

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. When I began writing my own cookbook, Paleo Grilling: A Modern Caveman's Guide to Cooking with Fire, I realized that there's a lot more to recipe writing than meets the eye.

My previous blogging experience certainly helped, but with the cookbook, the pressure is on to make the reader's experience truly remarkable. Unlike a free blog post, someone paying \$20 or \$30 for a cookbook expects that they will achieve their desired culinary results right away. Therefore, getting a recipe cookbook ready means rigorously testing every element, scrutinizing the measurements, and refining the process, but perhaps more importantly, it requires that the author use empathy, thinking about cooking from their reader's point of view.

While I think I did a pretty good job with Paleo Grilling, I'm certainly no America's Test Kitchen. Famous for meticulously testing and retesting recipes for everything from chocolate chip cookies to Tuscan-style beef stew, the America's Test Kitchen has built their brand on developing and sharing bulletproof recipes that literally anyone can make, so when I heard that ATK had tackled Paleo, I had to find out more. On today's episode, I'm joined by ATK Chief Creative Officer Jack Bishop.

In our conversation, Jack and I discuss his background as a food writer and cookbook editor, how many times America's Test Kitchen test a recipe, and how one ATK author actually developed a rotator cuff injury from stirring 2,000 pounds of test fudge, what it's like for his kids growing up in a household led by 2 professional food writers, where he does his grocery shopping, how ATK heard about Paleo and the approach they took to producing their book "Paleo Perfected", and which perfect Paleo recipes are now in Jack's regular dinnertime rotation.

Before we get started, I want to thank the sponsor of today's show, the Bare Bones Broth Company. Bare Bones Broth is handcrafted in small batches and made from the finest organic ingredients available. They use a gently, slow-simmered process which extracts all the rich nutrients that make Bare Bones Broth a Paleo-perfect essential. When asked how the Bare Bones Broth Company got its name, co-founder Ryan Harvey had this to say.

Ryan: Food should be simple. It should be clean. There shouldn't be a bunch of stuff you can't pronounce. [Just 00:02:23] the bare bones.

Tony: Ryan's passion for bone broth runs deep.

Ryan: It's not a [inaudible 00:02:28]. It's a very timeless thing, and that's how we want to present it.

Tony: They even vested countless hours perfecting recipes that bring this point home, recipes that you can find in the Bare Bones Broth Cookbook, but Kate Harvey, Ryan's co-founder and wife, has a simple tip for making any recipe better.

Kate: One of our philosophies now is you should never cook with water. Just use broth.

Tony: With Bare Bones Broth, you can enjoy real bone broth anytime, anywhere.

When you order one of their classic flavors like Grass-Fed Beef or Pasteur-Raised Chicken, you can rest assured that your order is in good hands.

Kate: We do still wrap and pack the broth in the boxes ourselves.

Tony: If you haven't tried Bare Bones Broth yet, you can get \$5 off your first order at BareBonesBroth.com. All you have to do is enter the promo code "Paleo" at checkout. All right, folks, it's time to try to perfect Paleo. Paleo Magazine Radio starts now. Hey, everybody. Welcome back to Paleo Magazine Radio. I'm here with Jack Bishop. Jack is working with the America's Test Kitchen. They are famous for taking recipes, meticulously testing them out, perfecting them, and they've applied that methodology most recently to Paleo. Jack, welcome to the program.

Jack: Hey, Tony. Nice to meet you.

Tony: Let's get people some insight into who you are if they haven't heard of you before and they're not familiar with your work with America's Test Kitchen.

Jack: Sure. I'm the Chief Creative Officer at America's Test Kitchen. I've been here for 23 years, actually, since the day the company was founded. We're best known probably for either our flagship magazine Cook's Illustrated or for our shows on public television. We have 2 shows, America's Test Kitchen and Cook's Country, that both run on public television, and I'm a cast member on both of those shows.

Tony: In terms of cooking, was this something that you always were attracted to? Did you see yourself becoming a chef when you were growing up? Was it your passion from a early age on?

Jack: Yeah, it's interesting. Most of the people here at America's Test Kitchen have a formal culinary training. I don't. I grew up doing most of the cooking as a teenager in my household for my family and was always super passionate about cooking, still I'm passionate about cooking, but I came at this from the writing and editing side. I [had actually 00:05:18] a degree in English and started really thinking of myself as an editor at a food magazine, and then started writing food articles, writing cookbooks, and really developing recipes and thinking about it from that side. I'd like to say within the America's Test Kitchen universe where there are all of these people with this incredible culinary background, I am the stand-in for the average home cook ...

Tony: Nice.

Jack: ... In the sense that my knife skills are probably a lot like an average person's knife skills. Passable at best.

Tony: Well, hey, I think that there's something to be said for having the every-man's approach because it's one thing to write a cookbook for chefs, it's another thing to write a cookbook for everyday people, and certainly, everyday people are the ones that are buying the cookbooks for the most part. Chefs already know how to cook, so that's a great asset to be bringing to the team. Now you're involved with America's Test Kitchen right from the get-go, as you said. Right when they started. How did that take place?

Jack: I knew the founder of Cook's Illustrated Magazine. I had already a pretty

established career. I was writing for newspapers, writing for magazines, I'd written some books, cookbooks, and as I said, I'm super passionate about this. I think the thing that makes America's Test Kitchen so unique and that I find so appealing is that our mission is really to teach people how to cook at home. Sure, there may be chefs who read the magazines or watch the TV shows to pick up a tip, but we're really about explaining the how's and the why's that go behind cooking, and [so for 00:06:53] really, really simple stuff. What equipment do you need? What ingredients should you be buying at the supermarket? How do you tell if it's a good extra virgin olive oil versus one that you shouldn't be buying? To actually walking people through recipes and teaching them how you make a specific dish.

Tony: Just in my own personal experience, when I think about America's Test Kitchen and what it means to me as someone who's seen the magazines and watched the program, it's doing some of the testing, it's doing some of the work on the front end to make sure that it's a really easily replicatable result, that if you follow the recipe as it's described, you're going to get what's promised. Obviously, that's requiring that you guys put the work in on the front end. Have there been any particularly challenging recipes? I'm sure there's several of them along the way and in your time with America's test Kitchen that have maybe thrown you for a loop and you almost threw in the towel?

Jack: There are. There are. Our whole mantra is that we make the mistakes so you don't have to. The idea is that we're testing that recipe over and over, as many as 40, 50, 60 times. We even send recipes out pre-publication to volunteer readers to road-test a recipe and then fill out a survey for them and send it back to us before we publish the recipe, but we do find that sometimes we miss the mark. There's a famous recipe here for homemade fudge. The thing with homemade fudge is you have to stir it an awful lot to keep the sugars from crystallizing in a way that you don't want them to. The individual who is in charge of this recipe made over 2,000 pounds of fudge.

Tony: Wow.

Jack: He actually got a rotator cuff injury from too much stirring.

Tony: Oh no.

Jack: The recipe never passed muster with the readers. They weren't able to get it to work right because fudge, because if you're dealing with sugar syrup, it's really, really tricky. We never published the recipe. The poor guy, he's on the [DL 00:08:55] list in the kitchen because his shoulder is all out of whack all from stirring fudge for weeks on end.

Tony: Never even got the recipe out there.

Jack: No. Never did. It's a great recipe, but it's one of these recipes like you really have to know what you're doing. If you've never made fudge before, the failure rate was just too high, and so we decided not to publish the recipe.

Tony: Oh man. In terms of your family, I see that your wife is a food writer as well, so obviously, you doing this full time and working in food full time, I'm sure it's very present in your household. How do you guys manage life and work and all those responsibilities with the task of putting some good quality food on the table for your kids every night?

- Jack: We cook every night. I tell my children who are 20 and 16 that they are incredibly lucky to have 2 parents who love to cook, who are both very talented at cooking. It may be that my children are not quite as far along on their own cooking skills, I'm afraid. We're really looking for the same recipes that anybody who's got a family which is simple things you can make in 30 to 60 minutes, depending on what the day looks like, and that don't require tremendous amount of ingredients. Sure, I do some cooking that's more elaborate on the weekends, certainly for holidays, but on a regular week night, I'm looking for that 45-minute recipe that is a complete meal or nearly a complete meal that everybody will like and eat.
- Tony: Now are you doing most of your shopping through traditional supermarkets or do you have a CSA maybe that drops off produce? How do you procure your ingredients and what's your philosophy on that?
- Jack: I'm a member of what I like to say is the world's greatest CSA. It's a 23-year-old CSA where the farm members do all their own picking.
- Tony: Wow.
- Jack: They manage the crops. They plant them, they water, they do the weeding. It's owned by a local land trust. It was a working farm and the family wasn't able to keep the farm going anymore, but they didn't want to turn it over to developers, so they sold it to a land trust that then pays professional farmers. The beauty of this is you get all of the benefits as if you had grown all the stuff in your backyard. Twice a week, you go in, you pick what you want. If you don't want turnips, you don't pick the turnips. If you want extra zucchini, you take extra zucchini.
- There are about 200 families that are members of this collective and it's fabulous. You get that experience of harvesting your own vegetables, getting those warm tomatoes, pulling carrots right out of the soil as if you had done all that gardening yourself. It's organic, obviously, and so it's just great. Unfortunately, I live some place in this country where we get our farm runs from the first week of June to the first week of November, and so the rest of the year, I'm thinking about how long is it 'til the farm is up and running.
- Tony: Right. Do you do any preserving? Do you take any measures to stretch the seasonally available ingredients into some of the months when the farm is not productive?
- Jack: We do some. Not as much as I probably should. [I was thinking 00:12:21] I'm going to do that and then it's like end of October and it's like, "Oh, yeah, I didn't put as many tomatoes up as I wanted to, or didn't make all those batches of pesto." [Yeah, I always 00:12:30] [say it's 00:12:31] next year that I'm going to do a better job.
- Tony: Yeah, absolutely. This is a nice tie-in to the whole Paleo thing because obviously, Paleo is all about real food, fresh if you can get it, seasonal if you can get it, getting in touch with where your food is coming from, and really, the gold standard is actually getting your hands dirty, like you said, pulling those carrots out of the soil, maybe procuring some of your own animal products in the same way. Now when did Paleo come on to your radar as somebody working for America's Test Kitchen? When did that actually start coming up in conversations?

Jack: I do a lot of public events. Bookstore signings, talks, and theaters. I travel around the country. One of the things I'm always keen on are what are the trends for the people who are watching our TV shows, subscribing to our magazines, that they're interested in. I would say 2 years ago, maybe 3, a steady drumbeat of people saying, "Hey, I'm trying the Paleo diet. I'm having some mixed success. There's some dishes I really miss that I want to be able to make," or, "The recipes are hit or miss. They're not at the quality I'm used to. That the sources are really more about the nutrition and selling the lifestyle and health, but I want the food to taste better. Have you guys ever thought about doing a Paleo book?"

We started talking about it internally, and I think the point you just made about how Paleo is really about clean food where you're getting the least processed, where you know where the ingredients are coming from, it's really aligned with what we believe here at America's Test Kitchen. The easiest way to make delicious food is to do a really good job with the shopping and procurement of your ingredients and then not messing them up. That sometimes it's all the things that you don't do in the kitchen. That if you buy really great stuff, to just leave it alone and let it speak for itself.

Tony: Right. Absolutely. Were there any, I guess you could say, naysayers? Was there anyone that had any thoughts about Paleo that had to be overcome in terms of, "Let's give this a test-kitchen go"?

Jack: Well, the interesting thing is because we're collective that when we enter any of these health areas, we don't really have an opinion about it. A lot of the people who are writing Paleo books are people who've had personal experiences where the diet has transformed some part of their life. It solved a health problem. They feel better. Obviously, as a group of we're now 180 people that work at America's Test Kitchen, we don't have a story like that to say, to talk about. We're not really interested in either selling or not selling the diet. We're assuming that if you're interested in our book Paleo Perfected, you're somebody who has already decided that you want to try the Paleo diet or you've been already on the Paleo diet and that you're just looking for sources of recipes that will fit into your diet.

That's an interesting place. We've been here, we've done a couple of gluten-free books, and so for us, the challenge about the Paleo as opposed to something like gluten-free which it's really easy to define what is a gluten-free recipe and what isn't, Paleo is a little bit more complicated. It's not as black and white as recipes either vegetarian or ... It's not vegetarian. There's a little bit of grey area, but it's pretty much black and white about that. Paleo is a little bit more complicated to define. That's where we began the project, was like, "Okay, it seems like there are lots of different ways that people are approaching Paleo. How are we going to approach it? Because we can't say all 180 of us were on the Paleo diet and we all felt so much better. Obviously, it's not something that really works for us."

Tony: I think that that's an interesting point how you really came at this from a more objective and analytical perspective, saying, "Okay, people are doing this. How can we take some of these recipes and make them our recipes in the sense that they're easy to make, they're going to come out great, and people can trust that they've been fairly tested?" Now what you mentioned before as far as defining Paleo, that obviously is something that there's not really a lot of agreement.

Of course, there's some basic tenets and principles, but there's not complete agreement even within the Paleo community itself. It's sometimes low carb, it's sometimes higher carb. There's people that eat rice, there's people that don't. There's people that eat dairy, there's people that don't. When you guys were tasked with the challenge of defining what your Paleo was going to be ... because I think that that's a message that I try to bring to this program, which is people have to define Paleo for themselves. They have to find their Paleo diet. It's not my Paleo diet, it's not your Paleo diet, it's their own. What were the conclusions that you came to? What were some of the basic tenets in your version of Paleo?

Jack: Again, we didn't have a philosophical or nutritional perspective here, but we felt like the most useful thing we could do was to choose the definition that some people referred to it as the most hardcore.

Tony: Strict Paleo.

Jack: I would say the most restrictive, because if you're somebody who's eating dairy, you could decide that you were going to replace the almond milk with cow's milk, but it often doesn't work in the reverse, and so we felt like we would be doing the most service to the people who were going to be using the book to do a book that was fairly strict in terms of how we defined Paleo. If you're somebody who makes some exceptions, you probably can figure out how you want to change the recipe yourself, but we didn't really want in some ways to be in the grey area. It's more complicated for us.

It seemed easier to say, "Okay, we're not going to use dairy. We're not going to use rice. We're not going to use sugar in the book," so we didn't really do desserts. There are a lot of Paleo recipe books out there that have chapters on desserts. We did some morning baking, muffins and pancakes, but we just really felt like, "I'm not really sure that's what people want from us, is a birthday cake that's Paleo," especially if we decided that we're defining it as no dairy, we're trying to avoid processed sugars, [which is it's 00:19:01] that much harder to obviously make a Paleo birthday cake.

Tony: Yeah, there's entire cookbooks that are dedicated to Paleo baking and Paleo pastries and all sorts of different Paleo baked goods and treats and things like that. One thing that struck me when I was looking through Paleo Perfected was just, "Ah," I was like, "Oh, wow, this is actually a pretty strict interpretation of Paleo and something that I haven't seen in quite some time." I think Loren Cordain, the originator of the Paleo diet, he's probably the one that most reminded me of some of the recipes in terms of the ingredients, but then, of course, you guys are taking it a step further and saying, "Okay, not just from this nutritional perspective, but from a culinary perspective, a taste perspective, it's got to work as well." How did you go about selecting the recipes that you did? What was the process there when you were actually looking at the things you were going to Paleoify?

Jack: Well, I think the other thing that we were really focusing on is we do a fair amount of outreach before we do a book, or we survey our internal audience. We have millions of people who subscribe to the magazines and watch the TV shows, and so we can send surveys out. One of the things that came back was also that people really wanted help with dinner. In some ways, they could figure out more easily how to do a Paleo breakfast, for instance, but that dinner was the main challenge that people faced. Again,

for a lot of people, they may be on a Paleo diet as an individual, but they want to make one thing for the entire family, and so it has to be acceptable to the people who are not on the Paleo diet. Dinner in most homes is the meal that's most likely to be a shared meal. It's a lot easier for you to have a Paleo breakfast and for your kids to have a non-Paleo breakfast, for instance, but are you really going to make 2 dinners? Probably not.

I think that was the starting point, was most of the recipes in the book, we did do some breakfast favorites, but most of what we're doing is, "Okay, we're going to put dinner on the table." That we're really looking at if it's a protein, that it's as close to a complete meal as possible so that it's not just, "Okay, here's a grilled steak. That's a Paleo recipe," but it doesn't feel like that useful. It seems more useful to put together a more complete dish that is either a one-dish supper or [gets you most 00:21:32] of the way there, and that has some veggies in it that may have some of the healthier root vegetables. If it's something [inaudible 00:21:41] traditionally made with potatoes, is it something you should do with turnips, or what's the best alternative? That's how we approached it. We also said we wanted to, number one, tackle some of these classic, "How do you do Paleo spaghetti and meatballs?"

Tony: Of course. The cover shot. I'm looking at it right now. It looks great. It seems like you guys went the zoodle route.

Jack: We did. It's really interesting when we started out with a lot of boiling of the zucchini or squash noodles, which we found just made what's already a watery vegetable really watery, and so we ended up roasting them.

Tony: Nice.

Jack: That's where the test kitchen comes in where it's like, "Okay, what's the best way to cook your zucchini noodles or your squash noodles?" We did some comfort food. We have some things like pancakes. People still, on a Sunday morning, they want to wake up and have the family make some pancakes. If you have a Paleo diet, there's a lot of ingredients in a classic pancake recipe that are no longer on your diet, so how do you end up going and replacing those?

Tony: I like what you said about the zucchini noodles because that specific issue is an issue that I have personally faced. I feel like that's one of the great things about America's Test Kitchen, is that you're coming at this from a different angle, fresh eyes, saying, "Hey, zucchini noodles, how are we going to make these better texturally, flavor-wise?" Were there any other recipes that stood out where you went down one path and you said, "Hey, wait a minute. We've got to zig where we're currently zagging and switch things up"?

Jack: I think we had an interesting time with the cauliflower rice, which is another [one of these 00:23:23] classic recipes that feels like it's in everybody who's in the Paleo space, is turning cauliflower into a substitute for rice. I think the good news here is I think if you treat cauliflower right, it actually has more flavor than rice, but getting the texture right is challenging. We ended up trying to steam it and had some challenges with that. Then we ended up actually cooking it more like you would actually cook rice, by sauteing some aromatics, then adding the cauliflower which we broke down in the food processor. We felt like that did the best job. Then uncovering it at some point so they could dry out because a lot of cauliflower rice can get mushy and

soggy. We tackled some things that I think people will see, "Oh, that's really familiar, but we may have come at it in a slightly different way."

Tony: Right, and why somebody might want to buy this book versus ... If they already have a lot of Paleo cookbooks, why this might be a valuable addition to their library. Now when you're going through this process and you're potentially testing a recipe dozens, if not more times, what happens to all the failures? Do they get recycled or are they fed to the staff? How does that work?

Jack: Yeah, because most of our food has been tasted, it's half eaten, and you can't really give half-eaten food to a soup kitchen, but we developed a system years ago where someone who works in the test kitchen's job is to package that food up during the course of the day into take-home containers. At the end of the day, an email goes out to the entire staff that says, "Here's what's in the take-home fridge." We have actually a dedicated fridge in our kitchen with just all of this food that people basically come down and shop the take-home fridge. The reality is even if it's not perfect, if you didn't have to make it and you now have dinner for your family, it's okay. You get through it even if it wasn't the final, perfect recipe.

Tony: Still sounds like a pretty good perk. I don't think I'd object to shop in your take-home fridge. When you're going through the process of putting together Paleo Perfected, were there any recipes that surprised you in terms of how much you liked them? Were there any that you thought, "Ah, okay, maybe this is a 'Meh'," but then it ended up being a "Wow"?

Jack: I love the Paleo Burger. I wasn't really worried about the burger component. That's not hard, but I got to say, I was pretty much skeptic about the bun. It just feels like ... I'm one of these people that does not feel like you can put a burger on a piece of lettuce and call that a bun. If we were going to do this, it felt like we needed to be able to come up with something that had that ability to absorb some juices, had some chew, it was soft, it wasn't crunchy. We came up with a bun that is really, really delicious and has what you expect from a texture perspective that bun should provide. It's got some nice flavor and you can put some sesame seeds on it. It looks and tastes and eats like a great burger.

Tony: Now I think buns, those types of things, bread in general, is a tough nut to crack when it comes to Paleo because frankly, a lot of what makes bread good is the gluten. You've had experience with gluten-free cookbooks before. Did that help prime you for cracking the bun code when it came to Paleo foods?

Jack: Yeah. The powdered psyllium husk is really important to get that elasticity in any bread and replicates the gluten. Our recipe is using a mix of almond flour, arrowroot flour, and coconut flour, but obviously, you're not getting gluten there, and so in order to get that chew, you really need something like [Xanthan 00:27:35]. We prefer the psyllium husk. It does a much better job. We add some vinegar to the mix, so that helps.

You need to change everything you know about baking when you're making these hamburger buns. We ended up having to make these little foil collars because breads that are gluten-free tend to spread all over the place. It's one thing if they're in a loaf pan, but if you're making buns, they're free-form, and so how do you keep these free-form buns from just becoming like a

puddle? We ended up stapling [crosstalk 00:28:13] these little collars that we made out of aluminum foil, that we would put the risen dough and then bake it off in these little collars so that it had the right shape and looked like a hamburger bun.

- Tony: That's awesome. Again, one of those things that I think is fun about your cookbooks, it's these inventive and innovative ways to solve a cooking problem that a lot of people probably, in that similar situation, they're probably happy to just say, "Okay, I tried buns and I ended up with tortillas, so I'll just deal with that. Maybe we're doing taco burgers tonight."
- Jack: Yeah. This is an entry place where all of the professional experience of the staff here comes into play because it's actually in the kitchen where we're having this discussion. Somebody said, "Oh, we'll just use a ring mold if we were in a restaurant kitchen," and we're like, "Yeah, we're not going to write a recipe that tells people to go out ... Ring mold is just a little piece of stainless steel that's shaped like a ring. It's usually like a biscuit cutter, except it doesn't have a handle." We said, "Well, we could make one out of aluminum foil. [They'll just be 00:29:17] disposable. Everybody's got aluminum foil. Most people have foil in the house, and so how are we going to turn that into what's in effect a ring mold?"
- Tony: That's awesome. Just to wrap things up for today, when it came to the Paleo Perfected, did you find yourself bringing any of these recipes back to your house? Did you find yourself cooking any Paleo recipes after going through the process of putting together this cookbook?
- Jack: I got to say that the 2 recipes that are in regular rotation now in my household are the cover recipe. I love zucchini.
- Tony: Awesome.
- Jack: The spaghetti and meatballs, I just find is really great. I love, love, love the kale salad with the roasted sweet potatoes and the pomegranate. I was really deeply suspicious about massaging kale.
- Tony: You got to massage the kale.
- Jack: You got totally massage the kale. That is just really great. One of my daughters is a vegetarian, so we're always looking for vegetarian meals that are super satisfying. This one, the roasted sweet potato gives a lot of heft and it's got radicchio. It's just absolutely delicious.
- Tony: That's awesome. Well, I'm definitely going to give both of those recipes a try. I'm happy to have a copy of this cookbook to refer back to in my own Paleo culinary testing and kitchen antics. Is there anything going on with America's Test Kitchen that's [coming on 00:30:50] that you wanted to maybe tease or give people a heads up on?
- Jack: We have a preserving book that's coming out later this spring called "Foolproof Preserving". Jams, pickles, preserved lemons, all that kind of stuff. We're doing old-fashioned pickles that are fermenting on the counter for a while. Classic kosher dills and things like that, Asian pickles, so that's really, really exciting. We're also doing a book on low sugar, alternative sugar baking, how you remake these favorite recipes for people who really want to eat a lot less sugar but still want an occasional brownie or a slice of

pie.

Tony: Absolutely. Hey, if you're going to have a treat, it might as well be a good treat.

Jack: I hear you. I agree, Tony.

Tony: Well, thank you so much for coming on the show, Jack. I'm really looking forward to making more of the recipes out of this cookbook, and I hope all of the people listening out there in the Paleo sphere do as well. I appreciate the work that you're doing with America's Test Kitchen. Keep it up.

Jack: All right. Thanks, Tony.

Tony: That was Jack Bishop, Chief Creative Officer of America's Test Kitchen. You can watch Jack on America's Test Kitchen and Cook's Country TV, both of which air on PBS. Next week on the show, we're talking hair. That's right, hair. You know, the stuff on your head, in your nose, on your body. Our guest is a hair shaman and natural hair care product innovator, Anthony Morrocco. Here's a preview.

Anthony: The hair is the most powerful element on our physical being. It doesn't belong to the physical being. It doesn't belong to the ethereal world. It belongs to the spiritual world. It belongs to the ethereal world, so chi is stored in the hair.

Tony: To learn more about the relationship between subtle energies and a good-looking coiffure, you'll have to tune in to next week's show. Until then, you can check out our full archive of Paleo Magazine Radio episodes on PaleoMagOnline.com. If you dig what we're doing here at PMR, it would be totally boss if you left us a rating and review. We got a new review this week from iTunes user [E. Stein 00:32:53]. E wrote, "I was totally hooked after the first episode. Tony is an awesome host. Great questions and great guests. Highly recommended." We'd love to get reviews like this, and it keeps me pumped for podcasting each and every week. If you follow E's lead and leave us a review, be sure to go to the show notes for this episode so you can fill out a form and be entered to win a Paleo Magazine Readers' Favorites Cookbook.

Speaking of cookbooks, thanks again to today's episode sponsor, the Bare Bones Broth Company. If you haven't already done so, be sure to check out their new cookbook, The Bare Bones Broth Cookbook, which features 125 gut-friendly recipes to heal, strengthen, and nourish the body. Paleo Magazine Radio is brought to you by the Paleo Media Group. Our show music features the song "Light It Up" by Morgan Heritage and Jo Mersa Marley. Paleo Magazine Radio is produced by me, and on behalf of everyone at Paleo Magazine, thank you for listening.