciding to make a change, researching, gradually reducing sugar, monitoring health metrics, and committing to long-term habits.
- Kathy uses the glycemic index to help clients make informed food choices, reducing high-glycemic foods like watermelon and corn in favor of low-glycemic options like berries and leafy greens.
- Kathy discusses how emotional and cultural factors drive sugar cravings and how addressing these triggers is key to overcoming sugar addiction.
- She stresses the importance of being prepared with sugar-free alternatives during holidays and events to avoid falling back into old habits.
- Kathy highlights the role of community and accountability in maintaining long-term lifestyle changes. Sharing her health goals with others helped her stay on track, and she encourages others to seek out supportive environments to boost their success.

## NOTEWORTHY INTERVIEW QUOTES

- "I had to make the decision that I did not want diabetes. It's not a life sentence — it's reversible."
- "We need to pay attention to our bodies. Things happen over time, but if you catch them early, you can stop the progression to diabetes."
- "Just because you have a diagnosis doesn't mean you have to walk through to that destination. Lifestyle changes can break the cycle of disease."
- "Community is key. When you surround yourself with like-minded individuals on the same journey, your chances of success increase."
- "Having accountability is key. Someone to hold you accountable can make all the difference in sticking to your decisions."
- "You might be the only one in your family making a lifestyle change, but your choice can influence others and change your family's health legacy."





# KATIE KIMBALL

Writer, 2x TEDx Speaker, Entrepreneur,  
Founder at KidsCookRealFood.com

## BIOGRAPHY

Katie Kimball is known as the national voice of healthy kids cooking. She's a former teacher, two-time TEDx speaker, writer, and mom of 4 kids. She created the Kids Cook Real Food eCourse, which was recommended by The Wall Street Journal as the best online cooking class for kids. Her blog Kitchen Stewardship helps families stay healthy without going crazy, and she's on a mission to connect families around healthy food, teach every child to cook, and help families instill those all-important life skills!

## WEBSITE:



<https://www.kitchenstewardship.com/>

## INTERVIEW SUMMARY

### How to Help Children and Picky Eaters Eat Better

Katie Kimball, a prominent advocate for children's healthy eating and the creator of the Kids Cook Real Food e-course, has emerged as a national voice in promoting nutritious diets for young people. Her journey began with a personal discovery of the importance of healthy eating, which led her to recognize the critical need for teaching children essential life skills, particularly cooking. Kimball's approach emphasizes preparing children for adulthood by equipping them with practical culinary abilities, viewing these skills as fundamental to their overall development and future independence.

In her work, Kimball explores the complex relationship between picky eating and the prevalence of ultra-processed foods in modern diets. She delves into the physiological and sensory factors that contribute to selective eating habits in children, offering insights into why some kids struggle with certain foods. To address these challenges, Kimball has developed a three-step process designed to help parents foster a positive relationship between their children and whole foods, providing practical strategies for overcoming common obstacles in healthy eating.

The conversation with Kimball extends to specific strategies for encouraging children to consume vegetables and develop a healthy overall relationship with food. She emphasizes the importance of presenting a diverse array of colorful vegetables and empowering children by allowing them to make choices about what goes on their plate. This approach not only makes healthy eating more appealing but also gives children a sense of agency in their food decisions, which can lead to more positive attitudes towards nutritious options.

Kimball's discussion also touches on the broader ecosystem of influences on children's eating habits, including the role of grandparents in promoting healthy food choices. She stresses the importance of educating children about the potential consequences of consuming ultra-processed foods, advocating for a holistic approach that involves the entire family in fostering healthy eating habits. By addressing these various aspects, Kimball provides a comprehensive framework for parents and caregivers to guide children towards a lifetime of healthy eating and cooking skills.

## KEY TAKEAWAYS

- Teaching kids to cook is about more than just healthy eating; it also builds confidence, family connection, and creativity.
- Picky eating can be caused by physiological factors like weak chewing and swallowing skills, as well as sensory sensitivities.
- Ultra-processed foods can contribute to picky eating by creating expectations for consistent taste and texture.
- Parents can help their children develop a positive relationship with whole foods by preparing the space, leading with healthy options, and maintaining a neutral attitude.
- It's important to create a stress-free environment at the dinner table and allow children to explore their own relationship with food.
- Offer a variety of colorful vegetables to encourage children to eat them
- Give children agency in choosing what goes on their plate
- Teach children about the consequences of consuming ultra-processed foods
- Involve grandparents in promoting healthy eating habits
- Cooking with kids can help them develop a positive relationship with food

## NOTEWORTHY INTERVIEW QUOTES

- "I firmly believe that the rubber band effect is a real thing that if we fully restrict kids from something, whether it be sugar or something else, you pull them back so hard. And then when they start getting freedom, like a job or a driver's license, or they move out, that rubber band can really let them fly and they often go too far to the other side."
- "Picky eating is not about the food."
- "When we think about our whole foods, real meats are difficult to chew. Raw vegetables or, you know, lightly steamed vegetables are difficult to chew. And all those comfort foods, mashed potatoes, mac and cheese, super easy to chew."
- "Processed foods always taste the same, very monochromatic, right? If I go pick a tomato from my garden right now and I pick one tomorrow and I slice them in the same way and I put nearly, you know, throw some salt and pepper on them and feed them to my child, it's a different experience, right? Because every tomato is very unique."
- "Our job is simply to present, you know, to we schedule the time because we're the adults with the fully formed brains and we tell kids it's not eating time right now. And then we schedule, we plan the food and we put it out there."
- "I think one of the greatest gifts we can give our kids is that just the concept that food does fuel how you feel."
- "It's not cookies at grandma's, it's carrots and homemade ranch at grandma's."
- "I really do believe that every kid can have a good relationship with food."



# LUIS MOJICA

Somatic Practitioner, Trauma  
Therapist, & Nutritionist

## BIOGRAPHY

Luis Mojica is a somatic therapist, trauma nutritionist, and founder of Holistic Life Navigation, where he educates people around the world how to recover from stress and trauma. He uses whole foods, self-inquiry, and Somatic Experiencing as relational tools to befriend the body and find safety within yourself.

## WEBSITE:



[www.holisticlifnavigation.com](http://www.holisticlifnavigation.com)

# INTERVIEW SUMMARY

## How To Eat Cookies Like A Pro

Luis Mojica, a somatic therapist and trauma nutritionist, shared a compelling narrative of his personal and professional experiences with food addiction, particularly focusing on his struggle with binge eating. Luis recounted how, during difficult times, he turned to food as a means to cope with anxiety and unresolved trauma. This reliance on food, particularly sugary and processed foods, became a way for him to soothe his emotional pain, though it ultimately exacerbated his issues. His story is one of self-discovery and healing, as he began to understand the deep connection between his emotional state and his eating habits.

Luis found a path to recovery through somatic practices, which played a pivotal role in helping him reconnect with his body and emotions. These practices, which involve tuning into the body's sensations and learning to regulate the nervous system, allowed him to address the underlying causes of his binge eating. By becoming more aware of how emotions manifested in his body, Luis could respond to his anxiety and trauma in healthier ways. Abstaining from sugar was a significant step in his journey, as it forced him to confront the emotional void that sugary foods had filled. This abstinence, paired with somatic practices, became a cornerstone of his recovery process.

The discussion also highlighted the importance of understanding the role of abstinence in addiction recovery and the need to replace addictive behaviors with healthier alternatives. Luis emphasized that food addiction often stems from unmet emotional needs, and simply removing the addictive substance is not enough. It's crucial to identify and address these unmet needs, whether they are related to stress, loneliness, or unresolved trauma. Lifestyle changes, such as adopting balanced nutrition and practicing mindfulness, are essential in this process, as they help the body metabolize stress and reduce the biochemical impact of trauma.

In conclusion, Luis stressed the necessity of integrating somatic practices with dietary changes to achieve lasting recovery from food addiction. He explained that a deep connection with both food and the body is vital for healing and repair. By learning to regulate the nervous system and locate emotions in the body, individuals can break free from the cycle of addiction and develop a healthier relationship with food. This holistic approach not only addresses the symptoms of addiction but also fosters long-term well-being by meeting the emotional and physical needs that were previously unmet.

## KEY TAKEAWAYS

- Somatic practices, such as feeling the present moment and orienting to the environment, can help individuals develop a deeper connection with their bodies and regulate their emotions.
- Abstinence from addictive foods can be a helpful tool in recovery, especially for individuals with health conditions that require dietary changes.
- Recovery from food addiction involves not only abstaining from addictive foods but also addressing the underlying emotional and psychological factors that contribute to the addiction.
- The length of abstinence varies depending on the individual and their specific health needs, ranging from weeks to years.
- Developing a healthy relationship with food involves learning to listen to the body's signals and finding alternative ways to meet emotional needs. Abstinence alone is not enough; it is important to replace addictive behaviors with healthier alternatives that meet unmet needs.
- Processed sugar causes biochemical trauma in the body, and balanced nutrition is crucial for the body's capacity to metabolize stress.
- Somatic practices, such as locating emotions in the body and regulating the nervous system, are essential for healing and restoring health.
- Both food and body connection are necessary for a holistic approach to recovery and repair.

## NOTEWORTHY INTERVIEW QUOTES

- "Somatics was like this bridge between my mind's ability to identify and my body's ability to experience. And so mind was fused with body and together it was this incredible partnership of, I can track sensations and even have a conversation with my body."
- "When you locate where your emotions live physically in your body, you now have a direct place to tend to... The body has so many innate instructions for us."
- "Processed sugar is literally biochemically traumatic for the body because you have this instant sequence of events... So the biochemistry after eating sugar is the same thing as a car crash."
- "When you're having very balanced meals... it's what feels like having a level mood... You're going to find that you get this emotional and pleasure satisfaction from the texture and taste of sugar, but you don't go into addiction because you're already nourished."
- "Being with food and being with body and how the two play with each other as you're on the journey of abstinence or recovery or repair... That's the full package."



# MARIA EMMERICH

Keto Chef & Nutritionist, Speaker, International Best-Selling Author

## BIOGRAPHY

Maria Emmerich is a nutritionist who specializes in the ketogenic diet and exercise physiology. She struggled with her health and weight throughout childhood which led her to become such a passionate nutrition expert. “My goal is to help transform people’s lives and start living again!” Maria specializes in brain neurotransmitters and how food can increase mental wellness. Her expertise has sent her around the World speaking about ketogenic diets. She has also cooked with Halle Berry and writes for Halle’s website. You can find her at KetoMaria.com.

## WEBSITE:



<https://mariamindbodyhealth.com>



## INTERVIEW SUMMARY

### How to Overcome Weight Loss Stalls on Low Carb

Maria Emerich, a nutritionist well-versed in the ketogenic diet and exercise physiology, shares her deep understanding of specific dietary approaches including carnivore diets and the Protein Sparing Modified Fast (PSMF). The PSMF, a method particularly useful for breaking through weight loss plateaus, is designed as an occasional tool rather than a daily regimen. In her discussion, Maria emphasizes the critical roles that calories and protein play in weight management, detailing how the PSMF method effectively facilitates weight loss by focusing on lean protein consumption while significantly reducing fat intake.

Addressing broader dietary concerns, Maria also tackles the pervasive issue of sugar addiction and how it impacts cravings. She elaborates on the integration of vegetables within a ketogenic framework, providing insights into how these can be incorporated into a low-carb diet without compromising the ketosis process. Additionally, she explores the effects of menopause on women's sleep patterns and weight, offering practical advice for managing these changes. Her holistic approach extends to recommending natural supplements and lifestyle adjustments, such as magnesium glycinate and blue-blocking glasses, to enhance sleep quality.

In terms of meal planning, Maria underscores the importance of maintaining stable blood sugar levels to optimize health and facilitate weight loss. She advocates for personalized meal plans that cater to individual dietary needs and preferences, ensuring that each plan supports metabolic health effectively. Her practical strategies address common concerns related to protein consumption, debunking myths about its potential harm to kidney health, and explaining the role of natural sweeteners in maintaining a palatable yet healthy ketogenic diet.

Beyond her nutritional guidance, Maria shares her enthusiasm for upcoming retreats designed to educate and immerse participants in the ketogenic lifestyle. These retreats aim to provide a supportive community where individuals can learn firsthand about the benefits of keto and carnivore diets through workshops, meal planning sessions, and shared experiences. Maria's expertise in metabolic health shines through as she continues to advocate for informed dietary choices that promote long-term wellness and vitality.



## KEY TAKEAWAYS

- The Protein Sparing Modified Fast (PSMF) is a tool used to break weight loss plateaus and is not meant for daily use.
- Calories and protein are important factors in weight loss.
- Sugar addiction is common, and cravings can be addressed by changing the palate and giving the body time to adjust.
- Vegetables should be chosen carefully on a keto diet, focusing on low oxalate options.
- Menopause can affect sleep and weight loss, and supplements may be helpful.
- Individualized approaches are necessary for different people based on their specific needs and goals. Supplements like magnesium glycinate, blue-blocking glasses, and progesterin cream can help improve sleep.
- Meal planning should focus on stable blood sugar levels and can be individualized based on personal preferences and goals.
- Protein intake should be based on individual needs and preferences, and it is difficult to consume too much protein from whole foods.
- Dairy and nuts can be problematic for some individuals and may contribute to weight gain.
- Sweeteners like allulose and stevia glycerite can be used in moderation and may help with satiety.
- Keto and carnivore diets have numerous benefits for metabolic health and can be personalized to individual needs.
- Maria Emmerich offers keto and carnivore retreats in various locations, providing an opportunity to learn and connect with like-minded individuals.

## NOTEWORTHY INTERVIEW QUOTES

- "To say that calories don't matter is ignorance, but to say that it's everything is also ignorance too. A calorie of protein is not the same as a calorie of fat."
- "And I say calories matter, try these meal plans. First of all, they love the food way better because it's more interesting. And second of all, they get off medication 100% and they start to lose weight."
- "Well, we like to call it a tool, just like you wouldn't water fast every day. You don't do a protein-sparing modified fast every day. But I have men and women that are stuck. They are like, I can't lose weight no matter what I do. It doesn't work anymore. I'm working out. I'm eating like so little food and this and that."



# MARTHA CARLIN

Citizen Scientist, Visionary and Founder/CEO  
of BiotiQuest

## BIOGRAPHY

Martha Carlin is the visionary CEO and founder of BiotiQuest, a company at the forefront of microbiome innovation, dedicated to improving health through precision probiotics. With a deep commitment to transforming the way we understand and interact with the microbiome, Martha's journey into the world of gut health began after her husband's diagnosis with Parkinson's disease. Her background as a systems thinker and problem solver in business operations fueled her determination to find the underlying causes of chronic illnesses.

Combining cutting-edge scientific research with her passion for holistic wellness, Martha founded BiotiQuest with the mission of developing targeted, evidence-based probiotics to optimize gut health and address a wide range of health concerns. Under her leadership, BiotiQuest has developed breakthrough products that empower people to take control of their microbiome for better mental, metabolic, and immune health.

A sought-after speaker and thought leader in the health tech and microbiome sectors, Martha Carlin continues to challenge conventional approaches to health and wellness. Her work is driven by the belief that understanding and nurturing the body's internal ecosystem is key to solving some of the most complex health issues of our time.

## WEBSITE:



<https://biotiquet.com/>

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## INTERVIEW SUMMARY

### **Sugar Shift: How Probiotics Can Reduce Blood Sugar and Cravings**

In this interview, Florence speaks with Martha Carlin, CEO of BiotiQuest, about her groundbreaking work on the gut microbiome and its connections to chronic health conditions such as Parkinson's disease and type 2 diabetes. Martha's journey began when her husband, John, was diagnosed with Parkinson's, prompting her to research gut health as a potential pathway for managing the disease. She discovered a link between gut bacteria and the development of Parkinson's and created Sugar Shift, a probiotic product that helps the gut microbiome convert sugar into mannitol, which can reduce harmful effects of sugar and improve metabolic health.

Martha shares details about a clinical trial conducted in Cuba, where Sugar Shift was tested on individuals with type 2 diabetes. Although the trial did not show immediate changes in HbA1c (a marker for long-term blood sugar levels) within the initial 90 days, results after 180 days showed a 14% reduction in HbA1c, along with improvements in insulin resistance and a decrease in endotoxin-producing bacteria. The trial also demonstrated significant improvements in triglycerides and microbiome diversity, highlighting the importance of maintaining a healthy gut for overall health.

Martha emphasizes the importance of gut health in preventing and managing a wide range of diseases. She explains that harmful endotoxins, such as lipopolysaccharide (LPS), are produced by gram-negative bacteria in the gut and are linked to chronic inflammation and conditions like Parkinson's, diabetes, and even depression. By using probiotics to rebalance the gut and reduce these harmful bacteria, individuals can lower their risk of these diseases and improve their metabolic health.

The conversation also covers the long-term commitment required to repair the microbiome after damage from antibiotics, processed foods, and sugar overconsumption. Martha explains that taking probiotics for just a few days will not lead to significant changes; instead, consistent use over several months is necessary to reshape the gut's ecosystem. Sugar Shift, for example, requires regular supplementation to restore beneficial bacteria and reduce the harmful effects of sugar on the body.

In a touching conclusion, Martha dedicates her work to her late husband John, who passed away recently. She shares that his experience with Parkinson's inspired her research and company, and that their journey together underscored the importance of managing the gut microbiome to prevent and mitigate disease. She stresses that controlling inflammation and reducing harmful bacteria in the gut are crucial steps toward improving health outcomes for many chronic conditions.

## KEY TAKEAWAYS

- Martha's interest in the gut microbiome started with her husband's Parkinson's diagnosis, leading her to research and develop Sugar Shift, a probiotic aimed at improving gut health and blood sugar regulation.
- Sugar Shift showed positive effects in a clinical trial conducted in Cuba for type 2 diabetes, including lowering endotoxins and improving insulin resistance, though changes in HbA1c took longer to manifest.
- The gut microbiome plays a critical role in overall health, affecting not only metabolic functions but also contributing to diseases like diabetes, depression, Parkinson's, and more.
- Lipopolysaccharide (LPS) endotoxins, produced by harmful bacteria, are linked to chronic inflammation and numerous diseases. Reducing LPS levels through gut health management is key to lowering disease risk.
- Probiotics like Sugar Shift require consistent, long-term use to reshape the microbiome and reduce inflammation, offering potential for significant health improvements.
- Martha dedicates her work to her late husband John, emphasizing the importance of managing the microbiome to prevent illnesses related to endotoxins and inflammation.

## NOTEWORTHY INTERVIEW QUOTES

- "We are more microbial than we are human. The genes in our microbiome outnumber the human genome by 300 times."
- "Sugar addiction is very hard, but you can start to turn your microbiome around in a very short period of time."
- "Seven days of eating sugar is enough to significantly decrease friendly bacteria and increase pathogenic ones. The good news? Seven days without it can start to turn things around."
- "Lipopolysaccharide endotoxins are linked to diseases like Parkinson's, depression, diabetes, and more. Managing your microbiome can reduce these harmful bacteria and lower inflammation."
- "Going to the bathroom every day is so important. Constipation is not normal, and it's a sign that your gut health needs attention."
- "I want to dedicate this work to my husband John. He helped us understand how important managing the microbiome is for health, right until the end."



# MATT BASZUCKI

Patient Advocate and Co-Host  
of the Bipolarcast Podcast

## BIOGRAPHY

Matt Baszucki is a patient advocate and co-host of the Bipolarcast podcast, along with Iain Cambell. Matt struggled with type 1 bipolar disorder for five years. He was hospitalized four times for manic psychosis, saw dozens of psychiatrists and specialists, and attended multiple treatment centers. In 2021, Matt used the ketogenic diet to treat and cure his disorder. Now, on their podcast, he and Iain interview other patients who have used metabolic therapies to treat their illnesses. They also discuss general metabolic interventions, including physical exercise, circadian rhythm management, and meditation. In his free time, you can find him digging into biographies, playing chess, practicing piano, or pushing weight at the gym.

## WEBSITE:



<https://baszuckigroup.com/>

## INTERVIEW SUMMARY

### From Bipolar to Symptom-Free: How the Ketogenic Diet Healed Matt

This interview features a conversation between Florence Christophers and Matt Baszucki, a young man who successfully treated his bipolar disorder using the ketogenic diet. Matt shares his personal journey, from struggling with severe mental health issues to finding relief through dietary changes.

Matt describes his childhood and teenage years, during which he consumed large amounts of sugar and carbohydrates. At age 19, while in college, he experienced his first manic episode, leading to multiple hospitalizations over the next two years. After being declared medication-resistant and treatment-resistant, Matt's mother discovered information about the ketogenic diet for mental health. In 2021, Matt began the diet, and within 3-4 months, his symptoms significantly improved.

The interview delves into the science behind the ketogenic diet's effectiveness for mental health. Matt explains that the brain can use two fuel sources: glucose from carbohydrates or ketones from fat. For some individuals, like Matt, switching to ketones as the primary fuel source can lead to dramatic improvements in brain function and mental health. Matt emphasizes that while the ketogenic diet may not be suitable for everyone, it should be considered as a potential first-line treatment for mental health issues.

Throughout the conversation, Matt discusses the challenges of adhering to the diet, the importance of whole foods, and the need for a holistic approach to health that includes proper sleep, exercise, meditation, and social connections. He also mentions the work of the Bazooki Foundation, established by his parents, which funds research on metabolic psychiatry and promotes awareness of dietary interventions for mental health. The interview concludes with Matt expressing gratitude for discovering the ketogenic diet and his hope that others struggling with mental health issues might benefit from similar approaches.

## KEY TAKEAWAYS

- Metabolic dysfunction plays a significant role in mental health conditions such as bipolar disorder, depression, and anxiety.
- The ketogenic diet, along with other lifestyle factors like sleep, exercise, and meditation, can be a powerful intervention for improving mental health.
- Ultra-processed foods and refined carbohydrates are detrimental to metabolic health and should be eliminated from the diet.
- Metabolic therapies, including the ketogenic diet, have the potential to transform lives and offer hope for individuals with mental health issues.
- The Baszucki Foundation is dedicated to raising awareness and supporting research on metabolic therapies for mental illness.

## NOTEWORTHY INTERVIEW QUOTES

- "I think within about three or four months, my symptoms went away. Like my symptoms completely went away when I went on a ketogenic diet and dropped the sugar and the carbohydrates."
- "Brains are very different. People respond differently to carbs. And I respond very, very well to ketogenic diet. I mean, in ketosis, when I'm burning fat for fuel and using ketones, just, my brain is clear. I can think."
- "We don't grow up in the West thinking about how impactful food is for everything. I mean, if you think about it, it should be obvious. The food we eat becomes us. It becomes our brains. It becomes our cells. It becomes everything."
- "My diet is really, it's whole foods. It's like grass-fed beef, chicken, steak, fish, eggs, full fat cheeses, heavy cream, and some nuts, almonds, and macadamia nuts, and some vegetables. That's the diet. That's pretty much all I eat."
- "Without keto, I would not have the health that I have without even if I had done whole foods. I mean, even it's all the exercise and meditation and sunlight and I was doing those things before I found keto even I was swimming and getting exercise and doing all this stuff and I wasn't well."





# MIKE MUTZEL

Author, MS in Clinical Nutrition, Founder  
of Myoxcience and High Intensity Health

## BIOGRAPHY

Mike Mutzel holds a B.S. in Biology from Western Washington University, earned in 2006, and an M.S. in Clinical Nutrition from the University of Bridgeport, completed in 2015. He is also a distinguished graduate of the Institute for Functional Medicine's (IFM) Applying Functional Medicine in Clinical Practice (AFMCP) program.

In 2014, Mike published his debut book, *Belly Fat Effect: The Real Secret About How Your Diet, Intestinal Health, and Gut Bacteria Help You Burn Fat*, which has been well-received for its insightful exploration of the connections between diet, gut health, and fat loss.

Mike is the founder of MYOXCIENCE, a supplement business dedicated to providing high-quality nutritional products. Additionally, he is the creator of the successful YouTube channel, High Intensity Health, which boasts over 700,000 subscribers. On this platform, Mike shares current, evidence-based health information and offers in-depth analyses of scientific studies, making complex health topics accessible to a broad audience.

## WEBSITE:



<https://highintensityhealth.com/>



## INTERVIEW SUMMARY

### **Top 5 Most Effective Ways to Lower Blood Sugar Immediately"**

In this interview, Mike Mutzel emphasizes the importance of diet, metabolic health, and lifestyle in preventing chronic diseases like diabetes and heart disease. He shares his personal journey from a diet filled with refined grains and soy-based products to a whole-food, omnivorous diet, which significantly improved his health. Mutzel highlights that processed foods are a major contributor to poor metabolic health, leading to insulin resistance and chronic inflammation. He explains that the foundation of good health begins with maintaining stable blood sugar levels and consuming nutrient-dense, whole foods like vegetables, high-quality proteins, and healthy fats to reduce the risk of chronic illnesses.

Mutzel also discusses the importance of regulating blood sugar, as frequent spikes can lead to metabolic dysfunction and accelerate aging. He suggests practical strategies such as post-meal walks, mindful eating, and resistance training to stabilize blood sugar and improve insulin sensitivity. Simple changes like eating seasonally appropriate foods, reducing sugar intake, and staying hydrated can help maintain balanced blood sugar and support overall metabolic health.

He further explores the role of circadian rhythms and sleep in metabolic health, noting how disruptions can worsen metabolic issues and affect weight management. By improving sleep hygiene and aligning eating patterns with natural circadian rhythms, individuals can enhance insulin sensitivity. Mutzel advises going to bed early, reducing blue light exposure before sleep, and maintaining a consistent sleep schedule to optimize health.

Finally, Mutzel recommends regular blood work assessments to track metabolic health, focusing on fasting insulin, triglycerides, and liver enzymes. He highlights the benefits of supplements like berberine for stabilizing blood sugar but emphasizes that sustainable lifestyle changes in diet, exercise, and sleep are more effective long-term than relying solely on supplements or quick fixes.

## KEY TAKEAWAYS

- Mike Mutzel emphasizes the detrimental impact of processed foods on metabolic health and advocates for an omnivorous, whole-food diet.
- He explains that metabolic health is the foundation of overall well-being and is essential for preventing diseases like diabetes, heart disease, and cancer.
- Blood sugar regulation is crucial for avoiding the peaks and troughs that lead to glycation, which accelerates aging and chronic disease.
- Simple lifestyle changes like mindful eating, regular physical activity, and post-meal walks can significantly improve blood sugar levels and metabolic health.
- Mutzel highlights the importance of optimizing circadian rhythms and sleep hygiene for better blood sugar control and metabolic function.

## NOTEWORTHY INTERVIEW QUOTES

- "You can get away with eating like crap in your 20s and 30s, but it comes back to bite you in the end."
- "Chronic diseases take so long to manifest, which is why many don't connect their health issues to the processed foods they've consumed for years."
- "Fasting insulin is a post-meal hormone; if you have a high fasted insulin, that's a sign of insulin resistance."
- "Processed foods feed bad bacteria in the gut and disrupt the balance, leading to metabolic disorders and chronic diseases."



# MOLLEE RUCKER

Founder at KetoBrainz.com, Clinical Nutritionist, & Nutraceutical Expert

## BIOGRAPHY

Molle Rucker is the founder, a clinical nutritionist, and an expert in nutraceuticals with over two decades of experience in the value-added nutraceutical, functional nutrition, and supplement industries. Throughout her career, she has been deeply committed to exploring the latest advancements in supplements and nutraceuticals, with a strong focus on utilizing unique molecules to achieve optimal health. As a seasoned supplement sales professional, Molle combines her expertise and passion to drive innovation and effectiveness in the pursuit of wellness solutions.

## WEBSITE:



<https://ketobrainz.com/>

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## INTERVIEW SUMMARY

### The Science Behind How KetoBrains Boost Cognitive Function

In this interview, Mollee Rucker, founder of KetoBrains, discusses the formulation and benefits of KetoBrains nootropic creamer, which is designed to enhance cognitive function while fitting seamlessly into a ketogenic lifestyle. The product contains key ingredients such as C8 MCT oil for ketone production, Alpha-GPC for increased focus through acetylcholine production, Lion's Mane mushroom for neurogenesis, and L-theanine for calmness and brainwave optimization. The carefully selected ingredients are aimed at providing users with mental clarity and focus without the jitteriness associated with traditional stimulants.

Mollee emphasizes the importance of using clinically relevant doses in her products, ensuring that the nootropic stack offers tangible benefits rather than just containing a variety of under-dosed ingredients. She discusses how different individuals may experience KetoBrains differently, depending on their current nutrient status, particularly regarding choline. For some users, the effects may be more pronounced due to deficiencies, while others may feel a more balanced improvement in focus and mental clarity.

Another key focus of the interview is the importance of individual experimentation in supplements. Mollee advocates for an N=1 approach, where users should pay attention to how their bodies respond to different supplements and adjust accordingly. This mindset is crucial in optimizing personal health, especially when it comes to nootropics and dietary supplements, where genetic and lifestyle differences affect how the body reacts to these products.

Additionally, Mollee highlights the rigorous testing process that KetoBrains products undergo, from sourcing high-quality raw materials to third-party testing for contaminants. This dedication to quality control ensures that consumers are getting safe, effective products. She also talks about the importance of making health optimization accessible and convenient, aiming to provide a product that people can easily incorporate into their daily routines while enjoying tangible mental benefits.

## KEY TAKEAWAYS

- The KetoBrainz creamer is designed to integrate easily into daily routines like coffee or tea, enhancing mental clarity without causing jitteriness.
- The product uses clinically relevant doses of nootropics, ensuring that users experience tangible cognitive benefits.
- L-theanine, one of the core ingredients, promotes calmness by increasing alpha brain waves and GABA production.
- KetoBrains is made with high-quality ingredients like organic Lion's Mane and trademarked Alpha-GPC, ensuring the product's efficacy and purity.
- Mollee emphasizes the importance of individual testing and understanding personal responses to supplements, recommending an N=1 approach (self-experimentation) for optimization.
- The rigorous testing process ensures that each batch of KetoBrains is free of contaminants and meets high-quality standards.

## NOTEWORTHY INTERVIEW QUOTES

- “You have to take ownership of the information that your body gives you.”
- “When formulating KetoBrains, I wanted something that you were going to feel... focused, clear, and functional, without the jitters.”
- “Alpha-GPC crosses the blood-brain barrier to produce more acetylcholine, which is quite literally the neuromodulator of focus.”
- “L-theanine is like a hug for the brain, promoting calm, focus, and increasing alpha brain waves.”
- “I wanted to produce a product you would feel, not just a laundry list of magical ingredients with a sprinkle of benefits.”



# MOLLY CARMEL

Addictions & Eating Disorder Therapist  
Founder of the Beacon Program

## BIOGRAPHY

Molly Carmel, LCSW, is an esteemed therapist specializing in addiction and eating disorders and the founder of Beacon by MC. This platform provides individual and group support to help people overcome their harmful relationships with food and dieting. Molly is recognized for her candid, no-nonsense communication style and has authored the book *\*Breaking Up with Sugar\**, with a follow-up titled *\*Humble Eating\** underway. Her experiences with a personal eating disorder over two decades inspired her to create paths toward lasting recovery for others. Molly's expertise extends beyond traditional therapy; she's trained in Dialectical Behavioral Therapy, and she incorporates alternative healing modalities such as shamanism, Reiki, and Tibetan bowl singing into her practice. A graduate of Cornell University and Columbia University in Social Work, Molly's transformative approach has been highlighted on major TV shows and in prominent publications. Her holistic methods emphasize a comprehensive approach to treating eating disorders and addictions, moving beyond conventional treatment frameworks to support holistic wellness and recovery.

## WEBSITE:



<https://mollycarmel.com/>

## INTERVIEW SUMMARY

### **It's About the Food, but it's NOT About the Food - Fixing Your Relationship with Food**

Molly Carmel, a prominent therapist and thought leader in the realm of eating disorders and addiction recovery, delves into the intricate relationship between food and the recovery process. While acknowledging that food plays a significant role in healing, she stresses that it is far from the only element that needs attention. Molly asserts that true recovery from disordered eating and addiction involves a transformation in one's mindset, beliefs, and overall perspective. By addressing the deeper emotional and spiritual aspects of recovery, individuals can create lasting and meaningful change in their relationship with food and themselves.

Central to Molly's philosophy is the idea of adopting a holistic approach to healing. This means not only addressing physical issues related to food but also making emotional and spiritual shifts. Molly discusses the importance of changing the way people think about food and how they engage with it in their everyday lives. She emphasizes that recovery is not about adhering to rigid food rules, but rather about developing a balanced and healthier relationship with food that aligns with one's emotional and spiritual well-being.

In her conversation with Florence Christophers, Molly touches on the impact of diet culture and how it perpetuates unhealthy mindsets around food. They explore various topics, including artificial sweeteners, intuitive eating, and the power of personal choice in recovery. Molly advocates for harm reduction strategies, acknowledging that recovery is not a one-size-fits-all journey. She highlights the need for individuals to determine what works best for them, emphasizing self-determination and the importance of finding personal freedom in their relationship with food.

Ultimately, Molly calls for an individualized and flexible approach to healing from disordered eating. She encourages people to challenge rigid food rules and reconnect with their bodies' natural signals and intuition. By doing so, they can cultivate a healthier, more intuitive relationship with food. Molly also underscores the value of seeking support throughout the recovery process, whether from professionals or trusted communities, to ensure that individuals feel empowered in their journey toward healing.

## KEY TAKEAWAYS

- Recovery from disordered eating and addiction involves more than just focusing on food; it requires a shift in thinking, beliefs, and perspective.
- Harm reduction is about meeting individuals where they are and working towards abstinence on their own terms.
- Self-determination is a key factor in successful recovery; individuals need to determine what works best for them and own their path to healing.
- In the early stages of recovery, it may be necessary to have stricter guidelines and guardrails, but as progress is made, flexibility and open-mindedness can be introduced.
- Artificial sweeteners and processed foods can be detrimental to recovery, and opting for natural sugars in moderation may be a healthier choice.
- Diet culture and body obsession can lead to a disconnection from our own sense of what feels right and aligned.
- Finding freedom in our relationship with food means giving ourselves permission to make choices that are in line with our own needs and desires.
- There are different paths to healing and it's important to find what works for us individually.
- Support and guidance are crucial in navigating the challenges of healing and changing our relationship with food.
- Challenging rigid rules and listening to our bodies and intuition is key in finding true freedom.

## NOTEWORTHY INTERVIEW QUOTES

- "The solution has to be a change in our thinking and a change in our perspective, especially with food... if we're going to be as simplistic that our healing is just about the food, we're missing the point."
- "Diet culture is like forever chemicals... it's inbred in our DNA somehow. And if we think that just finding the right food plan is the solution, we're missing the bigger picture."
- "We have to create a life that we want to fight for, that we want to live in. Or else it'll just end up being that same cycle over and over again."
- "Harm reduction is not permitting use... it's about accepting what is true and asking, 'How close are you willing to get to abstinence today?'"
- "Permanent change comes from somebody determining for themselves that this is the path they should take. When we own it and do it on our own terms, that's when real change happens."
- "Freedom is with your permission. Everything is with your consent. Life gets big, beautiful, and powerful when you're not bound to diet culture, body obsession, or addiction."





# NINA TEICHOLZ, PhD

Science Journalist, Author of the NYT Bestseller  
'The Big Fat Surprise'

## BIOGRAPHY

Nina Teicholz, PhD is a science journalist and author of the New York Times bestseller, *The Big Fat Surprise*, which upended the conventional wisdom on dietary fat—especially saturated fat and seed oils. Teicholz is also the founder of the Nutrition Coalition, a nonprofit working to ensure that nutrition policy reflects the best and most current science. Teicholz has appeared on most major TV networks, and her work has been published in the New York Times, Wall Street Journal, the Economist, as well as in academic journals including *The BMJ* and the journal of the National Academy of Sciences. She is a graduate of Stanford and Oxford Universities and is now author of the “Unsettled Science” column hosted on Substack.

## WEBSITE:



<https://ninateicholz.com/>

# INTERVIEW SUMMARY

## The Truth About Seed Oils

In this interview, Roxana speaks with Dr. Nina Teicholz, science journalist and author of *\*The Big Fat Surprise\**, about the history and impact of seed oils on public health. Dr. Teicholz explains that seed oils, such as soybean, canola, and cottonseed oils, were introduced to the American diet in the early 20th century as cheaper alternatives to traditional animal fats like lard and butter. These oils were heavily marketed to consumers, initially as a modern replacement for lard, and were later promoted as heart-healthy by the American Heart Association (AHA) in the 1960s, despite limited scientific backing. The rise of seed oils was further bolstered by corporate interests, particularly Procter & Gamble, which helped fund the AHA, leading to widespread public acceptance.

Dr. Teicholz critiques the long-standing belief that saturated fats are harmful and should be replaced with seed oils. She explains that this misconception was largely driven by Ancel Keys, a scientist who promoted the idea that saturated fats and dietary cholesterol cause heart disease, despite the lack of conclusive evidence. Keys' influence, along with industry support, entrenched the notion that seed oils were healthier, despite growing evidence that they may actually contribute to inflammation, oxidative stress, and an increased risk of cancer and other chronic diseases.

Seed oils, according to Dr. Teicholz, have been linked to adverse health effects due to their instability when heated, leading to the production of harmful oxidation products. These byproducts, which are released into the air and absorbed into the body, have been associated with diseases such as lung cancer and heart disease. Additionally, she highlights the findings from 1960s and 1970s clinical trials showing that seed oil consumption was linked to higher cancer rates, though these results were largely ignored in favor of promoting their cholesterol-lowering properties.

Dr. Teicholz emphasizes the need for a broader public shift in understanding nutrition, advocating for a return to traditional animal fats and skepticism toward modern dietary guidelines that favor seed oils and processed foods. She argues that seed oils should be evaluated with the same scrutiny as other novel food additives, as their long-term safety remains unproven. To learn more about her work, Dr. Teicholz encourages people to follow her writings on Substack and her contributions on Twitter.

## KEY TAKEAWAYS

- Seed oils, such as soybean, canola, and cottonseed, were introduced to the American diet in the early 20th century as cheaper alternatives to traditional animal fats like lard, butter, and tallow. The first popular seed oil product was Crisco, created in 1911 by Procter & Gamble.
- Seed oils were marketed as cleaner, more modern fats compared to animal fats, and their promotion was driven by corporate interests. The American Heart Association (AHA) began promoting seed oils as heart-healthy in 1961, further propelling their widespread adoption.
- Ancel Keys played a major role in promoting the belief that saturated fats and dietary cholesterol cause heart disease, leading to the recommendation to replace them with seed oils. Despite weak scientific evidence, his theory gained traction and became mainstream.
- Seed oils, particularly when heated, produce harmful oxidation products that contribute to inflammation, lung cancer, and heart disease. Clinical trials in the 1960s and 1970s found higher cancer rates among seed oil consumers.
- Current dietary guidelines are flawed and based on outdated science. Seed oils are promoted over saturated fats despite evidence showing no clear benefit to heart health and potential risks.

## NOTEWORTHY INTERVIEW QUOTES

- "Seed oils, like cottonseed oil, were a byproduct of the cotton industry. They figured out that by hydrogenating them, they could turn this waste into a human consumable product, which led to Crisco in 1911."
- "Ancel Keys had an unwavering faith in his belief that saturated fat and cholesterol clogged the arteries and caused heart attacks, and he convinced the entire scientific and medical community to adopt this belief, despite weak evidence."
- "Seed oils, when heated, produce harmful oxidation products like aldehydes and acrolein, which are toxins found in cigarette smoke. These chemicals can pass through the blood-brain barrier and contribute to various diseases, including cancer."
- "We now have dietary guidelines that recommend six servings of grains per day and promote seed oils over butter. Despite the cholesterol-lowering effects of seed oils, there is no evidence that they reduce heart attacks or mortality. In fact, some studies show the more cholesterol you lower, the higher your risk of dying from heart disease."
- "Seed oils entered the food supply without being proven safe. If we lived in a world without political, corporate, or ideological interests, we would be getting rid of seed oils. But unfortunately, the powers supporting them are vast."



# RICH HOLMAN

Author of "Killing You Softly:  
How Sugar Is Killing Us"

## BIOGRAPHY

Rich has had a varied U. S. business career in the real estate, mortgage banking, securities, publishing, and investment banking industries. He holds a BBA degree in Chemical Engineering Management from the Univ. of Texas and an MBA from the Ohio State Univ. Prior to moving full time to Medellin in 2007 and starting his first real estate company, Rich lived in Naples, FL, Atlanta, Los Angeles, Minneapolis and Boston. He is originally from Texas where he resided for 12 years.

In 2007 Rich started a real estate company to assist foreigners to purchase properties in Medellin. By 2019 the company had grown 110 employees with offices in six cities and three countries. Post-pandemic he launched his new real estate company, Primavera Realty Medellin.

After seven years of research, Killing You Softly is his first book, a hard-hitting expose of the world's biggest killer – sugar. He was dying eight years ago with full blown metabolic syndrome and taking prescribed medication. Now at age 80 he is in great health, off of all meds and is living proof what can be achieved by doing one thing – quitting sugar.

## WEBSITE:



<https://killingyousoftlybook.com/>

# INTERVIEW SUMMARY

## **Sugar: The #1 Threat to Human Health**

Rich Holman, the author of "Killing You Softly, How Sugar Is Killing Us," sheds light on his personal battle with metabolic syndrome and various chronic diseases, attributing his recovery to the elimination of sugar and processed foods from his diet. His book delves into the profound negative impacts that these substances can have on health, arguing that much of the public remains unaware of the true dangers. Rich's journey began as a personal quest to restore his health, which led him to discover and document the broader implications of dietary choices on overall wellness.

Throughout his writings and talks, Rich criticizes the systemic issues within the food and pharmaceutical industries, which he believes prioritize profits over public health. He points out that the USDA's subsidies often support the production of unhealthy foods, which are cheap and abundant, leading to poor health outcomes for the general population. Moreover, he notes a significant lack of nutritional education in medical schools, which keeps many healthcare professionals uninformed about the critical role diet plays in preventing and treating disease. This gap in knowledge, according to Rich, perpetuates a cycle of illness and dependency on medications.

Rich also discusses alarming statistics that highlight the extent of chronic diseases in the United States and the staggering healthcare costs associated with managing these illnesses. He argues that a significant portion of healthcare expenditures could be reduced by addressing the root causes of chronic diseases, which are often linked to poor dietary habits involving high sugar and processed food consumption. Rich's analysis suggests that a more informed public, aware of the nutritional value of their food choices, could lead to a dramatic decrease in the prevalence of chronic diseases.

To combat the misinformation and lack of awareness, Rich advocates for informed consent in dietary choices and emphasizes the need for widespread educational campaigns about the dangers of sugar and processed foods. He believes that by equipping people with the knowledge to make healthier food choices, society can shift towards a more sustainable and health-focused food system. Rich's work continues to inspire individuals to take control of their health through better nutrition, advocating for systemic change to support healthier communities.

## KEY TAKEAWAYS

- Kicking sugar and processed foods can lead to significant improvements in health, including weight loss, increased energy, and the resolution of chronic diseases.
- The food and pharmaceutical industries prioritize profit over human health, leading to massive cover-ups and biased systems that perpetuate the consumption of unhealthy foods.
- The USDA subsidizes unhealthy foods and lacks nutrition education, while medical schools receive funding from big food and big pharma, resulting in a lack of understanding and emphasis on nutrition in healthcare.
- Chronic diseases, caused by sugar and processed foods, are on the rise and have become the leading cause of death in the United States.
- Informed consent and spreading awareness about the dangers of sugar and processed foods are crucial in empowering individuals to make healthier choices and protect future generations.

## NOTEWORTHY INTERVIEW QUOTES

- "I didn't know sugar is like a drug. It's like heroin or cocaine. You're getting off it, you feel crappy."
- "I did this without dieting. I didn't diet. I just ate real food for 21 days."
- "My energy popped, shot up, and day seven, if you have the picture of my foot, I was just absolutely amazed."
- "I immediately went to my doctor and said, 'Hey doc, I'm off the pills. I quit this stuff. I don't need it anymore.'"
- "The system is so rigged. The USDA, they get recommendations from the DGAC, of which 80% of the members get funding and support from Big Food and Big Pharma."
- "Chronic disease is what's killing us. It's costing us trillions of dollars a year."
- "They only make money by getting people sick and then treating our sickness with pills and medications instead of telling somebody just eat real food."



# SHERIANNA BOYLE

Author & Just Ask Spirit Podcast, and adjunct  
Psychology and Mindfulness Professor

## BIOGRAPHY

Sherianna Boyle the author of eleven books including her latest Just Ask Spirit: Free Your Emotions to Energize Intuition & Discover Purpose. Her Emotional Detox book series has been a best seller since 2018. Sherianna is the founder of Emotional Detox Coaching, the Cleanse Method, a mindful system for helping you to process your emotions so you can connect to and receive divine guidance, healing, clarity and more. She is the host of the Just Ask Spirit Podcast and has been an adjunct Psychology and Mindfulness Professor for over fifteen years. Find her at [sheriannaboyle.com](http://sheriannaboyle.com)

## WEBSITE:



<http://sheriannaboyle.com>



## INTERVIEW SUMMARY

### Working with Emotions to Successfully Let Go of Sugar

Florence Christophers speaks with Sherianna Boyle, the author of *\*Just Ask Spirit\** and 10 other books, about emotional detox and spiritual growth. Sherianna shares her journey into studying emotions, which started out of curiosity and evolved into a deeper exploration of emotional processing. She discusses how she initially conceived the concept of an emotional detox as a way to help people move through their emotions and not get stuck in them. Her personal experience of trauma during her research deepened her understanding of emotional detox, showing her the importance of taking time and space to fully process emotions. This became the foundation of her emotional detox method, which emphasizes that when we put our emotions into motion and process them, we free ourselves from reactions that keep us stuck in the past.

Sherianna explains that emotions have a physical and non-physical anatomy: neuropeptides in the body affect inflammation and sensations, while the energy of emotions moves through meridian lines. She sees emotions and spirit as interconnected, stating that processing emotions opens the door to spiritual guidance and higher wisdom. Emotions, she notes, can only be processed in the present moment, and when people are stuck in past emotional patterns or focused on the future, they're often reacting rather than feeling. Sherianna also introduces the concept of love as the only true emotion, with everything else — such as guilt, anger, or fear — being reactions rooted in past trauma or learned coping mechanisms.

The conversation delves into how many people use food, especially ultra-processed junk food, to avoid feeling their emotions. Florence and Sherianna discuss how food becomes a way to numb discomfort, but by learning to process emotions properly, people can break free from this cycle. Sherianna stresses the importance of learning to sit with emotions, even if they're uncomfortable, because processing emotions leads to feeling lighter and more connected to one's true self. She highlights that emotional reactions, like guilt or anger, often arise as coping mechanisms, but once people move through them, they can access higher emotions like acceptance and love.

Throughout the interview, Sherianna talks about her emotional detox system called "Cleanse," which is designed to help people move through their emotions and connect to spirit. She also emphasizes the role of breath, touch, and vibration in helping emotions move through the body and transforming emotional energy into something that nourishes the spirit. She concludes by encouraging people to regularly ask for guidance from spirit, as it helps them develop inner strength and self-advocacy. Finally, she explains that emotions are gateways to spiritual growth, and processing them allows individuals to receive spiritual guidance, heal from past wounds, and live with greater clarity and purpose.



## KEY TAKEAWAYS

- Emotions have both a biochemical and non-physical component. They can be processed to promote healing and spiritual connection.
- Reactions are often mistaken for emotions. True emotions, when processed, bring relief and lightness, while reactions keep us stuck.
- The process of emotional detox involves being present, recognizing reactions, and allowing emotions to move through the body.
- Connecting with spirit can help individuals receive guidance and move through emotional blocks. This is often accomplished through mindful practices like breathwork, prayer, or mantras.
- Food is often used to numb or suppress emotions. By addressing emotional needs directly, individuals can develop healthier relationships with food and nourishment.

## NOTEWORTHY INTERVIEW QUOTES

- "Most of what we're calling a feeling is actually a reaction. If you're processing emotions, you'll feel lighter. If you're stuck and not feeling better, it's likely a reaction."
- "Emotions are energy in motion; when you block emotions, you block spirit. When you block spirit, you block emotions."
- "I now see emotions and spirit as one. When we process emotions, we open up to spiritual guidance and our higher selves."
- "The only emotion is love. Everything else is a reaction."
- "Spirit guides us, and sometimes it's spirit that gets you to a summit like this, bringing you exactly the information you need."



# SIOBHAN HUGGINS

Research Specialist,  
Board Director of Lipidema Project

## BIOGRAPHY

Siobhan has been on a ketogenic diet for over eight years and was diagnosed with lipedema in 2021, which led her to learn more about the science of nutrition for lipedema management. She has since become the research specialist and board director of the Lipedema Project, where she focuses on ketogenic metabolism, lipedema pathophysiology, and conservative approaches to lipedema. She has been an independent researcher focusing on metabolic disease, ketogenic metabolism, and nutrition for over four years, and has given multiple presentations about the intersection of nutrition and disease with a special focus on ketogenic diets, and has been the author on multiple papers regarding metabolism as well as lipedema.

## WEBSITE:



**[lipedemaproject.org](https://lipedemaproject.org)**

## INTERVIEW SUMMARY

### The Impact of Nutrition and Reducing Sugar in Lipedema Care

In this interview, Siobhan Huggins, a researcher and advocate specializing in lipedema management through nutrition, shares her insights on lipedema and its treatment. She explains that lipedema is a fat and lymphatic disorder, leading to disproportionate fat distribution, pain, and swelling. A hallmark of the condition is that the fat is resistant to traditional calorie restriction and exercise, though ketogenic diets have shown promise in managing symptoms. Siobhan describes the physical manifestations of the disease, including pain, easy bruising, and the presence of nodules caused by scarring within the fat tissue.

Siobhan also shares her personal journey of being diagnosed with lipedema, which began after significant weight loss on a ketogenic diet, when the disproportion in her body fat distribution became more noticeable. She notes that lipedema is often underdiagnosed, especially in those who are obese, as the condition can be mistaken for general obesity.

She highlights the role of a ketogenic or low-carb diet in managing lipedema, citing its anti-inflammatory effects, reduction in pain, and improvement in tissue health. Siobhan also mentions the benefits of non-surgical interventions, such as manual lymphatic drainage, compression garments, and vibration plates, which help with swelling and tissue fibrosis. For some, lipedema reduction surgery is an option, though it's not necessary for everyone.

Siobhan emphasizes the importance of addressing lipedema early, particularly during hormonal changes such as puberty, pregnancy, or menopause, as these periods often trigger the onset or worsening of symptoms. Additionally, she stresses that holistic care — addressing the emotional, psychological, physical, and social aspects of the condition — is key to improving quality of life for lipedema patients. Siobhan ends by encouraging people to reach out to The Lipedema Project for support and resources, offering hope that with the right care, people with lipedema can lead fulfilling lives.

## KEY TAKEAWAYS

- Lipedema is a fat and lymphatic disorder that causes disproportionate fat accumulation, particularly in the legs and arms. It is resistant to traditional calorie restriction and exercise and can cause pain, easy bruising, and swelling.
- Lipedema is often underdiagnosed, especially in individuals with obesity, as it can be mistaken for general fat gain. The condition is poorly understood and many doctors are unfamiliar with it, contributing to misdiagnoses and delayed treatment.
- Common signs of lipedema include disproportionate fat in the legs or arms, pain in the fat tissue, easy bruising, swelling (non-pitting edema), and "cuffing" at the ankles or wrists, where fat abruptly stops.
- A ketogenic or low-carb diet has shown promise in reducing inflammation, pain, and swelling in individuals with lipedema. Some people benefit from even stricter diets, such as carnivore. However, dietary approaches vary based on individual needs.
- Siobhan mentioned that ketones may play a role in reducing pain and inflammation in lipedema. She conducted a study where some participants reported decreased pain after taking exogenous ketones.
- Lipedema management must also address emotional and psychological components, including developing a healthy relationship with food and managing carb cravings. Social support and self-care are essential for long-term success.
- Puberty, pregnancy, and menopause are key times when lipedema symptoms may appear or worsen. Early diagnosis and awareness are crucial for effective management.

## NOTEWORTHY INTERVIEW QUOTES

- "Lipedema is a fat and lymphatic disorder... The fat that is related to lipedema is typically very hard or resistant to diet and exercise like calorie restriction."
- "Disproportion is a key feature, but it doesn't necessarily look the same in absolutely everybody... They may be typically sized or even look very lean from the waist up, but have a lot of fat tissue in their lower body or arms."
- "A ketogenic or low-carb diet helps with lipedema because it's anti-inflammatory. Many people report pain reduction, less swelling, and even softer tissue on these diets."
- "Lipedema can be overwhelming. It can take over your life if you're spending hours a day just managing the condition. So it's important to have de-stressing, non-food related coping mechanisms."
- "It wasn't until I went on a ketogenic diet that my waist size went down by 10 inches, and I realized my legs were still disproportionately large, which led to my diagnosis of lipedema."



# TAMZYN MURPHY

Keto Dietitian; Lecturer and Senior Editorial Manager at Nutrition Network; Science Writer, Author and Editor of Ketogenic and other publications

## BIOGRAPHY

Tamzyn Murphy is a highly respected nutrition expert and educator with a strong background in health science, specializing in low-carbohydrate and ketogenic nutrition. As a key member of the Nutrition Network, Tamzyn plays a pivotal role in advancing evidence-based education for medical professionals, health coaches, and individuals seeking to improve their metabolic health through dietary interventions.

Tamzyn holds a master's degree in nutrition and has devoted her career to promoting the therapeutic use of low-carb, high-fat (LCHF) diets, focusing on metabolic syndrome, insulin resistance, type 2 diabetes, and obesity. Her extensive knowledge and clinical experience empower healthcare practitioners to integrate these powerful dietary approaches into their practice, helping patients achieve sustainable health improvements.

With a passion for translating complex nutritional science into accessible and practical advice, Tamzyn is known for her ability to make nutrition education relatable and actionable. She regularly speaks at international conferences, teaches at workshops, and contributes to the development of educational materials for the Nutrition Network, making a significant impact on the growing global community of LCHF and ketogenic practitioners.

Tamzyn's commitment to transforming the health landscape through nutrition continues to inspire and educate, as she helps reshape the future of metabolic health and wellness. Her dedication to research and evidence-based practice makes her a trusted voice in the field of nutritional health.

## WEBSITE:



**[nutrition-network.org](https://nutrition-network.org)**

## INTERVIEW SUMMARY

### **Keto for Kids' Mental Health: A Case Study on Childhood Anxiety and Autism Spectrum Disorder**

In the interview, Tamzyn Murphy discusses the significant benefits of using ketogenic diets to address various mental health conditions, particularly in children. She explains that mental health issues such as anxiety, OCD, schizophrenia, and ASD share common metabolic disruptions, including insulin resistance, inflammation, mitochondrial dysfunction, neurotransmitter imbalances, oxidative stress, and microbiome changes. The ketogenic diet can address these disruptions by providing the brain with ketones, a more efficient alternative fuel to glucose, while reducing inflammation and improving mitochondrial function.

Tamzyn emphasizes the role of mitochondria in brain health, noting that dysfunction in mitochondria can lead to poor energy production, affecting brain function and contributing to mental health disorders. The ketogenic diet promotes mitochondrial biogenesis and helps normalize brain neurotransmitter activity, offering therapeutic benefits. She also highlights its proven success in treating drug-resistant epilepsy and emerging evidence supporting its use for mental health conditions like anxiety, depression, and psychosis.

Tamzyn explains that while the diet can yield significant improvements in children with complex psychiatric conditions, it is challenging to implement due to external influences such as schools and caregivers. She stresses the importance of involving all stakeholders and providing suitable ketogenic alternatives in social settings to make the diet sustainable for children. Tamzyn also underscores the importance of tracking symptoms and progress daily, which allows parents and professionals to assess the effectiveness of the intervention over time.

Additionally, she discusses the ethical and cultural considerations of implementing ketogenic diets, stressing that practitioners must be sensitive to diverse dietary preferences and restrictions. Tamzyn promotes the educational resources provided by the Nutrition Network, including their textbook, "Ketogenic: The Science of Therapeutic Carbohydrate Restriction," which offers evidence-based guidance for using ketogenic diets in various health conditions. Ultimately, the interview highlights the transformative potential of ketogenic diets for mental and metabolic health and the importance of support, education, and careful tracking to ensure success.

## KEY TAKEAWAYS

- Ketogenic diets can help address various mental health conditions such as anxiety, OCD, schizophrenia, and ASD by targeting underlying metabolic dysfunctions that affect brain function. These include insulin resistance, inflammation, mitochondrial dysfunction, neurotransmitter imbalances, oxidative stress, and microbiome disturbances.
- Mental health disorders often involve metabolic disruptions, particularly in how the brain processes glucose. Ketogenic diets provide an alternative energy source (ketones) that helps fuel the brain more effectively, improving brain function and reducing symptoms in individuals with mental health conditions.
- The mitochondria, which produce energy for cells, play a critical role in brain health. Dysfunctional mitochondria lead to poor energy production, contributing to mental health disorders. Ketogenic diets improve mitochondrial function, reduce oxidative stress, and increase energy production in the brain.
- Ketogenic diets are already well-established as a treatment for drug-resistant epilepsy, especially in children, with emerging evidence suggesting their effectiveness for treating mental health conditions such as psychosis, depression, and anxiety.
- Tamzyn highlights the importance of education and training for healthcare professionals, coaches, and parents to implement ketogenic diets effectively. She endorses the Nutrition Network's resources, including their textbook on therapeutic carbohydrate restriction and various training courses for professionals.

## NOTEWORTHY INTERVIEW QUOTES

- "A ketogenic diet works across all the metabolic aberrations that are present in pretty much all mental health conditions...It impacts insulin resistance, inflammation, neurotransmission, and mitochondrial dysfunction, providing the brain with an alternative fuel source when it can't process glucose properly."
- "Even though the brain weighs very little compared to the rest of our body, it uses 20% of the energy that our body needs. If the mitochondria aren't making enough energy, the brain can't function properly."
- "A ketogenic diet is having effects that are therapeutic, medicinal actually...While it's called a diet, it's really a metabolic therapy."
- "If you gave someone an antidepressant for depression, it should always work if it were just a neurotransmitter problem, but it doesn't. The ketogenic diet, however, addresses every single one of these underlying causes."
- "Children aren't in control. Their parents, teachers, or caregivers are, which makes it tricky. It takes buy-in from everyone involved, including at birthday parties, school lunches, and family gatherings."





# TIA REID

LCHF/Keto Nutrition Network Coach Practitioner &  
SUGAR® Addiction Specialist

## BIOGRAPHY

Certified LCHF/Keto Nutrition Network Coach Practitioner NNP; Accreditation through Society of Metabolic Health Practitioners MHP; SUGAR® Addiction Specialist. Certification in Holistic Medicine for Addiction® (HMA®). Having been diagnosed with T2D, Metabolic Syndrome, Hypertension, Obesity, Non Alcoholic Fatty Liver, Sleep Apnea as well as Adrenal Insufficiency and carbohydrate addiction. I realized it was high time I engaged in Self-Management of my chronic illness. I needed to, in effect, take action to improve my health to save my own life. I adapted to the mindset thru the guidance of Dr. Robert Cywes as my Doctor that carbohydrates are an addiction to treat my T2D and metabolic syndrome. This is what saved my life. It was abundantly clear that I am a carbohydrate/sugar addict. With the support from everyone in the Low Carb Community, I have eliminated over 20 medications including an insulin pump. I now have a passion for life and a desire to help others. I have over 35 years of experience in service based environments. From owning a restaurant and Motel and retired Director of Nutritional Services at our Local Hospital. I am very proud to say I am now working as a full time Health Coach with Dr. Tro's Medical Weight loss Team. Because of my firsthand knowledge of how a LCHF lifestyle can help and even reverse NAFL, T2D, Obesity, Hypertension and Adrenal insufficiency, sleep apnea, Depression and Gout. I am first and foremost a Carb/Sugar Addict in Remission. I am enthusiastic to give others the therapeutic option of LCHF Nutrition on their individual journeys to wellness, as a Nutrition Network Coach accredited by the Society of Metabolic Practitioners and Certified SUGAR Addiction Specialist and Certification in Holistic Medicine for Addiction® (HMA®) on the highly beneficial process of biochemical repair or in the pro-active treatment of Addiction Interaction Disorder (AID) with Bittens Addiction.

## SOCIAL:



<https://x.com/carbaddictcoach>



## INTERVIEW SUMMARY

### **Tia Broke Up with Ultraprocessed Foods and Eliminated 20 Medications - You Can too**

Tia Reid shares her inspiring journey from struggling with type 2 diabetes, metabolic syndrome, obesity, and addiction to becoming a certified sugar addiction specialist and metabolic health practitioner. Her presentation, titled "From Patient to Food Addiction Specialist," focuses on the severe and chronic nature of food addiction, particularly to sugar and carbohydrates, which she likens to other forms of addiction like drugs and alcohol. Tia emphasizes that addiction is a brain disease that must be treated with abstinence rather than moderation, and that the road to recovery starts with healing the brain through proper nutrition.

Tia recounts her personal struggles, beginning in childhood with addictive behaviors and escalating to severe health complications, including fatty liver, type 2 diabetes, hypertension, and clinical depression. She describes being on multiple medications, using an insulin pump, and reaching a point of deep physical and emotional suffering. Through her recovery process, she realized the role that sugar and ultra-processed foods played in her health issues and embraced a low-carb, sugar-free lifestyle that transformed her life.

She explains how addiction affects the brain's reward center, causing cravings and compulsive behavior, and stresses the importance of biochemical repair and support from a like-minded community. Tia advocates for abstinence from sugar and processed foods, consistent behavior change, and the power of proper nutrition to heal the brain. She also highlights the need to recognize relapse warning signs and manage triggers effectively. Ultimately, her message is one of hope, sharing that food addiction recovery is possible with support, awareness, and consistent effort.

Throughout the interview, Tia shares practical advice on managing cravings, preparing for difficult situations, and staying consistent in recovery. She emphasizes that sugar addiction is a progressive illness that requires a committed approach, including support from communities like the low-carb movement.

## KEY TAKEAWAYS

- Tia emphasizes that sugar and carbohydrate addiction is a real and severe brain disease, similar to drug and alcohol addiction. It affects the brain's reward system and requires healing through abstinence, not moderation.
- Healing from food addiction starts with proper nutrition. Tia advocates for a low-carb, sugar-free lifestyle, explaining how feeding the brain the right nutrients can help in the recovery process and repair brain chemistry.
- Tia stresses that moderation does not work for addicts. Total abstinence from sugar and processed foods is necessary for long-term recovery and breaking the addiction cycle.
- The importance of joining a supportive community cannot be overstated. Having a network of like-minded individuals who understand the struggles of addiction can provide the emotional and practical support needed for recovery.
- Recovery is a process that requires consistent action and awareness of triggers, relapse warning signs, and the need to manage cravings and emotional stress. Tia highlights that this is a lifelong journey, and even small steps forward are meaningful.

## NOTEWORTHY INTERVIEW QUOTES

- “Addiction is a brain disease. And sugar addiction is not a mild addiction.”
- “You’re not responsible for your disease, but you are responsible for your recovery.”
- “Moderation doesn’t work for sugar or carb addiction. It’s the same as alcohol for an alcoholic or drugs for a drug addict. Abstinence is needed.”
- “Addiction really does mean disconnection and feelings of being trapped. Recovery is connection and freedom.”
- “If you change your food, you can change your life.”
- “Our minds want predictability to feel safe. But habits are just thoughts and behaviors, and if you mess up, it’s okay. Just keep going.”
- “There’s no shame or guilt in asking for help.”



# TRACEY MCBEATH

Author, Health and Life Coach, Nutrition Network  
Lecturer, & Personal Trainer

## BIOGRAPHY

Tracey McBeath, The Health & Healing Coach, lives in Melbourne, Australia. She is a mum of 5, an author of two books, a global health and life coach and coach mentor, a Nutrition Network lecturer and mentor, a qualified personal trainer, a public speaker, and a podcaster. At 40 she was propelled to change her lifestyle after a fatty liver, prediabetes, and Hashimoto's diagnosis. She has overcome sugar and processed food dependency, alcohol dependency, and co-dependency to heal her inner world. Now at nearly 51, she has never been leaner, healthier, and full of energy to keep up with her full and thriving life. Tracey shows people how to improve the physical health of their minds and bodies and overcome all the mental barriers to living a flourishing life. Tracey wrote her first book, *You Have Today: 100 Insights That Will Change Your Life* in 2021, her second book, *The Daily Insight Companion* in 2023, and in June 2023 she spoke at TEDx Katoomba on *Becoming the Navigator of Your Own Life*.

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## INTERVIEW SUMMARY

### **The Secret to Lasting Change: Closing the Knowing/Doing Gap**

In this interview, Tracy McBeath, a health and life coach from Melbourne, Australia, shares her personal health transformation journey and discusses the essential strategies for bridging the gap between knowing and doing when it comes to health changes. Diagnosed with fatty liver, pre-diabetes, and Hashimoto's at 40, Tracy overcame sugar and alcohol addiction and is now healthier and more energetic at 51. She highlights how difficult it can be to make lasting changes, acknowledging that setbacks and challenges are part of the process.

Tracy emphasizes the importance of not relying solely on willpower or knowledge, noting that deep-seated subconscious beliefs often drive our unhealthy behaviors. She explains how emotional attachments to sugar, alcohol, and processed foods can complicate efforts to change, as they are associated with comfort, love, and celebration from a young age. The real challenge, she says, is altering these deep-rooted stories and creating new patterns.

Key to Tracy's approach is cultivating self-awareness and creating mental space to make conscious choices, rather than being driven by automatic habits. She shares practical tools, such as the "Considering Cup" for reflecting on thoughts and beliefs, and the "Choice Point" technique for recognizing moments of decision in the face of urges and stress. Tracy also underscores the importance of acting like you are worth it, even if you don't initially feel that way, and focusing on self-love and self-care as essential components of change.

She encourages people to take the process slowly, be kind to themselves, and seek community support, as it's difficult to go through such transformations alone. Throughout the interview, Tracy stresses that healing and change are possible for everyone, and it's essential to take responsibility for one's own health journey while embracing the inevitable setbacks along the way. The session concludes with a motivational message of hope and empowerment for those embarking on or continuing their health journeys.

## KEY TAKEAWAYS

- Many people know what they need to do to improve their health but struggle to take action. Tracy emphasizes that knowledge alone is not enough; deep-seated beliefs, emotions, and habits must also be addressed.
- Tracy explains that subconscious beliefs, especially those formed early in life, shape our behaviors. Emotional attachments to sugar, alcohol, and processed foods are often linked to comfort, love, and celebration, making it hard to change without addressing these deeper issues.
- She introduces tools like the "Considering Cup," which helps in reflecting on and challenging our thoughts and beliefs, and the "Choice Point" technique, which helps us make conscious decisions during moments of temptation or stress.
- Tracy encourages developing self-awareness to recognize automatic behaviors and urges.
- While individuals must do the hard work of change themselves, Tracy stresses the importance of not going through it alone. Having a support system or community is vital for long-term success.
- Tracy emphasizes that many people struggle to make lasting changes because they don't believe they are worth the effort. She encourages acting with self-love and treating oneself with kindness, even before the feelings of self-worth catch up.
- Tracy's overall message is one of hope and empowerment. She reassures that change is possible for everyone, regardless of past struggles, and encourages taking personal responsibility for one's health journey.

## NOTEWORTHY INTERVIEW QUOTES

- "You are not broken. You do not need fixing. What you seek is already within you."
- "You can't do this alone, yet you alone must be the one to do this."
- "It's not about willpower. You do not lack discipline."
- "Your subconscious story will win out every single time, until you change it."
- "Stop paying attention to all the thoughts and feelings that are taking you away from your health goals."
- "What you do every day is what will have the biggest impact on your health."
- "Gratitude is not a feeling. It is a conscious choice."