



Dr. Richard Jacoby The Toxic Effects of Sugar & The Corporate Food Conspiracy



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Bold designs for troubled times

Hard truths. Soft cotton.

1
00:00:09,169 --> 00:00:06,050
hello my name is Jim Weaver I've been

2
00:00:11,450 --> 00:00:09,179
listening to several of your podcasts

3
00:00:13,549 --> 00:00:11,460
and really enjoying it fighting them

4
00:00:17,570 --> 00:00:13,559
very refreshing and different I have

5
00:00:22,040 --> 00:00:17,580
been a practitioner and a teacher of chi

6
00:00:24,560 --> 00:00:22,050
gong for about 20 years now and I often

7
00:00:27,170 --> 00:00:24,570
hear on your interviews that you would

8
00:00:29,750 --> 00:00:27,180
like proof or some kind of contact with

9
00:00:31,669 --> 00:00:29,760
these higher energies and Qi Gong is one

10
00:00:33,620 --> 00:00:31,679
way of doing it it's more or less

11
00:00:37,639 --> 00:00:33,630
connecting with the energy of these

12
00:00:39,799 --> 00:00:37,649
beings God's angels davelis whatever you

13
00:00:41,900 --> 00:00:39,809

want to call them it's a it's a great

14

00:00:44,119 --> 00:00:41,910

way of connecting with guides animal

15

00:00:46,190 --> 00:00:44,129

spirits and so forth anyway if you're

16

00:00:47,630 --> 00:00:46,200

interested in learning some ways of

17

00:00:52,520 --> 00:00:47,640

connecting with these beings without

18

00:00:54,529 --> 00:00:52,530

using drugs or any kind of experience

19

00:01:00,639 --> 00:00:54,539

that you have to use a toxic substance

20

00:01:07,160 --> 00:01:03,919

the planets thought the Masters almost

21

00:01:10,550 --> 00:01:07,170

surely have a plan this clearly made me

22

00:01:14,500 --> 00:01:10,560

something there beyond the realm of man

23

00:01:25,120 --> 00:01:17,570

boy you think you know the less you have

24

00:01:25,130 --> 00:01:35,630

because we know

25

00:01:35,640 --> 00:01:39,830

[h__\h] show

26

00:01:44,430 --> 00:01:42,480

all right people we know that nearly

27

00:01:46,590 --> 00:01:44,440

every sector of the societal pie is

28

00:01:48,660 --> 00:01:46,600

dominated by think tanks and corporate

29

00:01:50,130 --> 00:01:48,670

interests leaving the truth distorted

30

00:01:52,500 --> 00:01:50,140

and the public confused on a whole host

31

00:01:54,480 --> 00:01:52,510

of topics one of the biggest areas of

32

00:01:56,609 --> 00:01:54,490

misinformation and ignorance is diet

33

00:01:58,230 --> 00:01:56,619

health and nutrition where dishonest

34

00:01:59,969 --> 00:01:58,240

companies and their powerful lobbyists

35

00:02:01,770 --> 00:01:59,979

have made so much money selling us

36

00:02:03,270 --> 00:02:01,780

harmful and addictive garbage in recent

37

00:02:04,859 --> 00:02:03,280

decades that they've flooded the

38

00:02:07,200 --> 00:02:04,869

information stream with deceptive

39

00:02:09,630 --> 00:02:07,210

scientific studies savvy marketing and

40

00:02:10,830 --> 00:02:09,640

bought off the very regulatory agencies

41

00:02:12,660 --> 00:02:10,840

the public thinks they're being

42

00:02:14,370 --> 00:02:12,670

protected by it's an unfortunate

43

00:02:15,750 --> 00:02:14,380

situation in the main culprit at the

44

00:02:18,270 --> 00:02:15,760

heart of this quest for consumption

45

00:02:20,580 --> 00:02:18,280

clarity is sugar and the real treat for

46

00:02:22,080 --> 00:02:20,590

us is having dr. Richard Jacoby here to

47

00:02:23,610 --> 00:02:22,090

shed some light on the true harms of

48

00:02:25,650 --> 00:02:23,620

sugar and how he ended up in this

49

00:02:27,449 --> 00:02:25,660

situation all information that he

50

00:02:29,760 --> 00:02:27,459

details in his excellent new book sugar

51
00:02:31,770 --> 00:02:29,770
crush which looks at nerve damage and

52
00:02:33,870 --> 00:02:31,780
it's links to sugar I definitely learned

53
00:02:34,949 --> 00:02:33,880
a lot and if our conspiracy culture is

54
00:02:37,199 --> 00:02:34,959
going to be concerned with our

55
00:02:39,750 --> 00:02:37,209
subjugation to poisons and toxins this

56
00:02:41,190 --> 00:02:39,760
is an area that can't be ignored on top

57
00:02:43,620 --> 00:02:41,200
of being the author of a great new book

58
00:02:45,780 --> 00:02:43,630
dr. Jacoby is one of the country's

59
00:02:47,699 --> 00:02:45,790
leading peripheral nerve surgeons and

60
00:02:49,770 --> 00:02:47,709
co-founder of the Scottsdale Health Care

61
00:02:52,110 --> 00:02:49,780
wound management center and the former

62
00:02:54,240 --> 00:02:52,120
president of both the Arizona podiatry

63
00:02:56,820 --> 00:02:54,250

Association and the association of

64

00:02:58,530 --> 00:02:56,830

extremity nerve surgeons an impressive

65

00:03:01,620 --> 00:02:58,540

resume to say the least let's dive into

66

00:03:02,670 --> 00:03:01,630

it dr. Jacoby welcome to THD well thank

67

00:03:04,350 --> 00:03:02,680

you for having me

68

00:03:06,840 --> 00:03:04,360

yeah man thanks so much for being here

69

00:03:09,030 --> 00:03:06,850

the harmful effects of a high sugar diet

70

00:03:11,729 --> 00:03:09,040

is a subject I like to revisit when I

71

00:03:13,440 --> 00:03:11,739

find myself slipping so I'm happy to be

72

00:03:15,479 --> 00:03:13,450

talking about it and let me start with a

73

00:03:17,009 --> 00:03:15,489

question that also starts your book

74

00:03:18,840 --> 00:03:17,019

because when thinking about the type of

75

00:03:21,449 --> 00:03:18,850

doctor that might write a book about the

76
00:03:23,340 --> 00:03:21,459
dangers of sugar a podiatrist isn't the

77
00:03:26,449 --> 00:03:23,350
first type of doctor people might think

78
00:03:30,000 --> 00:03:26,459
of so let me ask you why a podiatrist

79
00:03:32,550 --> 00:03:30,010
well we actually do get involved with

80
00:03:34,220 --> 00:03:32,560
sugar and its manifestations in the

81
00:03:36,930 --> 00:03:34,230
lower extremity with gangrene and

82
00:03:40,620 --> 00:03:36,940
amputations and that's what my

83
00:03:43,020 --> 00:03:40,630
orientation was about 30 years ago 25

84
00:03:43,740 --> 00:03:43,030
years ago when I formed the Scottsdale

85
00:03:47,009 --> 00:03:43,750
Health Care's

86
00:03:49,290 --> 00:03:47,019
wound care center which is a big problem

87
00:03:52,650 --> 00:03:49,300
with the population United States so

88
00:03:53,220 --> 00:03:52,660

that was my orientation in the search

89

00:03:55,680 --> 00:03:53,230

from

90

00:03:58,020 --> 00:03:55,690

Surgical standpoint but I morphed over

91

00:04:00,089 --> 00:03:58,030

to more that biochemistry and trying to

92

00:04:02,520 --> 00:04:00,099

find out why we're having this epidemic

93

00:04:06,539 --> 00:04:02,530

and that's what the nature of this book

94

00:04:09,240 --> 00:04:06,549

is on nerves and its damage mm-hmm yeah

95

00:04:11,220 --> 00:04:09,250

I mean obviously it ties into so many

96

00:04:13,229 --> 00:04:11,230

different illnesses diseases and

97

00:04:15,509 --> 00:04:13,239

disorders way more than I even thought

98

00:04:17,370 --> 00:04:15,519

before I read the book and the big one

99

00:04:20,009 --> 00:04:17,380

of course is diabetes most people are

100

00:04:21,719 --> 00:04:20,019

aware that diabetes and pre-diabetes is

101

00:04:23,580 --> 00:04:21,729

on the rise and that it's directly

102

00:04:26,790 --> 00:04:23,590

related to sugar but how bad is that

103

00:04:29,610 --> 00:04:26,800

problem really well it's really pandemic

104

00:04:31,610 --> 00:04:29,620

it's all over the world now least 350

105

00:04:35,100 --> 00:04:31,620

million people are affected by that

106

00:04:36,840 --> 00:04:35,110

disease process so let's go back and

107

00:04:39,540 --> 00:04:36,850

just talk about diabetes and diabetic

108

00:04:41,969 --> 00:04:39,550

diabetic neuropathy to find some terms

109

00:04:45,420 --> 00:04:41,979

and this is what I tried to do in the

110

00:04:49,290 --> 00:04:45,430

book diabetes itself means is from a

111

00:04:49,860 --> 00:04:49,300

Greek word means to siphon urine that's

112

00:04:52,050 --> 00:04:49,870

sweet

113

00:04:55,110 --> 00:04:52,060

that's basically what it means diabetes

114

00:04:57,450 --> 00:04:55,120

mellitus is the real term mellitus

115

00:05:00,659 --> 00:04:57,460

meaning sweet and in the old days and

116

00:05:02,760 --> 00:05:00,669

the 1500s physician has tasted the

117

00:05:05,279 --> 00:05:02,770

patient's urine and it was sweet they

118

00:05:08,909 --> 00:05:05,289

made that diagnosis thank God we have

119

00:05:11,339 --> 00:05:08,919

new technology to not have to do that on

120

00:05:14,370 --> 00:05:11,349

a daily basis but it's really a simple

121

00:05:17,520 --> 00:05:14,380

process when you think about it it's too

122

00:05:20,100 --> 00:05:17,530

much sugar and only the rich in the past

123

00:05:23,159 --> 00:05:20,110

had access to sugar it was a very

124

00:05:26,879 --> 00:05:23,169

expensive commodity and in England the

125

00:05:30,360 --> 00:05:26,889

1600s it cost about \$1,000 a pound so

126

00:05:33,180 --> 00:05:30,370

only the rich had diabetes and all the

127

00:05:35,820 --> 00:05:33,190

other neurodegenerative diseases that

128

00:05:37,830 --> 00:05:35,830

we'll talk about today but now sugar is

129

00:05:40,260 --> 00:05:37,840

cheap in the form of high fructose corn

130

00:05:42,420 --> 00:05:40,270

syrup it's an 80% of all the foods in

131

00:05:46,830 --> 00:05:42,430

the United States and now everybody has

132

00:05:50,550 --> 00:05:46,840

the disease so thanks to mass marketing

133

00:05:54,060 --> 00:05:50,560

we have an answer to our problem we have

134

00:05:56,550 --> 00:05:54,070

sugar and everything yeah it's

135

00:06:00,380 --> 00:05:56,560

definitely way out of whack I guess

136

00:06:02,909 --> 00:06:00,390

close to 50% of adults might be seeing

137

00:06:04,790 --> 00:06:02,919

diabetes in their lifetime is that

138

00:06:07,560 --> 00:06:04,800

accurate that seems like way too many

139

00:06:11,790 --> 00:06:07,570

you know it's totally I

140

00:06:14,670 --> 00:06:11,800

the Medicare population age 65 or older

141

00:06:18,810 --> 00:06:14,680

had 50% of the metabolic syndrome and or

142

00:06:21,780 --> 00:06:18,820

diabetes but they're subjected to a diet

143

00:06:23,969 --> 00:06:21,790

over the last 45 years that relatively

144

00:06:26,280 --> 00:06:23,979

speaking didn't have as much sugar so I

145

00:06:29,570 --> 00:06:26,290

suspect that that number is going to

146

00:06:32,670 --> 00:06:29,580

climb exponentially because now

147

00:06:34,500 --> 00:06:32,680

beginning in the 70s we started to put

148

00:06:35,189 --> 00:06:34,510

hyper too as corn syrup in the food

149

00:06:37,950 --> 00:06:35,199

supply

150

00:06:40,830 --> 00:06:37,960

now industry will argue back against

151
00:06:42,960 --> 00:06:40,840
that that notion that high fructose corn

152
00:06:45,840 --> 00:06:42,970
syrup is no different than normal

153
00:06:48,360 --> 00:06:45,850
fructose but I don't think it that is

154
00:06:52,530 --> 00:06:48,370
true there is a difference the way they

155
00:06:54,600 --> 00:06:52,540
manufacture it and I like the fact that

156
00:06:58,770 --> 00:06:54,610
you think there is a conspiracy because

157
00:07:02,610 --> 00:06:58,780
there is most of the organizations the

158
00:07:04,080 --> 00:07:02,620
scientists are involved with are funded

159
00:07:06,420 --> 00:07:04,090
by these companies of course they're

160
00:07:08,939 --> 00:07:06,430
going to ask for an answer that supports

161
00:07:10,800 --> 00:07:08,949
their notion that their food is good now

162
00:07:14,100 --> 00:07:10,810
here's a perfect example and this just

163
00:07:16,950 --> 00:07:14,110

happened over the weekend there is a gal

164

00:07:19,590 --> 00:07:16,960

by the name of Maureen story and she is

165

00:07:21,409 --> 00:07:19,600

the CEO of the Alliance for potato

166

00:07:24,570 --> 00:07:21,419

research and education

167

00:07:27,200 --> 00:07:24,580

she has been impressive I won't let's

168

00:07:32,580 --> 00:07:27,210

just call her mrs. Potato Head all right

169

00:07:36,300 --> 00:07:32,590

and she is said excellent scientists no

170

00:07:40,740 --> 00:07:36,310

question about us get great credentials

171

00:07:43,860 --> 00:07:40,750

and she used to work for the beverage

172

00:07:46,010 --> 00:07:43,870

industry she also worked for Kellogg so

173

00:07:48,330 --> 00:07:46,020

now she's working for potatoes and

174

00:07:50,250 --> 00:07:48,340

letting the world know that potatoes

175

00:07:54,620 --> 00:07:50,260

were the best thing since sliced bread

176

00:07:57,990 --> 00:07:54,630

no pun intended there it's all sugar and

177

00:08:00,750 --> 00:07:58,000

potato is a vegetable for sure

178

00:08:02,640 --> 00:08:00,760

but it is the most starchy vegetable and

179

00:08:04,950 --> 00:08:02,650

the one that we like the best in forms

180

00:08:06,990 --> 00:08:04,960

of potato chips and french fries and

181

00:08:10,589 --> 00:08:07,000

that's what got into the school lunch

182

00:08:14,969 --> 00:08:10,599

program now she was just she just

183

00:08:17,760 --> 00:08:14,979

replaced an excellent journalist by name

184

00:08:19,800 --> 00:08:17,770

Annina tyke Holtz who wrote an excellent

185

00:08:20,590 --> 00:08:19,810

book and you may know this book the big

186

00:08:23,320 --> 00:08:20,600

fat

187

00:08:25,390 --> 00:08:23,330

sighs mm-hmm and she was appointed to

188

00:08:27,670 --> 00:08:25,400

this government agency but there was so

189

00:08:30,220 --> 00:08:27,680

much pushback from the other members who

190

00:08:32,190 --> 00:08:30,230

are all industry related they all

191

00:08:35,620 --> 00:08:32,200

threatened to quit if she got on to the

192

00:08:38,680 --> 00:08:35,630

to the committee and why are they upset

193

00:08:40,779 --> 00:08:38,690

with her because she has written an

194

00:08:44,770 --> 00:08:40,789

excellent book dispelling the notion

195

00:08:47,080 --> 00:08:44,780

that fat is bad fat is good but we have

196

00:08:49,990 --> 00:08:47,090

been educated into ignorance over the

197

00:08:52,330 --> 00:08:50,000

last 50 years or so that fat is bad we

198

00:08:54,150 --> 00:08:52,340

should take a statin drug cholesterol is

199

00:08:56,880 --> 00:08:54,160

bad and that causes heart disease

200

00:09:01,150 --> 00:08:56,890

nothing could be further from the truth

201
00:09:03,310 --> 00:09:01,160
so industry will do whatever they can to

202
00:09:05,680 --> 00:09:03,320
buy the influence through the research

203
00:09:07,990 --> 00:09:05,690
to make their point known and there's

204
00:09:10,030 --> 00:09:08,000
really very few people out there that

205
00:09:13,390 --> 00:09:10,040
are supporting the private industry and

206
00:09:14,380 --> 00:09:13,400
the people to understand what we should

207
00:09:16,690 --> 00:09:14,390
be eating

208
00:09:18,090 --> 00:09:16,700
hopefully my book does help in that

209
00:09:21,610 --> 00:09:18,100
regard

210
00:09:23,500 --> 00:09:21,620
right yeah it definitely did for me and

211
00:09:25,900 --> 00:09:23,510
I do want to get into that what people

212
00:09:28,030 --> 00:09:25,910
should be eating but to go back to the

213
00:09:31,570 --> 00:09:28,040

history just a little bit I like that

214

00:09:34,510 --> 00:09:31,580

you have the example of the Native

215

00:09:38,110 --> 00:09:34,520

Americans in the book and it kind of is

216

00:09:39,730 --> 00:09:38,120

a good case study for dietary change and

217

00:09:41,500 --> 00:09:39,740

what the data tells us tell us a little

218

00:09:46,060 --> 00:09:41,510

bit about the Native Americans as an

219

00:09:48,430 --> 00:09:46,070

example of the dangers of sugar yes well

220

00:09:52,030 --> 00:09:48,440

I practice in Scottsdale Arizona and the

221

00:09:54,220 --> 00:09:52,040

reservation is a mere few blocks away in

222

00:09:56,920 --> 00:09:54,230

the Salt River Indian Reservation and

223

00:09:59,740 --> 00:09:56,930

they have the highest rate of amputation

224

00:10:03,490 --> 00:09:59,750

in the world 50% of their adults going

225

00:10:05,410 --> 00:10:03,500

to have amputation from diabetes which

226

00:10:08,500 --> 00:10:05,420

is interesting because when you look

227

00:10:10,650 --> 00:10:08,510

back in the 1800s 1830s when they were

228

00:10:12,880 --> 00:10:10,660

placed on reservations they were

229

00:10:15,700 --> 00:10:12,890

hunter-gatherers and they hunted in

230

00:10:18,880 --> 00:10:15,710

Buffalo they meet they did have some

231

00:10:21,340 --> 00:10:18,890

staples and the local tribes but

232

00:10:23,710 --> 00:10:21,350

basically they were mediators and they

233

00:10:26,500 --> 00:10:23,720

were very lean because they had to be

234

00:10:28,840 --> 00:10:26,510

because they lived off the land once we

235

00:10:33,310 --> 00:10:28,850

put them on a reservation we fed them

236

00:10:34,510 --> 00:10:33,320

wheat lard and sugar and now they are

237

00:10:37,330 --> 00:10:34,520

probably the large

238

00:10:39,220 --> 00:10:37,340

as people on the planet it's very common

239

00:10:42,420 --> 00:10:39,230

for them to be four hundred pounds and

240

00:10:45,220 --> 00:10:42,430

they are essentially all diabetic

241

00:10:48,430 --> 00:10:45,230

diabetes is not a genetic disease and

242

00:10:51,310 --> 00:10:48,440

that's what we were taught just a segue

243

00:10:53,590 --> 00:10:51,320

to the American Indian when I was first

244

00:10:57,490 --> 00:10:53,600

studying this problem I was asked by the

245

00:10:59,740 --> 00:10:57,500

Surgeon General of Taiwan to go into

246

00:11:03,000 --> 00:10:59,750

their country to figure out why they

247

00:11:06,370 --> 00:11:03,010

were getting diabetes and this was

248

00:11:08,710 --> 00:11:06,380

1981-82 area and when I got there

249

00:11:10,560 --> 00:11:08,720

essentially no one had diabetes there

250

00:11:13,870 --> 00:11:10,570

but they noticed a few people that did

251
00:11:17,380 --> 00:11:13,880
now they are just like we are but in the

252
00:11:19,000 --> 00:11:17,390
1980s they didn't but I spent several

253
00:11:24,220 --> 00:11:19,010
weeks there went all over the country

254
00:11:25,900 --> 00:11:24,230
and I did notice that their culture did

255
00:11:29,140 --> 00:11:25,910
not have sugar in it they didn't have

256
00:11:31,180 --> 00:11:29,150
desserts they didn't have anything that

257
00:11:35,500 --> 00:11:31,190
we would consider to be processed food

258
00:11:38,440 --> 00:11:35,510
but in 1979 the first fit first

259
00:11:40,900 --> 00:11:38,450
fast-food restaurant was opened and two

260
00:11:44,140 --> 00:11:40,910
years later they were wondering why they

261
00:11:48,880 --> 00:11:44,150
had diabetes so it's a diet related but

262
00:11:51,610 --> 00:11:48,890
not a genetic related and and at one of

263
00:11:53,050 --> 00:11:51,620

the meetings that they had for me and

264

00:11:56,020 --> 00:11:53,060

they had a big banquet and they had

265

00:11:58,240 --> 00:11:56,030

people come in and it's native dancers

266

00:12:00,730 --> 00:11:58,250

from an island off the coast of Taiwan

267

00:12:03,700 --> 00:12:00,740

which is called luan and they were

268

00:12:07,390 --> 00:12:03,710

endemic to the area and they dressed

269

00:12:10,690 --> 00:12:07,400

exactly like American Indians they had

270

00:12:12,940 --> 00:12:10,700

headdresses and moccasins and bow and

271

00:12:17,110 --> 00:12:12,950

arrows and they were endemic to that

272

00:12:19,300 --> 00:12:17,120

island and I was struck by their their

273

00:12:21,400 --> 00:12:19,310

looks and I thought they were

274

00:12:24,790 --> 00:12:21,410

genetically related to the American

275

00:12:28,300 --> 00:12:24,800

Indian and indeed subsequent testing has

276

00:12:30,600 --> 00:12:28,310

proven that they are so there's a group

277

00:12:34,410 --> 00:12:30,610

of people that did that did not have

278

00:12:36,750 --> 00:12:34,420

diabetes that were endemic to their

279

00:12:38,950 --> 00:12:36,760

their culture and their eating habits

280

00:12:41,920 --> 00:12:38,960

once you introduce the American

281

00:12:43,960 --> 00:12:41,930

processed food then they become diabetic

282

00:12:46,390 --> 00:12:43,970

and that's exactly what happened to the

283

00:12:48,160 --> 00:12:46,400

Salt River and the Pima Indians in

284

00:12:51,760 --> 00:12:48,170

Arizona so

285

00:12:54,370 --> 00:12:51,770

yes genetics do play a role but it's the

286

00:12:56,230 --> 00:12:54,380

food it's really very simple it's sugar

287

00:12:59,320 --> 00:12:56,240

and specifically high fructose corn

288

00:13:01,420 --> 00:12:59,330

syrup in my opinion mmm well so let's

289

00:13:03,100 --> 00:13:01,430

talk about fruit because I've been

290

00:13:04,900 --> 00:13:03,110

trying to offset my cravings for

291

00:13:07,660 --> 00:13:04,910

processed sugar and candy and desserts

292

00:13:09,700 --> 00:13:07,670

with fruit but according to the book I

293

00:13:11,140 --> 00:13:09,710

might not be doing enough there because

294

00:13:15,010 --> 00:13:11,150

fruits changed in the past couple

295

00:13:18,220 --> 00:13:15,020

decades - right absolutely 40 years ago

296

00:13:20,110 --> 00:13:18,230

a grapefruit most people either put salt

297

00:13:22,750 --> 00:13:20,120

or sugar on the grapefruit because it

298

00:13:24,400 --> 00:13:22,760

was too tart and the reason it was part

299

00:13:27,190 --> 00:13:24,410

because that's what normal fruits are

300

00:13:30,070 --> 00:13:27,200

fairly tart but over the last 50 years

301
00:13:32,200 --> 00:13:30,080
we've hybridized them meaning that we

302
00:13:33,820 --> 00:13:32,210
have grown them to be sweeter and

303
00:13:36,850 --> 00:13:33,830
sweeter and sweeter because that's what

304
00:13:39,520 --> 00:13:36,860
people want and now it's available every

305
00:13:42,940 --> 00:13:39,530
day at the local grocery store so we can

306
00:13:46,630 --> 00:13:42,950
eat fruit every day but culturally and

307
00:13:49,240 --> 00:13:46,640
and Pollan Tala ji points out that we

308
00:13:50,800 --> 00:13:49,250
don't eat fruit we only eat fruit when

309
00:13:53,980 --> 00:13:50,810
we want to gain weight and it does a

310
00:13:56,440 --> 00:13:53,990
good job because fruit fructose has a

311
00:13:58,870 --> 00:13:56,450
insulin response and we will put weight

312
00:14:03,340 --> 00:13:58,880
on and that's a job to put fat on your

313
00:14:04,540 --> 00:14:03,350

body wow that's kind of funny because I

314

00:14:06,970 --> 00:14:04,550

thought I was doing a healthy thing

315

00:14:09,130 --> 00:14:06,980

recently by blending up a shake in the

316

00:14:11,200 --> 00:14:09,140

morning and putting protein powder in it

317

00:14:13,030 --> 00:14:11,210

and you know it's mostly fruit with a

318

00:14:15,340 --> 00:14:13,040

little bit of vegetables but I've been

319

00:14:16,990 --> 00:14:15,350

noticing I'm gaining weight even more so

320

00:14:19,810 --> 00:14:17,000

than when I had a pretty fast food

321

00:14:21,490 --> 00:14:19,820

related diet and I wondered why but I

322

00:14:24,220 --> 00:14:21,500

mean I guess all the sugar and the

323

00:14:25,300 --> 00:14:24,230

protein powder is kind of might be

324

00:14:28,000 --> 00:14:25,310

responsible for that even though I

325

00:14:29,590 --> 00:14:28,010

thought I was doing a healthy thing well

326
00:14:31,780 --> 00:14:29,600
that's what most people think because

327
00:14:34,390 --> 00:14:31,790
that's what we were taught to do the

328
00:14:37,660 --> 00:14:34,400
food pyramid is that instrument that

329
00:14:40,420 --> 00:14:37,670
educates us what to eat and fruits and

330
00:14:42,070 --> 00:14:40,430
vegetables and the grains are on the

331
00:14:44,320 --> 00:14:42,080
bottom of that pyramid and they are

332
00:14:46,240 --> 00:14:44,330
loaded up with sugar the only way you

333
00:14:48,970 --> 00:14:46,250
can gain weight is to have an insulin

334
00:14:51,940 --> 00:14:48,980
response and only carbohydrates and

335
00:14:54,370 --> 00:14:51,950
sugar will produce that when you eat fat

336
00:14:57,310 --> 00:14:54,380
or meat although it has a little bit of

337
00:15:00,520 --> 00:14:57,320
insulin response is negligible so we're

338
00:15:01,990 --> 00:15:00,530

not going to store that energy as fat so

339

00:15:06,040 --> 00:15:02,000

to eat fat

340

00:15:09,400 --> 00:15:06,050

is to get thin mark hyman actually just

341

00:15:13,240 --> 00:15:09,410

came out with a book with that title eat

342

00:15:15,960 --> 00:15:13,250

fat get thin and seems to be the

343

00:15:18,940 --> 00:15:15,970

absolute opposite of what we were taught

344

00:15:22,060 --> 00:15:18,950

and as you notice in my book I said we

345

00:15:24,580 --> 00:15:22,070

were educated into ignorance by the food

346

00:15:28,150 --> 00:15:24,590

pyramid by the USDA which is really

347

00:15:30,790 --> 00:15:28,160

nothing more than farmers influencing

348

00:15:33,250 --> 00:15:30,800

the federal government to sell more of

349

00:15:34,930 --> 00:15:33,260

their food now you can't blame them

350

00:15:37,570 --> 00:15:34,940

but they're getting away with it and we

351

00:15:39,340 --> 00:15:37,580

have to have transparency when you talk

352

00:15:41,920 --> 00:15:39,350

about conspiracy theorists this is

353

00:15:44,820 --> 00:15:41,930

probably the biggest conspiracy theory

354

00:15:48,430 --> 00:15:44,830

in America today as I think it's why

355

00:15:51,040 --> 00:15:48,440

Bernie Sanders and Donald Trump are way

356

00:15:52,720 --> 00:15:51,050

up there in the polls because American

357

00:15:55,480 --> 00:15:52,730

knows they've been had and they're

358

00:15:58,620 --> 00:15:55,490

digging into it there's something rotten

359

00:16:02,110 --> 00:15:58,630

in Denmark and it starts with the food

360

00:16:05,320 --> 00:16:02,120

one of the points I have in my new book

361

00:16:07,240 --> 00:16:05,330

that I'm writing is a question I always

362

00:16:09,940 --> 00:16:07,250

had and I'll start with this question

363

00:16:12,550 --> 00:16:09,950

back in the 50s there was a gentleman by

364

00:16:15,490 --> 00:16:12,560

the name of Willie Sutton and he liked

365

00:16:18,550 --> 00:16:15,500

to rob banks for a living and he was in

366

00:16:20,920 --> 00:16:18,560

and out of prison and one day somebody

367

00:16:23,680 --> 00:16:20,930

asked him is it Willie why do you rob

368

00:16:27,790 --> 00:16:23,690

banks and the answer was because that's

369

00:16:29,500 --> 00:16:27,800

where the money is so so it's a real

370

00:16:31,600 --> 00:16:29,510

simple answer right so I asked the

371

00:16:34,180 --> 00:16:31,610

question to myself why do politicians go

372

00:16:36,700 --> 00:16:34,190

to Iowa and the answer is that's where

373

00:16:39,250 --> 00:16:36,710

the money is and you would think Iowa

374

00:16:41,140 --> 00:16:39,260

how could there be any money in Iowa but

375

00:16:43,720 --> 00:16:41,150

that's where the farm bill starts the

376

00:16:46,900 --> 00:16:43,730

farm bill is one trillion dollars not a

377

00:16:49,150 --> 00:16:46,910

billion a trillion dollars and the

378

00:16:51,370 --> 00:16:49,160

candidates go to Iowa and they're going

379

00:16:54,010 --> 00:16:51,380

to support the farm bill to get the

380

00:16:56,079 --> 00:16:54,020

money that they don't they they're not

381

00:16:58,300 --> 00:16:56,089

supportive and Bernie Sanders and Donald

382

00:17:00,880 --> 00:16:58,310

Trump are not supported by the farm bill

383

00:17:03,340 --> 00:17:00,890

but the rest of the candidates are so

384

00:17:05,319 --> 00:17:03,350

you just follow the money stream it goes

385

00:17:07,510 --> 00:17:05,329

down the farm bill that trillion dollars

386

00:17:09,490 --> 00:17:07,520

goes to the National Institute of Health

387

00:17:11,860 --> 00:17:09,500

that's where the grants are given to

388

00:17:14,260 --> 00:17:11,870

support or disprove that sugar is good

389

00:17:15,640 --> 00:17:14,270

or bad and then it goes to the school

390

00:17:19,740 --> 00:17:15,650

lunch program

391

00:17:22,660 --> 00:17:19,750

it goes to the food for peace it goes to

392

00:17:25,420 --> 00:17:22,670

many many different agencies including

393

00:17:28,450 --> 00:17:25,430

the SNAP program which is the food stamp

394

00:17:30,250 --> 00:17:28,460

program and it goes on and on and on so

395

00:17:33,370 --> 00:17:30,260

you can buy a lot of influence with the

396

00:17:36,130 --> 00:17:33,380

trillion dollars mmm Wow yeah I wanted

397

00:17:38,020 --> 00:17:36,140

to talk about more of those issues in

398

00:17:40,030 --> 00:17:38,030

depth but when you start hearing about

399

00:17:42,190 --> 00:17:40,040

the dangers of sugar and getting in the

400

00:17:43,870 --> 00:17:42,200

mindset that it's more of a toxin rather

401
00:17:45,970 --> 00:17:43,880
than something we should consider a food

402
00:17:47,980 --> 00:17:45,980
group I mean what the hell is the FDA

403
00:17:50,140 --> 00:17:47,990
doing the false sense of safety that

404
00:17:53,170 --> 00:17:50,150
they give I mean it's almost criminal at

405
00:17:55,210 --> 00:17:53,180
this point well I think you're

406
00:17:58,300 --> 00:17:55,220
absolutely right it is criminal because

407
00:18:02,410 --> 00:17:58,310
we have these agencies to protect us and

408
00:18:04,210 --> 00:18:02,420
they obviously have been bought now

409
00:18:06,220 --> 00:18:04,220
let's look at the cholesterol issue I

410
00:18:08,140 --> 00:18:06,230
mean we all know that cholesterol is bad

411
00:18:09,670 --> 00:18:08,150
through your heart correct how do we

412
00:18:12,540 --> 00:18:09,680
know that because we were taught that

413
00:18:15,940 --> 00:18:12,550

right and it's absolutely not true

414

00:18:18,040 --> 00:18:15,950

50 percent of the people are admitted to

415

00:18:21,070 --> 00:18:18,050

the hospital do have high cholesterol

416

00:18:23,200 --> 00:18:21,080

the other 50% have low cholesterol has

417

00:18:25,330 --> 00:18:23,210

nothing to do with heart attacks but 2/3

418

00:18:27,190 --> 00:18:25,340

of those patients having the metabolic

419

00:18:30,700 --> 00:18:27,200

syndrome and or diabetes

420

00:18:33,910 --> 00:18:30,710

it's sugar that's causing the massive

421

00:18:37,660 --> 00:18:33,920

coronary vascular disease in our country

422

00:18:40,960 --> 00:18:37,670

recently Scalia judge Scalia died of a

423

00:18:43,960 --> 00:18:40,970

massive heart attack are nary and he was

424

00:18:46,600 --> 00:18:43,970

a diabetic and I was just writing one of

425

00:18:52,390 --> 00:18:46,610

my new chapters for the new book which

426

00:18:55,510 --> 00:18:52,400

was dead is a bad symptom and what I

427

00:18:57,910 --> 00:18:55,520

mean by that is cardiac arrest is sudden

428

00:19:01,030 --> 00:18:57,920

and may not have any symptoms prior to

429

00:19:03,490 --> 00:19:01,040

it that or at least are related to the

430

00:19:06,190 --> 00:19:03,500

disease process but if you look at sugar

431

00:19:10,600 --> 00:19:06,200

as a poison you're being slowly poisoned

432

00:19:13,450 --> 00:19:10,610

to death and the reason is because it

433

00:19:16,030 --> 00:19:13,460

is ruining your B vitamins and thiamine

434

00:19:19,150 --> 00:19:16,040

in particular it's interesting that

435

00:19:22,090 --> 00:19:19,160

arsenic also a poison that you can die

436

00:19:24,520 --> 00:19:22,100

slowly from is sweet that's why it was

437

00:19:26,350 --> 00:19:24,530

it poison of choice in the early 1900s

438

00:19:29,710 --> 00:19:26,360

because it wasn't detectable and people

439

00:19:31,419 --> 00:19:29,720

would keep eating the sweet nice poison

440

00:19:33,970 --> 00:19:31,429

well that's what I think our diet is

441

00:19:37,590 --> 00:19:33,980

Sweden eyes poison in the form of high

442

00:19:41,889 --> 00:19:37,600

fructose corn syrup affecting the same

443

00:19:45,700 --> 00:19:41,899

biochemical pathways as arsenic so it's

444

00:19:48,730 --> 00:19:45,710

a huge problem my book talks about the

445

00:19:52,570 --> 00:19:48,740

effects of sugar on nerves and the

446

00:19:54,519 --> 00:19:52,580

biochemistry of nerve compression so

447

00:19:58,389 --> 00:19:54,529

when I first started to write the book

448

00:20:00,700 --> 00:19:58,399

that was the that was the the theme of

449

00:20:05,470 --> 00:20:00,710

the book but as I got into it I realized

450

00:20:08,590 --> 00:20:05,480

I had to dispel this fat evil companion

451
00:20:11,350 --> 00:20:08,600
to sugar that is good long as it's

452
00:20:13,659 --> 00:20:11,360
grass-fed and it's omega-3 versus

453
00:20:17,200 --> 00:20:13,669
omega-6 which is a whole other chapter

454
00:20:20,680 --> 00:20:17,210
in the book so it's all interrelated so

455
00:20:22,480 --> 00:20:20,690
one doctor is telling you one thing have

456
00:20:24,879 --> 00:20:22,490
your cholesterol checked and put you on

457
00:20:26,850 --> 00:20:24,889
a statin drug and then I come along and

458
00:20:29,860 --> 00:20:26,860
say well your peripheral neuropathy is

459
00:20:31,749 --> 00:20:29,870
caused by sugar and you shouldn't be on

460
00:20:33,820 --> 00:20:31,759
a statin drug because you shouldn't be

461
00:20:36,850 --> 00:20:33,830
eating sugar you should be eating more

462
00:20:39,190 --> 00:20:36,860
fat no what could be more confusing than

463
00:20:41,889 --> 00:20:39,200

that statement right and that

464

00:20:43,899 --> 00:20:41,899

cholesterol myth is so pervasive I know

465

00:20:45,999 --> 00:20:43,909

I mean I'm thirty years old my parents

466

00:20:47,409 --> 00:20:46,009

are both getting up there in age and

467

00:20:49,509 --> 00:20:47,419

they're worrying about their health more

468

00:20:53,080 --> 00:20:49,519

and I hear them repeating those

469

00:20:54,759 --> 00:20:53,090

cholesterol myth type things and you

470

00:20:56,549 --> 00:20:54,769

know you try to combat it as best you

471

00:21:00,039 --> 00:20:56,559

can but that generation in particular

472

00:21:03,310 --> 00:21:00,049

has really just gotten a raw deal in

473

00:21:06,039 --> 00:21:03,320

terms of true dietary nutritional

474

00:21:08,019 --> 00:21:06,049

information and the cholesterol thing

475

00:21:10,899 --> 00:21:08,029

gets pretty severe because I've heard

476

00:21:12,909 --> 00:21:10,909

you say that it actually reduces IQ

477

00:21:16,899 --> 00:21:12,919

which some people might be pretty

478

00:21:18,249 --> 00:21:16,909

surprised by well and I do a little

479

00:21:20,320 --> 00:21:18,259

political joke when they're giving

480

00:21:23,680 --> 00:21:20,330

lectures and it's true the higher your

481

00:21:27,190 --> 00:21:23,690

IQ the higher your cholesterol the lower

482

00:21:29,019 --> 00:21:27,200

your IQ the lower your cholesterol so it

483

00:21:32,860 --> 00:21:29,029

depends on what group I'm talking to but

484

00:21:36,759 --> 00:21:32,870

I say if this continues then everybody

485

00:21:39,369 --> 00:21:36,769

will be voting for Obama that's fine

486

00:21:43,460 --> 00:21:39,379

just that it gets about 50% laughs

487

00:21:45,680 --> 00:21:43,470

eventing hood but the point is question

488

00:21:48,260 --> 00:21:45,690

is necessary for brain function and

489

00:21:51,950 --> 00:21:48,270

depriving the brain and/or the heart

490

00:21:55,390 --> 00:21:51,960

cholesterol is causing damage it's a

491

00:21:59,210 --> 00:21:55,400

twenty nine billion dollar a year drug

492

00:22:02,600 --> 00:21:59,220

now they can influence who writes the

493

00:22:04,310 --> 00:22:02,610

papers now if I went to NIH and said I'm

494

00:22:06,919 --> 00:22:04,320

gonna write a paper on the evils of

495

00:22:09,710 --> 00:22:06,929

cholesterol and statin drugs they would

496

00:22:10,760 --> 00:22:09,720

not fund me or if they did fund me it

497

00:22:14,060 --> 00:22:10,770

wouldn't get printed

498

00:22:18,620 --> 00:22:14,070

these agencies are dominated by private

499

00:22:20,210 --> 00:22:18,630

industry here in some hmm and another

500

00:22:22,700 --> 00:22:20,220

interesting thing because the book is

501
00:22:25,789 --> 00:22:22,710
largely about nerve damage related to

502
00:22:27,860 --> 00:22:25,799
sugar and some of the deeper stuff is a

503
00:22:29,630 --> 00:22:27,870
bit over my head but one example that is

504
00:22:31,640 --> 00:22:29,640
really interesting is carpal tunnel

505
00:22:33,500 --> 00:22:31,650
syndrome talk to us about that and how

506
00:22:37,340 --> 00:22:33,510
it might might have more to do with

507
00:22:40,250 --> 00:22:37,350
sugar than keyboards necessarily well

508
00:22:42,560 --> 00:22:40,260
that's that one of the issues that got

509
00:22:44,390 --> 00:22:42,570
got me started in this correlation

510
00:22:45,409 --> 00:22:44,400
between carpal tunnel and peripheral

511
00:22:48,110 --> 00:22:45,419
neuropathy and the other

512
00:22:50,330 --> 00:22:48,120
neurodegenerative diseases I trained

513
00:22:52,100 --> 00:22:50,340

with Lee Delia's professor of

514

00:22:54,159 --> 00:22:52,110

Neurosurgery and plastic surgery at

515

00:22:57,500 --> 00:22:54,169

Johns Hopkins and he's the one that

516

00:23:00,770 --> 00:22:57,510

influenced me many years back on this

517

00:23:02,750 --> 00:23:00,780

subject carpal tunnel of the wrist a lot

518

00:23:05,000 --> 00:23:02,760

of your listeners probably Noah

519

00:23:07,700 --> 00:23:05,010

distances but as the median nerve at the

520

00:23:10,520 --> 00:23:07,710

wrist and it operates the index finger

521

00:23:12,470 --> 00:23:10,530

and the thumb and it starts with some

522

00:23:16,430 --> 00:23:12,480

numbness and tingling and eventually

523

00:23:18,409 --> 00:23:16,440

lost motive lose motor function and the

524

00:23:21,190 --> 00:23:18,419

surgery is very effective to cut the

525

00:23:24,980 --> 00:23:21,200

ligament to allow the nerve to be

526

00:23:28,070 --> 00:23:24,990

uncompressed or decompressed but when I

527

00:23:32,419 --> 00:23:28,080

was talking to Lee Delon from Hopkins

528

00:23:34,580 --> 00:23:32,429

about this and he was writing papers

529

00:23:37,390 --> 00:23:34,590

back in the 70s and 80s on this subject

530

00:23:40,490 --> 00:23:37,400

and the prevailing wisdom is the

531

00:23:42,289 --> 00:23:40,500

typewriter was being phased out and the

532

00:23:45,710 --> 00:23:42,299

computer keyboard was coming in and

533

00:23:48,080 --> 00:23:45,720

about the early 70s what they thought

534

00:23:50,630 --> 00:23:48,090

was that the prevalence of the keyboard

535

00:23:53,149 --> 00:23:50,640

was causing the nerve compression was

536

00:23:55,610 --> 00:23:53,159

strictly a mechanical issue but

537

00:23:57,139 --> 00:23:55,620

unbeknownst to them in 1974

538

00:23:59,509 --> 00:23:57,149

high-fructose corn syrup

539

00:24:01,849 --> 00:23:59,519

was introduced into the diet and that

540

00:24:04,879 --> 00:24:01,859

coke that was sitting next to the

541

00:24:07,639 --> 00:24:04,889

keyboard was probably had more influence

542

00:24:10,909 --> 00:24:07,649

on the nerve compression than the

543

00:24:13,789 --> 00:24:10,919

mechanics the mechanics of a typewriter

544

00:24:17,089 --> 00:24:13,799

or magnitudes higher than a computer

545

00:24:20,899 --> 00:24:17,099

keyboard but the magnitude of sugar

546

00:24:25,279 --> 00:24:20,909

going into the system is is what I think

547

00:24:28,430 --> 00:24:25,289

is the is the problem prior to 1960

548

00:24:32,539 --> 00:24:28,440

there were only 12 recorded cases in the

549

00:24:35,570 --> 00:24:32,549

literature on carpal tunnel today last

550

00:24:40,099 --> 00:24:35,580

year there were 500,000 carpal tunnel

551
00:24:46,519 --> 00:24:40,109
surgery done I think it's I think it's

552
00:24:48,529 --> 00:24:46,529
the diet I mean of course so then so

553
00:24:51,139 --> 00:24:48,539
then I was on a on a quest to try to

554
00:24:54,799 --> 00:24:51,149
figure this out so I discussed this with

555
00:24:56,329 --> 00:24:54,809
dr. del and 15 years ago and he says

556
00:24:57,919 --> 00:24:56,339
well why don't you figure it out I said

557
00:25:01,909 --> 00:24:57,929
well I'll start reading the literature

558
00:25:04,940 --> 00:25:01,919
that I never read and I found dr. John

559
00:25:07,879 --> 00:25:04,950
cook who is a vascular biologists at

560
00:25:09,849 --> 00:25:07,889
Stanford and also a cardiologist and he

561
00:25:12,769 --> 00:25:09,859
was working on a molecule called

562
00:25:15,139 --> 00:25:12,779
asymmetric dimethyl arginine big word

563
00:25:17,180 --> 00:25:15,149

but bottom line what it is is blocks the

564

00:25:20,149 --> 00:25:17,190

blood supply to the nerve I thought that

565

00:25:22,070 --> 00:25:20,159

interesting so I text him about 10 years

566

00:25:26,089 --> 00:25:22,080

ago and he called me on the phone the

567

00:25:27,950 --> 00:25:26,099

same day he got the email and he said I

568

00:25:30,799 --> 00:25:27,960

think you have something come up here

569

00:25:32,959 --> 00:25:30,809

we'll look at it so I tested lots of my

570

00:25:36,019 --> 00:25:32,969

patients with that molecule that he was

571

00:25:39,349 --> 00:25:36,029

studying and we found correlations not

572

00:25:43,849 --> 00:25:39,359

only between carpal tunnel diabetic

573

00:25:46,639 --> 00:25:43,859

neuropathy but MS ALS and lots of

574

00:25:50,239 --> 00:25:46,649

different neurodegenerative diseases so

575

00:25:52,909 --> 00:25:50,249

that brought me to the thought that all

576

00:25:56,450 --> 00:25:52,919

these diseases are the same the

577

00:25:59,089 --> 00:25:56,460

biochemistry is the same on any patient

578

00:26:02,329 --> 00:25:59,099

who is eating a lot of sugar and it

579

00:26:05,269 --> 00:26:02,339

causes nerve compression now usually

580

00:26:07,549 --> 00:26:05,279

first manifest in the foot then I went

581

00:26:11,049 --> 00:26:07,559

back through history of patients many

582

00:26:13,730 --> 00:26:11,059

many many patients and they all had

583

00:26:15,770 --> 00:26:13,740

subtle Simpsons migraine headaches

584

00:26:19,130 --> 00:26:15,780

gallbladder disease a perfect example

585

00:26:22,190 --> 00:26:19,140

and I was subjected to that one as my

586

00:26:25,280 --> 00:26:22,200

myself my mother had her gallbladder out

587

00:26:26,450 --> 00:26:25,290

I had my gallbladder out and I was

588

00:26:29,270 --> 00:26:26,460

thinking how could there be a connection

589

00:26:32,840 --> 00:26:29,280

between gallbladder and nerve damage

590

00:26:35,210 --> 00:26:32,850

we're taught not to eat fat that's what

591

00:26:38,480 --> 00:26:35,220

a gallbladder disease is it's really

592

00:26:41,660 --> 00:26:38,490

absolutely the opposite you have to stop

593

00:26:43,400 --> 00:26:41,670

eating sugar you need fat so the nerve I

594

00:26:46,159 --> 00:26:43,410

looked at all these different nerves in

595

00:26:49,789 --> 00:26:46,169

the body from ALS to Alzheimer which

596

00:26:53,539 --> 00:26:49,799

absolutely is sugar and my speculation

597

00:26:55,220 --> 00:26:53,549

is that autism is as well they're all

598

00:26:58,760 --> 00:26:55,230

different nerves they all have an end

599

00:27:01,010 --> 00:26:58,770

organ that appears to be different the

600

00:27:04,720 --> 00:27:01,020

toe is a mechanical receptor the eye is

601
00:27:08,000 --> 00:27:04,730
a photoreceptor and the one that really

602
00:27:10,190 --> 00:27:08,010
interests me was autism because the

603
00:27:14,500 --> 00:27:10,200
prevalence of autism in nineteen or

604
00:27:17,270 --> 00:27:14,510
excuse me 2000 was about 16 bursts per

605
00:27:20,450 --> 00:27:17,280
10,000 last year was one in 50

606
00:27:24,230 --> 00:27:20,460
now that's an epidemic that's that's

607
00:27:25,690 --> 00:27:24,240
unbelievable and now Alzheimer's which i

608
00:27:29,960 --> 00:27:25,700
think is just a different nerve

609
00:27:31,270 --> 00:27:29,970
Alzheimer's is is the olfactory nerve

610
00:27:34,520 --> 00:27:31,280
the sense of smell

611
00:27:37,340 --> 00:27:34,530
most people think Alzheimer's is B is

612
00:27:39,260 --> 00:27:37,350
loss of memory which it is but the early

613
00:27:42,590 --> 00:27:39,270

symptom is loss of smell because the

614

00:27:44,570 --> 00:27:42,600

olfactory nerve is that nerve debt for

615

00:27:47,000 --> 00:27:44,580

our nose so you're gradually getting

616

00:27:50,090 --> 00:27:47,010

nerve compression at least this is my

617

00:27:55,130 --> 00:27:50,100

theory and then gradually you lose your

618

00:27:56,960 --> 00:27:55,140

memory and it's all due to sugar there's

619

00:28:00,830 --> 00:27:56,970

a great book David Perlmutter who's a

620

00:28:03,289 --> 00:28:00,840

neurologist that wrote grain brain and

621

00:28:06,230 --> 00:28:03,299

now he is no one brain maker and he

622

00:28:08,210 --> 00:28:06,240

comes to that conclusion as well but my

623

00:28:10,700 --> 00:28:08,220

book is different in the sense that I'm

624

00:28:13,130 --> 00:28:10,710

linking all the nerves to the same

625

00:28:15,409 --> 00:28:13,140

process it's just the end the organism

626

00:28:17,330 --> 00:28:15,419

is different so the symptoms are

627

00:28:21,409 --> 00:28:17,340

different I think that's what happens

628

00:28:25,130 --> 00:28:21,419

with autism so and that's another big

629

00:28:26,960 --> 00:28:25,140

subject but I think

630

00:28:29,780 --> 00:28:26,970

it needs to be fully explored because

631

00:28:33,910 --> 00:28:29,790

one in fifty verse is an alarming number

632

00:28:37,070 --> 00:28:33,920

it is and and and it's not their fault

633

00:28:38,780 --> 00:28:37,080

Alzheimer's yes maybe you're eating a

634

00:28:42,220 --> 00:28:38,790

lot of sugar you know you know you're

635

00:28:45,020 --> 00:28:42,230

doing it and that's the end end damage

636

00:28:48,020 --> 00:28:45,030

self-inflicted to some degree but a lot

637

00:28:51,710 --> 00:28:48,030

of it is inflicted not knowing but for a

638

00:28:56,990 --> 00:28:51,720

kid born into autistic spectrum disorder

639

00:28:57,770 --> 00:28:57,000

that's a lifelong disability that is not

640

00:28:59,750 --> 00:28:57,780

their fault

641

00:29:03,650 --> 00:28:59,760

and allow this food to be in our diets

642

00:29:06,500 --> 00:29:03,660

it is criminal as you say right and the

643

00:29:08,390 --> 00:29:06,510

autism link is a pretty big bombshell

644

00:29:10,430 --> 00:29:08,400

because being a conspiracy show autism

645

00:29:13,190 --> 00:29:10,440

everybody knows it's on the rise

646

00:29:15,080 --> 00:29:13,200

the typical scapegoat is vaccines

647

00:29:17,330 --> 00:29:15,090

because people try to think of you know

648

00:29:19,670 --> 00:29:17,340

what happens around those years where

649

00:29:21,260 --> 00:29:19,680

people get autism and that's kind of the

650

00:29:23,450 --> 00:29:21,270

thing people go to but when you learn

651
00:29:27,200 --> 00:29:23,460
about sugar and you think of it as a

652
00:29:29,720 --> 00:29:27,210
poison it gets really dark and sad to

653
00:29:33,650 --> 00:29:29,730
think that parents have a healthy child

654
00:29:36,200 --> 00:29:33,660
and are slowly poisoning their own kids

655
00:29:37,820 --> 00:29:36,210
and destroying their cognitive function

656
00:29:41,390 --> 00:29:37,830
I mean there's really no other way to

657
00:29:43,820 --> 00:29:41,400
put it if that is the link well well I

658
00:29:46,460 --> 00:29:43,830
think what what I've learned on the

659
00:29:48,260 --> 00:29:46,470
autism spectrum disorder it's really a

660
00:29:50,420 --> 00:29:48,270
preconception problem

661
00:29:53,390 --> 00:29:50,430
the parents are eating a lot of sugar

662
00:29:56,660 --> 00:29:53,400
most most pregnancies in the United

663
00:30:00,170 --> 00:29:56,670

States are not they don't happen under a

664

00:30:03,590 --> 00:30:00,180

strict diet they happen with most likely

665

00:30:07,450 --> 00:30:03,600

a six-pack of beer and a pizza that's

666

00:30:10,640 --> 00:30:07,460

the planning I ever friend who's a

667

00:30:14,240 --> 00:30:10,650

fertility specialist OB Jin especially

668

00:30:17,000 --> 00:30:14,250

he has his patients who want to conceive

669

00:30:20,540 --> 00:30:17,010

who can't go on a very strict diet and

670

00:30:23,450 --> 00:30:20,550

very clean diet he has over 900 births

671

00:30:28,520 --> 00:30:23,460

and not one of them has autistic

672

00:30:32,720 --> 00:30:28,530

spectrum disorder Wow and yes so I think

673

00:30:34,940 --> 00:30:32,730

it is a preconception problem it's a

674

00:30:38,269 --> 00:30:34,950

genetic problem from both the male and

675

00:30:42,019 --> 00:30:38,279

the female there's a new

676

00:30:44,690 --> 00:30:42,029

kuroh neurologic Center in Arizona

677

00:30:48,709 --> 00:30:44,700

called burrows and there's an urge in it

678

00:30:53,440 --> 00:30:48,719

Genisys there who feels the same as I do

679

00:30:54,739 --> 00:30:53,450

and it causes a epigenetic problem and

680

00:31:00,409 --> 00:30:54,749

it

681

00:31:04,820 --> 00:31:00,419

I believe changes the genes that causes

682

00:31:08,599 --> 00:31:04,830

a protein not to be put down at a

683

00:31:11,680 --> 00:31:08,609

specific day after conception and that

684

00:31:14,839 --> 00:31:11,690

protein is at the base of the brain and

685

00:31:18,079 --> 00:31:14,849

it causes a compression of the

686

00:31:20,659 --> 00:31:18,089

hypoglossal nerve and that's the nerve

687

00:31:23,649 --> 00:31:20,669

that innervates the tongue for speech

688

00:31:27,379 --> 00:31:23,659

and that is the first symptom of

689

00:31:29,359 --> 00:31:27,389

autistic spectrum disorder so I think

690

00:31:30,709 --> 00:31:29,369

it's a nerve compression secondary to

691

00:31:32,899 --> 00:31:30,719

high-fructose corn syrup

692

00:31:34,820 --> 00:31:32,909

now back to the vaccine because it's

693

00:31:38,089 --> 00:31:34,830

thought that mercury might be implicated

694

00:31:41,690 --> 00:31:38,099

in that surprisingly high fructose corn

695

00:31:46,879 --> 00:31:41,700

syrup is made with mercury as a catalyst

696

00:31:50,269 --> 00:31:46,889

for sodium hydroxide that's how the corn

697

00:31:52,279 --> 00:31:50,279

is separated from the sugars so mercury

698

00:31:56,389 --> 00:31:52,289

is a big part of the high fructose corn

699

00:31:59,749 --> 00:31:56,399

syrup mechanism now in the United States

700

00:32:03,109 --> 00:31:59,759

they're starting to to phase that

701
00:32:05,659 --> 00:32:03,119
mercury process out but it was used in

702
00:32:08,029 --> 00:32:05,669
the food and some studies that shown it

703
00:32:10,039 --> 00:32:08,039
a third of that eighty percent of high

704
00:32:12,589 --> 00:32:10,049
fructose corn syrup this in all foods

705
00:32:16,060 --> 00:32:12,599
has mercury in it mercury is a

706
00:32:19,700 --> 00:32:16,070
neurotoxin so it could be the other link

707
00:32:22,129 --> 00:32:19,710
Wow man yeah maybe we had the chemical

708
00:32:26,479 --> 00:32:22,139
right but just the delivery method was

709
00:32:28,820 --> 00:32:26,489
off so you mentioned dr. Delon and you

710
00:32:30,499 --> 00:32:28,830
do write about this leading nerve

711
00:32:32,060 --> 00:32:30,509
surgeon in the book and you mentioned a

712
00:32:34,849 --> 00:32:32,070
conversation you had with them where he

713
00:32:37,549 --> 00:32:34,859

asks why do you podiatrists cut out the

714

00:32:40,039 --> 00:32:37,559

nerves of people's feet and you reply

715

00:32:41,389 --> 00:32:40,049

that it's just kind of what we do and it

716

00:32:43,099 --> 00:32:41,399

highlights something that I think is

717

00:32:44,629 --> 00:32:43,109

really important and it's applicable to

718

00:32:45,919 --> 00:32:44,639

so many different areas but the public

719

00:32:48,049 --> 00:32:45,929

assumes that because someone has a

720

00:32:49,849 --> 00:32:48,059

certain degree or a credential that

721

00:32:51,980 --> 00:32:49,859

they're an expert and an authority but

722

00:32:53,930 --> 00:32:51,990

if their training or information is in

723

00:32:55,610 --> 00:32:53,940

corrector tainted by any of the millions

724

00:32:58,220 --> 00:32:55,620

of factors out there big business in

725

00:33:00,110 --> 00:32:58,230

particular their expertise kind of

726

00:33:01,520 --> 00:33:00,120

becomes a lot less valuable and this is

727

00:33:05,210 --> 00:33:01,530

something that we see as a huge problem

728

00:33:07,640 --> 00:33:05,220

in the medical world isn't it totally

729

00:33:10,669 --> 00:33:07,650

and dr. Dylan who is a plastic surgeon

730

00:33:13,790 --> 00:33:10,679

by training asked me that question

731

00:33:16,460 --> 00:33:13,800

because he's I mean he's the world's

732

00:33:18,650 --> 00:33:16,470

leading peripheral nerve surgeon and I

733

00:33:22,250 --> 00:33:18,660

did not know that fact because we were

734

00:33:24,830 --> 00:33:22,260

taught that as a fact so I never read

735

00:33:27,590 --> 00:33:24,840

the original paper by Thomas Morton

736

00:33:29,450 --> 00:33:27,600

which was in the 1800s here at the

737

00:33:33,049 --> 00:33:29,460

original paper because he didn't know

738

00:33:36,950 --> 00:33:33,059

the subject quote-unquote as well as I

739

00:33:39,500 --> 00:33:36,960

did so he did original primary research

740

00:33:42,110 --> 00:33:39,510

which there's a difference being told

741

00:33:44,240 --> 00:33:42,120

something and learning it from a

742

00:33:45,770 --> 00:33:44,250

different point of view and that was an

743

00:33:47,510 --> 00:33:45,780

epiphany for me because I was

744

00:33:52,360 --> 00:33:47,520

embarrassed I never read the original

745

00:33:54,440 --> 00:33:52,370

paper and to compound that Thomas Morton

746

00:33:57,140 --> 00:33:54,450

practiced it in Philadelphia at the

747

00:33:59,210 --> 00:33:57,150

Pennsylvania Hospital the exact hospital

748

00:34:01,970 --> 00:33:59,220

that I trained it and I didn't know that

749

00:34:06,049 --> 00:34:01,980

fact he was there in the 1800s I was a

750

00:34:08,659 --> 00:34:06,059

few years later but I never met him but

751
00:34:11,599 --> 00:34:08,669
he's the first one to do that procedure

752
00:34:13,730 --> 00:34:11,609
and he essentially just cut out he

753
00:34:15,710 --> 00:34:13,740
actually cut out the bone the nerve just

754
00:34:19,280 --> 00:34:15,720
about anything in the area that hurt and

755
00:34:21,710 --> 00:34:19,290
that does work you know I'm happy wasn't

756
00:34:24,200 --> 00:34:21,720
treating headaches it was a done the

757
00:34:27,409 --> 00:34:24,210
same thing so that's not medicine

758
00:34:31,190 --> 00:34:27,419
involved by trial and error so the

759
00:34:32,599 --> 00:34:31,200
science behind it is passed on from one

760
00:34:35,750 --> 00:34:32,609
generation to the next

761
00:34:37,639 --> 00:34:35,760
we need a whole fresh new approach but

762
00:34:40,129 --> 00:34:37,649
now the government's involved they do

763
00:34:44,450 --> 00:34:40,139

the training they tell us what are facts

764

00:34:47,750 --> 00:34:44,460

and that science is very very suspect so

765

00:34:49,909 --> 00:34:47,760

you have to read the bibliography you

766

00:34:52,760 --> 00:34:49,919

got to know who funded the study and

767

00:34:54,950 --> 00:34:52,770

what the conclusions were now Francis

768

00:34:56,869 --> 00:34:54,960

this morning story that I just started

769

00:34:59,840 --> 00:34:56,879

talked about in the beginning your list

770

00:35:01,220 --> 00:34:59,850

she's the I'm an excellent scientist

771

00:35:03,440 --> 00:35:01,230

there's no question about it but she

772

00:35:05,300 --> 00:35:03,450

worked for Kellogg and then the beverage

773

00:35:07,730 --> 00:35:05,310

industry and now for the potato

774

00:35:10,340 --> 00:35:07,740

search and education the Alliance if you

775

00:35:12,860 --> 00:35:10,350

can imagine that and she had looked up

776

00:35:17,990 --> 00:35:12,870

some of her papers one of the papers was

777

00:35:21,020 --> 00:35:18,000

she compared the DMI the beta metabolic

778

00:35:24,170 --> 00:35:21,030

index on kids and their consumption of

779

00:35:25,700 --> 00:35:24,180

sugary drinks and it was a really

780

00:35:29,870 --> 00:35:25,710

well-done paper and well you know what

781

00:35:32,840 --> 00:35:29,880

her conclusion was no Carly's amazing

782

00:35:34,550 --> 00:35:32,850

huh note so kids can eat all drink all

783

00:35:37,640 --> 00:35:34,560

the sugary drinks they want and they

784

00:35:41,360 --> 00:35:37,650

would not get fat that is absolutely

785

00:35:43,870 --> 00:35:41,370

ridiculous but that a fact that will be

786

00:35:48,110 --> 00:35:43,880

taught and is taught and will go to

787

00:35:51,260 --> 00:35:48,120

Congress as one of the basics for why we

788

00:35:55,040 --> 00:35:51,270

have the food pyramid there's this Bible

789

00:35:58,430 --> 00:35:55,050

that they use is called the nutrition

790

00:36:00,800 --> 00:35:58,440

evidence library I find that rather

791

00:36:04,640 --> 00:36:00,810

interesting title so think of it

792

00:36:07,610 --> 00:36:04,650

nutrition evidence library only those

793

00:36:10,550 --> 00:36:07,620

evidence that support your hypothesis go

794

00:36:13,100 --> 00:36:10,560

in that anything to the contrary doesn't

795

00:36:15,080 --> 00:36:13,110

so it's kind of like the Bible you know

796

00:36:17,410 --> 00:36:15,090

King James Version or whatever whatever

797

00:36:20,180 --> 00:36:17,420

your religion is you don't want any

798

00:36:22,760 --> 00:36:20,190

information that's going to contradict

799

00:36:25,100 --> 00:36:22,770

your your premise so it never gets into

800

00:36:29,030 --> 00:36:25,110

the Bible and of course you believe the

801
00:36:32,870 --> 00:36:29,040
Bible that's your faith and you and

802
00:36:37,730 --> 00:36:32,880
that's what Congress uses so their faith

803
00:36:41,990 --> 00:36:37,740
and a liar reliance is that that is bad

804
00:36:43,910 --> 00:36:42,000
and cholesterol is the enemy it needs to

805
00:36:45,830 --> 00:36:43,920
be stamped out and the pharmaceutical

806
00:36:48,500 --> 00:36:45,840
companies took in twenty nine billion

807
00:36:53,270 --> 00:36:48,510
dollars last year doing a great job of

808
00:36:57,680 --> 00:36:53,280
getting America on statin drugs so they

809
00:36:59,780 --> 00:36:57,690
did it and but I think Bernie and Donald

810
00:37:01,600 --> 00:36:59,790
think there's something rotten out there

811
00:37:04,460 --> 00:37:01,610
and then and they're absolutely right

812
00:37:06,500 --> 00:37:04,470
now if we can get into the solution for

813
00:37:08,210 --> 00:37:06,510

the problem I think the solution to the

814

00:37:11,030 --> 00:37:08,220

problem is really just transparency

815

00:37:14,390 --> 00:37:11,040

labeling industry should not dictate

816

00:37:16,670 --> 00:37:14,400

what is on the label they were proud of

817

00:37:19,070 --> 00:37:16,680

genetically modified foods which is

818

00:37:22,520 --> 00:37:19,080

another part of this and

819

00:37:24,680 --> 00:37:22,530

equation then why would you not want to

820

00:37:25,160 --> 00:37:24,690

put it on the label I would be proud of

821

00:37:28,010 --> 00:37:25,170

it

822

00:37:30,320 --> 00:37:28,020

this food contains genetically modified

823

00:37:31,910 --> 00:37:30,330

organisms and we're going to charge you

824

00:37:35,480 --> 00:37:31,920

more for it because of the greatest

825

00:37:37,580 --> 00:37:35,490

thing ever for your health so why don't

826

00:37:38,770 --> 00:37:37,590

they say that they don't want you to

827

00:37:43,610 --> 00:37:38,780

know it because they know it's

828

00:37:46,550 --> 00:37:43,620

absolutely not true man's food labels of

829

00:37:48,410 --> 00:37:46,560

course they're super confusing and hard

830

00:37:50,540 --> 00:37:48,420

to read today because we don't have that

831

00:37:52,220 --> 00:37:50,550

transparency do you have any tips or

832

00:37:54,830 --> 00:37:52,230

advice for better understanding the

833

00:37:57,380 --> 00:37:54,840

current food labels I do because

834

00:37:59,120 --> 00:37:57,390

patients ask me all the time what should

835

00:38:02,240 --> 00:37:59,130

I eat and I say it's very simple if it

836

00:38:04,430 --> 00:38:02,250

tastes good don't eat it and I'm being

837

00:38:06,740 --> 00:38:04,440

facetious what I mean is unless you read

838

00:38:08,150 --> 00:38:06,750

the label if it tastes good it probably

839

00:38:10,250 --> 00:38:08,160

has sugar in it

840

00:38:12,680 --> 00:38:10,260

so let's what's the easiest way to read

841

00:38:14,290 --> 00:38:12,690

a label not the added sugar or anything

842

00:38:17,870 --> 00:38:14,300

else just look at the total

843

00:38:20,810 --> 00:38:17,880

carbohydrates divided by four and that's

844

00:38:23,210 --> 00:38:20,820

how many teaspoons of sugar will be in

845

00:38:25,160 --> 00:38:23,220

that food like a bagel has about 48

846

00:38:28,490 --> 00:38:25,170

grams of carbohydrates that's 12

847

00:38:31,340 --> 00:38:28,500

teaspoons of sugar equivalent that's a

848

00:38:34,340 --> 00:38:31,350

lot of sugar when maybe you're max for

849

00:38:37,400 --> 00:38:34,350

the whole day should be six teaspoons so

850

00:38:39,440 --> 00:38:37,410

you have 12 right there well a bagel

851

00:38:42,050 --> 00:38:39,450

can't that can't do it do that much

852

00:38:44,270 --> 00:38:42,060

damage but it'll take you about 2 hours

853

00:38:47,300 --> 00:38:44,280

jumping on the trampoline to burn up

854

00:38:51,200 --> 00:38:47,310

that energy one bagel with nothing on it

855

00:38:53,570 --> 00:38:51,210

is that worth it I don't think so no and

856

00:38:55,940 --> 00:38:53,580

they do they do taste great though right

857

00:38:58,040 --> 00:38:55,950

I will give it that that's the problem

858

00:38:59,870 --> 00:38:58,050

is I could probably go without sugar but

859

00:39:02,480 --> 00:38:59,880

then if we include carbohydrates and

860

00:39:03,860 --> 00:39:02,490

pasta and cereal then it gets really

861

00:39:06,230 --> 00:39:03,870

limiting and maybe you can break this

862

00:39:08,030 --> 00:39:06,240

down a bit further and tell us what you

863

00:39:09,530 --> 00:39:08,040

would eat and say a three-day period

864

00:39:11,570 --> 00:39:09,540

because a lot of people need some

865

00:39:12,650 --> 00:39:11,580

variety and the same thing every day

866

00:39:14,810 --> 00:39:12,660

gets a bit boring

867

00:39:17,600 --> 00:39:14,820

what is it good like three day diet look

868

00:39:20,120 --> 00:39:17,610

like to you well to me you have to break

869

00:39:22,340 --> 00:39:20,130

that sugar habit in any form so how do

870

00:39:24,650 --> 00:39:22,350

you do that you got to put fat back in

871

00:39:28,100 --> 00:39:24,660

your diet once you put fat back and you

872

00:39:30,980 --> 00:39:28,110

won't be hungry I did because I was a

873

00:39:32,660 --> 00:39:30,990

sugar high like not knowing it yet if

874

00:39:34,970 --> 00:39:32,670

you looked at me you say that

875

00:39:37,430 --> 00:39:34,980

I wasn't but I I thought well I'll just

876

00:39:40,940 --> 00:39:37,440

not eat any bread posture or anything

877

00:39:42,620 --> 00:39:40,950

else for a two-week period extremely

878

00:39:43,280 --> 00:39:42,630

difficult to do because you go into a

879

00:39:47,000 --> 00:39:43,290

depression

880

00:39:50,349 --> 00:39:47,010

your constant hungry so what I did since

881

00:39:53,539 --> 00:39:50,359

I like coffee I put butter in my coffee

882

00:39:55,789 --> 00:39:53,549

that's the easiest thing to do if you

883

00:39:59,420 --> 00:39:55,799

like coffee and if you like butter it

884

00:40:03,170 --> 00:39:59,430

has to be grass-fed butter and just a

885

00:40:06,700 --> 00:40:03,180

teaspoon or so and instantly you're not

886

00:40:08,780 --> 00:40:06,710

hungry you'll have tremendous energy and

887

00:40:10,240 --> 00:40:08,790

if you're overweight you're going to

888

00:40:15,380 --> 00:40:10,250

lose a pound a day

889

00:40:17,240 --> 00:40:15,390

so my diet will it really kind of is two

890

00:40:20,059 --> 00:40:17,250

cups of coffee in the morning with

891

00:40:22,640 --> 00:40:20,069

butter maybe I'll have lunch if I do

892

00:40:27,140 --> 00:40:22,650

it's going to be a salad and really not

893

00:40:29,030 --> 00:40:27,150

much and dinner will be a steak or pork

894

00:40:31,400 --> 00:40:29,040

chop or something like that maybe some

895

00:40:34,940 --> 00:40:31,410

green vegetables but that's pretty much

896

00:40:37,549 --> 00:40:34,950

it but I'm not hungry and you'll lose

897

00:40:39,680 --> 00:40:37,559

weight so once you lose weight then you

898

00:40:42,230 --> 00:40:39,690

require less food and your energy at

899

00:40:46,160 --> 00:40:42,240

levels will go up so you're going to

900

00:40:49,220 --> 00:40:46,170

stay pretty thin the biggest problem

901
00:40:51,349 --> 00:40:49,230
with eating a fat based diet you will

902
00:40:53,329 --> 00:40:51,359
start to lose too much weight and then

903
00:40:55,579 --> 00:40:53,339
you have to start to think what can I

904
00:41:00,559 --> 00:40:55,589
eat to gain some weight and the answer

905
00:41:03,470 --> 00:41:00,569
is eat some fruit eat a potato that'll

906
00:41:05,420 --> 00:41:03,480
do it but then you start to get hungry

907
00:41:07,640 --> 00:41:05,430
again so you need good fats in your diet

908
00:41:11,839 --> 00:41:07,650
like coconut oil so perfect one that's a

909
00:41:14,089 --> 00:41:11,849
perfect fat olive oil is good avocados

910
00:41:17,750 --> 00:41:14,099
are good but I love butter

911
00:41:19,760 --> 00:41:17,760
so I I'd like to put butter in my coffee

912
00:41:22,220 --> 00:41:19,770
and that to me that's the easiest thing

913
00:41:23,960 --> 00:41:22,230

to do yeah I've been using a whole lot

914

00:41:27,349 --> 00:41:23,970

of butter grass-fed of course when I

915

00:41:28,940 --> 00:41:27,359

make a steak also grass-fed but it's

916

00:41:30,950 --> 00:41:28,950

just getting a variety because I've had

917

00:41:32,390 --> 00:41:30,960

so many steaks and like huh I gotta get

918

00:41:34,039 --> 00:41:32,400

something else in here but you know I'm

919

00:41:35,569 --> 00:41:34,049

not even really a coffee drinker because

920

00:41:37,640 --> 00:41:35,579

I just don't crave it and it isn't

921

00:41:39,710 --> 00:41:37,650

typically considered necessarily good

922

00:41:41,210 --> 00:41:39,720

for you but the grass-fed butter in the

923

00:41:42,799 --> 00:41:41,220

diet trend is getting more and more

924

00:41:44,539 --> 00:41:42,809

popular I mean funny enough I think the

925

00:41:46,490 --> 00:41:44,549

last health-related show I did was with

926
00:41:47,990 --> 00:41:46,500
Dave Asprey about a year ago

927
00:41:49,760 --> 00:41:48,000
or so talking about the whole

928
00:41:51,620 --> 00:41:49,770
bulletproof coffee thing but if you're

929
00:41:53,930 --> 00:41:51,630
not really a coffee drinker is it better

930
00:41:56,120 --> 00:41:53,940
to just keep it out of your diet or is

931
00:41:58,780 --> 00:41:56,130
are these benefits such a net positive

932
00:42:01,310 --> 00:41:58,790
that it should be considered regardless

933
00:42:05,470 --> 00:42:01,320
I'm thinking it's a net positive

934
00:42:09,050 --> 00:42:05,480
now the Tibetans use a tea mixture with

935
00:42:11,090 --> 00:42:09,060
yak butter if you have a yak around that

936
00:42:14,510 --> 00:42:11,100
would be I don't know what that tastes

937
00:42:18,380 --> 00:42:14,520
like but basically the theory is you

938
00:42:20,630 --> 00:42:18,390

need you need fats the body operates on

939

00:42:23,000 --> 00:42:20,640

fat never it doesn't operate on sugar

940

00:42:27,190 --> 00:42:23,010

and we've been taught that it does it

941

00:42:30,530 --> 00:42:27,200

actually does not carbohydrate is not a

942

00:42:33,440 --> 00:42:30,540

essential nutrient those repeat that

943

00:42:35,870 --> 00:42:33,450

it's not in this if you never had

944

00:42:37,100 --> 00:42:35,880

another carbon your life you would you

945

00:42:39,920 --> 00:42:37,110

would be healthier and healthier they

946

00:42:42,920 --> 00:42:39,930

that's the ketogenic diet right and the

947

00:42:45,970 --> 00:42:42,930

key doujin right so that's what it so

948

00:42:49,430 --> 00:42:45,980

that's the cancers linked looking back

949

00:42:53,840 --> 00:42:49,440

otto warburg got the Nobel Prize in 1933

950

00:42:56,780 --> 00:42:53,850

for his work on what do cancer cells eat

951
00:42:58,580 --> 00:42:56,790
and they eat fructose they eat sugar and

952
00:43:00,920 --> 00:42:58,590
when you deprived them a sugar they

953
00:43:04,190 --> 00:43:00,930
produce ketones and ketones will kill

954
00:43:08,260 --> 00:43:04,200
cancer cells that's so it's no why don't

955
00:43:11,390 --> 00:43:08,270
we know that 1933 so we give them

956
00:43:13,460 --> 00:43:11,400
chemotherapy give them inshore to keep

957
00:43:17,060 --> 00:43:13,470
their weight up which is really nothing

958
00:43:19,970 --> 00:43:17,070
but sugar in the hospital and then we do

959
00:43:21,530 --> 00:43:19,980
PET scans to see if this cancer has come

960
00:43:23,780 --> 00:43:21,540
back because the PET scan is really

961
00:43:25,190 --> 00:43:23,790
measuring the amount of sugars being

962
00:43:29,270 --> 00:43:25,200
used in the cell at the mitochondrial

963
00:43:32,330 --> 00:43:29,280

level so that's kind of silly so I tell

964

00:43:34,730 --> 00:43:32,340

my patients is like you have roaches in

965

00:43:37,460 --> 00:43:34,740

the kitchen you spray the roaches with

966

00:43:39,050 --> 00:43:37,470

raid but never clean up the sugar and go

967

00:43:42,290 --> 00:43:39,060

back six months later do you think the

968

00:43:43,330 --> 00:43:42,300

roaches will be back absolutely that's

969

00:43:47,660 --> 00:43:43,340

cancer

970

00:43:50,840 --> 00:43:47,670

yeah I thought I was wrong G yeah I mean

971

00:43:53,440 --> 00:43:50,850

that's not my field but my field is

972

00:43:56,360 --> 00:43:53,450

nerves and peripheral neuropathy but

973

00:43:58,910 --> 00:43:56,370

when I did the research for this book I

974

00:43:59,960 --> 00:43:58,920

came up with all these things that are

975

00:44:03,410 --> 00:43:59,970

ingrained

976

00:44:06,020 --> 00:44:03,420

in my mind has to be true which are

977

00:44:08,359 --> 00:44:06,030

absolutely just anecdotal evidence

978

00:44:13,700 --> 00:44:08,369

that's been passed down over the years

979

00:44:16,430 --> 00:44:13,710

and it's a shame can you imagine going

980

00:44:19,790 --> 00:44:16,440

forward here's a typical woman in her

981

00:44:22,310 --> 00:44:19,800

40s or 50s she has breast cancer caused

982

00:44:25,370 --> 00:44:22,320

by sugar and she's got a kid with

983

00:44:28,359 --> 00:44:25,380

autistic spectrum disorder and one of

984

00:44:32,560 --> 00:44:28,369

her parents has Alzheimer's

985

00:44:36,170 --> 00:44:32,570

how's that for a scenario that's America

986

00:44:38,150 --> 00:44:36,180

it is it is the big things that people

987

00:44:40,010 --> 00:44:38,160

are getting and when you put it like

988

00:44:41,990 --> 00:44:40,020

that it can all be affecting one family

989

00:44:43,550 --> 00:44:42,000

and it's as simple as cutting sugar out

990

00:44:44,690 --> 00:44:43,560

of the diet I mean you've you talked

991

00:44:46,790 --> 00:44:44,700

about in the book that you've had to

992

00:44:49,700 --> 00:44:46,800

amputate legs before you deal with that

993

00:44:52,040 --> 00:44:49,710

amputate taining feet and limbs and that

994

00:44:54,290 --> 00:44:52,050

is how bad the addiction is I mean if

995

00:44:57,830 --> 00:44:54,300

you had a relative that was so addicted

996

00:44:59,720 --> 00:44:57,840

to cocaine or marijuana or alcohol that

997

00:45:01,250 --> 00:44:59,730

they were getting limbs removed of

998

00:45:02,750 --> 00:45:01,260

course alcohol is related to sugar too

999

00:45:04,930 --> 00:45:02,760

but you would be like man you got a

1000

00:45:07,730 --> 00:45:04,940

serious problem but we just kind of

1001

00:45:11,720 --> 00:45:07,740

allow people to be addicted to sugar

1002

00:45:13,790 --> 00:45:11,730

it's not treated nearly as seriously no

1003

00:45:17,180 --> 00:45:13,800

it's not but I think you know our

1004

00:45:20,230 --> 00:45:17,190

culture is nast media culture very few

1005

00:45:24,440 --> 00:45:20,240

people read books and if they do they

1006

00:45:27,349 --> 00:45:24,450

they tend to read novels so this book is

1007

00:45:29,450 --> 00:45:27,359

not a novel my next one I think I'm

1008

00:45:31,910 --> 00:45:29,460

we're trying to put it more over to the

1009

00:45:34,510 --> 00:45:31,920

conspiracy that people like conspiracies

1010

00:45:36,380 --> 00:45:34,520

which is probably the biggest one going

1011

00:45:38,810 --> 00:45:36,390

how did it happen

1012

00:45:42,290 --> 00:45:38,820

my agent in New York his name is el

1013

00:45:45,380 --> 00:45:42,300

Zukerman when I wrote this book is I

1014

00:45:48,400 --> 00:45:45,390

call mr. big because he's the agent of

1015

00:45:51,710 --> 00:45:48,410

Stephen King Stephen Hawkings

1016

00:45:54,680 --> 00:45:51,720

just about any any big writer and I was

1017

00:45:57,770 --> 00:45:54,690

amazed he took my book but he was he was

1018

00:45:59,359 --> 00:45:57,780

really behind the project and he wants

1019

00:46:02,000 --> 00:45:59,369

my new book to be very similar to

1020

00:46:04,160 --> 00:46:02,010

Michael Lewis's book which is the big

1021

00:46:07,070 --> 00:46:04,170

short he's the agent for Michael Louis

1022

00:46:09,079 --> 00:46:07,080

said you can he says you got to humanize

1023

00:46:11,540 --> 00:46:09,089

this more this you have too much science

1024

00:46:13,040 --> 00:46:11,550

in the book so I'm going to try to write

1025

00:46:17,870 --> 00:46:13,050

it that way when being

1026
00:46:21,650 --> 00:46:17,880
as we speak and it is to make sure that

1027
00:46:23,810 --> 00:46:21,660
most people don't understand mortgage

1028
00:46:26,890 --> 00:46:23,820
derivatives but they do understand the

1029
00:46:30,260 --> 00:46:26,900
damage that it caused by the

1030
00:46:33,740 --> 00:46:30,270
misinformation and there can't be any

1031
00:46:35,840 --> 00:46:33,750
more misinformation than food we are

1032
00:46:38,510 --> 00:46:35,850
taught that medicine is going to correct

1033
00:46:40,820 --> 00:46:38,520
everything absolutely not true

1034
00:46:43,720 --> 00:46:40,830
this diabetes medicine myth is

1035
00:46:46,940 --> 00:46:43,730
ridiculous all these medicines do are

1036
00:46:52,220 --> 00:46:46,950
allow us to eat more sugar every one of

1037
00:46:54,260 --> 00:46:52,230
medicines even insulin um type 1 if

1038
00:46:55,760 --> 00:46:54,270

you're born without a pancreas yeah

1039

00:46:58,310 --> 00:46:55,770

you're going to die unless you have

1040

00:47:01,790 --> 00:46:58,320

insulin everything else is tied to is

1041

00:47:04,610 --> 00:47:01,800

self induced and first thing you do is

1042

00:47:06,160 --> 00:47:04,620

stop the sugar I mean completely but

1043

00:47:07,870 --> 00:47:06,170

they don't they give a metformin

1044

00:47:09,830 --> 00:47:07,880

glipizide

1045

00:47:13,280 --> 00:47:09,840

everything to conceive a little drug you

1046

00:47:15,200 --> 00:47:13,290

can think of now the new one is kidney

1047

00:47:17,480 --> 00:47:15,210

drugs to pump the sugar out of your

1048

00:47:20,750 --> 00:47:17,490

urine so you can eat more sugar that's

1049

00:47:23,390 --> 00:47:20,760

really what it is and we're paying for

1050

00:47:26,750 --> 00:47:23,400

it through our Medicare which is broke

1051
00:47:29,380 --> 00:47:26,760
or so security system is broke right and

1052
00:47:32,540 --> 00:47:29,390
it's all because of this misinformation

1053
00:47:34,130 --> 00:47:32,550
that's true well doc that pretty much

1054
00:47:36,230 --> 00:47:34,140
brings us to the end of the line I very

1055
00:47:38,240 --> 00:47:36,240
much appreciate you being here a lot of

1056
00:47:40,460 --> 00:47:38,250
doctors and nutritionists kind of avoid

1057
00:47:42,740 --> 00:47:40,470
my request because to be on a show that

1058
00:47:44,990 --> 00:47:42,750
is comfortable being called a conspiracy

1059
00:47:47,060 --> 00:47:45,000
show they sometimes opt out and instead

1060
00:47:48,800 --> 00:47:47,070
go on you know the health and diet theme

1061
00:47:50,960 --> 00:47:48,810
programs which in my opinion is kind of

1062
00:47:53,930 --> 00:47:50,970
just preaching to the choir I think the

1063
00:47:55,760 --> 00:47:53,940

people who don't have diet and nutrition

1064

00:47:57,680 --> 00:47:55,770

on their radar those are the ones that

1065

00:47:59,150 --> 00:47:57,690

need to be reached so hopefully we're

1066

00:48:00,490 --> 00:47:59,160

doing some good stuff because if people

1067

00:48:03,110 --> 00:48:00,500

are going to start screaming about

1068

00:48:05,630 --> 00:48:03,120

chemtrails and vaccines but yet they're

1069

00:48:09,260 --> 00:48:05,640

drinking soda and eating fast food I

1070

00:48:12,140 --> 00:48:09,270

mean they're kind of missing a crucial

1071

00:48:14,930 --> 00:48:12,150

element of damages being done to them so

1072

00:48:16,250 --> 00:48:14,940

I do appreciate it big thanks and maybe

1073

00:48:17,810 --> 00:48:16,260

before we go you could remind people

1074

00:48:19,070 --> 00:48:17,820

about the book where to get it and

1075

00:48:21,070 --> 00:48:19,080

anything else you might want them to

1076

00:48:24,230 --> 00:48:21,080

know to follow up on you and your work

1077

00:48:26,830 --> 00:48:24,240

well I have a website sugar crush the

1078

00:48:28,990 --> 00:48:26,840

book it just came

1079

00:48:32,140 --> 00:48:29,000

in paperback form about a month ago and

1080

00:48:35,500 --> 00:48:32,150

Amazon picked his number one new release

1081

00:48:38,490 --> 00:48:35,510

Barnes & Noble has it and most of the

1082

00:48:41,350 --> 00:48:38,500

private bookstores have it as well

1083

00:48:43,540 --> 00:48:41,360

awesome well you're doing a noble thing

1084

00:48:45,130 --> 00:48:43,550

thanks again and I hope some of us have

1085

00:48:47,980 --> 00:48:45,140

been scared straight today keep doing

1086

00:48:49,480 --> 00:48:47,990

what you do out there I appreciate being

1087

00:48:50,590 --> 00:48:49,490

on your show you're doing a great job

1088

00:48:54,460 --> 00:48:50,600

Thanks

1089

00:48:56,770 --> 00:48:54,470

boom people dr. Richard P Jacobi really

1090

00:48:58,210 --> 00:48:56,780

intelligent an accomplished guy we all

1091

00:48:59,920 --> 00:48:58,220

know sugar is bad I don't think we're

1092

00:49:02,710 --> 00:48:59,930

shocking anybody here but I think the

1093

00:49:04,750 --> 00:49:02,720

way dr. Jacoby reframes the situation

1094

00:49:06,760 --> 00:49:04,760

could cause a few aha moments out there

1095

00:49:09,640 --> 00:49:06,770

I know I loved the little history

1096

00:49:11,650 --> 00:49:09,650

lessons I loved the Native American data

1097

00:49:13,930 --> 00:49:11,660

the little realization that neither

1098

00:49:16,360 --> 00:49:13,940

fruit nor wheat are the same as that

1099

00:49:19,150 --> 00:49:16,370

used to be also to read about these

1100

00:49:21,280 --> 00:49:19,160

links to bad allergies and restless leg

1101

00:49:23,830 --> 00:49:21,290

syndrome these the two biggest ongoing

1102

00:49:25,510 --> 00:49:23,840

issues for me I realize they are minor

1103

00:49:26,950 --> 00:49:25,520

compared to a lot of people so I've just

1104

00:49:28,900 --> 00:49:26,960

learned to live with them

1105

00:49:30,880 --> 00:49:28,910

but this show kind of woke me up then

1106

00:49:32,560 --> 00:49:30,890

maybe my diet is responsible for these

1107

00:49:34,540 --> 00:49:32,570

things and it isn't just part of life

1108

00:49:37,180 --> 00:49:34,550

that you know you got to have something

1109

00:49:38,560 --> 00:49:37,190

wrong with you and the truth is I'm not

1110

00:49:41,170 --> 00:49:38,570

going to just be able to cut back a

1111

00:49:43,840 --> 00:49:41,180

little here skip a day there it's got to

1112

00:49:45,340 --> 00:49:43,850

be a real life change we all got to

1113

00:49:47,830 --> 00:49:45,350

realize that because when dr. Jacoby

1114

00:49:50,380 --> 00:49:47,840

laid out the scenario of a person who's

1115

00:49:52,960 --> 00:49:50,390

diabetic who has a kid on the autism

1116

00:49:55,030 --> 00:49:52,970

scale and a parent with Alzheimer's and

1117

00:49:56,800 --> 00:49:55,040

this can all be linked to sugar I mean

1118

00:50:00,040 --> 00:49:56,810

you gotta be [h__h] kidding me guys you

1119

00:50:03,160 --> 00:50:00,050

know but the links to my specific Semmy

1120

00:50:05,320 --> 00:50:03,170

conditions really did help if you have

1121

00:50:06,970 --> 00:50:05,330

allergies before you take in carbs of

1122

00:50:08,740 --> 00:50:06,980

sugar think about how annoying your

1123

00:50:10,510 --> 00:50:08,750

allergies are and imagine that not

1124

00:50:13,120 --> 00:50:10,520

eating that cupcake or drinking that

1125

00:50:15,010 --> 00:50:13,130

coke would be more effective than just

1126

00:50:17,920 --> 00:50:15,020

taking a benadryl later or whatever

1127

00:50:20,230 --> 00:50:17,930

that's been really helping me with the

1128

00:50:21,610 --> 00:50:20,240

struggle this week but a lot of people

1129

00:50:23,680 --> 00:50:21,620

have this mindset I know I've been

1130

00:50:25,660 --> 00:50:23,690

guilty of it where we think Oh we'll

1131

00:50:28,030 --> 00:50:25,670

stop when it becomes a problem I can

1132

00:50:29,680 --> 00:50:28,040

just eat junk food for now or smoke

1133

00:50:33,130 --> 00:50:29,690

cigarettes for now but as soon as any

1134

00:50:35,590 --> 00:50:33,140

real red flags go up I'll just stop but

1135

00:50:37,390 --> 00:50:35,600

that is such a mind game because if you

1136

00:50:39,910 --> 00:50:37,400

don't have the willpower to quit now why

1137

00:50:42,220 --> 00:50:39,920

would you have it then it's better to

1138

00:50:44,710 --> 00:50:42,230

and a couple of months going through a

1139

00:50:47,170 --> 00:50:44,720

major overhaul of slippin up here and

1140

00:50:49,180 --> 00:50:47,180

there the ebb and flow of breaking an

1141

00:50:51,070 --> 00:50:49,190

addiction going through all of that but

1142

00:50:53,260 --> 00:50:51,080

eventually finding a balance before

1143

00:50:55,360 --> 00:50:53,270

anything goes seriously wrong what's the

1144

00:50:57,280 --> 00:50:55,370

point of eating right if you're already

1145

00:50:59,380 --> 00:50:57,290

kind of broken and can't truly

1146

00:50:59,830 --> 00:50:59,390

experience the benefits of doing it

1147

00:51:01,570 --> 00:50:59,840

right

1148

00:51:03,820 --> 00:51:01,580

and we got to think about the younger

1149

00:51:05,740 --> 00:51:03,830

generations too I mean we got to teach

1150

00:51:07,990 --> 00:51:05,750

our kids better habits every kid's gonna

1151
00:51:09,610 --> 00:51:08,000
have some sugar indulgences are a fun

1152
00:51:12,250 --> 00:51:09,620
part of life you don't have to tell me

1153
00:51:14,830 --> 00:51:12,260
twice but let them know hey this is

1154
00:51:16,720 --> 00:51:14,840
really really bad for you and if you

1155
00:51:19,150 --> 00:51:16,730
want to grow up big and strong you need

1156
00:51:21,400 --> 00:51:19,160
to limit this as much as you can is that

1157
00:51:23,070 --> 00:51:21,410
so bad how many parents have actually

1158
00:51:25,570 --> 00:51:23,080
just said that to their kids and

1159
00:51:27,160 --> 00:51:25,580
explained it talk to your kid like

1160
00:51:29,500 --> 00:51:27,170
they're a little person they're capable

1161
00:51:31,600 --> 00:51:29,510
of understanding it's not right to let

1162
00:51:33,880 --> 00:51:31,610
them just form these bad habits and have

1163
00:51:36,640 --> 00:51:33,890

to figure it out later or just say no

1164

00:51:38,770 --> 00:51:36,650

because you said so we went over the

1165

00:51:42,100 --> 00:51:38,780

education conspiracy we went over the

1166

00:51:44,050 --> 00:51:42,110

capability of young kids make them wiser

1167

00:51:44,620 --> 00:51:44,060

don't make them wander around in

1168

00:51:47,080 --> 00:51:44,630

ignorance

1169

00:51:49,390 --> 00:51:47,090

there's no reason but it is something

1170

00:51:51,400 --> 00:51:49,400

most Americans are gonna struggle with I

1171

00:51:53,380 --> 00:51:51,410

spent two weeks in Europe two weeks in

1172

00:51:56,260 --> 00:51:53,390

Armenia you have they do not have the

1173

00:51:58,720 --> 00:51:56,270

same problems we have I grew up in the

1174

00:52:02,470 --> 00:51:58,730

American Midwest in the 90s is there any

1175

00:52:06,190 --> 00:52:02,480

better epicenter for forming bad dietary

1176
00:52:08,080 --> 00:52:06,200
habits but it's hard so what I think

1177
00:52:09,490 --> 00:52:08,090
that's another problem in life at this

1178
00:52:12,340 --> 00:52:09,500
point is that most of us don't

1179
00:52:14,410 --> 00:52:12,350
accomplish hard tasks enough and I'm not

1180
00:52:16,780 --> 00:52:14,420
talking about mastering fallout4 I'm

1181
00:52:18,910 --> 00:52:16,790
talking about learning to work on your

1182
00:52:21,220 --> 00:52:18,920
own car building something from scratch

1183
00:52:24,340 --> 00:52:21,230
cooking restaurant-quality dishes

1184
00:52:27,190 --> 00:52:24,350
writing a book let's face it most of our

1185
00:52:29,350 --> 00:52:27,200
jobs suck but they are easy then we come

1186
00:52:30,970 --> 00:52:29,360
home day after day and just veg out

1187
00:52:31,780 --> 00:52:30,980
until it starts again is that gonna be

1188
00:52:34,270 --> 00:52:31,790

your legacy

1189

00:52:37,330 --> 00:52:34,280

keeping life easy staying soft and going

1190

00:52:39,640 --> 00:52:37,340

quietly into the night but a lot of

1191

00:52:43,110 --> 00:52:39,650

major accomplishments are hard I hear so

1192

00:52:46,600 --> 00:52:43,120

many people say oh well I I just have no

1193

00:52:48,100 --> 00:52:46,610

musical ability well in the 20 or more

1194

00:52:49,960 --> 00:52:48,110

years you've been on this planet how

1195

00:52:51,880 --> 00:52:49,970

many hours have you dedicated to a

1196

00:52:53,710 --> 00:52:51,890

musical instrument to say that you have

1197

00:52:55,810 --> 00:52:53,720

no musical ability

1198

00:52:59,260 --> 00:52:55,820

people say oh I'm a terrible artist how

1199

00:53:02,530 --> 00:52:59,270

many hours have you sat down learning to

1200

00:53:04,839 --> 00:53:02,540

do art how many courses on drawing

1201
00:53:07,359 --> 00:53:04,849
fundamentals have you taken probably

1202
00:53:09,490 --> 00:53:07,369
none so all these people use these

1203
00:53:12,250 --> 00:53:09,500
excuses oh I'm just not talented in that

1204
00:53:13,780 --> 00:53:12,260
area well Michael Jordan didn't even

1205
00:53:14,530 --> 00:53:13,790
make his [h__h] high school basketball

1206
00:53:17,680 --> 00:53:14,540
team

1207
00:53:19,540 --> 00:53:17,690
it isn't about natural-born talent all

1208
00:53:22,359 --> 00:53:19,550
the time in fact most of the time I

1209
00:53:25,750 --> 00:53:22,369
think it's not it's about hard work and

1210
00:53:27,609 --> 00:53:25,760
we just don't do that we've gone soft in

1211
00:53:29,560 --> 00:53:27,619
the Plus show I had mentioned Tim

1212
00:53:32,109 --> 00:53:29,570
Ferriss and some of these efficiency

1213
00:53:34,420 --> 00:53:32,119

biohacking and human optimization guys

1214

00:53:36,490 --> 00:53:34,430

they're really inspiring and motivating

1215

00:53:38,380 --> 00:53:36,500

to me something they've talked about is

1216

00:53:40,839 --> 00:53:38,390

before you get out of the shower in the

1217

00:53:43,990 --> 00:53:40,849

morning turn the water to the coldest

1218

00:53:46,690 --> 00:53:44,000

temperature for the last 30 seconds or a

1219

00:53:48,820 --> 00:53:46,700

minute before you get out the science

1220

00:53:51,339 --> 00:53:48,830

seems to show that it has a huge

1221

00:53:53,380 --> 00:53:51,349

cognitive benefit it really gets your

1222

00:53:55,359 --> 00:53:53,390

blood flowing gets your energy levels up

1223

00:53:57,339 --> 00:53:55,369

all that good stuff so I've been doing

1224

00:53:59,740 --> 00:53:57,349

it for the past month or so and it

1225

00:54:01,540 --> 00:53:59,750

really does work it sounds a bit goofy

1226

00:54:04,150 --> 00:54:01,550

but when you think about it your whole

1227

00:54:05,890 --> 00:54:04,160

day is gonna seem so easy by comparison

1228

00:54:08,620 --> 00:54:05,900

because honestly what about a typical

1229

00:54:11,170 --> 00:54:08,630

humdrum American life is gonna be more

1230

00:54:14,320 --> 00:54:11,180

difficult than taking freezing cold

1231

00:54:17,620 --> 00:54:14,330

water on your naked body for 45 seconds

1232

00:54:21,520 --> 00:54:17,630

almost nothing right so it puts you in a

1233

00:54:22,270 --> 00:54:21,530

weird mine state of I'm a bad

1234

00:54:24,370 --> 00:54:22,280

[h__\h]

1235

00:54:26,500 --> 00:54:24,380

and I'm ready to rear naked choke the

1236

00:54:28,960 --> 00:54:26,510

hell out of this day and all you did was

1237

00:54:31,210 --> 00:54:28,970

turn a knob it's a nice little hack and

1238

00:54:32,589 --> 00:54:31,220

it really really does suck when it's

1239

00:54:35,079 --> 00:54:32,599
happening but for the next eight hours

1240

00:54:37,680 --> 00:54:35,089
you're probably gonna feel great it's a

1241

00:54:40,240 --> 00:54:37,690
solid trade-off I'd say give it a try

1242

00:54:42,220 --> 00:54:40,250
either way I hope this show helped the

1243

00:54:44,740 --> 00:54:42,230
ones who do struggle with diet I know I

1244

00:54:47,980 --> 00:54:44,750
get a lot of [h__\h] for not carrying xxx

1245

00:54:49,720 --> 00:54:47,990
large shirts with conspiracies once a

1246

00:54:52,420 --> 00:54:49,730
week at least someone will complain but

1247

00:54:54,220 --> 00:54:52,430
the truth is firstly to give me [h__\h] for

1248

00:54:56,829 --> 00:54:54,230
that suggests that all these other

1249

00:54:58,750 --> 00:54:56,839
brands have triple x-- sizes and that is

1250

00:55:01,270 --> 00:54:58,760
just not true so I don't know why people

1251
00:55:03,370 --> 00:55:01,280
are that surprised when I don't and I

1252
00:55:06,730 --> 00:55:03,380
know there can be several reasons why

1253
00:55:07,540 --> 00:55:06,740
someone might need a xxx shirt but I'm

1254
00:55:09,790 --> 00:55:07,550
willing to bet

1255
00:55:12,190 --> 00:55:09,800
that nine out of the ten of those people

1256
00:55:14,710 --> 00:55:12,200
don't have their diet dialed in

1257
00:55:17,380 --> 00:55:14,720
correctly or they don't really exercise

1258
00:55:19,240 --> 00:55:17,390
or maybe they over-over exercise in

1259
00:55:21,190 --> 00:55:19,250
which case you know slow down buddy

1260
00:55:23,350 --> 00:55:21,200
anyway but instead of thinking about

1261
00:55:26,290 --> 00:55:23,360
some of those things and looking

1262
00:55:28,570 --> 00:55:26,300
internally they complain to me I've

1263
00:55:30,850 --> 00:55:28,580

gotten accused of discrimination over

1264

00:55:36,610 --> 00:55:30,860

this but honestly we live in a world of

1265

00:55:39,070 --> 00:55:36,620

small medium large extra-large and I'll

1266

00:55:42,430 --> 00:55:39,080

give you extra extra-large as a buffer

1267

00:55:47,920 --> 00:55:42,440

but if you need a shirt that is an extra

1268

00:55:50,200 --> 00:55:47,930

extra extra large to cover your body you

1269

00:55:52,750 --> 00:55:50,210

really need to take a good internal look

1270

00:55:55,630 --> 00:55:52,760

at why you are so far off the mark

1271

00:55:58,780 --> 00:55:55,640

instead of whining about a clothing

1272

00:56:01,450 --> 00:55:58,790

brand that doesn't cater to what really

1273

00:56:04,720 --> 00:56:01,460

is an enormous size not to be rude

1274

00:56:07,870 --> 00:56:04,730

enormous is just another word for extra

1275

00:56:09,910 --> 00:56:07,880

extra extra large right but again we've

1276

00:56:13,300 --> 00:56:09,920

gone soft physically mentally

1277

00:56:15,820 --> 00:56:13,310

emotionally and I think we need to

1278

00:56:17,980 --> 00:56:15,830

withstand some cold showers here some

1279

00:56:20,440 --> 00:56:17,990

harsh words and face some uncomfortable

1280

00:56:22,840 --> 00:56:20,450

truths otherwise we just don't get

1281

00:56:24,940 --> 00:56:22,850

better I also thought some of the added

1282

00:56:26,590 --> 00:56:24,950

facts about diabetes were interesting

1283

00:56:29,080 --> 00:56:26,600

the good doctor had mentioned that it's

1284

00:56:31,060 --> 00:56:29,090

not hereditary it's dietary and when you

1285

00:56:33,160 --> 00:56:31,070

think about it of course the two getting

1286

00:56:36,100 --> 00:56:33,170

mixed up because our dietary habits are

1287

00:56:38,590 --> 00:56:36,110

formed in the family so the quote

1288

00:56:40,990 --> 00:56:38,600

unquote disease isn't hereditary but the

1289

00:56:43,000 --> 00:56:41,000

mechanism that causes it certainly is

1290

00:56:45,730 --> 00:56:43,010

and think about that think about how you

1291

00:56:48,100 --> 00:56:45,740

look and what sort of message that sends

1292

00:56:50,230 --> 00:56:48,110

to your own kids and family it's

1293

00:56:52,300 --> 00:56:50,240

important but culturally we've nerfed

1294

00:56:54,130 --> 00:56:52,310

all of our language and especially when

1295

00:56:55,870 --> 00:56:54,140

it comes to weight and diet would anyone

1296

00:56:57,910 --> 00:56:55,880

be surprised if there were meetings a

1297

00:56:59,530 --> 00:56:57,920

few years ago and the Pepsi Hershey's

1298

00:57:02,290 --> 00:56:59,540

and McDonald's boardrooms where they

1299

00:57:04,660 --> 00:57:02,300

said look people are getting super fat

1300

00:57:07,000 --> 00:57:04,670

and it's because of our foods and the

1301
00:57:09,130 --> 00:57:07,010
data shows that jokes comments and

1302
00:57:11,830 --> 00:57:09,140
social commentary on obesity are on the

1303
00:57:14,290 --> 00:57:11,840
rise this is bad for business we need to

1304
00:57:16,780 --> 00:57:14,300
really push this new term fat shaming

1305
00:57:18,850 --> 00:57:16,790
and really create this culture of safe

1306
00:57:20,890 --> 00:57:18,860
spaces and push back against those

1307
00:57:22,870 --> 00:57:20,900
criticisms as prejudice you know

1308
00:57:25,570 --> 00:57:22,880
I'm saying I could see that meeting

1309
00:57:28,000 --> 00:57:25,580
taking place dozens and dozens of times

1310
00:57:29,950 --> 00:57:28,010
so let's lose all that and have those

1311
00:57:32,590 --> 00:57:29,960
difficult conversations you get the idea

1312
00:57:35,050 --> 00:57:32,600
if you have a problem with diet you know

1313
00:57:37,750 --> 00:57:35,060

it and you need to toughen up and change

1314

00:57:42,190 --> 00:57:37,760

it are you gonna be so weak that you're

1315

00:57:45,610 --> 00:57:42,200

beaten by cupcakes pizza and cola nah

1316

00:57:47,230 --> 00:57:45,620

otherwise what's the point well guys if

1317

00:57:49,240 --> 00:57:47,240

you want to hear the second hour of my

1318

00:57:51,610 --> 00:57:49,250

talk with dr. Jacoby and all the great

1319

00:57:53,710 --> 00:57:51,620

guests on THC sign up for the plus

1320

00:57:56,620 --> 00:57:53,720

membership at the higher side chats plus

1321

00:57:57,790 --> 00:57:56,630

com and that's gonna be it for me I've

1322

00:58:00,580 --> 00:57:57,800

done what I can

1323

00:58:09,490 --> 00:58:00,590

and today it's your move dear listeners

1324

00:58:21,340 --> 00:58:14,359

no one knows but it's like to be the bad

1325

00:58:35,310 --> 00:58:27,220

behind the lights and no one knows what

1326

00:58:45,430 --> 00:58:35,320

it's like to be hated to be fated to

1327

00:59:00,210 --> 00:58:45,440

telling only lies but my dreams heart is

1328

00:59:00,220 --> 00:59:15,110

lonely since they exposed me on THC

1329

00:59:31,680 --> 00:59:19,980

no one knows what it's like feel these

1330

00:59:37,520 --> 00:59:31,690

feelings like I do and I blame you no

1331

00:59:46,680 --> 00:59:37,530

one bites back is hard on their anger

1332

00:59:56,840 --> 00:59:46,690

love my pain one can show through but my

1333

01:00:08,510 --> 00:59:56,850

dreams aren't as empty as my conscience

1334

01:00:13,730 --> 01:00:08,520

seems to be lonely

1335

01:00:13,740 --> 01:00:51,450

see

1336

01:01:06,520 --> 01:00:59,780

but my dreams are dance empty as my

1337

01:01:09,480 --> 01:01:06,530

conscience seems to me

1338

01:01:26,790 --> 01:01:09,490

I have

1339

01:01:39,190 --> 01:01:31,690

no one knows what it's like to be the