

Tony: Hey, Paleo nation. I'm Tony Federico and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo Lifestyle Publication. (singing)

When we're kids, we're told to wash our hands, keep our clothes clean and to never ever eat something that has dirt on it. But what if all that sanitation has side effects despite the fact that we're living in what is arguably the most disinfected happy society that ever walked to the face of the earth, many of us still suffer from chronic health conditions? Most of which start in the gut. Perhaps all that bacteria, all that dirt, was doing something good for us after all. Maybe it's time to start getting back to our roots by eating food and dirt the way that nature intended.

On today show, I'm joined by one of the most vocal proponents of eating dirty, Dr. Josh Axe, author of the brand new book, *Eat Dirt, Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it*. In our conversation, we discussed how his mother's illness inspired him to pursue a career in health, the strategy he used to grow his practice, what he learned by working with a wide range of clientele, from regular families to professional athletes, his main secret to health success and why he thinks that we could all benefit from eating a little dirt.

Before we get to our conversation with Dr. Axe, I'd like to thank today's show sponsor, Dragonfly Traditions. Dragonfly Traditions is a family-run business that offers 100% all natural skin and hair care products using only natural oils, butters, beeswax and honey, to create products that nourish the skin and honor the traditions of our ancestors. They offer naturally organic and chemical-free balms, butters, serums and creams. If you're wondering where you should start, Phoebe Collins, nutritional therapy practitioner and founder of Dragonfly Traditions has this to say:

Phoebe: If I were going to a deserted island and I can only bring one [inaudible 00:02:03], it would be the face serum.

Tony: Deserted islands are notorious for wrecking havoc in your skin but even regular environmental exposure can lead to dry and irritated and unhappy epidermal layers. If you want to avoid looking like Tom Hanks on *Castaway*, or even worse, his pal Wilson, be sure to visit DragonflyTraditions.com today to put in your order. You can even get 20% off by entering the promo code, PMR16 at checkout.

All right, nation, it's time to get dirty with Dr. Axe. Paleo Magazine Radio starts now. (singing)

Everybody, welcome back to another episode of another episode of Paleo Magazine Radio. I'm here with Dr. Josh Axe, author of the brand new book, *Eat Dirt, Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it*. Dr. Josh, welcome to the show.

Dr. Josh: Hey, thanks for having me, Tony.

Tony: It's my pleasure. Before we get in to Eat Dirt, it's a great title by the way, I really like that, let's go ahead and get in to your own personal back story and how you got into this health and fitness space.

Dr. Josh: Sure. Growing up, my family was always into fitness. We thought we're healthy. My mom was my gym teacher at school. She was actually a swimming instructor. My dad was a semi-pro water skier. We're always doing sports, always active, always fit but at 40 years old, my mom was diagnosed with breast cancer which again, was just shocking for us. We'd lived in what I call the medical model. We didn't know a thing about diet nutrition.

She went through traditional medical treatments. My mom went and had a vasectomy. She went through chemotherapy. I still remember to this day, looking at her age and seeing her hair come out. Just remember how sick she got, after going through the conventional treatments, she was eventually diagnosed as being cancer-free and healthy but really, for the next 10 years after she went through chemo, she really got worse every single day.

Again, she wasn't diagnosed with cancer for years later but she was diagnosed with hypothyroidism and chronic fatigue syndrome and clinical depression. She got put on three medications. We're just really sick and tired all the time after that.

In about ten years later, I was actually working as a nutritionist in Orlando, Florida. I was working on getting my medical training and she calls me and she says, "Hey, I got bad news. I've been diagnosed with cancer again. What do I do?" I said, "Mom, we'll be home." I flew back to Ohio. We just really felt to take care of her naturally. I've been really blessed to be surrounded with some of the top doctors in the country. Many of them who were practicing natural alternate medicine, so we decided, we're going to try some natural things.

With my mom, we started choosing vegetables ever single day. We started doing a lot of bone broth. We started doing things like [inaudible 00:05:33] and soils and wild caught salmon which has radically changed her diet, radically changed her lifestyle. She was stressed at the time and she went from working full time then part time as a teacher. [inaudible 00:05:47] these things right.

We went back to colleges after four months and read her CT scan and he calls us two days later and he said, "This is very unusual." He said, "The tumor shrunk by more than half." He said, "Keep doing what you're doing but I want you to come back in nine months." We went back nine months later and at that point, in complete remission and today, my mom is in her best shape of her life. In fact, she just dropped me off the airport. I just flew back here to [inaudible 00:06:16] this morning from Tampa. She was out running this morning and just has great health. That's experience with my mom has

really a big part of what drove me to natural medicine.

Tony: You went to study, obviously. It looks like you're a clinical nutritionist. You studied chiropractic. Tell me a little bit about your education and how you brought that personal experience to your formal education.

Dr. Josh: Sure. Growing up, I always thought, maybe I'm going to be a nutritionist. Then, I actually had some friends of my father who were, what are called kinesiology chiropractors. I started following them. I got very involved there. I went to undergrad. I became a nutritionist and started practicing nutrition counsels then went to chiropractic college and then later on, got my DNM. It's a doctor of natural medicine certification.

With my mom, I started ... I worked with her a little bit. Really, most of when I worked with her wasn't until she was sick and I was still in school at the time. It's also my last year of training but after seeing what she went through, it really changed the way that I practiced [inaudible 00:07:33] because when my mom was diagnosed with cancer, one of the things that happened was she was really overwhelmed. I'll used the word she was paralyzed and had so much fear in her, that was put to her by her doctors. She didn't know what to do.

When I flew home, we did several things. One of the things we did is, I did what I call ... I kitchen make with my mom where I went through her refrigerator and pantry and we threw a bunch of stuff out. I went with her shopping to a local health store or farmer's market to just a regular grocery store and I brought her up and down the aisles and shop with her. I made her her own cook book. The recipe she have there, menu plans. Really, again, I held her hand and walked her through every single step of the way.

When I got into practice, I would tell my patients this, Tony. I told them all the time, I said, "Just so you know, I'm gonna take care of you like I would with my own mom or my own dad." That's really the way that I practice and the way that I take care of patients. I do shopping to our patients and bringing up and down the whole foods I have. I create a cook book for them. I create menu plans and a replacement food list. Actually, teach raw ... I actually have tough paleo classes and raw food classes and types of things over the years.

I'm the big believer. Often times ... I got so many patients that came in to me and I ask them what their doctor told them to do. Let's use diabetes for example. They would say, "Well, my doctor told me to eat healthy." What did he say? "That was it." People need more help than that. That's my experience.

Tony: Most of your patients, are they coming in just off the street? How are you getting referrals? Are you finding partners? With other physicians, you might have done that initial diagnosis. I mean, obviously at this point, you certainly have a wide reach through social media and other platforms but when you're

first getting started, how did you get the ball rolling because I think, a lot of people are passionate about helping in this way but it's hard when you go outside of the conventional medical path to really have that, I guess, certain to your success that a traditional, a conventional doctor might have.

Dr. Josh: For me, early on in practice, it's rare I do consultations because of all of the things I'm doing in the online space. When I started off in practice, I always just ... Today, I'm the same way. I'm just very mission driven. I think it's very important for every physician to remember why they became a physician or a nutritionist or a health coach or a trainer or whatever it is. For me, I wanted everybody to hear the message of natural healing.

When I saw my mom's life transformed, I wanted everybody to know about it. I actually just picked up the phone and I started calling every support group. Imagine, I called the breast cancer support group, the autism support group, the diabetes support group. I just looked up at support groups in my area and I went and I probably did a talk every single day. I just gave my time and went and just spoke on natural ways to help that specific condition. That's really what caused, started creating more of a lot of my patients into my practice.

Tony: That's great. Tell me a little bit about some of this, obviously respecting doctor-patient confidentiality and everything, but tell me about some of the types of people that you work with and how you went about helping them.

Dr. Josh: Sure. I really work with a large range of people and specifically, early on, it was a lot of families. In my practice, I found that a lot of times, moms do really take care of the family. They would come in and they want to take care of their whole family that way. Again, I would say that my most common patient coming in was a young mom in her mid-30's with a couple of kids and that type of things. I walk through them and teach them how to really take care not only their health but their whole family's health. After that, I actually started working with some athletes. I worked with some people from USA swimming. I worked with University of Michigan and ...

Tony: A couple of guys that we might be familiar with without ... You don't have to worry about name dropping. You can certainly mention some of the athletes that you worked with.

Dr. Josh: I worked with Ryan Lochte and guys like Peter Vanderkaay and Tyler Clary. A lot of guys that we saw at the last Olympics and in this Olympics, pretty much the majority of them, I was working with in a regular basis in that space as well. For me, I love working with athletes. I love working out on myself. It was interesting because early on, I know with Michael Phelps and with Ryan Lochte, they both ate terrible, terrible. They were just about calories in and out.

It's funny because last Olympics, they said that because they're getting older, they really have made some pretty big changes with their diet. They

said, "We just can tell in our recovery that if we don't eat well in the night before what we're just slow in the pool the next day. We're fatigued, we're tired." They started making some pretty impressive changes.

One of just a side note story, when I first got there, there was a dietitian on staff. Her diet for them, every time they got out of the pool, she had them drink Nestle Quik because she had read that milk and sugar was good after a [inaudible 00:13:11] and a peanut butter and jelly sandwich on white bread or wheat bread. That was the dietitian and what she was having them eat. I was blown away.

Tony: Michael Pelps is certainly famous for his meals. Certainly, during the last Olympics, they cover, I think it was a single day what he ate and multiple egg sandwiches and pizzas and things of that nature. I was found it mind boggling that an athlete could get in a pool the way that he did with that kind of food sitting in his stomach. It's heartening to know that he turned it around and I'm happy to hear that you might have been a part of convincing him to fuel his body with better or cleaner fuel.

Dr. Josh: Yup. I'm excited to watch him this next games coming up too. I think he's going to go out with a bang.

Tony: In terms of working with athletes and then going back to regular people, what do you see is the biggest miss? You mentioned one miss which is getting bad advice. A nutritionist suggesting they should be drinking Nestle Quik after workout. What do you think is the biggest thing that people are missing the mark on when they're attempting to be healthy?

Dr. Josh: Goodness. There are a number of things but mindset is the biggest thing. I can almost tell really early on, Tony, is if somebody is going to be successful in their health plan. I'll give you an example. I have two types of people coming. One type of person, they would come in and they would be eating oatmeal for breakfast or special case here or something. I would say, "Okay. What I'm gonna do is I'm gonna switch you to the smoothie for breakfast and then some other things that I think are pretty easy for lunch. The strawberry shake for breakfast or this chocolate shake."

Some of them would be like, "Wow. That's fantastic. This is gonna taste great." Others would be like, a guy was taking their toy away and saying, "I cannot have oatmeal. I thought oatmeal was healthy." It was like dragging their feet. It was the worst thing ever. That right there, they just tell you're lying. What are the things I should tell my patients especially after working with some of these Olympians? It was, "You know, let's change your mindset. Stop asking what you can get away with and start asking what do you need to eat to be the best you can be."

That mindset is one of the biggest things I really started to try to work with my patients. Then also, doing food swaps. A lot of times, people start feeling like, "I can never eat this again." That's the thing that they would focus on.

It's like, "I'll never have this again," and I would say, "No. In fact, I want you to eat cheesecake. I just want you to do this raw cashew cheesecakes with dates and I'm gonna teach you how to make. And you can still eat chicken parmigiana but let's switch to organic chicken breast. And I'm gonna teach you how to use coconut flour and almond flour and some other things."

Again, teaching people those horizontal food swaps is a really important thing for people. Right now, it's that, "Hey, you can still eat the food you love. You can still have chocolate ice cream. Just use real food while you're making it."

Tony: That's great. I appreciate how you started with mindset because if we get down into some of the more details as far as micro nutrients and deficiencies and things to that nature, there's a multitude of things that people could do better or do differently but it all starts with what's going on between our ears and in our mind. Let's go ahead and talk a little bit about your new book, Eat Dirt. Tell us about the idea, how you came out with it and why you felt this was an important message to share.

Dr. Josh: It really all gets back to our roots, Tony, of eating by design, eating the way that we were designed to eat and living the way we're designed to eat. Today, we're caught up in these bubbles that are germ-free, dirt-free. Whereas, if you think about it for pretty much to our existence, for the most part, people were out in the dirt every single day. The percentage of people that were farmers, the percentage of people that slept on the ground. It's where we started.

Whether people believe in evolution or creation, if you look at creationism, even all three world religion say, "We were actually created from dust and mud." No matter what people believe, looking at it, we are connected to the earth.

Tony: Started with dirt.

Dr. Josh: We're started with dirt, exactly. It's an important thing to recognize. This is what research is showing. It's wow. We are supposed to get what are called micro exposures and this works. Today, there's a lot of debate about immunizations and vaccinations that I won't get into but when we typically hear immunization, we tend to think of a shot that we get when we go to the doctor. The truth is, by eating dirt or getting these what are called micro exposures on a daily basis, that's where we're getting natural immunization.

This is why raw local honey is beneficial or eating seasonal vegetables from your local farmer's market. Raw local honey contains over 200 microbes. If you're consuming just a teaspoon or tablespoon of raw honey a day, you are being exposed to pollen to where you're immunized, to where when it comes that spring and fall and you get hit with this big dose of pollen, you have a natural immunization. It's a similar thing to where ...

My in-laws just went on their 30th wedding anniversary down the Cancun. They did not drink the water because they would have gotten sick. Same thing. If I go to Mexico right now, drink the water ... I had a major intestinal issues but everyone that lives there can drink the water and have no issues. It's because they've been naturally immunized overtime.

This is something where there are so many people today with allergies. There are so many people today with auto immune disease. A big reason is because we have not naturally immunized ourselves to eating dirt and getting this micro exposures. The way this work is when I use the term eat dirt ... I called this in the book because my mom, in her kitchen, she just got in the farmer's market but she was like scrubbing every single carrot to where there's nothing left on there. They sweep potatoes, same thing.

I told her, I said, "Mom, just stop. Just eat dirt, okay?" When I went out to explain to her, there's actually a great study I'd read to where these little ... When you buy a carrot from a farmer's market or beach, you'll notice even if you wash them off, there's still these brown specs embedded in there.

Those are known as SBOs or soil-based organisms or soil-based probiotics. Not only do we need this food-based probiotics like bifidbacterium and lactobacillus but we also need soil-based organisms like bacillus subtilis and [acidobacteria 00:20:09] and some others that are found in the soil. We need this for our health.

Actually, there's medical studies showing this soil-based organisms help in killing off pathogenic bacteria. They help in helping other probiotics grow in your system. Just a number of things crucial to our health. Really, again, people talked about food-based probiotics but most people have not talked about the soil-based organisms.

Another interesting study they found that the average two-year old consumes 500 milligrams of dirt a day which is essentially a capsule full of dirt.

Tony: If you ever watch or babysit a two-year old or a three-year old even, they're constantly picking things off the ground, putting things in their mouth. We tell them to not do that. We tell them to stop.

Dr. Josh: You're right. It's one of the things where it's nature. It's the way that their immune system starts to grow and build overtime. In my book, Eat Dirt, I really get into a lot of these principles on how to naturally boost your immune system and regulate your gut health through things like eating raw honey, having a pet. I talked about dogs. Actually, people that have dogs decrease the risk of allergies and asthma by 52%. There's other studies on people that live on farms. There's a study on people who have gardens have better health. All of this things are really great for your health but it goes back, one of the premises in the book is healing a condition called leaky gut.

Tony: I was just about to ask you. If you could break down the connection between eating food that's a little bit dirty, frankly, and how that might affect leaky gut.

Dr. Josh: Sure, absolutely. Let me say this too before I forget. I talked about the carrots earlier. Again, a little bit of the dirt on the carrots is great. What most people buy though, they'll go to the grocery store and buy those baby [earth 00:22:03] that have been peeled and sprayed with a chemical solution. Those are actually going to be killing off good organisms in your gut rather than increasing them.

There's a study on a group of people called Yanomami Tribe. Really, really great. They found that this group of people in South America had almost 50% more diversity in their microbium, in their gut than what we do in America. There's a lot of different people out there such as ... There's a test called uBiome that actually test your gut bacteria and can tell you what your diversity is. It's pretty interesting, but when it comes to leaky gut, that goes back to Hippocrates. It said, all disease begins in the gut.

I tell my patients this for years is that, all health begins in the gut as well. I see a lot of physicians both in the conventional realm and even in the natural realm who are still just chasing symptoms and not addressing the root cause of disease. For example, this would a condition such as hypothyroidism or Hashimoto's thyroiditis or any time of autoimmune disease. Whereas, if somebody comes in with Hashimoto's, there are definitely some nutrients that can help. Vitamin B1 which is thiamine. It can help with thyroid function. Selenium works very well in many case. Herbs like ashwagandha.

The truth is, all of things should be taken or great for Hashimoto's but that's in a way still treating the thyroid. We need to treat the gut in order for the body to heal. We need to remove anything that's affecting the gut. What leaky gut is, is when you have this what are called tight junctions. Imagine a net being your gut lining with very small holes in it and you get reaps and tears in the net. Now things are passing from your intestines into the blood stream that should never pass in there. Things like undigested food particles such as gluten, pathogenic bad bacteria, toxins and chemicals. These things leak in the blood stream. They circulate and then they cause inflammation system-wide. Often times, they will target certain areas of the body such as your thyroid or your joint.

Rheumatoid arthritis, that's caused by leaky gut. That's the root cause. Any type of thyroid condition for the most part. Any type of autoimmune disease. Food sensitivities and intolerances, headaches, depression in many cases, autism, these are all warning signs that somebody has a leaky gut. If anybody wants to take an assessment, I've got a free quiz online. They could go to isyourgutleaking.com. I've got a quiz there where you can find out if you have leaky gut. Again, leaky gut is really the cause of what I believe to be 80 plus percent of diseases today, what Hippocrates was referring to thousands of years ago.

Tony: Somebody develops leaky gut syndrome. They start to have these micro tears in their intestinal tract maybe due to chronic stress or exposure to pro-inflammatory foods over a long period of time. What is going to reverse that? How is somebody going to change that around and get those tight junctions tightened up again to make sure their health is smooth sailing.

Dr. Josh: Great question. I would say, the number one thing we need to do is we need to remove the interference. We know that unsprouted, unbroken down grains are a problem. I know that people listening to this training, many of them are eating paleo. I think that the paleo diet really is right in line with this. In this diet, somebody should be following. I'll say this for myself, personally, I'm not completely anti-grain. If things are prepared properly where they're sprouted and fermented over a period of time, they're way more digestible but 99% of grains today are going to cause leaky gut.

Number one is, the over consumption of our grains today. Number two is going to be sugar. That's going to feed yeast, cause yeast overgrowth. Yeast will actually start to produce toxins. They will eat away the gut lining, hydrogenated oils. Of course, artificial sweeteners especially like Splenda and Neutra Sweet. All of this damage the gut lining. The food that start to repair it are the foods that are easy to digest.

Tony, there's actually a little bit of a misconception that foods heal the body. I'll tell you. There's actually not a single food that heals the body. The body heals itself. Body will use food and some of the building blocks to help heal it. This is something we've really lost in our society today. Things, in relation to fasting, we're doing things that are very simplistic for the body.

When I have a patient that comes in with leaky gut or inflammatory bowel disease or autoimmune or anything like that, any type of leaky gut whatsoever, I put them on a diet that is essentially like fasting to where their intestines don't have to do too much work. The reason I say this is, when I say the body heals itself, if I get a cut on my hand, I don't feed it anything. There's nothing I have to do. The body [crosstalk 00:27:21].

Tony: You don't have to stop it with herbs, spices, or whatever.

Dr. Josh: Exactly. A lot of people today, imagine your gut the same way, there are areas of damage where you're eating three to five meals today. Really, your gut never got the chance to heal and rest. I think intermittent fasting is actually a great thing to do for a lot of people or general fasting on a regular basis. In a way, you can still rest your gut by consuming what I call more of a ... It would be in line with gut's diet or a leaky gut diet or what the Chinese call the one pot diet. It's eating things that are almost completely broken down. This is what it would look like. It's eating mostly a crockpot diet.

Bone broth is fantastic because it contains proline and glutamine which actually helps repair the digestive lining. Also, it's not just in protein form. It's in a broken down imino acid form. Your body has to do pretty much no work

to break down imino acid. It brings them right into blood stream and bum, your body doesn't have to do any work.

This is also like coconut oils. It's typically beneficial. It's because your body has to go through only a three-step process to turn it into energy so your body is doing very little work. Also, doing vegetables that are cooked and slowly cooked overtime. Your body have to do almost no work to break those down.

Actually, the Chinese, what we call the crockpot today, they call it one pot because they also believe in the principles of food combining to where your body might need some different enzymes to digest compare to proteins. When you slow cook something, let's say 12 hours, many of the properties of the food, they essentially, the Chinese believe they become one. Again, it's in one pot but the food that used to be five foods, they become one in food nature and actually becomes easier for your body to break down.

Again, I think in general, a paleo diet. I have somebody following it, I would say cook though. Typically, cook food. People are going to do better with leaky gut but I think a lot of paleo diet principles are right in line with this.

Tony:

That's awesome. It's interesting how ... You mentioned the cooked foods versus raw. This might be one of the reasons why people adhere to you perhaps. A raw vegan diet I think is great in intent. I certainly don't fault anybody for wanting a humane and sustainable lifestyle. It seems very natural but at the same time, there are so many situations where people eat large quantities of raw vegetables and then they have terrible stomach problems.

If you look at evolutionary trajectory of our species, fire is certainly has been a part of every human civilization. We've always cooked. If anything we're cooking, animal. This is time back into healing or most specifically, allowing the body to heal itself by putting in foods that don't really cause further damage and don't really require the body to overtax itself as it goes through this self repair step.

As far as probiotics, because if you go back to the title of your book, Eat Dirt, once you established a healed gut, once you synced up some of those tight junctions, do you feel the soil-based organisms, their primary role is to balance out the gut microbiome? Are there information that shows that they're working directly to feed the gut health? What is the relationship there as far as your experience?

Dr. Josh:

Great question. We want to do a couple of things. We want to heal and seal the gut lining with the diet I talked about. Also, adding probiotic rich foods as well as this micro exposures, taking a soil-based probiotic supplement is fantastic. Part of why the gut gets damaged in the first place is really because of this [biosis 00:31:40] which is too much bad bacteria or too much bad microbes, not enough good microbes. We really got to balance that out.

Doing a diet that's high in probiotics, adding in some vegetables, adding in ... If you do dairy, kifer that's raw, that type of thing. In general, getting more of this affirmative foods and getting some probiotic supplements are crucial to re-establishing that gut lining. These probiotics, they protect your gut lining as well. They protect you from pathogenic organisms and gluten and things that can typically cause that intestinal inflammation. They deal with that for you versus the bad bacteria where actually produce toxins themselves that damage the gut lining. It's really important that we have a balance there.

Tony: You hit on so many great points starting with the mindset aspect of fitness and health, getting down to healing the root cause of disease in the gut rather than just treating symptoms and then looking at our holistic lifestyle or emotions and the relationship to our body. Everything certainly is interconnected. One other thing that I wanted to mention is this on the same subject is, you made the decision to donate a portion of the proceeds from your book to a charity, Mercy Multiplied. That's awesome having a social mission and giving something back, helping people in terms of their health and everything like that.

This is something I feel strongly about, in my life and I'm happy to see you doing this. Do you mind just taking a moment to talk about this particular charity? Why you wanted to contribute to it with your book?

Dr. Josh: Yeah. Mercy, it's an incredible community. It's run by a friend of mine, Nancy. She started this ministry years ago to take care of young women who had been ... Some of them actually were rescued through sex trafficking. Many of them, physically abused. Many of them are in early pregnancies. She brings them to a home and she feeds them well. They do counselling every single day. Really, just help these young women who have a hard time in life. Just experience a breakthrough. Again, it's an incredible ministry. This ministry supports and counsels women to doing that. Anybody who buys Eat Dirt, portion of all the book proceeds, we're giving back to Mercy.

Tony: That's great, man. I appreciate your time today. I hope the book does well. It's an important message and you're doing it the right way addressing the issue of our collective health on multiple levels.

Dr. Josh: Awesome, Tony. I'm a huge fan of your magazine. I've read it for years. Thanks for all your doing to move health forward and raise awareness. I appreciate everybody for listening. I hope everybody enjoys my book, Eat Dirt. Thanks again for having me.

Tony: That was Dr. Josh Axe, author of Eat Dirt, Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure it. You can buy his book, read his articles, watch his instructional videos by going to his website, DrAxe.com.

On next, we'd be joined by not one but two guests. Jay Smith and Dr. Aaron

[inaudible 00:37:56] of the Ancestral Health Symposium. Here's the preview.

Speaker 4: We kept saying to each other. We should have our own symposium where we bring the people to know about lifestyle implementation and practical takeaways that you do to actually take control of your own health. Paleo diet and all of the other things related to do with that. That's why we organized the first Ancestral Health Symposium at UCLA. It was such a success that we just kept going.

Tony: To learn more about this in Boulder, Colorado, you'll have to tune in to next week show. Until then, you can check our full archive of Paleo Magazine Radio episodes by clicking the radio tab on paleomagonline.com. (singing) Paloe Magazine is brought to you by Paleo Media Group. Thank you for listening.