STH ANNUAL STRUCTURE STH ANNUAL -SUMMIT-

WORLD EXPERT INTERVIEW SUMMARIES

























































































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By Florence Christophers, The Kick Sugar Coach

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PURPOSE OF EBOOK

The purpose of the e-book is to provide a high-level summary of each of the speakers on the Kick Sugar Summit. This serves two purposes.

1. It allows you to decide if you would like to listen to the entire interview
2. It helps solidify key concepts for better recall.

If you require any assistance accessing your digital summit package, the transcripts, and videos, please email *support@florencechristophers.com*

THIS EBOOK IS IMPERFECT

The summaries in this ebook were generated by AI software and put together by volunteers. They are not overly detailed. They are, at best, broad brushstrokes of core concepts shared in the interview. While our volunteers did their best to catch typos and to finesse the summaries and bios, this ebook is far from perfect.

You will find word-for-word interview transcripts in your Kick Sugar Summit digital package on our platform called Simplero.

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WELCOME



Congratulations on Deciding to Get Informed On the Topic of Sugar

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 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 and to LaSaundra Scott, Shelagh Pastoor

and Julia Davies-Dawson who helped put this ebook together. To say this free educational event is a team effort, is a massive understatement. Thank you all.

Florence Christophers, Kick Sugar Summit Founder and Host

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DISCLAIMER

PROFESSIONAL MEDICAL ADVICE

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.

THERE IS NO ONE-SIZE-FITS-ALL DIET

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.

DIVERSE POINTS OF VIEW ARE REPRESENTED

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.

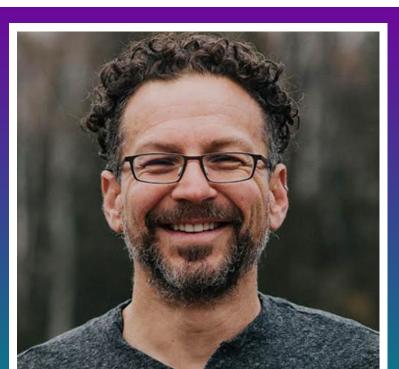
Personal research, experimentation, tracking symptoms and food reactions, bloodwork, genetic testing, a CGM, and more can help you figure that out for yourself. You are your own nutritional guru. Trust yourself when it comes to whole foods. Do not trust yourself when it comes to processed foods. Your appetite has been hijacked.



INTERVIEW SUMMARIES DAY 1: OCTOBER 16, 2023



DR. ROBERT LUSTIG







BITTEN JONSSON





DR. CHARLES LEVKOE



JOYCE LASZLOFFY

CATHY MORENZIE



LUIS MOJICA



MARIA EMMERICH





ERIC EDMEADES







DR. ROBERT LUSTIG

Professor Emeritus of Pediatrics & Endocrinologist at UCSF

BIOGRAPHY

Dr. Robert Lustig is Professor emeritus of Pediatrics, Division of Endocrinology at the University of California, San Francisco (UCSF). He specializes in the field of neuroendocrinology, with an emphasis on the regulation of energy balance by the central nervous system. His research and clinical practice has focused on childhood obesity and diabetes. Dr. Lustig holds a Bachelor's in Science from MIT, a Doctorate in Medicine from Cornell University. Medical College, and a Master's of Studies in Law from U.C. Hastings College of the Law.

Dr. Lustig has fostered a global discussion of metabolic health and nutrition, exposing some of the leading myths that underlie the current pandemic of diet-related disease. He believes the food business, by pushing processed food loaded with sugar, has hacked our bodies and minds to pursue pleasure instead of happiness; fostering today's epidemics of addiction and depression. Yet by focusing on real food, we can beat the odds against sugar, processed food, obesity, and disease.

Website: <u>www.robertlustig.com</u>



DR. ROBERT LUSTIG - INTERVIEW SUMMARY

In our latest interview, we sit down with Dr. Robert Lustig, a leading expert in metabolic health and nutrition. Known for his fearless leadership in exposing the truth about the food industry's sugarladen assault on our bodies, Dr. Lustig provides invaluable insights into the intersection of sugar consumption, obesity, and metabolic health.

As we navigate the complex landscape of modern health, it becomes apparent that the one-size-fitsall cure for obesity is a myth. Dr. Lustig delves into the role of sugar in our health, revealing the farreaching implications of processed foods on our wellbeing. He argues that the escalating public health crisis of obesity and metabolic dysfunction requires a collective response from governments, doctors, and individuals.

Highlighting the groundbreaking work of Dr. Richard Johnson, we further discuss how the body

converts glucose into fructose. This conversation piques our interest and pushes us to further explore the hidden intricacies of our diet. As we traverse this terrain, the energy balance model comes under scrutiny. Dr. Lustig dissects the misuse of this model as a tool to blame individuals for the obesity epidemic, arguing that the issue is far more complex and systemic.

Moving deeper into the societal implications, we explore the need for societal, national, and global changes to combat obesity and metabolic dysfunction. It becomes clear that merely medicalizing the problem and offering long-term treatment is not enough. We need to address the issue at its roots, which also involves scrutinizing sugar's impact on dopamine and dopamine's negative impact on serotonin (our calming and happy hormone) and how these tie into pandemic levels of anxiety and depression.

The discussion around the medical system's impact on metabolic dysfunction reveals the limitations of GLP1 analogs as a primary therapy for reversing obesity. It is emphasized that these interventions cannot fix the problem at the metabolic level, highlighting the need for environmental change. The challenge of addiction transfer is also addressed, discussing the difficulty of taking away people's addictions without providing a suitable substitute.

In conclusion, the interview serves as a critical examination of our food culture and the urgent need for change. It invites us to challenge conventional belief systems, shedding light on the nexus of sugar, obesity, and metabolic health. It's not just a conversation, but a call to arms. We are all stakeholders in this fight against obesity and metabolic dysfunction. This interview invites all of us to embark on a sugar-free journey towards better health together.





DR CHARLES LEVKOE

Canada Research Chair in Equitable and Sustainable Food Systems

BIOGRAPHY

Charles Levkoe Levkoe is the Canada Research Chair in Equitable and Sustainable Food Systems, a

Member of the College of New Scholars, Artists and Scientists of the Royal Society of Canada, and an Associate Professor in the Department of Health Sciences at Lakehead University.

His community engaged research uses a food systems lens to better understand the importance of, and connections between social justice, ecological regeneration, regional economies and active democratic engagement. Working directly with a range of scholars and community-based practitioners, Dr. Levkoe studies the evolution of the broader collective of social movement networks that views the right to food as a component of more sustainable futures. Through community-based, action-oriented inquiry and teaching and the development of placed-based action projects, his research contributes to critical discussions that inform theory, civil society action and public policy.



DR CHARLES LEVKOE - INTERVIEW SUMMARY

Understanding our food systems is more than knowing where our food comes from. It involves a deep dive into the factors that influence our diets and the resulting effects on our health, society, and environment. Our latest interview features Dr. Charles Levko, a renowned researcher and advocate for equitable and sustainable food systems. He provides an insightful perspective into the intricate weave of food systems and their far-reaching impact on our society.

One of the main topics we discussed was food insecurity. Despite the abundance of food production, many communities still face food scarcity due to the unequal distribution of resources. The current design of our food systems concentrates wealth at the top, leading to an unjust distribution of wholesome food. Coupled with the impacts of climate change on food producers, we are facing a significant challenge in ensuring food security for all.

But it's not all gloom and doom. The food justice movement is a beacon of hope in these challenging times. This movement aims for a fair share of the benefits and risks of food production and transportation. It emerged in response to systemic racism, settler colonialism, and patriarchy, and now forms part of the work of the US Department of Agriculture. By addressing the interconnectedness of food systems, we can create a more equitable food distribution with an emphasis on equal access to affordable quality food.

The interview also touched on the role of international trade in food

security. This is a controversial topic, as some believe that international trade could be a catalyst for a fair and just system. However, creating a sustainable food system that respects both local and global contexts is a convoluted task.

One potential solution we discussed is the implementation of a sugar tax. This measure aims to combat food insecurity by discouraging the consumption of unhealthy foods. However, it cannot stand alone as a solution. A sugar tax must be part of a larger system of support, regulations, and access to healthy food. We also emphasized the need for a wider support system and regulations to ensure its effectiveness.

The interview concluded with a look into food equity and sustainable systems. We delved into the complexities of creating a sustainable food system that honors both the local and global. Respecting local growing seasons while catering to the desire for diverse foods is a balancing act.





BITTEN JONSSON

Register Nurse and Chair of <u>Bittens Addiction Corp</u>

BIOGRAPHY

Bitten Jonsson is a registered nurse, addiction and relapse-prevention specialist and ADDIS/SUGAR authorized (a dependency diagnostic tool). She runs <u>Bittens Addiction Corp,</u> where she has developed a holistic treatment model and screening and diagnostic tools for sugar addiction. Her work includes teaching low-carb and ketogenic diets, developing new treatment models and training the new generation of sugar-addiction counsellors. She lectures to professionals, teaches, coaches and is the author of books on sugar addiction (currently only in Swedish).

For more information, email her at bitten.jonsson@bittensaddiction.com or visit www.bittensaddiction.com.



BITTEN JONSSON - INTERVIEW SUMMARY

Understanding the complexities of addiction requires us to delve deep into the human mind and body's biochemistry. In our recent interview, we were fortunate to host Bitten Jonsson, a globally recognized trainer of sugar addiction counselors and a testament to the capacity of humans to overcome sugar, nicotine, and alcohol addiction.

Bitten's journey into the world of addiction medicine began with her own struggles, which led to a quest to understand addiction at a deeper level. What she discovered is that addiction is far more complex than society perceives. It's not a moral flaw but a brain illness intricately tied to our body's neurotransmitters and biochemical makeup.

Bitten challenged traditional views on addiction and its treatment, pushing for a deeper understanding of the body's biochemical makeup. In her view, the barriers to incorporating addiction medicine into healthcare systems stem from a lack of comprehensive understanding of the science behind addiction.

Bitten also touched on the controversial topic of specialized care. Specialized care offers potential benefits but also carries inherent risks. Bitten highlighted the importance of understanding addiction beyond just sugar addiction and emphasized how traditional medicine often only treats the consequences of addiction rather than addressing the root cause.

Perhaps one of the most poignant parts of our conversation was when Bitten shared her belief in the healing power of non-processed food. In her story, she beautifully encapsulates this concept. Nourishing food, she posited, can help us restore our mental and physical health and give us what we need to rise above all of our addictions because food impacts our brain neuroanatomy, healing us and making us more resilient.

Bitten's experiences and insights underscore the need for a deeper understanding of addiction, a more holistic approach to treatment, and the importance of nourishing food in healing from ANY addiction. The elaborate world of addiction medicine is complex, but with experts like Bitten guiding us, we can navigate it more effectively and help those struggling with addiction find their path to recovery.





CHEF AJ

Chef, Culinary Instructor, and Professional Speaker

BIOGRAPHY

Chef AJ has been devoted to a plant-exclusive diet for over 43 years. She was the host of the

television series Healthy Living with CHEF AJ which airs on Foody TV. A chef, culinary instructor, and professional speaker, she is the author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, which chronicles her journey from an obese junk-food vegan faced with a diagnosis of pre-cancerous polyps, to learning how to create foods that nourish and heal the body.

Her latest bestselling book The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction, and Lose Weight Without Going Hungry has received glowing endorsement by many luminaries in the plant-based movement.

Chef AJ was the Executive Pastry Chef at Santé Restaurant in Los Angeles where she was famous for her sugar, oil, salt, and gluten-free desserts which use the fruit, the whole fruit, and nothing but the whole fruit. In 2018, she was inducted into the Vegetarian Hall of Fame.

Website: <u>www.chefaj.com</u>



CHEF AJ - INTERVIEW SUMMARY

Are you stuck in the vicious cycle of food addiction? Does the idea of a dietary change feel impossible or overwhelming? In our recent interview, we delve into these topics with our guest, Chef AJ, who turned her WHOLE life around by breaking up with sugar, eliminating flour, embracing whole foods, and adopting an active lifestyle.

Chef AJ shares her journey of overcoming health obstacles and battling food addiction. She painted a vivid picture of her transformation, which began with a whole-food retreat. Here, she learned the importance of stepping away from refined carbohydrates like sugar, flour, and alcohol - the primary culprits behind food addiction.

Chef AJ emphasizes the power of a whole, plant foods diet. She talks about her experience of overcoming colon polyps without surgery, managing lupus, and saying goodbye to food addiction all because she refused to consume junk food. If you've ever doubted the healing power of an anti-inflammatory whole-food diet, Chef AJ's story will inspire you.

Chef AJ provides insightful advice on overcoming addiction to sugar, flour, and alcohol. She highlights the importance of abstaining from these substances for a while to understand their impact on your body and cravings. It's not just about weight management or weight loss but overall health.

However, health is not just about diet. An active lifestyle complements a good diet, and Chef AJ emphasizes this crucial aspect. Engaging in physical activities you love, not just as a routine but as a part of a happy lifestyle, is essential for holistic health. But, finding the motivation to start can be challenging. This interview dives into the process of finding your 'why,' which powers you through the process.

In a world where processed foods are easily accessible, making a lifestyle change can be tough. We discuss the challenges of changing a lifestyle, especially when it involves processed food addiction. Chef AJ shares tips. The journey may be challenging, but the rewards are worth the effort.

Chef AJ's story of transformation. It is a journey that inspires, motivates, and offers practical advice for those battling food addiction. The journey towards a healthier, more fulfilling life is within reach. It starts with the first step. Keep it simple. Get support.





JOYCE LASZLOFFY

Founder of I Kicked Sugar

BIOGRAPHY

After Joyce Laszloffy kicked sugar over seven 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 Sugartm 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 16,000 women globally have joined I Kicked Sugartm and are reclaiming their health and happiness.

https://www.ikickedsugar.com/



JOYCE LASZLOFFY - INTERVIEW SUMMARY

This latest interview welcomes Joyce Laszloffy, a woman who transformed her life by breaking free from sugar addiction. Joyce's journey is not just a story of physical transformation, but it's also about the mental aspects of food addiction.

Joyce used to live her life on autopilot, caught in an unhealthy loop of sugar-laden food choices and self-blame. The turning point came when she started digging into medical journals to find out the secrets to overcoming sugar addiction. This quest led her to explore the under-appreciated mental aspects of her sugar problem.

Living on autopilot means engaging in unconscious behaviors, emotions, and habits. The secret to success lies in making these conscious. She suggests journaling for self-exploration and mindful behavior change. Understanding our conditioning and beliefs is key to overcoming unhealthy eating habits.

Another crucial aspect of Joyce's successful transition to a sugar-free lifestyle was incorporating fruit into her diet and strictly avoiding ultra-processed foods. The importance of balance in healthy eating cannot be overstated. It's not just about completely cutting out sugar, but also finding healthier alternatives, learning to eliminate cravings, and managing temptations.

The challenges that come with a sugar-free lifestyle are not to be taken lightly. Joyce acknowledges these hurdles. From her experience, the biggest challenge her clients face is a tendency to seek shortcuts rather than doing the hard work of recovery.

Joyce's story is a testament to the power of personal growth and self-love. Overcoming sugar addiction, as with any addiction, leaves us with an amazing sense of empowerment. And it can become a new foundation upon which we can now address other areas that need attention such as leaving unhealthy relationships or changing jobs.

Joyce Laszloffy's story from sugar addiction to vibrantly healthy reminds us that overcoming addiction is possible and a multi-faceted process. It requires understanding both the physical and mental aspects of addiction and implementing strategies to address both.





DR. SARAH MYHIL

Graduated with Honours from Middlesex Hospital Medical School

BIOGRAPHY

Dr. Sarah Myhill qualified in medicine (with Honours) from Middlesex Hospital Medical School in 1981 and has since focused tirelessly on identifying and treating the underlying causes of health problems, especially the 'diseases of civilisation' with which we are beset in the West. She has worked in NHS and private practice, latterly as a naturopathic doctor, and for 17 years was the Hon Secretary of the British Society for Ecological Medicine, which focuses on the causes of disease and treating through diet, supplements, and avoiding toxic stress. She helps to run and lectures at the Society's training courses and also lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome.

Visit her website at <u>www.drmyhill.co.uk</u>.



DR. SARAH MYHILL - INTERVIEW SUMMARY

The thyroid is responsible for producing hormones that regulate metabolism, body temperature, and more. However, when this gland is underactive, a condition known as hypothyroidism, it can lead to widespread health issues, including dementia, heart disease, and cancer.

Dr. Sarah Myhill, an independent physician with extensive knowledge on this subject, delves into the intricacies of an underactive thyroid and its profound impact on our energy levels and overall health.

Dr. Myhill provides a comprehensive overview of the various symptoms indicative of an underactive thyroid, ranging from physical changes such as a puffy face and large tongue to mental symptoms like fatigue and brain fog.

An underactive thyroid can be a significant risk factor for diseases like dementia, heart disease, and cancer. However, despite this connection, the condition is often underdiagnosed due to the lack of emphasis on understanding the underlying causes of disease.

Dr. Myhill discusses the potential benefits of a ketogenic diet and the role of supplements to better manage an underactive thyroid. Processed foods are not thyroid-friendly and not beneficial to our mitochondria, microbiome or our adrenal system. What negatively impacts one system impacts all of them.

The conversation with Dr. Myhill provides an invaluable guide to understanding and managing an underactive thyroid effectively. By recognizing the symptoms and risks, and making appropriate lifestyle and dietary changes, individuals can take a significant step towards better health, more energy, and improved quality of life.

With her wealth of knowledge, Dr. Myhill emphasizes the importance of understanding the 'why' behind our health issues, equipping us with the tools to navigate our health journeys more effectively. This will enable us to find solutions to stubborn and elusive health issues that are not resolving despite our best efforts.

Whether you are personally dealing with an underactive thyroid or know someone who is, this interview offers insight that can provide a practical path forward.

Website: <u>www.drmyhill.co.uk</u>





LUIS MOJICA

Founder of Holistic Life Navigation, Herbalist, Nutritional Counselor

BIOGRAPHY

Luis Mojica, founder of Holistic Life Navigation, teaches people how to find safety in themselves through somatic education and nutrition. His work helps to destigmatize trauma and addiction through compassionate understanding. He teaches an online course to thousands of people around

the world, leads retreats, and has a weekly podcast.

moreover, Luis Mojica is a Somatic Educator, Trauma Therapist and Nutritionist. His own painful journey with PTSD & and chronic illness led him to develop his own unique form of therapy called Holistic Life Navigation. It combines whole food nutrition, Somatic Experiencing, & and self-inquiry and is an effective modality to help heal stress & and trauma. He teaches online courses, is an assistant trainer for Peter Levine's Somatic Experiencing International workshops, and is the host of The Holistic Life Navigation Podcast. He comes to this work from a decolonial lens and with the belief that the body is a being that we can learn how to communicate to and live with, rather than dominate and override.

Website: www.holisticlifenavigation.com



LUIS MOJICA - INTERVIEW SUMMARY

In this powerful and intimate interview, Luis Mojica, a somatic experiencing practitioner, herbalist, and nutritional counselor shares his personal journey of overcoming disordered eating including binge eating, ignited by unaddressed childhood trauma, providing insights into the interplay of trauma and food issues. Understanding and healing trauma is a slow and complex process but essential to long-term recovery from disordered eating. Trauma is not an event per se. It is not a mental condition. It's a biological response to acute or prolonged stress. It shows up in unique ways in our biology.

Luis's experience underlines that trauma can lead to unhealthy relationships with food and substances which in turn affects our body's biochemistry. For instance, different types of food directly impact energy release. Some foods can stimulate us, others can sedate or depress us. Toxic and overprocessed foods overwhelm our bodies, triggering an adrenal response. Removing these foods that cause extreme swings from hyperarousal to numbing out and potential biological overwhelm is a good first step to repairing our relationship to the act of self-nourishment.

The conversation also explores the power of somatic practices. These practices help us differentiate between emotional eating and hunger eating, a crucial skill in learning how to eat in a way that is nourishing, grounding, and healing instead of damaging. Luis shares his experience of how these practices helped him become more in tune with his body's sensations and feelings, transforming distress into a healing conversation.

Interestingly and importantly sugar plays a significant role in dysregulating our nervous system which perpetuates and intensifies chronic stress and distress states. In and of itself, sugar can be a source of secondary trauma to the body. Recovery is a process of coming into alignment with the foods that feel good and letting go of the ones that are dysregulating and stressful so we can heal at all levels. (Hint, sugar is stressful and dysregulating.)

Luis's insights remind us that while trauma can indeed leave deep imprints, joyful recovery is possible. He is living proof. Luis reminds us that the journey of recovery invites us to embrace - not run away from - body sensations and emotions and to embrace self-compassion. Together they will help us stop using and abusing food to disconnect and reconnect instead.

The conversation with Luis Mojica provides a unique and personal perspective on trauma, food addiction, and recovery.





MARIA EMMERICH

Nutritionist specializing in the Ketogenic Diet and Exercise Physiology

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. 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.



MARIA EMMERICH - INTERVIEW SUMMARY

In a world where junk food is readily available, breaking free from its grip can be quite challenging. Maria shares her inspiring journey of transforming her eating habits and her health. She shows that no matter how entrenched you are in unhealthy food habits, change and transformation are always possible.

Fighting sugar addiction was no small feat for Maria. She had to devise strategies to overcome the constant cravings and temptations. She shares her tactics for kicking the sugar habit, revealing the incredible benefits she experienced. From improving her PCOS condition to helping clients combat migraines, high blood pressure, infertility, and high cholesterol, Maria knows firsthand the incredible power of a low-sugar, low-carb lifestyle.

One of the keys to Maria's success was linking her health problems with poor food choices. She

learned to listen to her body and respond appropriately to its feedback and needs. This process led her to notice her use of alternative sweeteners was activating the 'Dorito effect,' a term used to describe the way artificial flavors in processed foods can make them irresistibly tasty. Maria found creative ways to enjoy her food without sugar additives and without compromising her health.

Despite the challenges she faced, Maria didn't have to do it alone. She highlights the importance of a supportive community in her journey to healthier eating. With the right support, anyone can break up with junk food and embrace whole foods, one step at a time.

Maria's story serves as a beacon of hope for anyone struggling with sugar addiction or unhealthy food relationships. She shows that life should not be about surviving; but about thriving. Her journey offers practical tips and encouragement for anyone wanting to reinvent their food habits and manage health concerns like PCOS. By listening to her body, making intelligent food choices, and harnessing the power of a supportive community, Maria turned her life around and now helps others do the same.





CATHY MORENZIE

Health and Wellness Leader

BIOGRAPHY

Cathy Morenzie has been a leader in the health and wellness industry for over 30 years. She once struggled with emotional eating herself, but experienced a powerful breakthrough when she realized that the answer to her problems lay in 'faith, not food'! Now, Cathy's life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ.

Website: <u>www.cathymorenzie.com</u>



CATHY MORENZIE - INTERVIEW SUMMARY

The intertwining of spirituality and health is a fascinating topic, one that we explore in-depth in our latest interview with renowned personal trainer, author, and speaker, Cathay Morenzie. Cathy offers a raw and empowering perspective on overcoming her struggles with weight, emotional eating, sugar addiction, and low self-esteem using spiritual principles as a fundamental component in her success.

A cornerstone of Cathy's teachings is the practice of removing sugar from one's diet. Despite initial pushback, she has proven the benefits of this powerful dietary change and captured it in her book 'Spirit-Filled and Sugar-Free'. Cathy elaborates on her experiences with a 12-step program and her faith journey, highlighting the importance of community in overcoming seemingly insurmountable personal struggles.

Throughout her career, Cathy has influenced hundreds of thousands of people to develop positive

attitudes about their bodies, diet, and fitness. Her own struggles served as the driving force behind her desire to help others. The intersection of her spiritual journey and her commitment to health and wellness has allowed her to empower others to make positive changes that stick.

While removing sugar and processed foods from one's diet is important, Cathy encourages curiosity rather than restriction. She highlights the importance of approaching health from a place of mindful awareness and tuning into how different foods impact our bodies and course correcting accordingly.

As we look to the future, Cathy has exciting projects underway including new books and a membership course. In summary, Cathy Morenzie's story offers a powerful testament to the transformative power of leaning into our faith to improve our health and wellness. Her story and advice serve as valuable resources for anyone looking to overcome personal struggles with weight, food, health issues, and sugar.

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ERIC EDMEADES

Founder of WILDFIT

BIOGRAPHY

Eric Edmeades spent the earlier part of his life struggling with constant sinus and throat infections, excess weight, acne, and chronic fatigue. In 2013 Eric began WILDFIT with a small group of 8. Time after time the program successfully worked to completely turn participants' health around. And so came the birth of WILDFIT.



ERIC EDMEADES - INTERVIEW SUMMARY

In the eye-opening interview with Eric Edmeades, we delve into the transformative power of a sugarfree lifestyle and how it can reverse lifestyle diseases like type 2 diabetes. Eric's journey began in 1991 when he discovered that cutting out sugar not only cleared his chronic cystic acne but also led to significant weight loss. This drastic change sparked his interest in the subject and motivated him to share his knowledge through books like The Evolution Gap and the upcoming Post Diabetic.

The conversation takes a fascinating turn as we explore the science behind sugar cravings. Humans are naturally predisposed to seek out sugar, a characteristic that plays a vital role in our survival as a species. However, in our modern society, this natural inclination is manipulated by food industries to drive us to consume and purchase foods that are sweet but do not impart any of the nutrients in whole foods. The chronic overconsumption of non-nutritive sugar has many negative health impacts.

Discussing the role of fasting in recovery, we discover that it can be a beneficial tool for the body's healing process. Fasting allows the body to focus its energy on recovery, reducing the stress that comes with digesting food, especially sugar-laden foods. It is important to note that this approach should only be taken if one is well-nourished, as fasting without proper nourishment can lead to further health issues.

We then delve into the impact of malnutrition on addiction and eating disorders. The body goes into emergency mode when malnourished, seeking out quick calories often in the form of sugar and deep-fried foods. However, by hydrating and nourishing the body properly, these cravings can disappear, leading to a healthier relationship with food.

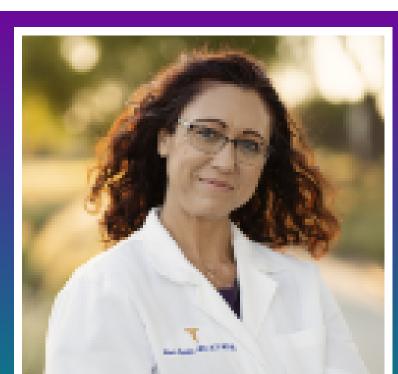
The conversation culminates in a discussion on reversing lifestyle diseases like type 2 diabetes. Eric emphasizes that individuals have the power to reverse these conditions by making healthier food choices. He suggests that type 2 diabetes should be viewed as a repetitive stress injury rather than a disease, a result of continuous unhealthy food damage.

In conclusion, by ditching sugar and embracing whole foods, we can improve our physical health, reverse disease, and profoundly boost our overall quality of life.



INTERVIEW SUMMARIES DAY 2: OCTOBER 17, 2023









UDO ERASMUS

DR. AIMIE APIGIAN









DR. JOY JACOBS

DR. ANGELA STANTON



DR. DAVID CAVAN



DAVE WOLFE

DR. ANN CHILDERS











UDO ERASMUS

Creator of FLAX OIL and the Healthy Fats Movement & Co-founder of UDO's CHOICE

BIOGRAPHY

Udo Erasmus is a pioneer of the health and wellness industry having created FLAX OIL and the Healthy Fats Movement. He is also the co-founder of the UDO'S CHOICE supplement brand, a global leader in cutting edge health products having sold tens of millions of bottles of healthy oils, probiotics and digestive enzymes. Udo is an accomplished author including Fats that Heal Fats that Kill that has sold over 250,000 copies worldwide. Udo has extensive education in Biochemistry and Biology, a Masters Degree in Counseling Psychology from Adler University and has impacted over 5,000,000+ lives by passionately conducting 5,000+ live presentations, 3,000+ media interviews, 1,500 staff trainings and traveled to 40+ countries with his message on how to achieve perfect health.



UDO ERASMUS - INTERVIEW SUMMARY

Udo Erasmus Lami's unique food philosophy, which emphasizes fresh, raw, organic, and local foods, primarily from plants, seeds, and nuts, forms the foundation of the discussion. Udo introduces the perspective that cooking eliminates necessary enzymes and probiotics from our food, necessitating us to replace these vital components in our diet. This conversation is a journey into the world of nutrition, highlighting the crucial role that probiotics and enzymes play in our health.

As we explore further, we learn that the planet is made up of 10% bacterial biomass and that other creatures thrive without cooking their food. The agriculture industry's impact on our food and the implications of antibiotics on our health are thought-provoking points of discussion. Also, the destructive effects of sugar on our microbiome are discussed in-depth, emphasizing the importance of intentional decisions about our food consumption.

One of the significant revelations of the interview is the damaging effects of processed oils. Udo explains how industry processing leads to rancid oils and extended shelf lives, emphasizing the need to create oils with health in mind. He also discusses the advantages of essential fatty acids as a barrier against skin moisture loss, providing a new perspective on the common culinary ingredient.

A discussion on raising children without white refined sugar concludes the interview, highlighting the power of choice in shaping not just our health but that of future generations. The conversation with Udo Erasmus Lami is engaging, and packed with vital health insights that have the potential to transform our lives.

The key takeaway from this interview is the power of choice - our health and well-being are significantly influenced by our dietary decisions. By being conscious of what we consume and choosing foods that nourish our bodies and minds, we can pave the way for optimum health and vitality.





DR. AIMIE APIGIAN

Founder and CEO of Trauma Healing Accelerated

BIOGRAPHY

Dr. Aimie Apigian, MD, MS, MPH is the leading medical expert on how life experiences get stored in the body and restoring the body to its best state of health through her signature model and methodology, The Biology of Traumatm. She is a double board-certified medical physician in Preventive Medicine and Addiction Medicine. She has a Masters in Biochemistry and a Masters in Public Health. In addition to her medical training, she is also a Certified Functional Medicine physician and has training and certifications specifically in neuro-autoimmunity, nutrition, and genetics for addictions, mental health, and mood and behavioural disorders. She has several certifications in various trauma therapies, including the Instinctual Trauma Response Model (an art trauma therapy), Somatic Experiencing (developed by Dr. Peter Levine), and NeuroAffective Touch (Dr. Aline LaPierre).

Dr. Aimie brings you The Biology of TraumaTM: a new lens and a methodology that courageously both adds to and bridges trauma work and medicine by reverse-engineering the chronic effects of trauma on the nervous system and body on a cellular level.

Dr. Aimie's personal life experiences led her into trauma therapy training, first for her adopted son, and then for herself. Dr. Aimie offers science-based solutions on how to rewire the nervous system with The Biology of Trauma. Accelerating the healing journey through recovery to resilience, presence, and aliveness. Dr. Aimie is the founder and CEO of Trauma Healing Accelerated, offering her foundational online course: "The 21-Day Journey to Calm Aliveness," which is an experiential journey into the nervous system that is open to all as well as her 8-module certification course for practitioners, "Biology of Trauma" that teaches the protocols of addressing The Biology of Trauma on the different systems of the body.



DR. AIMIE APIGIAN - INTERVIEW SUMMARY

In an insightful interview, Dr. Aimie Apigian, a renowned medical physician, trauma therapist, and the creator of Trauma Healing Accelerated, focused on the connections between trauma and our eating habits, which often go unnoticed and overlooked.

Trauma, as defined by Dr Apigian, is anything that overwhelms our ability to process and understand it. A trauma response can lead to intense food thoughts and disordered eating. Interestingly, our bodies respond to trauma by seeking energy sources and comfort foods like brownies, ice cream, or pasta with cheese. These foods act like opiates and help to block physical and emotional pain, providing a temporary respite from the distress we might be experiencing.

The significance of understanding and managing overwhelming triggers was a central theme. Dr Apigian emphasized the importance of establishing a safe and supportive relationship with our bodies and shared valuable strategies for self-regulation in trauma work. Tools like the OM overview and simple push away can be instrumental in coping with distressing memories and emotions.

Also highlighted was the complex relationship between addiction recovery and trauma recovery. For instance, substances like sugar can impede our healing process from trauma, reinforcing the shackles of addiction. Recognizing this connection allows us to tackle addiction at its root, emphasizing the importance of self-regulation and co-regulation.

Dr. Apigian shared an invigorating exercise designed to pull us out of the freeze response, a common repercussion of trauma. She stressed the importance of being able to connect with our bodies in a way that makes us feel safe and contained. We discussed how diets and mantras often aren't enough and how the focus needs to be shifted inward to build a connection with our bodies and provide safety and support.

In conclusion, as we navigate life's challenges, understanding the deep-seated connection between our trauma and eating habits can bring about profound healing from trauma at a cellular level. Dr. Apigian invites us to redefine trauma and how we respond to it through our food habits and overall well-being.





DR. JOAN IFLAND

Founder of Food Addiction Reset

BIOGRAPHY

Dr. Ifland is a food addiction professional who is active in both online recovery and research. Dr. Ifland has been an innovator in the field of recovery from food addiction since 1999 with the publication of her first popular book.

In 2015, she founded The Facebook Group, Food Addiction Education <u>Facebook Group</u>, to help people recover from food addiction. She also built the website, Food Addiction Resources, <u>www.foodaddictionresources.com</u>, which provide free information on recovery from food addiction.

In 2016, she founded the first online training in food addiction to make recovery easier in small, online groups, Food Addiction Reset, <u>www.foodaddictionreset.com</u>. In 2014-2017, she wrote and edited the only textbook on recovery from food addiction, Processed Food Addiction: Foundations, Assessment, and Recovery, published by CRC Press.

In early 2018, she conducted the first *Reset Week* which was the first online program to support people at home through withdrawal from processed foods. Also, in early 2018, she will also publish the popular book, Recovery from Food Addiction: Fabulous Meals for the Week in 2 Hours, which is a breakthrough system for easily managing meals for recovery from food addiction.

Dr. Ifland earned her PhD in 2010 at Union Institute in addictive nutrition. Her MBA was awarded by Stanford Business School in 1978 and her BA in Economics and Political Science by Oberlin College in 1974. She currently resides in the Seattle area where she enjoys hiking, women's business groups, and the arts.



DR. JOAN IFLAND - INTERVIEW SUMMARY

Dr. Joan Ifland, a recognized authority on processed food addiction, unravels the complex relationship between our bodies, our brains, and the processed foods that many of us consume daily.

This fascinating exploration into the science behind food addiction offers you, the listener, valuable insights and practical advice for overcoming these addictive tendencies.

Dr Ifland reveals the manipulation tactics of the food industry as she explains how they design products to play with our dopamine levels and create addictive responses. This manipulation is one of the major reasons why many people find it challenging to resist processed foods.

The discussion looks at the alarming health consequences of processed food addiction. A staggering

93% of Americans suffer from health issues related to ultra-processed food consumption.

The interview concludes with Dr Ifland offering advice and hope to those battling with ultraprocessed food addiction and she highlights the importance of connection and peer support in overcoming this challenge.

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DR. JOY JACOBS

Clinical Psychologist & Assistant Clinical Professor

BIOGRAPHY

Dr. Joy Jacobs is a clinical psychologist, assistant clinical professor at UCSD School of Medicine, and published author who provides individual, family, and group therapy for adults, adolescents, and children with eating disorders (including anorexia nervosa, bulimia nervosa, and binge eating disorder), food addiction and weight management concerns. She has trained in multiple treatment modalities, including family-based therapy, dialectical behavioral therapy, cognitive behavioral therapy, and interpersonal psychotherapy. Dr. Jacobs is one of the few officially certified providers of family-based treatment for eating disorders nationwide and internationally.

Dr. Jacobs was Director of Behavioral Interventions for Jenny Craig, helping hundreds of thousands of people struggling to live healthier lifestyles. She continues to consult for both large, international corporations and individuals worldwide.

Dr. Jacobs regularly appears on various media outlets, including *The Doctors*, Fox 5 San Diego and has been an expert cited in many national publications, including Elle, US News and World Report, the Today Show, and more, on the issues of eating disorders, body image, food addiction, weight management and related topics. Joy is the author of a blog sponsored by Psychology Today and Gurze books, titled One More Bite.

Dr. Jacobs serves on the Professional Advisory Panel for Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T). She served on the panel of expert advisers for the Beacon Street Girls, a content company shaped by leading experts in adolescent development and current research on how to positively impact girls' self-esteem. She is a member of the Academy for Eating Disorders and serves on its Media Affairs Committee. Dr. Jacobs also supports the American Dietetic Association, the Eating Disorders Coalition, and the National Eating Disorders Association (NEDA).

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DR. JOY JACOBS - INTERVIEW SUMMARY

In our latest interview, we delve into the intricate world of eating disorders and food addiction with clinical psychologist Dr. Joy Jacobs. Dr. Jacobs shares her personal triumph over food addiction and how her journey inspired her to aid others grappling with similar issues.

Eating disorders and food addiction often intersect, making it a complex field to navigate. Dr. Jacobs shares her unique perspective on the inadequacies of traditional eating disorder remedies and the transformative discovery of abstinence-based methods. These methods, often overlooked in conventional treatments, have proven effective in Dr. Jacobs' professional practice and personal journey.

The conversation takes an interesting turn as Dr. Jacobs explores various approaches to healing eating disorders. Dr. Jacobs emphasizes the importance of a multifaceted approach that incorporates elements from Western psychology and other disciplines. She discusses the power of resetting one's body relationship and the magic of positive thinking. The interview also touches on the therapeutic benefits of emotional freedom technique tapping, a method known for its effectiveness in regulating the nervous system and addressing the trauma that often accompanies eating disorders and food addiction.

Differentiating between an eating disorder and a food addiction can be a fine line. The interview highlights the crucial role of an experienced clinician in steering the recovery process. Dr. Jacobs warns against the potential damage caused by inappropriate treatment and emphasizes the need for safe spaces for those grappling with food addiction. The interview also underlines the importance of brain science in treating eating disorders, emphasizing the need for science to catch up with clinical knowledge.

Dr. Jacobs' compelling blend of personal narrative and professional wisdom illuminates the intersection of eating disorders and food addiction. Her insights offer hope for those battling these disorders, offering a fresh perspective on a topic that affects many.





DR. DAVID CAVAN

Endocrinologist, Diabetes Specialist

BIOGRAPHY

Dr David Cavan has worked as an endocrinologist, specialising in diabetes in Dorset, UK since 1996. From 2013-2016 he was Director of Policy at the International Diabetes Federation and since then has worked on diabetes projects and professional training in Bermuda, Kenya and Democratic Republic of Congo. He has always prioritised patient education and has developed in-person and online education programmes and authored several books for people with diabetes. He has a particular interest in supporting people to make sustainable lifestyle changes, including carbohydrate restriction, to help manage type 1 diabetes and reverse type 2 diabetes and prediabetes.

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DR. DAVID CAVAN - INTERVIEW SUMMARY

The prevalence of diabetes worldwide has urged healthcare professionals and individuals alike to seek effective methods to manage and reverse the condition.

Dr. Cavan, with years of experience in diabetes management, believes in the power of lifestyle changes in managing and reversing diabetes. Unlike the common practice of relying solely on medications, Dr. Cavan has incorporated lifestyle modifications including carbohydrate reduction into his approach.

A critical part of this conversation was devoted to understanding diabetes, differentiating between type one and type two, and their connection with our modern lifestyles. Dr. Cavan highlighted the impact of our eating habits on our health and advocated for a low-carb lifestyle as an effective way to manage diabetes. He emphasized the role of sugar in diabetes and explained how excessive sugar consumption can cause insulin resistance, leading to a vicious cycle of high sugar and insulin levels.

Notably, Dr. Cavan's approach to diabetes management doesn't completely disregard the role of medication. Instead, he recommends a harmonious blend of medication and lifestyle changes including physical activity for optimal results. Prolonged sitting periods can put the body in a metabolic sleep mode, therefore, introducing simple lifestyle alterations such as frequent walking, avoiding sitting for long periods, and intermittent fasting can result in significant improvements.

Dr. Cavan's conversation was also about instilling hope. He shared inspiring stories of transformation from his patients, proving that it's never too late to adopt positive changes for your health.

This interview is a treasure trove of information and motivation for anyone looking to manage diabetes or make lasting lifestyle changes. As Dr. Cavan aptly said, "it's never too late to adopt positive changes for your health."

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DAVE WOLFE

Registered Dietitian

BIOGRAPHY

Dave Wolfe Is a recovering addict who detoxed from sugar and grain... and this from a former artisan bread baker and Registered Dietitian! He is co-author of The Fix for Cravings. He personally understands Addiction Interaction Disorder (one disease, many outlets), and often says, switching outlets is like switching seats on the Titanic; the ship is still sinking! As co-founder of SUGARx Global, an online food addiction recovery platform designed by addicts for addicts, Dave helped develop a system based on CARE (Connection, Action Steps, Recovery Protection, and Education) as the foundation for addicts to Grow. Recover. Transform. He can be reached at hello@sugarxglobal.com, @DaveWolfeSRX,

http://www.sugarxglobal.com.



DAVE WOLFE - INTERVIEW SUMMARY

Food addiction is a complex issue that many struggle with in silence.

David's journey is a testament to the hidden struggles of food addiction. His addiction didn't manifest as excess bodyfat that you could see but he was battling with symptoms of addiction just the same. His story is a reminder that food addiction is not just about what you see on the outside; it's about the internal struggle and the invisible symptoms that can go unnoticed by others.

His approach to food addiction is unique and rooted in simplicity. He encourages us to tap into our gut instinct and create a 'stupid plan' - a straightforward, actionable plan that guides us towards achieving our goals. He introduced us to his new ebook, 'Craving Crusher Skills Manual,' a practical guide filled with techniques to understand what's working in our recovery journey and what needs improvement.

David emphasizes the significance of recognizing and addressing our food addiction. He candidly shares his own triggers - guilt, debate, romance - and how understanding these can equip us to better address our relationship with food. His candidness and vulnerability are both enlightening and empowering, providing listeners with a fresh perspective on their own battles with food addiction.

But it's not just about individual action. Wolfe strongly advocates for the power of a supportive community in overcoming food addiction. That's why he co-founded SugarRx Global, a safe haven for those wrestling with addiction. He outlines the four pillars of their care model - connection, action steps, recovery protection, and education.

Understanding your brain and staying ahead of the curve through education is essential. Wolfe believes in the power of connection and being 'pleasantly pushy' in recovery efforts. His advice is a potent reminder of the importance of looking after ourselves and each other.





DR. ANN CHILDERS

Psychiatric Physician

BIOGRAPHY

Dr. Childers, an Air Force veteran, is a child and adult trained psychiatric physician with a special interest in regaining the physical and mental health of adolescents and adults through standard psychiatric care integrated with principles of nutrition and sleep. Dr. Childers published a number of textbook chapters, among them 'Nutritional Aspects of Psychiatry' for Child and Adolescent Psychiatry: The Essentials (Cheng and Myers, 2011).

A local and international lecturer, Dr. Childers' lectures and podcasts can be viewed and heard on the World Wide Web. A member of the American Psychiatric Association, the American Medical Association, the Nutrition and Metabolism Society, and a Fellow of the American Psychiatric Association, Dr. Childers welcomes those who desire an integrated approach to psychiatric care, sleep, and metabolism management.



DR. ANN CHILDERS - INTERVIEW SUMMARY

The impact of diet on our mental health is a topic that has garnered much attention in recent years.

What makes this conversation even more captivating is the exploration of the connection between dental health and mental health. Dr. Childers explains how traditional people exhibited a surprising resistance to tooth decay until the change in traditional diets occurred. This change coincided with the occurrence of chronic non-communicable diseases. It's an eye-opening realization of how our dental health is an indicator of our overall health, and not just a separate, isolated aspect.

Our exploration took an even more interesting turn as we delved into the realm of autism, diet, and mental health. The importance of nutrient density in the diet of individuals struggling with mental illness was brought to light. The conversation veered towards the surprising effects of eliminating red meat from the diet, and how refined carbohydrates can wreak havoc on our mental well-being. It's a reminder of the vital role that a balanced, nutrient-rich diet plays in maintaining our mental health.

The concept of self-care also found a significant place in our discussion. Simple practices like adequate sleep, proper nutrition, hydration, and regular movement can have a monumental impact on bolstering mental health. It's an empowering thought that taking care of ourselves in these fundamental ways can contribute significantly to our mental well-being.

In conclusion, Dr. Childers provides valuable guidance on making food choices that work in favor of our brain and overall well-being. As we unravel the intricate relationship between diet and mental health, it's clear that the key to a healthier mind could very well lie in what we put on our plate.





DR. ANGELA STANTON

PhD, MS, MBA, BSc

BIOGRAPHY

Angela A Stanton, PhD, MS, MBA, BSc., has earned her doctorate in NeuroEconomics (experimental neuroscience using economic models) and is also fMRI certified, having earned the following degrees: PhD Claremont Graduate University in Economics with dissertation in neuroscience; fMRI certification at Harvard University, Athinoula A. Martinos Center for Biomedical Imaging; MS in Management Science & Engineering, Stanford University; MBA at UCR; BSc Mathematics, UCLA. Her doctoral research focused on understanding how human decision-making is influenced by neurotransmitter changes. She ran clinical trial experiments, gaining an appreciation of the role hormones play in emotional and physiological decisions.

A lifelong migraine sufferer, in 2008 she took early retirement from her academic career and has become an avid researcher of migraines. Her efforts to understand the cause of migraines have been assisted by thousands of migraine sufferers around the world. In 2014 she published the first, and in 2017 the second edition, of the book (Fighting The Migraine Epidemic: Complete Guide. How to Treat & Prevent Migraines Without Medicines) that established her as a leader in the field of migraine research based on nutritional and electrolyte management. She now teaches migraine sufferers and healthcare providers all over the world about how to abort and prevent migraines without any medicine.



DR. ANGELA STANTON - INTERVIEW SUMMARY

Dr. Angela Stanton's groundbreaking research on migraines and nutrition offers a fresh perspective on this debilitating condition.

Our journey begins with understanding the complexity of the brain and the intricate function of neurons.

Neurons, the most important part of the brain, don't add new neurons over time, but rather add new connections. The human brain organically creates its own voltage potential and carries this current. The exchange of sodium potassium ions at voltage-gated channels is crucial for message transmission between neurons.

Exploring further, we delve into the role of sodium in our bodies. Sodium, often confused with salt and potassium, affects our body differently based on its source. Understanding the ionic shifts that occur during strenuous activities like running a marathon is crucial to our health. These shifts, which result in an increase in potassium and a decrease in sodium levels in the blood, can have profound effects on our bodies.

Angela Stanton imparts valuable advice on the importance of salt intake during such activities. Simply sipping water and taking a pinch of salt can have profound benefits, particularly in maintaining the delicate balance of electrolytes in our bodies. It's a simple yet often overlooked aspect of nutrition that can have far-reaching effects on our health.

Connecting the dots between migraines, salt, and sugar, we uncover the profound influence of sugar on our mood and overall health. Sugar consumption can trigger insulin spikes and contribute to migraines. Angela advocates for a low-carb, high-protein diet, particularly for those suffering from migraines.





DANIELLE HAMILTON

Nutritional Therapy Practitioner (NPT)

BIOGRAPHY

My journey began after I left my 14th doctor's visit in a single year when I realized I was sick and tired of being sick and tired.

My diet growing up was like any other kid in the US, except I was really picky and seemed to prefer all the sweet things. Not surprisingly, I was a pretty sickly kid and always struggled with my weight. As I got older, I switched to "whole wheat" and "diet" foods but the sweet tooth was always there.

In 2012, in an effort to improve my health, I adopted a real food, paleo diet. I saw huge improvements in my health but after a stressful period in my life, I started gaining weight, getting cystic acne, and I lost my period.

I realized I had Polycystic Ovarian Syndrome (PCOS). My PCOS was a hormonal imbalance that caused weight gain and weight loss resistance, cystic acne, and missed periods. No matter how "healthy" I ate, and no matter how much I worked out, *I couldn't lose a pound* and actually seemed to be gaining! (what the hell?!)

I tried to balance my hormones and increase my progesterone but nothing seemed to be working. I felt so defeated and hopeless.

Finally, I enrolled in nutrition school to become a Nutritional Therapy Practitioner (NTP). I learned that at the foundation of all hormonal imbalances is our blood sugar balance!



DANIELLE HAMILTON - INTERVIEW SUMMARY

Danielle Hamilton, stresses how balancing blood sugar levels can lead to profound health transformations. The body's blood sugar levels are tightly regulated because excess sugar circulating in our blood stream causes damage to every cell in our body. When a high influx of refined sugars and starches enter our bloodstream, it causes the pancreas to flood our systems with insulin to shunt sugar from our bloodstream into our cells to prevent cellular damage. Over time a regular stream of high sugar and refined starch consumption which causes a reciprocal high insulin response causes our cells to become insulin resistant. This in turn dysregulates our blood sugar balance and we become prone to wild blood sugar swings. Symptoms of low and high blood sugar include feeling hangry, irritable, anxious, shaky and dizzy. It can make you feel lightheaded, give you heart palpitations and make you feel lethargic and 'heavy.'

More serious conditions can develop over time if blood sugar levels remain high. These include cognitive effects such as brain fog, memory loss, anxiety and depression. Also Type 2 diabetes, macular degeneration, and gum disease to name only a few. Danielle underscores the importance of recognizing the signs and symptoms of blood sugar dysregulation and the serious health problems it can cause.

One of the tools Danielle advocates in managing blood sugar is continuous glucose monitoring. This takes the guesswork out of measuring blood sugar, and Danielle provides insights into finding the right glucose monitor and setting ideal ranges. Furthermore, she discusses identifying conditions such as reactive hypoglycemia and post-prandial syndrome, which can cause symptoms like dizziness and anxiety even when blood sugar levels are within an acceptable range.

In terms of dietary changes, Danielle emphasizes the importance of high-quality animal proteins and healthy fats in stabilizing blood sugar. Foods like grass-fed butter, olive oil, and avocado oil, along with non-starchy vegetables, are integral to her dietary approach. She also discusses the pros and cons of carnivore diets and the importance of gut diversity for overall health.

Carbohydrates also have a role to play in blood sugar regulation. As Danielle points out, carbohydrates can help us feel satiated and support our hormones. She discusses the importance of increasing healthy fats when reducing carbohydrates, as well as the significance of optimizing food breakdown. This includes ensuring adequate stomach acid to activate the body's protein-digesting enzyme.





DR. ANDREA GRAYSON

Behavior Change Communications Consultant

BIOGRAPHY

Dr. Andrea Grayson is a behavior change communications consultant who teaches about Public Health Communications and behavior change in the Master of Public Health Program in the Larner College of Medicine at the University of Vermont. Her life changed in 2016 when she suddenly realized that she had been concealing a lifelong dependence on sugar and carbs beneath a web of denial ("It's just a sweet tooth") and rationalization ("I've been good so deserve a treat"). After she taught herself to quit, she started helping others do the same by creating the program Breaking Free from Sugar, which has helped over 3,500 people successfully reduce how much sugar they eat. That program is shared in her new book The Sweet Tooth Dilemma.



DR. ANDREA GRAYSON - INTERVIEW SUMMARY

Dr. Grayson exposes the intricate web of psychological and emotional pathways that maintain our dependency on sugar. She emphasizes the importance of recognizing triggers and developing strategies to manage cravings, underscoring the power of self-compassion, particularly when things don't go as planned.

A significant part of the discussion focuses on the role of government policies and corporate influence in shaping our current sugar-saturated food environment. The fact that 74% of food in grocery stores contains hidden sugar reveals the extent of the problem. Dr. Grayson strongly advocates for grassroots-level education campaigns to increase awareness about the harms of sugar and to provide parents with practical tools to shield their children from this harmful substance.

Understanding the history of sugar, its addictive properties, and how government policies such as subsidies have led to the prevalence of high fructose corn syrup in our food supply is vital in comprehending the magnitude of the issue. The potential implications of government programs that allow the use of food vouchers to purchase sugar-sweetened products are also examined.

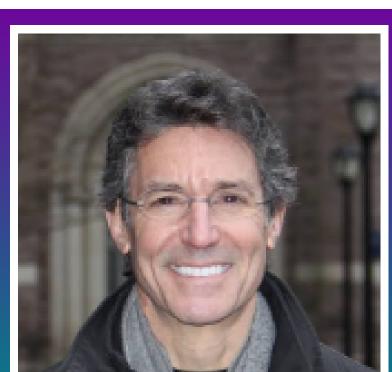
The interview underscores the importance of building trust with ourselves as we battle sugar addiction. It delves into the psychological and emotional implications of the addiction and offers tips on how to make meal prepeasier and stress-free for busy lifestyles.

Sugar addiction isn't just about the struggles, it's also about finding solutions. The discussion with Dr. Grayson provides a fresh perspective on sugar and its effects on our bodies and lives. It challenges us to rethink our relationship with sugar and encourages us to take the first step towards liberation. The interview is a mind-opening discussion on sugar and a call to action to craft a healthier, sugar-free future.



INTERVIEW SUMMARIES DAY 3: OCTOBER 18, 2023













MARTHA CARLIN

DR. DAVID KATZ



DR. PAUL EARLEY







DR. IAN LAKE

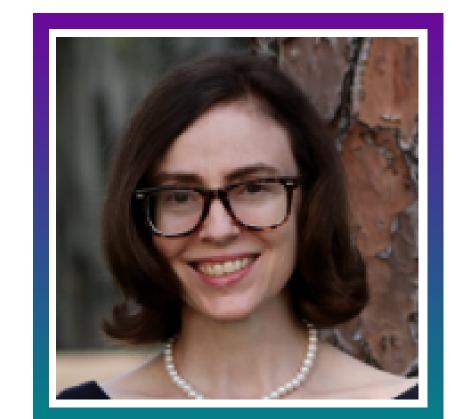


AMY BERGER

BRENDA BENNETT

DR. RITAMARIE LOSCALZO











SHANAHAN











MARTHA CARLIN

Founder of The BioCollective

BIOGRAPHY

Martha Carlin is a transformational leader who has leveraged her extensive business experience as a turnaround expert to become a leading citizen scientist in the field of the microbiome. With a focus on improving human health, Carlin founded The BioCollective, a company dedicated to studying the microbiome and its impact on human health. Through The BioCollective, she has conducted groundbreaking research on the gut microbiome and its relationship to diseases such as Parkinson's. Carlin also launched the BiotiQuest brand of targeted probiotics, which offers customized probiotics based on an individual's microbiome. Her innovative approach has earned recognition from the National Institutes of Health and the Human Microbiome Project, making her a key figure in the field of microbiome research.



MARTHA CARLIN - INTERVIEW SUMMARY

One of the key topics discussed in the interview was the impact of diet on gut flora and health. Carlin emphasized how nutrient-deficient foods and simple sugars can significantly shift our microbiome, affecting our health in the process. This underscores the importance of maintaining a balanced diet rich in nutrients to promote the health of our beneficial bacteria.

The mysteries of the human microbiome are slowly being unraveled, revealing fascinating insights into our health and diseases like diabetes and Parkinson's.

Her research on microbial toxins and their role in health conditions like diabetes and Parkinson's is fascinating. She has identified that toxins, produced by pathogenic bacteria, play a pivotal role in causing inflammation in different parts of the body, leading to a variety of post-infectious symptoms. Carlin's product, SugarShip, is designed to combat these effects and has shown promising results in clinical trials, reducing lipopolysaccharide levels, a type of bacterial cell wall that can cause inflammation.

Carlin revealed alarming information about the effects of herbicides on our food and ultimately, our health. She highlighted the concerning link between glyphosate, a widely used herbicide, tryptophan metabolism, and Parkinson's Disease. This raises serious questions about contamination in our food supply and the potential long-term impacts on our health.

In conclusion, the interview with Martha Carlin offered valuable insights into the mysteries of the microbiome, the role of diet in our health, and the concerning impact of herbicides on our food and health. It underscores the importance of further research in this area and the potential of probiotics in disease prevention and reversal.





DR. DAVID KATZ

Internal, Preventive, and Lifestyle Medicine Specialist

BIOGRAPHY

David L. Katz, MD, MPH, FACPM, FACP, FACLM is a specialist in Internal Medicine, Preventive Medicine/Public Health, and Lifestyle Medicine, with particular expertise in nutrition.

He earned his BA at Dartmouth College (1984); his MD at the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). He completed sequential residency training and board certification in Internal Medicine (1991) and Preventive Medicine/Public Health (1993).

Katz is the founder and former director of Yale University's Yale-Griffin Prevention Research Center (1998-2019) where he secured and managed roughly \$40M in research funding; Past President of the American College of Lifestyle Medicine; President and Founder of the non-profit <u>True Health</u> <u>Initiative</u>; and Founder and CEO of <u>Diet ID, Inc</u>. He is a Fellow of the American College of Preventive Medicine; the American College of Physicians; the American College of Lifestyle Medicine; and Morse College, Yale University.



DR. DAVID KATZ - INTERVIEW SUMMARY

Dr. David Katz covers a range of issues, from the hidden dangers of sugar to the controversial world of artificial sweeteners.

He points out the alarming implications of sugar for chronic diseases and obesity and the potential harms of artificial sweeteners, often perceived as healthy alternatives.

Dr. Katz offers practical advice on how to improve our dietary habits. He suggests simplifying meals, understanding taste preferences, and becoming aware of hidden sugars as strategies to regain control of our health. He also stresses the need to view food as medicine and the importance of food quality.

He discusses the controversial topic of artificial sweeteners and their potential health impact. The World Health Organization declared aspartame a potential carcinogen, but the scientific community argues that the risk is overstated and the level of exposure isn't enough to cause harm. Recent studies indicate that artificial sweeteners might disrupt the microbiome, a claim applicable to a range of artificial sweeteners, from aspartame to sugar alcohols like erythritol. Erythritol has also been linked to increased risks of insulin resistance.

Dr. Katz notes that it doesn't make much difference which type of sugar we consume – it's the quantity that matters. He highlights the food industry's "shenanigans" to deceive consumers, such as replacing high fructose corn syrup with sucrose and charging more for it.

Toward the end of the interview, Dr. Katz emphasizes the importance of removing added sugar from our diets and transitioning to healthier options. He referred to the concept of taste bud rehab, where our taste preferences are adjusted to move away from ultra-processed, sugar-laden foods.

The interview ended with a discussion about the evolutionary biology behind our cravings for sweet tastes, how to manage them, and the importance of simplifying our eating occasions.





DR. NICOLE AVENA

Associate Professor of Neuroscience

BIOGRAPHY

Dr. Nicole Avena is an Associate Professor of Neuroscience at Mount Sinai School of Medicine in New York City and a Visiting Professor of Health Psychology at Princeton University. She is a research neuroscientist and expert in the fields of nutrition, diet, and addiction, with a special focus on nutrition during early life and pregnancy, and women's health. She has done groundbreaking work developing models to characterize food addiction and the dangers of excess sugar intake. Her research achievements have been honoured by awards from several groups, including the New York Academy of Sciences, the American Psychological Association, and the National Institute on Drug Abuse.

In addition to over 100 peer-reviewed scholarly publications, Dr. Avena has written several popular books, including Why Diets Fail: Because You're Addicted to Sugar, What to Eat When You're Pregnant, What to Feed Your Baby and Toddler and What to Eat When You Want to Get Pregnant. She frequently appears as a science expert in the media, including regular appearances on Good Day NY, The Doctors, and the former Dr. Oz Show, as well as many news programs. Her work has been featured in Time Magazine, Bloomberg Business Week, The New York Times, and many other periodicals.

Dr. Avena is a member of the Penguin Random House Speakers Bureau. She has the #2 most watched TED-ED Health talk, How Sugar Affects Your Brain, with over 14 million views and counting.

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DR. NICOLE AVENA - INTERVIEW SUMMARY

IDr. Nicole Avena, we delve into sugar addiction and its impacts on brain health and pregnancy.

Dr. Avena starts with an exploration of her groundbreaking research. She presents alarming parallels between sugar consumption and drug addiction shown by her studies.

She discusses the impacts of alternative sweeteners and ultra-processed foods and how food choices can significantly influence our brain health. She looks at the effects of sugar consumption in pregnancy and in newborns, and infants, and how it can affect brain development. She offers valuable advice on regulating sugar intake and creating a healthier environment for children, emphasizing that there's no one-size-fits-all approach to overcoming food addiction.

Dr Avena highlights the importance of teaching our children how to make good food choices and explores the idea of positive modeling and how to empower children to resist peer pressure when it comes to food.

Dr Avena also sheds light upon the complexities of the term 'food addiction' and the challenge of distinguishing between whole foods and processed foods and how the marketing tactics of the food industry and the plethora of food choices available can make it difficult for people to choose healthily.

The interview concludes with an exploration of the interconnectedness of stress, sleep, and nutrition. Dr. Avena shares practical tips on coping with stress and maintaining a healthy lifestyle, reinforcing the importance of equipping ourselves and our children with the right knowledge to make healthier food choices.





DR. PAUL EARLEY

Addiction Medicine Physician

BIOGRAPHY

Dr. Paul Earley has been an Addiction Medicine physician for 37 years. He treats all types of addiction disorders, specializing in the assessment and treatment of health care professionals. As a therapist, he works with patients in recovery, providing long-term therapy for those who suffer from this disease. His professional expertise extends to advocacy for professionals before agencies and licensing boards.

Dr. Earley is a dynamic speaker and educator; he speaks and trains on topics of addiction, its treatment, and addiction among healthcare professionals. In addition, he trains therapists about the neurobiological basis of psychotherapy. In his travels, he has provided training in the United States, Canada, the United Kingdom, Sweden, Italy, and Switzerland.

Dr. Earley is a Distinguished Fellow of the American Society of Addiction Medicine (ASAM) and has been on the board of ASAM for over 20 years in several capacities, and is the immediate past president of ASAM. He has been the Medical Director of two nationally acclaimed addiction programs specializing in the care of healthcare professionals who suffer from addiction illnesses.

Currently, Dr. Earley is the Medical Director of the Georgia Professionals Health Program, Inc., the Physicians Health Program (PHP) for the state of Georgia in the U.S., and a past president of the Federation of State Physician Health Programs. With Earley Consultancy, LLC, he works with treatment facilities, providing training in treatment effectiveness and staff development.



DR. PAUL EARLEY - INTERVIEW SUMMARY

IDr Earley explains how our hunger for addictive substances is not about pleasure but is instead about a complex interaction of motivation, reward, and learning systems in our brain. This involves the intricate workings of the Mesolimbic motivational circuit and the dopamine reward system, two fundamental areas in understanding the science of addiction.

Substances and behaviors play a powerful role in activating this system, with intriguing commonalities and differences across various addiction disorders. This highlights the critical importance of understanding the distinct characteristics of addiction disorders in order to effectively address and treat them.

But addiction doesn't stop at activating the brain's reward system. It extends its impact into brain

circuits involved in memory, learning, and inhibitory control. Addiction affects the way we form memories, making them abnormally biased towards behaviors related to the addiction. This can result in sensitization to substance cues and flashbacks of substance-related events, offering a new perspective on the recovery process.

The discussion also highlights how addiction hampers our ability to restrain maladaptive behaviors. The prefrontal cortex and the anterior cingulate cortex, involved in motivation and attention, can be detrimentally affected. Tracking cravings can help individuals regain attention and increase goal attainment in recovery.

This interview offers hope in the form of practical and helpful strategies to treat addiction and foster recovery. It highlights the importance of physical, social, and biological measures to maintain abstinence, the necessity of emotional awareness, and the power of altering our internal narrative.

Whether you're a therapist, an individual in recovery, or just curious about the complexities of the human brain, this interview offers a wealth of knowledge. It's an insightful journey into the labyrinth of addiction science and recovery, illuminating the often-misunderstood world of addiction and the path towards overcoming it.

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BRENDA BENNETT

Writer and Photographer of Sugar Free Mom

BIOGRAPHY

Brenda Bennett is the writer and photographer behind <u>www.sugarfreemom.com</u> and allergy-friendly low carb food blog that focuses on fresh whole-food recipes that are free of grains, gluten, and of course sugar. She launched the blog in 2011 as a place for her family and friends to find her recipes easily, and it quickly because a leading resource for low-carb versions of high-carb favorites.

She has written 2 cookbooks, Sugar-Free Mom, and Naturally Keto and her 3rd book The 30-Day Sugar Elimination Diet, is a four part program to help you detox from sugar, eliminate cravings, balance blood sugar and lose weight all while eating a delicious, nutrient dense whole food meal plan that offers two tracks to follow, low carb or keto.

Brenda is a Certified Life coach, Certified Keto coach and Nutritional Therapy Practitioner who lives in Rhode Island with her husband, 3 children and 2 dogs.

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BRENDA BENNETT - INTERVIEW SUMMARY

When it comes to overcoming sugar addiction and raising sugar-free kids, Brenda Bennett, the founder of SugarFreeMom.com, has much to share. In this interview, Brenda discusses her personal journey to sugar-freedom (abstinence) and the challenges of raising children in a world full of processed junk food.

Brenda started her journey of becoming the Sugar-Free Mom when she realized she had an issue with sugar and she was seeking freedom. This coupled with her children's allergies led her to develop allergy-friendly, low-carb food recipes which she shared via her sugar-free mom website. After this took off, she published 3 cookbooks. Her latest book offers a 30-day sugar detox and delicious sugar-free recipes.

Brenda is here to tell us that breaking up with sugar is not an easy task; it requires effort, commitment, time and the neural-rewiring of our brains. Brenda also shares her personal experience with hypothyroidism and mold exposure, and the importance of self-advocacy in addressing complex health issues even when our diet is right and answers are not readily obvious. A healthy diet and lifestyle is not always enough to overcome health issues, they might require deeper exploration and treatment.

Discussing the challenges of raising sugar-free kids, Brenda sheds light on the importance of eliminating sugar to stop the dopamine hit associated with sweet treats. She underscores the importance of teaching our children to recognize real hunger and the dangers of sugar addiction.

She offers practical tips on how to manage cravings and urges to eat sugary foods, how to be mindful of our choices, and how to be successful by removing temptations from our environment. Brenda also stresses the importance of external accountability and support when breaking up with sugar. These can be pivotal to long-term success.





DR. RITAMARIE LOSCALZO

Founder of the Institute of Nutritional Endocrinology

BIOGRAPHY

Dr. Ritamarie the founder of the Institute of Nutritional Endocrinology, is passionately committed to transforming our current broken disease-focused system into a true healthcare system where every practitioner is skilled at finding the root cause of health challenges and uses the wisdom of nature combined with modern scientific research to restore balance.

Dr. Ritamarie, a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath[®], specializes in insulin, thyroid, adrenal, and digestive imbalances.

She's also a master at using palate-pleasing, whole fresh food as medicine, and is a best-selling author, speaker, and internationally recognized nutrition and functional health authority with over 30 years of clinical experience.

Her podcast, Reinvent Healthcare, provides health and wellness practitioners around the globe to be part of the movement to provide root-cause care to people in need.



DR. RITAMARIE LOSCALZO - INTERVIEW SUMMARY

Dr Loscalzo emphasises the necessity of abstaining completely from addictive substances. She offers insight into the vicious cycle of binge eating. She shares how her commitment to fasting and a whole food diet enabled her to break free from the grips of sugar addiction.

This transformational story serves as a powerful testament to the detoxifying power of fasting and its role in breaking the sugar addiction cycle.

A major focus of this discussion is the impact of sugar and insulin on health. High levels of insulin, Dr. Loscalzo explains, can trigger the storage of fat and turn off fat-burning hormones, leading to weight gain despite eating a low-calorie diet.

This insight into the workings of our bodies underscores the importance of tools like CGMs and testing insulin levels to help us to retake control of our blood sugar levels.

Dr. Loscalzo also delves into the world of sweeteners and the health risks associated with them. She shares how she overcame her craving for sweet foods through mindfulness practices and self-care and she details some herbs and foods that may help to restore insulin sensitivity.

This interview concludes with a look at the power of healthy eating. Dr. Loscalzo emphasizes the significance of a 5-day nutrition program designed to reduce sugar cravings and normalize glucose levels. The remarkable results that come from eating healthfully are testament to the importance of controlling our blood sugar, managing our health, and living a healthier, happier life.







DR. IAN LAKE

GP & Founder of The Public Health Collaboration

BIOGRAPHY

I have been a GP for 35 years and work in Gloucestershire. I am also promoting information about

ketogenic therapeutic nutrition in type 1 diabetes.

I was diagnosed with LADA Type 1 Diabetes, aged 36. I managed it with a DAFNE-style approach for the first 20 years and changed to a very low carb eight years ago. I had such dramatic results that I decided to dedicate my time to get information about low carbohydrate lifestyles to those with Type 1 themselves.

I am a founder, member, and scientific advisor of The Public Health Collaboration <u>www.phcuk.org.uk</u>, which is a charity dedicated to promoting a real food lifestyle for health.

I am a medical advisor for Type 1 diabetes at the European Keto Live Center

I have CPD-accredited courses in type 1 keto management for Healthcare professionals and will be introducing residential courses in 2024 for people with type 1 diabetes who want to transition to a keto lifestyle.



DR. IAN LAKE - INTERVIEW SUMMARY

Dr. Ian Lake, shares with us, insightful knowledge on the complex balancing act of maintaining blood glucose levels and achieving the HbA1c targets set by the National Institute for Health and Care Excellence (NICE). He highlighted the stark reality of days of life lost for individuals who are unable to reach these targets and how this compares to the postponement of death that statins offer for primary and secondary prevention.

In a dramatic shift from the conventional approach, Dr. Lake advocates for a ketogenic diet for those living with type 1 diabetes. He shared how a ketogenic lifestyle can catalyze positive changes in both physical and mental health and in a surprisingly short time span. This approach is based on the premise that by maintaining low levels of insulin through a low-carb diet, the body is primed for fat burning, leading to natural weight loss.

The power of a ketogenic diet was vividly illustrated by the story of his friend Gina, who experienced a dramatic reduction in insulin intake and significant weight loss.

An eye-opening exploration was our discussion of the impact of type 1 diabetes on mental health. An extensive survey unveiled the unsettling reality that a majority of individuals with diabetes feel their condition has marred their mental well-being leading to problems such as diabetes-related stress, depression, and eating disorders.

Dr. Lake stresses the urgent need for a patient-centric approach that goes beyond annual review clinics and highlights the power of empowering language and the necessity to prioritize mental health in diabetes management.





AMY BERGER

U.S. Air Force veteran and Certified Nutrition Specialist

BIOGRAPHY

Amy Berger, MS, CNS, is a U.S. Air Force veteran and Certified Nutrition Specialist who helps people do "Keto Without the Crazy."TM She writes about a wide range of health and nutrition-related topics, such as insulin, weight loss, diabetes, Alzheimer's disease, thyroid function, and more.

She has presented internationally on these issues and is the author of The Alzheimer's Antidote, The Stall Slayer, and co-author of End Your Carb Confusion, written with Eric Westman, MD. She is the Lead Nutritionist for Adapt Your Life Academy, where she helps create course content and coaches people through implementing low-carb keto diets safely and effectively. She helped create the American Nutrition Association's Ketogenic Nutrition Training Program curriculum and is on the BCNS exam review committee, which writes the credentialing board exam for Certified Nutrition Specialists.

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AMY BERGER - INTERVIEW SUMMARY

Alzheimer's disease is a debilitating neurodegenerative disorder affecting millions of people worldwide. While scientists continue to search for effective treatments, nutritionist Amy Berger believes the answer could be on our plates. Berger shares her insights on the connection between processed foods, metabolic health, and Alzheimer's disease in this interview.

One of the key takeaways is the powerful role that low-carb diets can play in improving cognitive health while also emphasizing these diets are not a one-size-fits-all. Some individuals may thrive on a low-carb diet, while others may need more carbohydrates to optimize their health. This bio-individual approach to diet underscores the importance of individualized nutritional guidance.

Berger identifies insulin resistance and Type 2 diabetes as significant risk factors for Alzheimer's. This association between metabolic disorders and neurodegenerative disease underscores the importance of maintaining metabolic health for cognitive function. Berger introduces the Kraft Test, a unique diagnostic tool that can reveal hidden metabolic health issues associated with Alzheimer's.

Brain fog, a silent symptom of metabolic health issues, is another area she explores. By making simple dietary alterations, individuals can significantly improve their cognitive function, further suggesting a strong link between nutrition and brain health.

The ketogenic diet, often surrounded by misconceptions, is also discussed. Berger debunks common myths about the diet and highlights its benefits and potential challenges. She emphasizes the intricate relationship between low-carb diets and thyroid function, stressing the importance of comprehensive testing and individualized diet adjustments.

In conclusion, Amy Berger's exploration of the link between processed food consumption, metabolic health, and Alzheimer's disease offers valuable insights for anyone interested in avoiding and managing Alzheimer's.





AMANDA LEITH

Addictions Counselor and Recovering Food Addict

BIOGRAPHY

Amanda Leith is an addictions counselor and a recovering food addict.

Amanda's passion for recovery from food addiction helps to produce life-changing

results with her clients. Her sharp sense for what needs to be addressed first in an individual's life in order to overcome food addiction guides her practice. The message that she brings to those struggling is one of hope.

Amanda is an addiction counselor, a certified food addiction counselor, FAI/ACORN certified food addiction professional, and CENAPS-trained Advanced Relapse Prevention Specialist (ARPS) with a background in drug and alcohol counseling and group facilitation at a Vancouver-based non-profit residential treatment center for women. She sits on the board of directors for the Food Addiction Institute.



AMANDA LEITH - INTERVIEW SUMMARY

Food addiction is a topic often swept under the rug. It's either dismissed as a mere 'sweet tooth' or bundled into the 'binge eating' category. But food addiction, particularly sugar addiction, is a real and serious issue that many people grapple with. In a riveting interview, we sit down with Amanda Leith, the Operations Director of Shift Recovery by Acorn, to delve into the problem of food addiction and paths to recovery.

Amanda herself is no stranger to food addiction. She bravely shares her personal journey, a path filled with struggles. Her narrative provides an authentic and empathetic perspective of the process of embracing recovery from addiction.

The conversation delves into the science behind sugar as a dangerous and addictive substance. It challenges common notions about diet and *moderation*, drawing parallels between food addiction and drug/alcohol addiction. Sugar addiction falls along a spectrum and support systems are required to overcome it. It's a challenging journey but life-saving.

Amanda shares insights into Shift Recovery's treatment programs which offer a range of treatment options, from self-paced virtual programs to intensive residential programs. The conversation emphasizes the importance of early intervention, emotional work, and the strength of a peer community in overcoming addiction.

Lastly, Amanda discusses the deceptive nature of the food industry and how sugar is often hidden under different names in various food items. This information is crucial for anyone attempting to cut sugar from their diet.

This interview is a deep dive into the world of food addiction and recovery. It's a treasure trove of information for anyone grappling to understand it better. The insights from Amanda, drawn from her personal experiences and professional work, provide valuable guidance and encouragement inviting others to choose to walk the often challenging path of recovery.





DR. CATE SHANAHAN

Board Certified Family Physician

BIOGRAPHY

Cate Shanahan, MD is a board certified Family Physician and the author of several bestselling books including Deep Nutrition: Why Your Genes Need Traditional Food,

which has taught a generation of ancestral health influencers about the benefits of bone broth, organ meats, fermented foods and the harms of seed oils.

Besides regularly appearing in and writing for national media, she has also worked as director for the Los Angeles Lakers PRO Nutrition program.





DR. CATE SHANAHAN - INTERVIEW SUMMARY

This interview emphasizes the importance of understanding the influence of essential fatty acids in our diet and how they can help conquer sugar cravings.

A significant portion of our conversation revolved around seed oils, commonly used in processed foods. Dr. Shanahan spotlighted the 'Hateful Eight' - the most common seed oils in our diet, namely soy oil, corn oil, canola, cottonseed, sunflower, safflower, rice bran, and grapeseed. These oils, when consumed in excess, can disrupt our metabolism, leading to hypoglycemia symptoms such as irritability, anxiety, and concentration problems.

The relationship between sugar addiction and food is complex. Consuming high amounts of sugar can change our relationship with food and negatively impact our overall health. Dr. Shanahan suggests that the key to overcoming this addiction lies in a better understanding of our diet and making healthier food choices. By replacing unhealthy seed oils with healthier alternatives, we can alleviate some of the problems caused by sugar addiction.

One of the most enlightening parts of this interview was the conversation about our body's natural ability to heal. We need to believe in this ability and treat our bodies properly by providing them with the essential nutrients they need. Dr. Shanahan emphasized that avoiding unhealthy oils and understanding the link between sugar addiction and blood sugar fluctuations can lead to improved health and wellbeing.

The impact of our diet on our health is undeniable. The seed oils we consume, our addiction to sugar, and the resultant changes in our metabolism are all intertwined. By understanding these connections, we can make better dietary choices and live healthier lives.





WOLFRAM ALDERSON

Executive Manager of Human & Environmental Health at the Kuwait Danish Dairy Company (KDD)

BIOGRAPHY

Wolfram Alderson's life-long pursuit of social and environmental change has spanned over four decades. Wolfram's career began in his teens when he founded the first Certified Farmers' Markets in some of California's worst "food deserts" in 1979. He has demonstrated his leadership in many areas of food system change, including urban agriculture, school gardening, nutrition education, and consumer advocacy which has reached millions online. Wolfram focuses intensely on metabolic health and nutrition in the context of systems change across sectors, offering his leadership on a global scale, working with businesses, governments, and NGOs.

Wolfram has served as Executive Manager of Human and Environmental Health at the Kuwait Danish Dairy Company (KDD), a leading manufacturer and distributor of food and beverages in the MENA region since 1962. Wolfram supports a team of scientists committed to accelerating paradigm shifts to combat the global syndemic of communicable and non-communicable diseases, most of which are diet-related.

Wolfram volunteers as CEO of the Hypoglycemia Support Foundation and the Robert H. Lustig Research Foundation, is Founding Board Chair for the Institute for Love and Time (TILT), and is Co-Founder/Chief Commerce Officer of Perfact, a food data science company. In his spare time, Wolfram is a writer and artist, and currently lives in Kuwait.



WOLFRAM ALDERSON - INTERVIEW SUMMARY

Alderson's journey in food system change was inspired by his mother's teachings of sustainable living. This journey has led him to tackle the global issue of non-communicable diseases and the deceptive sugars present in our food supply. The challenge? There are 262 names of added sugar in our food supply. These sugars are not only hidden under complex names but are also intricately woven into the fabric of our food processing industry. This makes it increasingly difficult for consumers to make informed choices about what they consume.

This discussion looks at the intriguing world of sweeteners. The food processing industry has mastered the art of ramping up sugar levels in our foods while skilfully masking them. However, it's

not all grim news. Alderson sheds light on how corporations, typically seen as the villains in this narrative, can play a positive role. By using scientific methodology and transparency, companies can reformulate their products to be safer for our metabolism. An annual award to encourage innovation in this field could be the push corporations need to prioritize health over profits.

Wolfram also looks at the concept of 'food as medicine'. Neuroscientist Dr. Stephanie Peabody highlights how the health quotient of our food can be enhanced, using broccoli as an example. Unfortunately, the trade-offs we've accepted for longer shelf life and easier packaging have compromised the nutrient and flavor profile of our whole foods. This underscores the need for a paradigm shift towards prioritizing nutrition over convenience in our food supply.

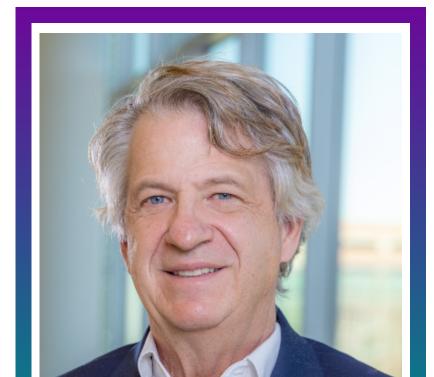
Navigating the convoluted aisles of our food supply can be a daunting task. However, with tools such as Alderson's revolutionary platform of food data tools, consumers can unmask the hidden sugars and make healthier food choices.



INTERVIEW SUMMARIES DAY 4: OCTOBER 19, 2023























DR. ROBERT LUFKIN



DR. TONY ROYLE

MEGAN RAMOS

DOUG REYNOLDS

DR. UMA NAIDOO









CANTLEY





O'MARA







CATHARINE ARNSTON

Founder of Engery Bits

BIOGRAPHY

Catharine started ENERGY bits after her sister was diagnosed with breast cancer and advised by her oncologist that an alkaline diet would help her heal. Catharine immediately sprung into action to help her sister research alkaline foods and in the process she discovered algae. When Catharine learned that algae was the most alkaline, plant-based, nutrient-dense food in the world and had been used for fifty years in Asia to improve health and longevity, she knew she had discovered something big (and yes, her sister fully recovered - thanks for asking).

As Catharine dug into the science of algae, she learned it had 64% protein, 40 vitamins/minerals and was endorsed by the United Nations and NASA as the most nutrient dense food in the world. She also discovered there were 100,000 studies documenting its long list of benefits and it was the most sustainable, eco-friendly food crop in the world. And yet algae remained virtually unknown outside of Asia. How could this be possible? Catharine knew algae could be a game changer for our health, our children, and our world if she could only convince people it wasn't weird. And so ENERGYbits was born.

It took Catharine ten years to bring algae into the mainstream and build ENERGYbits into a national company. We're glad she finally did, because now you and your family can benefit from our naturally grown, toxin-free, Non-GMO algae tablets too. A handful will help satisfy your hunger, help give you steady energy, and help ensure your nutritional needs are met. All this from a food that has one ingredient, no chemicals, caffeine, sugar, or processing and is the most sustainable, safe, eco-friendly, crop in the world - algae. Your body and Mother Earth say thank you. And we do too.



CATHARINE ARNSTON - INTERVIEW SUMMARY

In this fascinating and energizing interview, we speak with Catharine Arnston, a world expert in the medicinal properties of algae and the CEO and founder of Energy Bits, a company that's educating the world about the epic benefits of two superfoods: spirulina and chlorella. While the world is only too keen to tout the benefits of the next best bio-hack or product, these two superfoods live up to the hype.

Catharine Arnston's journey into the realm of superfoods was initiated by a personal crisis - her sister's battle with breast cancer. In an effort to help save her sister's life, Catharine went searching for answers. This led her to discover the many mindblowing benefits of blue-green algae. The more she researched the more she was blown away.

Catharine explains that spirulina and chlorella are not supplements but food. They are grown as an agricultural crop and are recognized by the United Nations as such. But spirulina and chlorella are not just regular food, they are a powerhouse of nutrients that were used by the Aztec civilization for hundreds of years. Their rich and easy-to-digest protein content, combined with essential vitamins and minerals, make them an ideal food for individuals seeking to restore their bodies to wellness.

In this interview, we touch upon the science of algae, its 4 billion-year-old history, and its many specific uses such as protecting the brain, detoxification, alkalization, and more. And we explore the fascinating nature of our mitochondria, the powerhouses of our cells. Spirulina and chlorella support cellular health by nourishing and safeguarding our mitochondria which were once independent bacteria.

This interview is a deep dive into our metabolic health and the role that these well-researched algae can play in healing our damaged bodies. Whether you're looking to enhance your nutrition, boost your energy, detoxify your body, support mitochondrial function, and improve your overall health, tune in. This is an inspiring must-watch interview.





DR. PHILIP OVADIA

Cardiac Surgeon

BIOGRAPHY

For as long as I can remember, I was overweight. As a child. As a teenager. As a student at medical school. Even as a cardiac surgeon.

This was despite growing up in a household that followed official guidelines. I was an active child who played sports. My parents bought margarine, diet soda, low-fat milk, and avoided sugary cereals. We followed the guidelines of the USDA and the Food Pyramid. Yet, I was always overweight.

They say that life begins at 40, and it was absolutely true in my case. My entire life had been spent battling my weight; focused on it, losing it and gaining it. Then with a simple decision to support my wife, that battle ended with my victory.

I came to realize that our poor diets cause poor metabolic health, which is why we suffer from so many chronic diseases. Processed food is intentionally engineered to encourage people to eat more, creating a vicious cycle. Worse, our healthcare environment is overly focused on prescribing medicines and treating the symptoms of a condition instead of addressing the root cause and preventing the issue in the first place.

Armed with all of this, it became my mission to help people. I am committed to this so you can enjoy good health, a better relationship with food, and not go through the years of anguish that I did.

In 2015, things really changed for me, and I owe it to my wife. She had suffered from severe heartburn since giving birth to our daughters, and in 2015 decided to try avoiding gluten to see if it helped. I joined her in a bid to be supportive, and I was stunned to discover that I immediately felt better. I had

more energy, and some of my excess weight disappeared.



DR. PHILIP OVADIA - INTERVIEW SUMMARY

In this interview with Dr Ovadia, he shares how a comprehensive metabolic reset system has the power to transform lives.

He discusses the importance of seeking reliable resources and taking control of your health journey. Sadly, doctors who deviate from conventional approaches often face professional hurdles, while patients can struggle to find a healthcare practitioner who understands their needs.

Dr. Ovadia describes a key aspect of this journey as an understanding of the role of diet in disease prevention. He provides us with a clear explanation of how insulin resistance, largely fueled by high sugar consumption, is a root cause of heart disease and further highlights the importance of early detection of heart disease, understanding its warning signs, and the critical role of coronary artery calcium scans in detecting heart disease at its earliest stages.

Dr. Ovadia offers an empowering message: it's possible to proactively manage your health through diet and lifestyle modifications. He emphasizes the concept of habit stacking - making small, sustainable changes over time, rather than attempting to overhaul your lifestyle all at once.

Furthermore, Dr. Ovadia shares insights on how sugar impacts cholesterol molecules, leading to atherosclerosis, a disease characterized by the hardening of arteries. He discusses the benefits of a plant-based diet for heart health and how even individuals on carnivore diets can still suffer from insulin resistance due to the consumption of the wrong types of fats.

The healthcare landscape is evolving, and it's essential for us to adapt. By embracing a comprehensive approach that includes diet and lifestyle changes, self-advocacy, and an understanding of our unique health needs, we can each forge a path to better health and longevity.





DR. RICHARD JOHNSON

Professor, Clinician, Educator, & Researcher

BIOGRAPHY

Dr. Richard Johnson is a professor of medicine at the University of Colorado and is a clinician,

educator, and researcher. He is board-certified in internal medicine, infectious diseases, and kidney disease and is the founding editor of *Comprehensive Clinical Nephrology*, one of the main textbooks on kidney disease.

For more than 20 years, he has led research on the cause of obesity and diabetes, with special interest in the role of sugar (especially fructose) and uric acid. His research has been highly cited, published in top medical journals, and supported by grants from the National Institutes of Health. He is the author of *The Sugar Fix* and *The Fat Switch*. Dr. Johnson lives in Colorado with his wife, kids, and two rambunctious puppies.



DR. RICHARD JOHNSON - INTERVIEW SUMMARY

In this interview Dr Richard Johnson discusses his ground-breaking research which focuses on uric acid, a by-product of fructose metabolism. His findings have uncovered a significant correlation between the role of uric acid and the development of metabolic syndrome, a cluster of conditions that increase the risk of heart disease, stroke, and type 2 diabetes.

A fascinating aspect of this discussion was the exploration into the links between salt consumption, hypertension, and endogenous fructose production.

Salt consumption can cause the body to make new fructose from the glucose that we consume when we are eating a 'high carb' diet contributing to hunger and obesity. High salt consumption, especially in predisposed people, can lead to hypertension and worsen existing hypertension.

The interview also touched upon the potential dangers of high sugar consumption. While many of us are aware that excessive sugar can lead to weight gain and diabetes, Dr. Johnson explained that the problem goes deeper. The fructose component of sugar contributes to an increase in uric acid levels, which in turn plays a role in driving metabolic syndrome and obesity.

He explained that our bodies employ survival strategies that can sometimes turn against us, leading to obesity, metabolic syndrome, and hypertension. The body's mechanisms to prepare for famine are triggered by mild dehydration, salt consumption, and the intake of fructose-rich foods. Understanding these mechanisms can help us manage our health better.

The discussion concluded with an examination of the benefits of lowering uric acid levels, even in individuals who do not have gout. Dr. Johnson emphasized the importance of reducing sugar intake for improved health. He explained that certain foods and supplements, such as beer and vitamin C, can increase uric acid levels.





DR. ROBERT LUFKIN

Professor & Author

BIOGRAPHY

Robert Lufkin MD has been a Full Professor at both the UCLA and USC Schools of Medicine. In addition to being a practicing physician, he is the author of over 200 peer-reviewed scientific papers and 14 books that are available in six languages. Robert has given invited lectures/keynotes around

the world and was named one of the '100 Most Creative People in Los Angeles' by Buzz Magazine.

His latest book "Lies I Taught In Medical School" is in preparation.

He is currently a Clinical Professor of Radiology, at the USC School of Medicine with an academic focus on the applied science of longevity. He is also Chief of Metabolic Imaging at a large medical network in southern California.



DR. ROBERT LUFKIN - INTERVIEW SUMMARY

The majority of American adults are metabolically unhealthy, largely due to their dietary choices. This alarming revelation comes from Dr. Rob Lufkin, a respected physician, professor, and author who brings a wealth of academic knowledge and personal experience to the table.

Dr. Lufkin sheds light on a significant gap in medical education. Many medical schools still operate under the outdated belief that a calorie is just a calorie, failing to take into account the profound effect of nutrition on metabolic health. Fortunately, these curriculums are slowly evolving to acknowledge the importance of nutrition, but the pace of change may not be fast enough.

Compelling research like the Framingham Heart Study and NHANES data reveal a concerning rise in

HbA1c levels as we age, highlighting the growing diabetes epidemic. Dr. Lufkin asserts that diabetes is a path we are all on, just like gray hair, emphasizing the importance of being alert for glucose damage in our diets.

In a fascinating turn of the conversation, Dr. Lufkin discusses the concept of Blue Zones - regions of the world where people live much longer than average. While these areas are often associated with healthier diets and lifestyles, socioeconomic factors could also play a significant role in longevity.

Lastly, the discussion takes an exciting turn into the world of anti-aging with the exploration of rapamycin. This drug, initially used to treat cancer and atherosclerosis, could potentially reverse the effects of aging. Animal models have shown promising results, with rapamycin treating gray hair, hearing loss, periodontal disease, and menopause. The potential impact of rapamycin on the top five causes of death - diabetes, cardiovascular disease, stroke, cancer, and Alzheimer's - could be monumental.





DR. TONY ROYLE

Professor

BIOGRAPHY

Dr Tony Royle is a former engineer and both military and civilian pilot. His academic career has been in the areas of science and mathematics and he is a qualified teacher and university lecturer. His PhD thesis was a fusion of aeronautics, engineering, and history of mathematics, the content of which was the inspiration for a recently published book.

A heart attack in 2014 abruptly closed the door on his flying career but opened another that led him into the world of natural health and fitness. In 2018, after a period of intense research, Tony completed his first Ironman triathlon as a 'fat-burning' athlete, repeating the feat the following year. His time now is spent helping people understand how the human body works in relation to food and exposing the common fallacies and corrupt entities and mechanisms that are responsible for the bulk of the disease we observe in society today.



DR. TONY ROYLE - INTERVIEW SUMMARY

Our conversation with Dr. Royle begins with the exploration of the massive sugar problem that is leading to a significant increase in metabolic diseases like diabetes. He points out how misleading official advice often exacerbates metabolic disease and how fraud and corruption are perpetuated in the world.

He details the transformative power of a low-carb diet and how regulating insulin levels can significantly enhance physical well-being. We also explore the concept of metabolic health and energy management, the impact of stress and the importance of taking ownership of your diet and health.

A key issue addressed is the manipulation of society's health beliefs. Big food and pharmaceutical

companies, driven by vested interests, contribute to the excessive sugar consumption in our society along with misinformation from official sources and lack of critical thinking.

We discuss the widespread problem of sugar consumption, promoted by dietary advice that advocates high-carb consumption, how the transition from a high-fat diet to a high-sugar diet has normalized obesity and how constraints of time and finances steer us towards a growing consumption of convenience foods.

We delve into how the public perception of cholesterol has been manipulated over time, the problemreaction-solution paradigm, and how corporate sales and pharmaceutical marketing departments play into this.

This interview is not about following the herd; it's about challenging conventional wisdom and equipping you with pragmatic solutions to regain control of your health. So tune in, take charge of your health, and liberate yourself from the sugar trap!





MEGAN RAMOS

Clinical Educator

BIOGRAPHY

Megan Ramos is a Canadian clinical educator and expert on therapeutic fasting and low-carbohydrate diets, having guided more than 14,000 people worldwide. She is the

co-author of the New York Times Bestseller Life in the Fasting Lane and the Essential Guide to Women and Fasting.



MEGAN RAMOS - INTERVIEW SUMMARY

In this interview with Megan Ramos she discusses the benefits of therapeutic fasting. A health practice that has gained recognition for its potential to address numerous health issues, including type 2 diabetes and kidney disease.

Megan shed light on how highly processed and refined foods trigger an overload of insulin in our bodies, leading to health complications over time. In contrast, therapeutic fasting. by suppressing insulin levels for extended periods, can help cells repair and heal their relationship with insulin.

Megan describes how understanding the hormonal responses to different foods is another essential component of health restoration. For instance, a can of soda and a handful of almonds may both have 160 calories, but they trigger vastly different hormonal responses. The former causes a spike in insulin, while the latter promotes a more balanced hormonal response. The key is to focus on nutrient-dense foods that don't overwhelm our system with insulin.

Fasting may have a role to play in sensitive scenarios such as pregnancy and eating disorders. Megan emphasized the importance of nutrition during pregnancy and breastfeeding and the possibility of controlling hormonal fluctuations by consuming nutrient-dense foods. Fasting can be medically appropriate in certain situations and, with proper guidance, can even aid in overcoming struggles with food addiction and eating disorders.

Therapeutic fasting naturally reduces food consumption at the same time as encouraging our bodies to use stored fat to make energy whilst sparing muscle tissue and improving bone density. Megan shared inspiring stories from her practice, including a lady living on disability in Toronto who managed to come off two out of four oral diabetic medications and insulin, thanks to therapeutic fasting. This highlights the potential of fasting as a health restoration tool however, it's crucial to remember that therapeutic fasting isn't a quick fix or a lifelong therapy.





DOUG REYNOLDS

Founder and CEO of LowCarbUSA

BIOGRAPHY

Doug Reynolds is the Founder and CEO of LowCarbUSA®. The original organization was founded in the beginning of 2016 with the initial intention of providing a platform, through an annual conference, for internationally renowned scientists and medical practitioners to present the ever-increasing body

of evidence on the benefits of reducing carbohydrates in the diet (and adding in healthy fats). He felt that education about the power of the low carb/ketogenic diet for the individual who may not get the information from their medical team or from mainstream nutrition advice, and for practitioners who may then be able to prescribe it in their practice was critical.

However, his mission quickly evolved when he realized how important this was to the medical professional community. Valuable tools are needed, not only to provide hope to their patients to reverse and prevent disease but restore hope to that very practitioner. This is why they went to medical school and got professional training, to help people heal and not just put Band-Aids on and never address the root cause of the problem. Too many practitioners are being taught that the many chronic diseases our communities are facing are just chronic and processive. With effective tools and supportive information, complications can be stopped in their tracks and further complications reduced and the disease process may even be reversed.

The tools and resources LowCarbUSA® has been providing, not only include live conferences but also a huge library of educational videos, a growing database of practitioners, nutritionists and sports trainers who are open to the carb restriction conversation as well as a searchable database for papers and articles covering the research into the evidence supporting this lifestyle.

Most importantly, though, he has coordinated the establishment of a panel of advisors to oversee the creation and maintenance of a set of 'Clinical Guidelines for Therapeutic Carbohydrate Restriction' which was first published in May 2010

which was first published in May, 2019

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DOUG REYNOLDS - INTERVIEW SUMMARY

Doug Reynolds shares his inspiring personal journey to health through carbohydrate reduction. We delved into the power of semantics, discussing why replacing the term 'restriction' with 'reduction' could significantly change our approach to diet modification. It's interesting to note how small changes in language can make a significant impact on our perception and, ultimately, our actions. Carbohydrate reduction is about a mindful approach to reducing our carb intake leading to a healthier lifestyle.

The discussion tackled the increasingly common issue of insulin resistance and the role carbohydrates play in it. Insulin resistance, a condition in which cells in the body become resistant to

the hormone insulin, is now one of the most significant contributors to many of the major health concerns we are faced with in today's world. Reducing carb intake, according to Doug, can reverse insulin resistance and improve the health of those battling many of the chronic health conditions that are a result of poor metabolic health, with insulin resistance as one of the primary causes.

We discussed the challenge of sugar and carbohydrate addiction. A common issue for many of us. Sugar and refined carbohydrates have a powerful effect on cravings, making it difficult to break free. However, with determination, the right guidance, and a supportive community like Low Carb USA, overcoming this addiction is achievable.

The effect of sugar and carbs on our metabolism was covered and we explored the difference between glucose and sucrose and the problems that arise when our blood sugar spikes from eating or drinking them. This conversation emphasizes the importance of understanding how our food and drink intake affects our bodies on a biochemical level and how as a lifestyle change it has the power to revolutionize our health and wellbeing.





DR. UMA NAIDOO

Psychiatrist & Chef

BIOGRAPHY

Michelin-starred chef David Bouley described Dr. Uma Naidoo as the world's first "triple threat" in the food and medicine space: a Harvard-trained psychiatrist, professional

chef graduating with her culinary schools' most coveted award, and a trained Nutrition Specialist. Her nexus of interests has found its niche in Nutritional Psychiatry.

Dr. Naidoo founded and directs the first hospital-based Nutritional Psychiatry Service in the United States. She is the Director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital (MGH) and Director of Nutritional Psychiatry at MGH Academy while serving on the faculty at Harvard Medical School.

She was considered Harvard's Mood Food Expert and has been featured in the Wall Street Journal.

Dr. Naidoo is also the national bestselling author of <u>This Is Your Brain On Food</u>.

In her book, she shows cutting-edge science explaining the ways in which food contributes to our mental health and how a diet can help treat and prevent a wide range of psychological and cognitive health issues, from ADHD to anxiety, depression, OCD, and others.



DR. UMA NAIDOO - INTERVIEW SUMMARY

In this interview, Dr Naidoo highlights the profound impact of nutrition on mental health and the complexities of sugar addiction.

Dr. Naidoo employs a holistic approach to treating mental health conditions. She has pioneered a method that combines psychotherapy, medication, and nutrition to help individuals achieve their mental health goals. This multifaceted approach underscores the importance of bio-individuality, acknowledging that each person's reaction to different dietary and lifestyle changes will be unique.

Our discussion further highlighted the significant role of lifestyle interventions in mental health. While medication plays a vital role in treating mental health conditions, it's essential to exercise

caution and ensure clear communication when discontinuing the medication. Implementing lifestyle changes, such as diet modification, regular exercise, and stress management techniques, can have a powerful impact on mental health.

Dr. Naidoo emphasized the importance of introducing healthy foods rather than merely eliminating unhealthy ones. The concept of orthorexia was brought up, referring to an obsession with healthy eating to the point where it becomes detrimental. Navigating these nutritional nuances can be challenging, which is why it's crucial to seek professional guidance when making significant dietary changes.

Sugar, often dubbed as the 'white poison', has a nefarious impact on our mental health. Overconsumption of sugar can lead to a myriad of health issues, including obesity, diabetes, and heart disease. It also affects our mental health, potentially leading to conditions like depression and anxiety. Dr. Naidoo offers valuable insights into breaking free from sugar addiction and the importance of substituting processed sugars with natural foods.

In conclusion, making healthier food choices and incorporating lifestyle interventions, can significantly improve our mental well-being. This fascinating realm of nutritional psychiatry holds immense promise for the future of mental health care, paving the way for more holistic and individualized treatment approaches.





DR. LEWIS CANTLEY

Professor

BIOGRAPHY

Lewis C. Cantley, Ph.D., is a professor of cell biology at Harvard Medical School. Prior to this appointment, he was the Margaret and Herman Sokol Professor and Meyer Director of the Sandra and Edward Meyer Cancer Center at Weill Cornell Medical College/Ronald P. Stanton Clinical Cancer

Program at New York Presbyterian Hospital (2012-22). Dr. Cantley is a graduate of West Virginia Wesleyan College, obtained a Ph.D. in biophysical chemistry from Cornell University, completed postdoctoral training at Harvard University, and subsequently taught and conducted research in biochemistry, physiology and cancer biology at Beth Israel Deaconess Medical Center and Harvard Medical School. His laboratory discovered the PI 3-Kinase pathway that plays a critical role in insulin signalling and in cancers.

Dr. Cantley was elected to the National Academy of Inventors in 2020, the Institute of Medicine in 2014, the National Academy of Sciences in 2001, and the American Academy of Arts and Sciences in 1999.

Among his other awards are the ASBMB Avanti Award for Lipid Research in 1998, the Heinrich Wieland Preis for Lipid Research in 2000, the Caledonian Prize from the Royal Society of Edinburgh in 2002, the 2005 Pezcoller Foundation–AACR International Award for Cancer Research, the 2009 Rolf Luft Award for Diabetes and Endocrinology Research from the Karolinska Institute, Stockholm, the 2011 Pasrow Prize for Cancer Research, the 2013 Breakthrough in Life Sciences Prize and the 2013 Jacobaeus Prize for Diabetes Research from the Karolinska Institute and the 2015 AACR Princess Takamatsu Memorial Lectureship.

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DR. LEWIS CANTLEY - INTERVIEW SUMMARY

Dr. Lewis Cantley, a renowned biophysical chemist with decades of research, hundreds of scientific articles and millions of dollars in research funding details the link between sugar and cancer in this hard-hitting interview.

Dr. Cantley's groundbreaking research delves into the association between high blood glucose and elevated insulin and the activation of an enzyme known to cause cancer. The overindulgence in refined carbohydrates and sugar can trigger this enzyme which directly activates cancer cell expression.

One of the main topics discussed in the interview is the Warburg effect. This term refers to the

phenomenon where cancer cells, unlike normal cells, preferentially use glucose for energy even in the presence of oxygen. This characteristic of cancer cells is related to the PI3K enzyme that Dr. Cantley's lab discovered. Modern cancer screening uses an FDG-PET scan to detect the uptake of glucose by cancer cells. Sugar via elevated insulin causes cancer and sugar feeds cancer.

There is also a link between sugar and type 2 diabetes. Dr. Cantley discusses the dangers of having chronic high insulin levels and introduces the biomarker called C-peptide that measures inflammation and how that factors in.

One of the most alarming revelations from Dr. Cantley's research is the increased risk of colorectal cancer in young individuals who consume sugary drinks. This risk is independent of obesity and insulin levels. This is no longer an older person disease but is affecting young adults in their 20s.

Early on in his life and career, Dr. Cantley made a decision to not eat sugar. He knew the science and never doubted its harmful effects on the body. His conviction of this has only grown over the years. In summary, Dr. Lewis Cantley serves as a sobering reminder of the potential dangers lurking in processed refined carbohydrate consumption. His research emphasizes the importance of maintaining low glucose and insulin levels. It also reinforces that prevention is always better than cure and that sugar is to be avoided.





DR. SEAN **O'MARA**

Founder of Guardian 24/7

BIOGRAPHY

Dr. Sean O'Mara's journey began in Fairfax County, VA, where he grew up. After completing high school, he pursued his interest in law enforcement at a community college, and subsequently, he worked as a Police Officer, going undercover in both narcotics and organized crime operations. His dedication and academic prowess led him to graduate with High Honors from Penn State in 1985. Driven to excel further, he pursued his legal education at Villanova University School of Law, graduating in 1989.

As his career evolved, Dr. O'Mara transitioned into criminal prosecution in Philadelphia, where he practiced for three years. During this time, he also embarked on a different path and trained as an Emergency Medicine physician within the US Army Medical Corps. Driven by his exceptional skills and dedication, he was chosen to provide medical support to high-ranking officials, including Presidents Clinton and Vice President Cheney, as well as three Secretaries of State.

In 2004, Dr. O'Mara's exemplary service earned him the distinguished title of the outstanding physician of the year across all medical specialties in the U.S. Army—an honor never before bestowed upon an Emergency Medicine Physician.

In 2006, he founded Guardian 24/7, a groundbreaking medical company catering to elite concierge medical care for ultra-high net worth individuals and royalty. During this period, while developing advanced medical capabilities, Dr. O'Mara came to understand the immense benefits of preventive medicine — a concept that eluded many, even his affluent clientele.

Outside of his professional endeavors, Dr. O'Mara shares a fulfilling life in Minneapolis, MN, alongside his wife of 25 years, Julie O'Mara, and their five children, Keilin, Reilly, Sean, Aidan, and Liam. Moreover, he continues to serve as a Lieutenant Colonel in the Minnesota Army National Guard.



DR. SEAN O'MARA - INTERVIEW SUMMARY

In this interview with Dr. Sean O'Mara, we delve into the controversial subjects of sugar and carbohydrates, dissecting their role in health optimization. Dr. O'Mara shares his personal journey, from growing up in a sugar-dependent household to becoming a physician and researcher committed to reversing chronic disease. His story serves as a stark reminder of the pervasive and often underestimated impact of sugar and carbohydrates on our health.

He discusses the contentious debate surrounding diet choices - carnivore vs plant-based. Each diet has its potential benefits and drawbacks, and the choice ultimately depends on individual health goals and preferences. However, the importance of the gut microbiome in optimizing our health is a crucial factor to consider when making dietary decisions.

The complex community of microorganisms in our gut influences various aspects of our health, from digestion and immunity to our mental health. A diet rich in a variety of whole foods, including both meat and plant-based foods, can help to promote a diverse and healthy microbiome. On the other hand, a carnivore diet can also bring potential benefits, particularly for those sensitive to carbohydrates.

Dr O'Mara addresses the contentious topic of reintroducing carbohydrates into our diets and he describes the 'brownie study,' which suggests that it may be possible to consume sugary treats without disrupting our blood sugar levels or microbiome. This presents a glimmer of hope for those struggling with sugar and carb addiction, as it may allow for a more balanced and flexible approach to dieting. It shouldn't be forgotten that the process of adjusting to a new diet, whether it's carnivore, plant-based, or something in between, can take time. Our bodies and our microbiomes need time to adapt and stabilize, and it's important to be patient and persistent during this transition.

The interview concludes with an exploration of the potential of a carnivore diet for those who are carbohydrate-sensitive. This way of eating may offer a medicinal approach for those who have disrupted their microbiome through stress, poor eating, and multi-generational nutritional deficiencies. It's a challenging and complex journey, but with the right guidance and commitment, it's certainly possible to overcome these hurdles and move towards better health.

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JOHN AND KRISTI SCOTT

Owner of Fatso's Cheketos

BIOGRAPHY

John Scott owner of Fatso's Cheketos... A low-carb, no added sugar, gluten-free food truck in Medford, Oregon.

Being the youngest of 9 children with a family history of diabetes and heart disease. My parents passed when I was a teenager, and 2 siblings passed due to complications of diabetes. I had to take my health seriously, I needed to lose weight and take better care of myself.

I tried numerous programs to get into better health that were not sustainable for long-term maintenance and even made me gain more weight.

In September 2017, I started a 30-day Keto plan and lost weight immediately. This was a plan that only required me to eat real food that I had to make. I enjoyed cooking before Keto and as soon as I learned what to eat and what not to eat cooking this way is natural now.

I became a believer and wanted to let everyone know they could do it too. In 2020 I started with catering, then got a truck and worked on weekends. When my full-time job stopped being flexible, I made the leap to working the truck full-time. 3 years later and still spreading the word with good food and support for those starting, maintaining or just wanting good food.

My goal is to let people know that it can be done. I lost another sibling due to complications of diabetes. This is a lifestyle for me now and I will continue to spread the word to as many people who will listen.



JOHN AND KRISTI SCOTT - INTERVIEW SUMMARY

In 2017, John and Kristi decided to take the leap of faith by cutting out sugar from their diet. This decision led them down a path of health and wellness they never thought possible. John, the culinary maestro of the couple, used his cooking skills to turn traditional unhealthy meals into hearty, keto-friendly dishes.

John and Kristi didn't keep this newfound health gem to themselves. Inspired by the changes they noticed in their own bodies, they decided to share it with the world. They started a food truck, but it wasn't just any food truck. It was a moving embodiment of their journey, serving not only delectable keto meals but also offering education and a sense of community to those who needed it. Their

venture led them to cater to local airports, cancer associations, mental health groups, and even the mayor's unit.

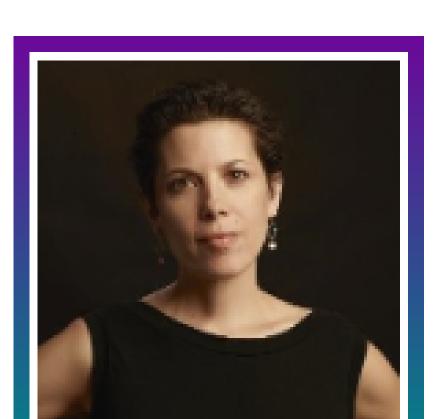
Their keto journey's impact didn't stop at the food truck. They introduced their family to the flavorful world of keto cooking, turning skeptics into believers. John and Kristi dream of a restaurant to market where customers can find ingredients and recipes for their own keto meals at home.

They emphasize the importance of individuality in the pursuit of health. They have shown that there's no one-size-fits-all approach when it comes to diet and lifestyle. It's about finding what works best for you and sticking to it, no matter how different it may seem from the norm.

Their story is proof that when it comes to health, it's never too late to make a change. Their transformative journey serves as an inspiration for many to embark on their own paths to health and wellness.

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INTERVIEW SUMMARIES DAY 5: OCTOBER 19, 2023



SUSAN PEIRCE THOMPSON





DR. VERA

TARMAN

DR. DARYL GIOFFRE



CARLEE HAYES

DR. EVELYN BOURDUA ROY



KARLY RANDOLPH PITMAN

DR. AMY REICHELT

DR. KIM DENNIS









SCHNEIDER









SUSAN PEIRCE THOMPSON

Adjunct Associate Professor

BIOGRAPHY

Susan Peirce Thompson, Ph.D. is an Adjunct Associate Professor of Brain and Cognitive Sciences at the University of Rochester and an expert in the psychology of eating. She is President of the Institute for Sustainable Weight Loss and the Founder and CEO of Bright Line Eating Solutions, a company dedicated to helping people achieve the health and vibrancy that accompany permanent weight loss. Her program utilizes cutting-edge research to explain how the brain blocks weight loss and every day she teaches people how to undo that damage so they can live Happy, Thin, and Free.



SUSAN PEIRCE THOMPSON - INTERVIEW SUMMARY

In this interview, we delved into the neuroscience of addiction, exploring how our brains are wired to seek rewards and how this can lead to addiction. Dr. Susan elaborated on the critical role neurotransmitters like serotonin, oxytocin, and endorphin play in achieving satisfaction and completeness.

One of the most enlightening parts of the interview was when Dr. Susan talked about her struggles and successes in overcoming addiction. She emphasized the importance of the right program and support and shared her experience with internal family systems, a therapeutic approach that helps individuals grappling with addiction and a wide variety of mental health challenges.

We also explored the concept of Brightline Eating in depth. This approach involves adopting a new

identity, committing to no sugar, no flour, no snacking, and proper quantities. This helps individuals recognize whether a bite of food is on-plan or off-plan, allowing them to regain control over their food intake.

Dr. Susan's journey to recovery was not easy. It was replete with relapses and challenges, but her triumphs along the way serve as a powerful testament to the importance of resilience and persistence. Her story is a reminder that recovery is possible with the right support and mindset.

As we wrapped up the interview, we expressed our gratitude for the research and science which have been instrumental in helping many regain control over their food intake. This interview was a testament to the power of playing a long game, the importance of scientific understanding, and the transformative impact of the right program and support in overcoming addiction.





DR. VERA TARMAN

Medical Director of Renascent

BIOGRAPHY

Dr. Vera Tarman is the Medical Director of Renascent and a senior staff physician at Salvation Army. Dr Tarman has a special interest in the clinical syndrome of food addiction. She has presented at international public forums and media platforms to educate and advocate on this subject. She is the author of Food Junkies: Recovery from Food Addiction and is cohost of the popular Food Junkies Podcast. She also founded the free Facebook group called "I'm Sweet Enough: Sugar-Free for Life." She works closely with Maddie - her Sugar-Free Service dog.

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DR. VERA TARMAN - INTERVIEW SUMMARY

This interview demonstrates the transformative power of sobriety, nutrition, and self-love. Recognizing and eliminating trigger foods, often sugar, forms the cornerstone of a successful longterm recovery. It's essential to view this as not a place of deprivation but a realm of healthier choices. The power of hope also plays a pivotal role in sustaining the journey, giving individuals the motivation to stay the course.

Dr. Tarman also emphasizes the importance of human connection. We are inherently social creatures, and genuine, deep bonds form a significant part of the recovery process. Building these connections can help fill the 'empty hole' left by addictive substances or behaviors, fostering safety and hope.

In our exploration of self-loathing, we examine how destructive emotions can block our healing process. Acknowledging and cherishing the lovable parts of ourselves can reduce the need for recovery work, fostering positivity. Dr. Tarman highlights that this transition from self-loathing to self-love is a key element in the healing journey.

When looking at the role nutrition plays, a profound link to brain chemistry is revealed. The foods we consume can significantly impact our mood and overall well-being. Whole foods, in particular, can catalyze significant transformation and the power of whole foods in recovery cannot be underestimated.

The interview concludes with a focus on spirituality and the concept of a higher power. The journey from a strict Catholic upbringing to a spiritual awakening plays a pivotal role in Dr. Tarman's recovery process. The realization that our higher power provides the only secure attachment is a precious gift of recovery. The art of letting go of self-criticism and embracing peace illuminates the road to a happy destiny.





DR. DARYL GIOFFRE

Founder of Kick Acid Enterprises

BIOGRAPHY

Dr. Gioffre is a highly sought-after gut health and inflammation specialist with over two decades of experience in the field. Having overcome a life-long sugar addiction, in addition to his own gut and mold toxicity issues, he knows firsthand what it takes to overcome adversity and challenges in the pursuit of superior health.

In addition to running the successful Alkamind brand, he is the founder of Kick Acid Enterprises, a virtual nutritional testing and coaching platform focusing on getting to the root cause of inflammation by restoring, balancing and strengthening the microbiome, what he calls GutFitness.

He is also a board-certified chiropractor, Reiki Master, certified raw food chef, and author of the bestselling books Get Off Your Acid, and newly released Get Off Your Sugar: Burn the Fat, Crush Your Cravings, and Go From Stress Eating to Strength Eating.

Dr. Gioffre has appeared on 'Live with Kelly and Ryan', Good Morning America, Access Hollywood, The Doctors, Extra, E News, People Magazine, Vogue, Daily Mail, Page Six, and more to discuss his Acid-Kicking approach to health and fitness.

He is a passionate motivational speaker and has been featured in many health documentaries and health summits, and currently sits on Fran Drescher's Cancer Schmancer Medical and Wellness Advisory Board.

Dr. Gioffre lives in Naples, Florida with his wife Chelsea, and two children, Brayden and Alea, and dogs Sprout and Barley.



DR. DARYL GIOFFRE - INTERVIEW SUMMARY

We all have that moment of hesitation in the grocery aisle, scrutinizing the ingredients list of our favorite snack, hoping to dodge hidden sugars.

Dr. Gioffre, offered profound insights about sugar's impact on our bodies. He explained how sugar weakens our immune system and often lurks hidden in our food and discussed the dangers of artificial sweeteners and healthier alternatives.

According to Dr. Gioffre, one of the first steps toward superior health is understanding the sugar industry and how it influences our food choices. Artificial sweeteners, often touted as healthier substitutes, can be just as harmful as regular sugar.

Dr. Gioffre discussed gut health, an often overlooked aspect of our well-being and the benefits of fiber-rich foods and probiotics in bolstering gut health. An intriguing highlight was his explanation of the Internal Shower Shot, a unique detox method that aids in gut health.

In debunking the myths surrounding 'strength foods' and their contribution to fat loss and weight loss, Dr. Gioffre stressed that achieving superior health is not just about dropping pounds. Instead, it's about embracing a healthier lifestyle that emphasizes progress over perfection.

He shared practical strategies to overcome sugar addiction, including the importance of making informed decisions during your weekly grocery run and being aware of hidden sugars.

He discussed the importance of managing stress and how it can lead to sugar cravings, making it harder to stick to a healthy diet.





DR. EVELYN BOURDUA ROY

Family Medical Doctor

BIOGRAPHY

Dr. Evelyne Bourdua-Roy is a family medicine doctor, who graduated from <u>Université de Montréal</u> in 2015, and from <u>Université Laval</u> in 2012.

Dr. Bourdua-Roy has a Master's Degree in French Linguistics from Université de Montréal and a Bachelor's Degree in Translation (French-English-Spanish) from <u>York University</u>. She is also board-certified in Obesity Medicine by the American Board of Obesity Medicine (<u>ABOM</u>).

Additionally, she has trained with <u>Dr. Jason Fung</u> and <u>Megan Ramos</u> in Toronto, in 2016 and 2019, at their Intensive Dietary Management clinic. She is training with <u>Dr. Georgia Ede</u> on the ketogenic diet and mental health, and on hormone replacement therapy with <u>Dr. Neal Rouzier</u>.

She has co-authored two best-selling books in Quebec (in French): <u>Perdre du poids en mangeant du</u> <u>gras</u> and <u>Perdre du poids en mangeant du gras tome II</u> (Pratico Pratiques Editions). The first volume was translated into English, under the title Eat Fat to Lose Weight with the Keto and Low-Carb Diet. She has also written <u>Renverser le surpoids et le diabète de type 2 avec le Protocole Reversa</u> (Thierry Souccar Editions) released in 2020.

In January 2017, Dr. Bourdua-Roy founded <u>Clinique Reversa</u>, which is a not-for-profit metabolic program that aims to help patients reverse their lifestyle-related chronic diseases, such as type 2 diabetes, obesity, hypertension, gout, NAFLD, etc.

This program is led by a multidisciplinary team made up of nurses, kinesiologists, a psychologist, a pharmacist, medical assistants, coaches, and doctors, under Dr. Bourdua-Roy's supervision.

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DR. EVELYN BOURDUA ROY - INTERVIEW SUMMARY

Dr. Evelyne Bourdua-Roy guides us through the world of metabolic health. This comprehensive guide discusses key aspects of metabolic health, including nutrition, physical activity, and hormones. As well as touching on topics like the impact of sugar substitutes, fructose, sodium, stress, and more on our bodies.

She explains how our modern environment can manipulate our body's reward system, leading us to make poor dietary choices.

Crucial strategies to counteract this include consuming enough protein and choosing nutrient-dense foods over those with fewer nutrients. Low-carb sugar substitutes like stevia, erythritol, salatol, alulose, and monk fruit can promote metabolic health but may worsen food addiction. Moreover, she

brings attention to the science of fructose and how it is digested, emphasizing that the concentration, quantity, and speed of consumption are all crucial factors.

Physical activity and well-being go hand in hand. Regular physical activity can increase our, flexibility, cardiovascular capacity, strength, confidence, and sleep quality. Furthermore, it can help with insulin sensitivity and testosterone levels, two key hormones which significantly impact our overall health. She describes how muscle mass is related to longevity and vitality and how it's never too late to change body composition and experience the physical and psychological benefits.

Finally, Dr. Evelyne Bourdua-Roy touches upon the effects of stress on metabolic health. Chronic stress can lead to insulin resistance and poor metabolic health if not managed correctly. Additionally, our brains are wired to seek out food to manage emotions. The foods that we are drawn to when we are stressed are often sweet, stodgy, carbohydrate-rich processed foods which can add to problems with metabolic health.





DR. AMY REICHELT

Neuroscientist, Researcher, Speaker, Consultant, & Author

BIOGRAPHY

Dr. Amy Reichelt is a neuroscientist, researcher, speaker, consultant and author. She is passionate about uncovering how lifestyle, diet and novel pharmacotherapies, including psychedelics, can enhance brain health and mental well-being. A recognized leader in neuroscience and neuropharmacology, specializing in clinical development, neurodegeneration, and nutritional neurobiology, Dr. Reichelt has 15 years of expertise in translational medicine spanning from molecules to mind.

Dr. Reichelt received her Ph.D. from Cardiff University and has held academic appointments at globally renowned universities in Australia, Canada and the UK. Dr. Reichelt has authored over 50 articles in top-tier scientific journals, spoken on international stages including Microdose Wonderland and TEDxSydney, and appeared as a scientific expert in TV productions.

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DR. AMY REICHELT - INTERVIEW SUMMARY

In the modern world, resisting the allure of sugar-laden and high-fat foods is a constant battle. Many of us may attribute our cravings and dietary choices to a lack of willpower, but as neuroscientist Dr. Amy Reichelt reveals, it's not entirely our fault. Our brains are hardwired to crave these foods. The human brain is a complex organ that controls not only our thoughts and actions but also our dietary preferences. Dr. Reichelt provides enlightening insights into the complex relationship between our diet and brain health and the powerful influence of sugar and fat on our cognition and the dopamine reward system.

Dopamine is a neurotransmitter that plays a significant role in how we experience pleasure. Foods high in both sugar and fat stimulate the release of dopamine, reinforcing a strong desire for these foods. This explains why resisting our favourite comfort foods can be a daunting task. Dr. Reichelt's research explores how these dietary choices affect our brains, leading to increased inflammation and decreased neuroplasticity, negatively impacting our mental health.

But the impact of our diet on brain health isn't solely physiological. Our emotional state plays a pivotal role in our food choices, often leading us to succumb to cravings for our favourite junk foods. Stress, anxiety, and other emotional triggers can stimulate our desire for comfort foods, usually high in sugar and fat. These foods temporarily boost our mood by increasing dopamine levels, reinforcing a cycle of emotional eating.

However, there is a silver lining. Dr. Reichelt's research uncovers the incredible power of nutrition in fostering brain health. Natural remedies such as blueberries, omega-3s, spices, and green tea can significantly enhance brain health. These foods can impact brain plasticity, reduce inflammation, and help manage mood disorders, cognitive impairment, and even addiction. Our journey to mental wellness is not just about avoiding unhealthy foods. A comprehensive approach that combines a healthy diet with mental health strategies can lead us toward happiness and wholeness.





DR. KIM DENNIS

Co-founder, CEO, & Chief Medical Officer of SunCloud Health

BIOGRAPHY

Kim Dennis, MD, CEDS, is the Co-founder, CEO and Chief Medical Officer of SunCloud Health. She is a board-certified psychiatrist who specializes in treating addiction (substance, process and food), trauma, eating disorders and complex, co-occurring disorders. She has helped thousands of people recover from these illnesses. She maintains a holistic perspective in the practice of psychiatry, incorporating biological, psycho-social and spiritual approaches into evidence-based, individually-tailored treatment for patients at SunCloud Health.

Dr. Dennis obtained her medical degree from the University of Chicago, Pritzker School of Medicine and completed her psychiatry residency training at the University of Chicago Hospitals, where she served as chief resident. During her training, she was part of the multi-disciplinary eating disorders team specializing in treating young people with eating disorders and their families.

She is a member of the American Medical Association, Academy for Eating Disorders, IAEDP, the American Academy of Addiction Psychiatry and the American Society for Addiction Medicine. She is published in the areas of gender differences in the development of psychopathology, co-occurring eating disorders and self-injury, and the use of medication with family-based therapy for young people with anorexia nervosa. Dr. Kim has a regular blog called, "Live Free". She currently sits on the board of the Eating Disorders Coalition, the board of Galen Mental Health, and the Clinical Advisory Committee of NEDA.



DR. KIM DENNIS - INTERVIEW SUMMARY

Dr. Kim Dennis, an expert in the field of eating disorders and food addiction, unravels the complexities of these conditions. The discussion sheds light on how a clear understanding of both helps guide effective support and treatment.

One compelling story explored is that of Joe, a man grappling with bipolar depression, complex PTSD, binge eating disorder, and multiple addictions. This case highlights the intricate relationship between various mental health conditions and emphasizes the importance of individualized treatment solutions. It challenges the notion of a one-size-fits-all approach, underscoring the importance of personalizing therapeutic interventions to each patient's unique needs.

Dr. Dennis invites us to rethink rigid dogmas in the medical community and question stigmatized language such as 'substance abuse', 'abuser', and 'abstinence'. It's an important reminder that language matters and can either empower or marginalize individuals struggling with addiction and eating disorders.

The interview explores the DSM-5 criteria for substance use disorder, discussing the roles that genetics and environment play in addiction. The conversation underscores a critical principle in treating eating disorders - the value of granting autonomy to patients and recognizing that recovery is largely an 'inside job'.

The interview delves into the controversial topic of food addiction. Dr. Dennis demystifies the biochemical sensitivities related to reward circuitry in patients exposed to certain food types. She discusses contributing factors such as trauma, personal or family history of substance use disorder, and racialized trauma. The conversation uncovers the racial differences in the prevalence of food addiction, and how this should guide treatment.

The interview explores the addiction potential of food substances and the effects of neuroadaptation and the addiction cascade. It also addresses the impact of weight stigma, the rise of Ozempic, and the toxic influence of social media on body image and self-perception.

In all, this interview nuances the narrative around eating disorders and food addiction and broadens

our understanding of these deeply complex topics





CARLEE HAYES

Registered Dietitian Nutritionist

BIOGRAPHY

Carlee Hayes is a registered dietitian nutritionist and the lead dietician at NutriSense – a metabolic health company that utilizes Continuous Glucose Monitoring (GCM) technology to provide real-time data to clients. Carlee also was an original founder of NutriSense, and helped the company grow from 2 dieticians to a team of over 20 within the 1st year! As an alumnus of Western Illinois University, Carlee was able to incorporate her Dietetics degree into specializing in bariatric nutrition therapy and weight loss!

Website: <u>www.nutrisense.io</u>



CARLEE HAYES - INTERVIEW SUMMARY

Carlee Hayes, the senior nutrition manager at NutriSense, a CGM company, shares insights into how diet and lifestyle adjustments can help optimize blood sugar levels, leading to transformations in cravings, energy levels, and weight management.

One of the main themes Carlee explores is how the order in which we consume carbs, fat, and protein, also known as meal sequencing, plays a major role in how our bodies respond to food. The strategy Carlee suggests involves eating protein first, followed by veggies and fats, with carbs saved for last. This sequence promotes the secretion of a hormone called Glucagon-Like Peptide 1 (GLP1) which helps control blood sugar levels.

Another critical topic Carlee delves into is the selection of carbohydrates. She emphasizes everyone's body responds differently to carbohydrates. Therefore, it's vital to find out which carbs work best for your body and integrate them into your diet. Using a CGM can give us direct insight into how we respond to diet and lifestyle choices.

The conversation then turns to the timing of physical activity around meals. The more we can align our exercise with our meals, particularly high-carb meals, the better our bodies can manage blood sugar levels. Even a brief 10-15 minute walk after meals can have a significant impact.

Carlee also discusses the importance of timing when we eat, particularly carbs, due to our bodies' natural circadian rhythms. Our digestion is closely tied to these rhythms, making us more sensitive to insulin during the day.

The interview wraps up with a discussion on Continuous Glucose Monitoring (CGMs). Carlee explains how CGMs work, how to effectively utilize them, and how they can revolutionize blood sugar management. She underscores the importance of keeping blood sugar below 140 most of the time and suggests tweaks in diet and lifestyle habits to help achieve this. Carlee Hayes' expertise provides valuable insights into our quest to optimize blood sugar levels and shares practical strategies we can start implementing today.





KARLY RANDOLPH PITMAN

Writer, Teacher, & Educator

BIOGRAPHY

Karly's a writer, teacher, and educator who brings understanding to eating disorders, overeating, and the other ways we care for trauma. She helps people who self-soothe with food and who want to soften the judgment and shame they carry about their struggles.

Her work arises from several wells: attachment theory and relational neuroscience, compassion and contemplative spiritual practices; ritual and soul, and from listening to our food stories. In her own life, it was her decades of depression and eating disorders that sent her on a journey of understanding. That journey eventually became Growing Humankindness, the cradle of her work as a writer, teacher and mother.

While trauma responses can feel maddening, they make sense. And while sugar addiction may feel like a shame-filled, barren place, it's the very place where we can see ourselves with fresh eyes, where the conditioning can fall away and we can behold our hunger, neediness, and vulnerability with kindness and reverence.

She writes poetry, books, courses, and a reader-supported newsletter, O Nobly Born, to nurture a more compassionate world. She stewards the Growing Humankindness membership community, where people gather to soften habits of self-soothing with food and develop greater self-kindness. Her courses include Listen: Gentle Ways to Support your Healing with Food, When Food is Your Mother, and Emerge: Create a New Habit, a 30-day course to gently eat less sugar.

Karly teaches classes, speaks to groups, and shares the power of psychoeducation because of its power to soften shame and bring us home to ourselves. You can find her at Growinghumankindness.com and in Austin, Texas, where she loves to walk among the oak trees and make as much as possible with her hands.



KARLY RANDOLPH PITMAN - INTERVIEW SUMMARY

Our latest interview featuring Karly Pitman, we dive into the complexities of overcoming food and sugar addiction and how understanding trauma and practicing mindfulness and self-compassion can aid the healing journey. By practicing self-compassion, we can activate the same brain pathways as secure-attachment, creating a soothing effect similar to a warm hug or comforting words instead of not so healthy comfort food.

Karly Pitman has been an early pioneer in the mindfulness, self-compassion and trauma space, one that's rapidly opening up. She shares her journey of unraveling her complex relationship with food and sugar, shedding light on how these substances can act as protectors and comforters, yet also inflict harm.

Throughout the conversation, the theme of 'facing futility' resonates as a necessary step in eliminating what doesn't serve us. Dr. Gordon Neufeld's teachings around emotional maturation and the adaptive process of the brain provide valuable insights into understanding this process. Recognizing immediate feedback from our bodies when we consume certain foods can guide us toward healthy feel-good food choices. Karly further emphasizes that letting go of emotional attachment to favourite foods requires a grieving process.

The interview further delves into the relationship between sugar and our nervous system. Feeling empty, lonely, etc can trigger the compulsion to use and abuse food for comfort. Replacing this with self-awareness and self-compassion helps us tune into our true needs instead.

Karly also emphasizes the importance of having at least three places of support. These sources of comfort can range from physical persons to spiritual figures and even elements of nature. She also reminds us that our eating disorders do not define us. She stresses the importance of selfacceptance and humour. It is crucial to approach our struggles with curiosity and compassion.

This interview highlights the importance of mindfulness, self-compassion, understanding trauma, and the power of community in navigating the journey of healing and recovery from disordered eating including sugar addiction.





SUZANNE SCHNEIDER

PhD Researcher

BIOGRAPHY

Suzanne is PhD researcher at Warwick Medical School. With her first degree in marketing and consumer behavior, Suzanne has spent a number of years working in the marketing industry, including the FMCG food industry. As a person with T1 Diabetes, who subsequently went on to need a kidney transplant, she was keen to understand how nutrition might have helped. This was the catalyst for her studies into nutrition, and particularly Low Carbohydrate Diets in End Stage Renal Disease; and Eating Disorders in this patient group.



SUZANNE SCHNEIDER - INTERVIEW SUMMARY

In this interview, we discuss the challenges encountered by those with a diagnosis of Type one diabetes. There are various ways to manage this condition but Schneider has found that a ketogenic diet can be an effective tool. The advantages range from improved blood glucose control to potential weight loss and reduced cardiovascular disease risk. Suzanne also touched on the role of vitamin D3 supplementation and the potential impact of a low-carb diet on the gut microbiome.

Navigating the world of diabetes management can be daunting. Schneider discusses how the disease can affect various aspects of life, from work to relationships. Many individuals with type one diabetes are turning to technology like Continuous Glucose Monitors in their quest for better disease control. These monitors provide real-time glucose readings, allowing individuals to adjust their insulin levels

more accurately and efficiently.

Eating disorders within the diabetes community were discussed. Schneider is conducting research to develop better methods for detecting disordered eating. She suggests that a low-carb approach might be beneficial as it can provide better control over blood glucose levels and potentially reduce the risk of developing eating disorders.

The discussion also touched on a participant's personal experience of managing their diabetes with a continuous glucose monitor while hiking. This participant's story underscored the importance of taking a rational approach to managing diabetes, which can open up opportunities for individuals to lead active and fulfilling lives despite their diagnosis.

The intersection of diet, diabetes, and disordered eating is complex and multi-faceted. Schneider's research is contributing to our understanding of these issues and paving the way for improved detection and treatment strategies. It's a reminder that while diabetes may be a lifelong condition, it doesn't have to dictate the quality of one's life. With the right tools, knowledge, and support, individuals with type 1 diabetes can thrive.





ALAN THOMAS

Founder of Rethink Dieting

BIOGRAPHY

On March 2, 2017, at the age of 55, Alan Thomas stepped on his scale, and it read 304 pounds. Literally, panic set in. It was the day after his 31st wedding anniversary, and 3 thoughts ran through his mind.

First, he could not recall ever meeting a 65-year-old man who was more than 100 pounds overweight. His experience as a life insurance professional told him that he had less than 10 years to live.

Second, he would likely be known as his wife Angie's first husband since he would probably be dead in less than 10 years.

Third, all the dreams he hoped to accomplish in the future would be cut short by his obesity. In that state of panic, while still standing on the scale, Alan reached for his cell phone and snapped a picture, because at that moment he made up his mind to never see those numbers on a scale that he stood on again...

Fast forward 260 days, Alan stepped on the same scale and weighed 175 pounds... He conquered a lifelong battle with obesity in 260 days. 129 lbs gone in 260 Days! Alan had been on dozens and dozens of diets and exercise plans and had never been able to take off the weight. His wife Angie joined Alan on his weight-loss journey and was able to lose a stunning 63 lbs in 190 days!

Motivated by their success, they founded 'Rethink Dieting', aiming to assist others in overcoming their weight struggles and achieving better health.



ALAN THOMAS - INTERVIEW SUMMARY

A pivotal moment in the lives of Alan and Angie Thomas occurred when Alan's weight reached 304 pounds. The distress this caused led them to a journey of resilience and change that not only revolutionized their own lives but also had a lasting impact on many others. The couple has emerged as a beacon of hope for those struggling with obesity, their experiences offering a roadmap for others seeking to transform their own lives.

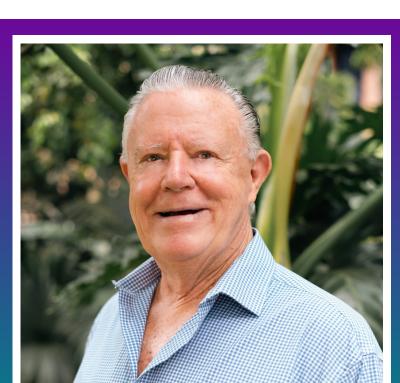
Their personal battle with obesity extends beyond the physical. Alan and Angie delve into subjects such as behavioural change, the challenges of overcoming food addiction, and the importance of a clear identity and motivation for weight loss. They discuss the emotional pain caused by obesity and the need to find the right fit for weight loss, drawing from their own experiences of trying various diets before finally finding what worked for them.

Alan shares a particularly poignant story of a highly educated woman caught in the cycle of unhealthy food choices, underlining the paradoxical nature of addiction. Angie's candid revelations about their weight loss journey show how they managed to overcome limiting beliefs and find grace amidst struggles.

One of the key messages they share is that the journey of weight loss is not solely about physical transformation. It's about the ripple effect this transformation can have on those around us. This is beautifully illustrated by the story of Rick, a 70-year-old man who battled obesity and type 2 diabetes to lose a significant amount of weight, and a woman who was awarded an International Sales Award at a Fortune 500 company's national international conference due to the changes she made in her life.

In the process of their transformation, the Thomas's were confronted with the harsh realities of societal perception and the shame associated with being overweight. They share their insights into the invisibility of the overweight, the struggles faced by those battling with their weight, and the destructive power of comparison.

Alan and Angie's transformative journey underscores the importance of taking responsibility for our lives and the impact this can have on those around us. They demonstrate how shedding our addictive habits can open up a world of opportunities, not just for us but also for those around us.









INTERVIEW SUMMARIES DAY 6: OCTOBER 20, 2023







RICH HOLMAN



FLORENCE, EMILY













KELLY MCDANIEL

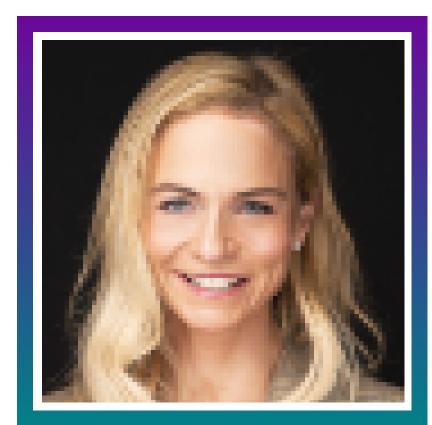
ROBERTA RUGGIERO



DR. TRUDI DEAKIN







DR. MARCELLE

PICK



ANGELA FOSTER





RICH HOLMAN

Author of Killing Us Softly, How Sugar is Killing Us

BIOGRAPHY

Rich Holman lives in Medellin, Colombia, where he has been operating a real estate

company since 2007. At age 72, he had full-blown metabolic syndrome and was dying. Incredibly, he read a book about the perils of consuming sugar, and upon finishing the book, he met a holistic doctor who gave him a lifesaving 21-day detox program. Now, at almost 80 years of age, he is sugar-free, in great health, and off all meds.

His first question seven years ago was, why did my doctor tell me to stop eating sugar?

This led to seven years of research and now the publishing of Killing You Softly, which blows the lid off of the lies and coverups by Big Pharma, Big Health, and Big Food, as well as a simple 21-day detox program for any reader to experience the miracle of good health.



RICH HOLMAN - INTERVIEW SUMMARY

We had the privilege of interviewing Rich Holman, author of **Killing You Softly, How Sugar is Killing Us.** Rich Holman's research about the sugar industry and its alarming impact on our health are enlightening and unsettling. His personal journey began at the age of 72 when he was beginning to put his affairs in order. He thought he was dying. Instead, he learned he had severe metabolic syndrome. A chance encounter with a holistic doctor set him on a new sugar-free path and this completely transformed his health. Today at age 80 he is in excellent health and off all medications and is on a mission to help others understand that sugar is killing us and metabolic syndrome can be reversed.

The conversation delves into the underbelly of the sugar industry and the cunning tactics employed by Big Pharma to sideline preventive medicine. The disturbing reality of the lack of informed consent about our use and abuse of processed foods known to be toxic and addictive in humans and lab animals, is a direct result of the profit-driven agenda of huge corporations such as Big Pharma, Big Ag, and Big Food. Their interests, not human health, have been prioritized through persistent misinformation campaigns stemming as far back as the 1950's.

One of the most striking aspects of the discussion is high sugar consumption's grave implications for global health. Despite attempts by governments to limit sugar intake, the addictive nature of this "sweet poison" has thwarted these efforts and chronic disease keeps rising and will continue to do so until we address our diet and specifically our sugar and processed foods.

Holman also uncovers the alarming connection between Big Pharma and Big Food and how they've managed to influence people's diets and health. Despite the condemnation of smoking and drinking during pregnancy, pregnant women are consuming more processed foods than ever, leading to babies being born obese, prediabetic, and addicted to sugar. Insane!

The conversation also addresses the impact of the COVID-19 pandemic on global health. The frustration of doctors who are unable to address the root cause of chronic illnesses due to the pharmaceutical industry's stronghold is palpable. The pandemic has not only led to an increase in processed food sales but also alcohol and drug use, further exacerbating the health crisis.

Holman's journey is not just an eye-opener but a beacon of hope for healthy and meaningful aging. He stands as proof that the last quarter of life can be the best quarter, a testament to the transformative power of a healthy lifestyle. His story underlines the critical role of a balanced diet, regular exercise, and stress reduction in promoting overall health and well-being. It is not just the sugar but we have to start there.





MOLLY, CLARISSA, SHUN

Addiction Recovery Counsellors / Coaches and Colleagues Team Up to Talk Sugar Addiction Recovery

BIOGRAPHY

Molly Painschab is a dual-licensed mental health and addiction counselor and has worked in the field since 2005. She is co-chair of the Sugar & Food Addiction Professional Network, a member of the Academy of Eating Disorders and the Substance Use Disorders Special Interest Group, co-host of the podcast Food Junkies, co-founder of Sweet Sobriety and co-host of the Kick Sugar Summit 2023.

Clarissa Kennedy is a co-founder of Sweet Sobriety, as well as a co-host of the Food Junkies Podcast. She is also a Clinical Social Worker and founder of Reinvent Your Bliss Point. With a diploma in Professional Addiction Studies, Clarissa boasts over 14 years of experience. Her passion is for working with food addiction recovery and has personal and professional experience overcoming this disorder.

Kashundra Foreman (Shun) is a registered nurse with twenty-four years of experience. She has also pursued a Masters in human rights and social justice which led her to become a Certified and Licensed Sugar Addiction Counselor. Shun knows most African Americans struggle with sugar and its negative effects AND they suffer from a lack of sugar awareness. They are unaware of its current impact and the multi-generational impact of the sugar slave trade. To address this, she began Sisters Breaking the Bonds of Sugar and is the founder of Sugar Mode Off. Shun enjoys being a sugar mentor for those who struggle with sugar, food, or carbohydrate addiction. Shun knows beyond a shadow of a doubt that sugar education saves lives for African Americans and is a social justice issue.

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MOLLY, CLARISSA, SHUN - INTERVIEW SUMMARY



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FLORENCE, EMILY

Kick Sugar Summit Co-Hosts Get Together to Talk Sugar/Food Addiction Recovery

BIOGRAPHY

Florence Christophers is a trauma-informed certified health coach with expertise in sugar addiction recovery. Florence has been researching sugar addiction and walking the path of recovery in the food addiction space for 30 years. Florence has a Bachelors and Masters degree in Philosophy and multiple certifications in coaching. She is also in teh process of becoming certified as a Somatic ExperiencingTM Practitioner. She is the founder and host of the world's first summit on the topic of sugar and sugar addiction (Kick Sugar Summit). She offers online courses and coaching programs that teach her signature approach to help individuals unhook from the addictive pull of processed foods and create lasting lifestyle changes. She has a proven track record of helping individuals reverse metabolic diseases such as obesity, diabetes and depression.

Emily August is an Associate Professor of Literature at Stockton University. She holds a Ph.D. in English from Vanderbilt University and an MFA in creative writing from the University of Minnesota. As a longtime body liberation proponent, she focuses on the human body in her research and writing. Her scholarly work examines representations of the body in 19th-century literature, art, and scientific discourse. She seeks to understand how a very narrow, specific version of the body became the authoritative medical standard defined as healthy and normative — and how this standard continues to impact clinical practice and societal power relations. In addition to her scholarly work, her forthcoming debut poetry collection, entitled The Punishments Must Be a School, treats themes of intergenerational trauma and intimate partner violence. Since embarking on her recovery journey in 2017, she has passionately advocated to destigmatize abstinence. She practices a body-neutral, body-inclusive approach to abstinence-based food addiction recovery. She divides her time between Lake

Superior's North Shore and the Atlantic Ocean's Jersey Shore.

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FLORENCE, EMILY - INTERVIEW SUMMARY









DR. MARTY LERNER

Founder and CEO of the Milestones in Recovery's Eating Disorder Program

BIOGRAPHY

Dr. Lerner is the founder and CEO of the Milestones in Recovery's Eating Disorder Program since 1999. A graduate of Nova Southeastern University, Dr. Lerner is a licensed and board-certified clinical psychologist who has specialized in the treatment of eating disorders since 1980. He has appeared on numerous national television and radio programs including The NPR Report, 20/20, Discovery Health, and ABC's Nightline as well as authored several publications related to eating disorders in the professional literature, national magazines, and newspapers including USA Today, The Wall Street Journal, New York Times, Miami Herald, the Orlando News, and Hollywood Sun Sentinel.

An active professional community member here in South Florida since finishing his training, Dr. Lerner makes his home in Fort Lauderdale with his wife Michele and daughters Janelle and Danielle and their dogs, Willow and Tucker. He is an avid tennis player, holds a private pilot's license, and spends a part of his free time hiking in the mountains near Asheville, North Carolina.



DR. MARTY LERNER - INTERVIEW SUMMARY

In this interview Dr. Marty Lerner, offers insightful perspectives on the addictive nature of certain food substances such as sugar, fat, and complex carbohydrates, and how they relate to the neuroscience of addiction.

Dr. Lerner talks about the decision of the American Psychiatric Association to exclude compulsive overeating, eating disorders, and sugar addiction from the category of addiction. This decision, according to him, does not take into account the substantial evidence indicating that food can, indeed, be an addiction akin to substance abuse.

He also touches on the fascinating realm of neuroscience, particularly how the brain responds to certain foods. Utilizing functional MRI as a guide, he delves into the concept of neuroplasticity, its impact on people suffering from addiction and how certain food substances can stimulate addictive behaviors.

He discusses the policies of food companies like Nabisco, which encourage "moderation" and asks the question, can moderation be effectively practiced when dealing with potentially addictive substances?

A critical part of this discussion focuses on the path to recovery from food addiction. Recovery is a delicate and often challenging journey that requires identifying triggers. This task is significantly more complex compared to dealing with alcohol and substance abuse due to the wide variety of potential triggers and the pervasive presence of these triggers in daily life. He stresses the critical importance of addressing not just the physical addiction, but also the psychological aspects that contribute to the addictive behavior.

This conversation highlights the multifaceted nature of addiction, particularly when it involves food substances. It serves as a reminder that food addiction is a complex issue that needs a holistic approach for effective treatment. Understanding the neuroscience behind food addiction, recognizing triggers, and adopting a comprehensive recovery plan are crucial steps towards overcoming this



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KELLY MCDANIEL

LPC, NCC

BIOGRAPHY

Kelly McDaniel is a licensed professional counsellor, author, mother, and women's advocate. In her first book Ready to Heal, (2008) she named an attachment injury as "Mother Hunger" and started a

movement.

Women resonated with the concept and wanted treatment. Since then, Kelly has devoted herself to nurturing insecure attachment and maternal deprivation in adult women. In her second book, Mother Hunger, Kelly speaks to the millions of women who suffer from a life-long emotional burden that adversely affects self-worth, eating patterns, and relational wellness.





KELLY MCDANIEL - INTERVIEW SUMMARY

The profound influence of a mother's love, or the lack thereof, is an impactful concept when exploring disordered eating in women. In a candid discussion with a licensed professional counsellor and author, Kelly McDaniel, we explore 'Mother Hunger' - a term she coined to describe a heartbreaking and devastating attachment injury (insecure attachment) that affects an estimated 50% of the population.

Mother Hunger is the name of her bestselling book, and in it Kelly McDaniel unpacks how the motherdaughter bond shapes our self-worth, our stress levels, relationships, and our relationship with food. She captures the emotional toll of infant neglect, abandonment and abuse that many of us experience but are unaware of because the experiences happen so young. In the absence of explicit memories, we are left with an unconscious sense of unworthiness, rejection, and fear impacting all areas of our lives. These drive addictions and disordered eating.

Mother Hunger results from insufficiency in 3 potential areas: nurturance, protection, and guidance. If injury happens in one or more of these areas, insecure attachment results and the child is left with a sense of aloneness. Mother Hunger is subsequently experienced as an ache, a loneliness, a grief that is hard to articulate.

McDaniel shares her personal story of how she experienced deep feelings of abandonment as an infant, and how that showed up in her own mothering. She also highlighted that we can access, and heal, the pain of this experience through trauma therapy work.

Despite the grief involved, the healing journey of 'Mother Hunger' can lead to a sense of self-love and wholeness. The process of replacing what was lost in terms of maternal nurturance is hard-earned but comes with many blessings.

This interview provides insight into the very real pain known as 'Mother Hunger' and how it ties into our use of food as a substitute for missing maternal attunement and nurturance. It's an eye-opening discussion that invites us to explore the potential role that early childhood trauma (insecure maternal attachment) plays in our own lives and invites us to embark on a journey of healing in which giving up

sugar can play a lead role.





ROBERTA RUGGIERO

President and Founder of the Hypoglycemia Support Foundation

BIOGRAPHY

Roberta Ruggiero is President and Founder of the Hypoglycemia Support Foundation and author of the highly acclaimed book, The Do's and Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar - now in its fifth edition. She has dedicated her life to increasing awareness of the causes, effects, and treatment of functional hypoglycemia.

Roberta knows firsthand the plight of the hypoglycemic patient because she's been there. Misdiagnosed for 10 years, Roberta turned her life around by changing her diet. She now inspires and gives hope to those suffering from hypoglycemia around the world.



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ROBERTA RUGGIERO - INTERVIEW SUMMARY

Hypoglycemia is a condition that is often misunderstood, underdiagnosed, and mistreated. In our latest podcast episode, we have the privilege of hearing from Roberta Ruggiero, a woman who has walked the challenging path of living with hypoglycemia and come out the other side with invaluable insights and wisdom to share. Roberta is the founder and president of the Hypoglycemia Support Foundation, a nonprofit organization dedicated to providing support, advocacy, and information about the prevention and management of hypoglycemia.

Roberta's journey began with an unexpected pregnancy and the onset of debilitating symptoms of low blood sugar. Despite facing numerous trials, including the shock of her condition and the crippling symptoms of hypoglycemia, Roberta was determined to find a way to regain her health. She delved deep into understanding her condition, seeking alternative treatments, changing her diet, and focusing on her mental and physical well-being.

One of the crucial insights Roberta shares is the importance of nutrition in managing health disorders like hypoglycemia and diabetes. Nutrition plays a pivotal role in our overall health and well-being. A balanced diet not only provides our bodies with the necessary nutrients to function optimally but also plays a crucial role in managing and preventing various health conditions, including hypoglycemia. Interestingly, Roberta discovered a unique link between hypoglycemia and alcoholism, which led her to establish a hypoglycemia clinic three decades ago. This revelation emphasizes the interconnectedness of our body systems and the complex nature of health issues, further highlighting the need for a comprehensive approach to health care.

The episode concludes with Roberta's touching account of her husband's long battle with diabetes. This personal experience underlines the precious lessons she has garnered over the years and her touching advice for all – to love oneself. This simple yet profound message underscores the importance of self-care and self-love in the journey towards health and wellness.

In this enlightening conversation, we are left with a sense of awe and gratitude for Roberta's wisdom. Her story is not just about the struggle and triumph over hypoglycemia but also a testament to the resilience of the human spirit and the power of knowledge and understanding in overcoming health challenges.

In conclusion, Roberta Ruggiero's journey provides a beacon of hope for those struggling with hypoglycemia and other health issues. It underscores the importance of taking charge of one's health, seeking knowledge, and advocating for one's well-being. Whether you're battling a health condition or striving for optimal health, remember to prioritize nutrition, understand your body, and most importantly, love yourself.







DR. GURPREET PADDA

MD, MBA, MHP

BIOGRAPHY

Dr. Gurpreet Singh Padda is a Medical Physician, Board Certified in Anesthesiology, Addiction, and Interventional Pain. For over 20 years, he has practiced in the Urban Core in St. Louis, Missouri, helping his patients regain their metabolic health.

Pain is the final pathway, the body screaming that something has gone wrong. Dr. Padda treats patients at the intersection of the pain epidemic, opioid epidemic, and diabetes epidemic. They are all interrelated pathologies, the clinical manifestations of systemic meta-inflammation.

Website: <u>reversingdiabetesmd.com</u>

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DR. GURPREET PADDA - INTERVIEW SUMMARY

In this captivating interview with Dr. Gurpreet Padda, we journey through the complex terrain of metabolic health, addiction, and the often-overlooked role of social engagement.

This exploration commences with a historical tour of addictive substances, beginning from the era of tobacco and proceeding to the processed food industry, before delving into the emerging marijuana industry. We examine the intriguing role of sugar as a 'glue trap', and the tactics employed by food scientists to manipulate our senses and ensure our constant craving for more.

Dr Padda explains the science behind GLP-1 and GIPs drugs, exploring their potential benefits for individuals grappling with food addiction and Type 2 diabetes. He stresses the importance of a holistic approach in treating addiction, the power of dietary intervention, and the essential role of

tools like Continuous Glucose Monitoring (CGM) in providing patients with a comprehensive understanding of their condition.

As we probe deeper with Dr. Padda, our attention shifts to the profound impact of loneliness and social engagement on addiction. He highlights the potential strengths of the harm reduction approach and the significant influence of Post Traumatic Stress Disorder (PTSD). He speaks to the power of concentrating on the future, and the glimmer of hope for a way out of addiction.

Dr. Padda finishes this fascinating interview by emphasizing the urgency of promoting health and wellness in communities burdened by racism, economic injustices, and social injustice. His mission is to bring real hope and transformational change to patients and communities alike.





DR. TRUDI DEAKIN

Chief Executive of X-PERT Health

BIOGRAPHY

Trudi is Chief Executive of X-PERT Health and specializes in the research, development, implementation and audit of structured education for the public and healthcare professionals internationally. Trudi's first degree in Nutrition and Dietetics was obtained in 1993, followed by a

teaching qualification in 1998 and a doctorate in diabetes, behaviour change and self-management education in 2004.

As the founder X-PERT Health and the author of the original portfolio of X-PERT Programmes, Trudi has trained over 1,500 healthcare professionals to become X-PERT Educators, which has permitted the delivery of structured education to over 250,000 people at risk of, or diagnosed with diabetes. She has published widely and has demonstrated that implementation of the X-PERT Programme is a cost-saving strategy that not only results in statistically significant improvements in all clinical and quality-of-life indicators but also reduces the requirement for prescribed medication. <u>The first 10 years of X-PERT Health</u>.

Her ambition is to further develop professional and patient education systems that increase competencies to enable people to successfully prevent or manage long-term health conditions, improving health and well-being, and saving healthcare costs. A visiting fellow at the <u>University of Hertfordshire</u> and a founding member and trustee of the <u>Public Health Collaboration</u> enables the continuation of research and development in nutritional education and the ability to raise awareness of evidence-based lifestyle approaches for optimal health.







DR. TRUDI DEAKIN - INTERVIEW SUMMARY

In this informative and interesting interview, Dr. Trudi Deakin gives us an insight into the world of TOFI individuals, who are seemingly fit and healthy but harbour dangerous amounts of fat in their organs. She goes on to cover a variety of topics, including hormones, eating habits, carbohydrates, food addiction, weight management strategies, and the role of lifestyle factors in Alzheimer's prevention.

She begins by discussing the complexity of weight management, pointing out that it isn't as simple as eating less and moving more. Dr. Deakin explains the role played by carbohydrates, hormones, and eating behaviour and how insulin, leptin, and gut hormones play a significant role in our body's food processing mechanism. Interestingly, despite high levels of leptin, obese individuals still feel hungry. This is because leptin resistance and insulin resistance can lead to weight gain. She debunks the

myth of eating small and frequent meals and explains that when we eat too often or have high insulin resistance, our fat storage increases and our fat burning decreases, leading to weight gain. Skipping meals can help us access our fat stores for energy, and breakfast is not necessarily the most important meal of the day.

Next, we tackled the subject of food addiction. Dr. Deakin explained the neurotransmitters involved and how certain foods can trigger addictive behavior. Recent research for example shows that restricting fat intake can impact food addiction. The importance of protein for health and longevity was also discussed.

Towards the end of our conversation, we discussed lifestyle factors for Alzheimer's prevention. Dr. Deakin highlighted the importance of cutting out processed foods and eating nutrient-dense foods, increasing physical activity, stimulating the brain through learning, and maintaining a healthy gut microbiome.

Lastly, we explored the heat stability of saturated fats. Contrary to common beliefs, cooking with saturated fats is the most heat-stable method. The fear and misinformation around saturated fats need to be addressed, as it is the ratios between the different lipids in the blood that can cause potential health issues.







DR. MARCELLE PICK

Co-Founder of the Women to Women Clinic

BIOGRAPHY

Marcelle Pick, OB/GYN, NP, is passionate about transforming the way women experience healthcare through an integrative approach. She co-founded the world-renowned <u>Women to Women Clinic</u> in 1983 with the vision to not only treat illness, but also help support her patients in pro-actively making

healthier choices to prevent disease. She has successfully treated thousands of individuals through her unique approach to wellness.

In 2001, Marcelle created <u>MarcellePick.com</u> with a goal to be able to reach, inspire, and educate even more women worldwide – her website offers informative articles on women's health issues and athome solutions to some of the most troublesome symptoms they experience today.

Marcelle discovered Functional Medicine early on in her career and was honored to be among the first to be certified as a Functional Medicine Practitioner. In addition she holds a BS in Nursing from the University of New Hampshire School of Nursing, a BA in Psychology from the University of New Hampshire, and her MS in Nursing from Boston College-Harvard Medical School. She is certified as an OB/GYN Nurse Practitioner and a Pediatric Nurse Practitioner, and is a member of the American Nurses Association and the American Nurse Practitioner Association.

Marcelle is currently a faculty member of The Institute of Functional Medicine and has served as a Medical Advisor to Healthy Living Magazine, writes a weekly newsletter for <u>MarcellePick.com</u>, and lectures on a variety of topics, including weight loss resistance, infertility, stress & illness, and adrenal dysfunction. She is the author of *The Core Balance Diet*, *Is It Me or My Adrenals?* and *Is It Me or My Hormones?*. She has appeared on Dr. Oz, FOX, and ABC and has been featured in Glamour Magazine, ELLE Magazine, and Women's World Magazine. Marcelle's PBS show, *Is It Me or My*

Hormones? is a favorite among viewers.



DR. MARCELLE PICK - INTERVIEW SUMMARY

In this interview Dr Pick underscores the importance of understanding conditions such as PMS, PMDD, cramping, and dysmenorrhea. This discussion stresses that advice on wellness should not be mere hearsay but firmly grounded in credible science.

Every woman's experience with these conditions is unique, highlighting the need for personalized care and solutions.

Transitioning to nutrition, Dr. Pick emphasized the intricate relationship between food and our bodies. Nutrition is not just about eating; it is about understanding how different nutrients affect our bodily functions. The conversation offered valuable insights into the effects of stress on hormones, specifically cortisol. We explored stress-related conditions like Cushing's Syndrome and Addison's Disease, shedding light on their complexities and how childhood experiences can influence adult behavior and health.

The conversation took a deep dive into toxicity and detoxification, two critical aspects of health that often get overlooked. Dr. Pick highlighted the importance of maintaining a 'clean' environment and the underrated role of food in this regard. Understanding the effects of diet on conditions like PCOS, PMS, perimenopause, and menopause was eye-opening.

Dr. Pick's expertise in working with clients suffering from SIBO and sugar addiction provided a fresh perspective on the role of lifestyle, stress management and diet in improving the symptoms of these common health issues.

This interview with Dr. Pick was a masterclass in health and wellness. Her integrative approach to women's health, coupled with her deep understanding of nutrition, stress, and detox, made for a richly informative discussion.

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HEIDI GIAEVER

X-Pert Diabetes Coach and Trainer

BIOGRAPHY

My original degree is in Chemical Engineering. Since then I have studied Nutrition and Metabolic Therapies as well as Lifestyle Medicine and Sugar and Processed Food Addiction.

I have an Advanced Diploma in Nutrition and Weight Management and am certified by the British Society of Lifestyle Medicine and the International Board of Lifestyle Medicine to practice Lifestyle Medicine. I am also a certified and licenced Practitioner for the screening and diagnosis of Sugar and Processed Food Addictions and an X-Pert Diabetes coach and trainer.

I have a deep interest in the biochemical processes that happen in our bodies when we eat and digest food and drink, so I keenly follow the latest developments in the area of nutrition science and lifestyle-related disease.

My main areas of interest are in helping people with food addictions and metabolic disease, such as diabetes type 2, change tastes and habits in order to find sustainable ways to improve their health and stay in control of their weight.

I am also passionate about helping young parents to understand how to avoid leading their children down the path to longer-term health challenges, obesity and lifestyle-related diseases.







HEIDI GIAEVER - INTERVIEW SUMMARY

Heidi spearheads a project called Collaboration for Kids (CFK) initiative. This Sussex-based community-driven initiative is geared towards reducing the rampant consumption of processed foods by children and their families. The initiative aims to replace unhealthy food choices with healthier, natural alternatives. CFK is a testament to the power of community in advocating for metabolic health, involving an array of stakeholders - including parents, teachers, health coaches, and sports instructors.

A compelling part of our discussion revolved around food addiction. The conversation delved into CFK's efforts to have food addiction recognized as a disease. Recognition could open doors for more extensive research and provide much-needed support for those battling food addiction. Marketing strategies that endorse unhealthy foods are also discussed, offering insights on how to challenge the messaging around food.

Further, we explore the different initiatives that the CFK team has implemented to get food addiction recognized as a disease. This includes the Food Addiction Recovery Clinical Study being conducted in North America, the UK, and Sweden. The consensus-building program, which seeks to bring together experts in the area of food addiction to reach an agreement on the subject, is also discussed.

The final segment of the interview focuses on how to influence children's food choices, highlighting the dangers of ultra-processed and sugary foods, and the importance of understanding the basic building blocks of the human body and brain. Dr Robert Pretlow's book Overweight: What Kids Say is also highlighted as a useful resource for understanding the impact of food on children.

This interview is a call to action for healthier eating habits and lifestyle choices among children. It sheds light on the crucial role of nutrition education in shaping the health of future generations and provides a roadmap for those seeking to combat the epidemic of processed foods.





ANGELA FOSTER

Nutritionist, Health & Performance Coach, & Podcast Host

BIOGRAPHY

Angela Foster is an award-winning Nutritionist, Health and Performance Coach, Speaker, and Host of the High Performance Health podcast.

A former Corporate lawyer turned industry leader in biohacking and health optimization for women, Angela has been featured in various media, including Huff Post, Runners World, The Health Optimisation Summit, BrainTap, The Women's Biohacking Conference, Livestrong & Natural Health Magazine.

The High-Performance Health Podcast is a top-rated global podcast with listeners in over 120 countries. Recently featured as No. 4 in the 50 Best UK health podcasts to follow in 2023, each week, Angela brings you a new insight, biohack or highperformance habit to help you unlock optimal health, longevity and higher performance.

Angela is the creator of BioSync, a unique programme for the high-performance woman who wants to step into the most authentic and empowered version of herself and achieve longevity in business and in life.





ANGELA FOSTER - INTERVIEW SUMMARY

The impact of sugar on health and performance is a hot topic and one that Angela Foster tackles in this interview. The award-winning nutritionist and health and performance coach shares the truth about sugar consumption and its effects on exercise, sleep, and overall health.

Angela begins by providing a comprehensive overview of the addictive nature of sugar. She highlighted the dopamine-fueling properties of sugar and its potential to lead to a low mood afterwards.

Angela shared that sugar consumption lowers immunity and negatively impacts our microbiome. She stressed the importance of maintaining a healthy, diverse whole-food diet to nourish our gut bacteria. Furthermore, she underscored the need to educate children about the dangers of sugar and be

mindful not to use it as a reward.

In the realm of physical activity, Angela explored how different exercises can help manage blood sugar levels. She emphasized the benefits of intermittent fasting and high-intensity interval training in improving insulin sensitivity. She also discussed the importance of strength training and building muscle mass.

Another crucial aspect of our discussion was sleep and its connection to our circadian rhythms. Angela stressed the importance of protecting our sleep hours from blue light exposure, which can disrupt our circadian rhythms. She explained the interactions between insulin and melatonin and how eating many hours away from bedtime can help optimize these hormones.

In conclusion, Angela Foster provided a wealth of information on the detrimental effects of sugar on our bodies and why we want to swap the pleasure of sugar for whole foods,

