

EPISODE 204

[INTRODUCTION]

[00:00:10] AVH: Hey everybody, thanks for being here. Okay, this week, I have a cool interview, this is with an Instagram friend that I made recently and caught up with on a trip to Toronto. Shout out to all of the Canadian listeners, I love you. Canadians are the best. Her name is Natalie but her Instagram handle is That Afro Paleo Girl. Make sure you go and follow her and check her out because her Instagram account is just full of positivity and delicious food and it's awesome and that's how we met in the first place.

Anyway, we got together and connected to talk about some things that we have never talked about before on the podcast, including her struggle with a very rare auto immune disease and how AIP and paleo eating is helping her. We also talk about the lack of diversity, at least visibly online, in the paleo community and how we can maybe work to fix that.

Two pretty big, pretty important topics and I really hope that you enjoy it. I apologize for the background sound on this one, we intended to meet somewhere quiet and that totally backfired. We were basically wandering the frigid streets of Toronto, trying to find a place to get together and chat.

The audio is still good, you can still hear Natalie very clearly and I think that what she has to say is worth listening to a little bit of like elevator lounge music in the background. Anyway, I apologize for that in advance.

But before we get into it, just a reminder that this podcast is affiliated with an amazing publication called *Paleo Magazine* and I get to write for the magazine. I get to write product reviews, I do interviews with bloggers in the paleo world. I do business features and a lot more for every issue, as much as I love to talk.

Writing is actually my first love. Basically, this is my dream job, I get to write about stuff I like, I get to talk about stuff I like, it's perfect. I read the issue cover to cover and I'm not just saying

that because my name is in there, I did that even before I was affiliated with the magazine. I love it.

We have contributors like Emily Shrum, Mark Sissen, Ben Greenfield, all people I've had on the podcast, all big names in the health and wellness industry, doctors and nutritionists and authorities from all over the health space that give us the latest information on how to live a modern, healthy, full primal lifestyle. I that sounds like something you want in on, you might want to consider subscribing.

It's cheaper and easier than picking it up at Whole Foods, although, you're more than welcome to do that too but if you go to paleomagonline.com, you can subscribe to the digital issue and get all the recipes and workout ideas and nerdy science articles you could ever want delivered straight to your door or to your smartphone. You are welcome for that.

All right, here is my interview with Natalie, I hope you enjoy it.

[INTERVIEW]

[0:03:02.4] AVH: All right Natalie, thank you for braving the weather in Toronto and coming out to see me, and wandering through the streets until we could find a place that we can just meet and sit and talk. I appreciate it. Folks who are listening now didn't get to hear us rant a little bit about the differences between product availability in the US and Canada. Maybe we'll get there. So, thank you for coming in and talking to me, I appreciate it.

[0:03:26.1] NATALIE: Thank you.

[0:03:27.7] AVH: I would love for you to tell me because I don't even know yet, also everyone listening, a little bit about your background. You and I found each other on social media, so many people do these days, it's like a normal thing now, just make friends on the internet which is great.

I noticed you were another awesome paleo Instagram page, you were in Toronto, I can come and actually meet you in person, I'm super excited to do that and I'd like to hear more about your background and how you found paleo.

[0:03:54.9] NATALIE: Okay, great. I mean, I agree with you, this virtual world is pretty awesome and now to actually meet you in person, you know, taking these relationships offline, super cool. With paleo, it was an interesting journey for me because I was diagnosed in 2016 with an autoimmune disease, which is called lichen planopilaris. And it is a rare form of alopecia and it's a scarring alopecia which means if your hair does fall off or out, it is a possibility that it will not grow back.

I had a few bald spots that had started over a number of years and you know, doctors would say different things, "It's either traction alopecia" or you know, "You're going through a lot of stress," which I was at a certain time. I finally got the diagnosis in November 2016 and the recommendation was steroids, either oral or topical steroids, injections in my scalp. I'd read about side effects of them and I wasn't that comfortable with proceeding with that, so I looked into diets and lifestyle as a way to combat it.

I first found the anti-inflammatory diet, so I actually went a little bit towards very plant based, and these plant-based proteins and as I read a little bit more about diets, I discovered paleo and really, the way it's worked for a lot of people with their health.

I transitioned to that diet over several months because I wasn't eating a lot of meat at the time and like animal products at all and so, over a number of months, I fully, maybe like four or five months I went to paleo and I actually went to auto immune paleo, which is I guess a little bit stricter, for some people, restrictive in their mind. But I found, actually hasn't been very difficult to manage.

I did that for about 30 days, the auto immune protocol, where I wasn't having seeds, any nuts eggs, night shades, yeah. Did that and that was really a part of that whole resetting my immune system but I found a lot of people who've had alopecia or a number of autoimmune diseases, have had success doing that.

From that time, I've been reintroducing food slowly, some better than others, eggs, had a little bit of an issue with so far but willing to give that a try again because I do love a nice runny egg yolk.

[0:06:31.9] AVH: Yeah, okay, I have so many questions. First of all, I've never heard of that auto immune disease and well, I'm not glad that you have had to struggle with this, but I'm very glad that we can talk about it because it seems like the major players are always like celiac or hashimotos which again it's great to get that conversation out for anybody who is dealing with these issues. But this is one I'd never heard of. Is it relatively rare, did you have a hard time like pinning down that that's what it was because it's rare? Also, how long were you dealing with this?

[0:07:05.9] NATALIE: Okay. It is extremely rare so about 4% of people that have a scarring alopecia, just like one subsection of alopecia, have this type. That already is like – takes the number down.

[0:07:21.7] AVH: Do you know if it's hereditary?

[0:07:24.5] NATALIE: The doctor that diagnosed me, a dermatologist, does not have a lot of experience himself with it. So he wasn't really an ally and you know, in my treatment, I've been working more with my general practitioner doctor who really supports the idea of diets and lifestyle and so she really agrees with what I'm doing. Using natural products on my hair, some that I've been making. I found that I was pretty much alone in a way, I mean, I don't see my GP a lot, right? When I decided not to continue going to the dermatologist, I was going online, looking for a lot of resources, didn't find a lot of people who had this.

I found a couple of groups on Facebook, some were doing natural healing, so that was great. I joined a couple of auto immune disease groups but then, with Instagram, that's where I say I really found the largest community of people who are trying to treat their own auto immune disease. I found people more and more and more recently, people who have the same disease that I have which I'm still say, it's under five people that I found.

Yeah, it feels much better now. It's not, you know, as alienating anymore to know that there's other people out there and there's a number of people that suffer from hair loss for different reasons, right?

[0:08:51.0] AVH: Nutrition.

[0:08:52.0] NATALIE: Yes.

[0:08:55.0] AVH: It's nice to just – the things that come up here because you know, there's a lot of things I can tell you about social media. There's a lot of negativity potentially but it's nice to know that ultimately, what it's for is connecting people and that's a new find and I think that's great. Would you say right now that you've got your auto immune issues largely under control with your diet or is it still kind of a work in progress?

[0:09:18.4] NATALIE: I would say it's still a work in progress but the good thing is I've noticed the positive changes. I mean, I noticed way more changes with this diet than I expected. Even just so – I actually gave up gluten in November 2018 as part of that anti-inflammatory diet. Things like the brain fog that I had for years had left, I found that I had more energy and then when I really got into looking at the gut healing properties of the paleo diet.

And started adding things like bone broth and collagen and then – I just didn't consider myself someone who had any type of real digestive problem. Everyone complains of like an upset stomach or you know, slow digestion and whatever. Then I just realized, you know, I'm eating more whole foods and that's helping, so these things that I didn't think were an issue have cleared up.

Then, in terms of my hair, the two main areas of hair loss, I know are growing, it's very slow and you have to think if you've had damage to your hair follicles, you can't expect overnight, it's going to grow back. There are still some areas where there isn't hair but the doctors have identified that those are areas that had scarring. It won't grow back in those areas but having a thick head of hair helps.

[0:10:37.0] AVH: People can't see this right now unfortunately, it's audio only, but you do have a fantastic head of hair. That's you know, you got that girl.

[0:10:43.4] NATALIE: Thank you.

[0:10:45.7] AVH: How were you eating before you started the auto immune protocol, what was your general way of eating?

[0:10:53.3] NATALIE: Very much, the standard American diet, a north American diet, a lot of, I mean, I was raised in a home where you know, you always eat your vegetables, right? My parents made vegetable juice when I was a kid, we didn't want to drink it but you know, I ended up –

[0:11:08.3] AVH: That was like so much, \$12 worth.

[0:11:10.5] NATALIE: Pretty much, I still do the same thing. I actually still make it at home which is great. It's good to kind of have that instilled in me but before I went on this diet, I wasn't drinking cow's milk. I always had that thought, you know, "It's not made for human consumption."

I stayed away from that, for the last number of years, having almond milk and almond based products instead of dairy. I ate a lot of legumes, I also found that I ate a lot of popcorn. The fact that corn is in so much too and it's a filler and so many things. Cutting that down is really important because I was eating popcorn like a very large movie theater style bag.

[0:11:54.2] AVH: Because that's how much you have to eat.

[0:11:55.8] NATALIE: Yes, absolutely. I mean I made it home in coconut oil so I have so much better for me but giving up popcorn and corn, it's like the – no, it was tough but the difference. I think the great thing about how I feel now is, when you know how good you feel, it's hard to go back to doing something that you did before. Yeah, beyond that, French fries was also really a big part of my diet.

[0:12:22.4] AVH: Okay, like potatoes or something.

[0:12:24.8] NATALIE: Yeah, I don't touch it at all. Sweet potato, the orange one and also – My god, the purple sweet potato and then there is like that Japanese one and Caribbean, it's just like, French no and finding different things. Also, being here in Toronto is great for having a lot of different types of stores. You can go to your grocery store, small, ethnic variety stores and you know, just finding things made of cassava, you know? I find that, I mean, the diet could be expensive, right?

There's so many different ways to do it, right? You could be buying all your groceries at Whole Foods or organic grocery stores or you can just find, I go to a store that's here in Canada called No Frills and you know, some people is just like the cheap, like, bottom of the rung, grocery store but they have an organic section and the organic foods are cheaper than they are at other grocery store.

[0:13:27.9] AVH: You've got to hunt and gather, you know?

[0:13:30.7] NATALIE: That's exactly what it is and I mean, I do love a grocery store. For me to go to like three grocery stores in a week is not a big deal. I love it.

[0:13:37.6] AVH: I'm with you on that, that's like part of the fun of this finding new stuff.

[0:13:40.0] NATALIE: Yeah, I love a new discovery, right?

[0:13:43.7] AVH: From what I can tell from social media, you are a runner, right? Was that something that you were really struggling with when you were struggling with auto immune? Did you have physical struggles and use the diet health with that? Talk about more of the kind of the athletic side of that.

[0:14:00.4] NATALIE: Okay, for me, I guess I've been lucky with, I guess, if there is a lucky with auto immune disease. I suppose there is in the fact that it hasn't really had a physical impact on me. It's obviously, I mean, the physical impact on my scalp but not my body and energy wise. I

mean, eating better food has just improved my energy. I've always been able to continue to run. I just feel that I run a little bit better now to be honest, there was a period though, you know.

When you get diagnosed with something like this, you do kind of have that psychological impact where you know, you're upset about it, you're looking, you're searching for ways to fix it. Other people who have gotten something similar and then you know, I did kind of feel alone at a time. I would say there would be a little bit of a period of depression because I'm like, "What am I going to do? Am I going to go bald?"

Like all of this, you know? Getting out of that and I think it was just kind of taking control and going, "I'm going to do what I can to fix this" and I came to a point where, you know what? Maybe, I do go bald or maybe I continue to lose a little bit of my hair but at least I know I'm trying and I'm doing the best for myself. At the end of the day, you know –

[0:15:15.0] AVH: Yeah, I mean, that's a very positive, dare I say, very Canadian outlook, right? Today, when we're wondering through this like ice-cold rain, you're like "That's fine, we'll find a place like on the next block." Part of it, so much of it come down to that. It really does. We all have our different struggles with eating, health and I mean, there are very few people out there I think that would say, "I am 100% sorted out with my health and my fitness" and that whole kind of thing, right?

So much of it is, your attitude towards. If you want to kind of, everybody's allowed to feel sorry for themselves sometimes but if you stay there, that's not going to help you kind of get where you need to go, right? I think you're definitely doing it the right way.

Tell me now as you're still going through your progress of like figuring out what works and what doesn't, was it sort of more unique to paleo, auto immune paleo, and now you're kind of doing like elimination stuff? You took everything you, you're kind of adding things back in, is that what's happening now?

[0:16:16.7] NATALIE: Yeah, right now I'm in this period where foods are being reintroduced. As I mentioned, eggs and I started with egg yolk and –

[0:16:25.3] AVH The best part.

[0:16:28.7] NATALIE: Yes. I try to do it the best way I can as apposed to just you know, all of a sudden just like adding it back in and like mixed in with a lot of stuff. Tried the egg yolk, had it three times in a week, you know, hard boiled but just ate the yolk. I'd have to say, it didn't go so well because part of when I initially realized, you know, something was going on with my scalp, I would have itching and sometimes a burning sensation when it would flare.

I basically have like a mini flare after eating eggs, it started to itch. I just once again just have gone off the eggs and then gave it a few weeks and I think I'm going to go back. I'm going to make sure they're organic, pastured eggs, just trying to do things like that, because I've had a few people reach out. This is the great thing about social media, I posted that and people have reached out and told me about their experiences and made suggestions.

People telling me that you know, different eggs from different sources, you know, just have different effects on their body at different times. They're telling me not to be too alarmed and too scared with that. Other things that I've added back in, seeds have been something that I haven't been eating.

Hemp seeds or chia sees, now just having a little bit on food, you know, sprinkled on things, I haven't gotten right to a chia pudding or something yet. There was a lot of spices that were prohibited because they came from a seed, cumin and nutmeg, even black pepper. I love pepper and spicy food so that's actually been a top thing for me. Starting to add that back in to recipes which is good so you feel like a little bit more flavor and not to say that things were bland, it's just, I found I was just used to like a spicy or hotter kind of pallet.

Now I'm adding in or had been a lot more herbs so I mean, that's something I probably won't you know, give up, just using that for flavor. Yeah, next thing's chocolates is another thing that I'm excited to have.

[0:18:29.2] AVH: My fingers are crossed.

[0:18:30.3] NATALIE: Yeah. I've been doing carob which has actually been great. I think adding these things back in as well, I'll be making better choices about the sources of where these things are coming from, yeah.

[0:18:46.5] AVH: When you decided to start your Instagram account, was that something that you did in conjunction with kind of learning more about health and nutrition? Or did you already have it and then you kind of changed it so that the focus was more on health and paleo? Tell me a little bit about that.

[0:19:02.5] NATALIE: So I started it, because I mentioned I was just looking, using social media just to find things. To find other people, to find recipes, to find inspiration. So I started mine in August last year, I guess 2017 and I did it to share what I was doing because I was inspired by others and also to keep myself motivated. So I would look at what other people are making, I would try to recreate it and let them know that I've done that as well and it's great because I have people reaching out to me.

Who are finding that they are looking at me and getting ideas and feel like, you know it –

[0:19:40.1] AVH: It's a great resource for them.

[0:19:42.8] NATALIE: Yeah. So it's great and that's why it's really become this great community of people and so even when I find other people who they've had their first post and I want to follow them and I want to follow their journey and see what they're doing as well.

[0:19:57.1] AVH: So what are some online resources for social media folks that you really like that you've been following to help you out?

[0:20:03.8] NATALIE: So one of the resources that I had first discovered was Auto-Immune Wellness and their website and they have some great books and then they have a really great presence on social as well and they do something great where they do each week –

[0:20:17.6] AVH: Micky.

[0:20:18.1] NATALIE: Yeah, Mickey and Angie.

[0:20:19.1] AVH: I interviewed them about their *Auto-Immune Cookbook*, yeah.

[0:20:22.4] NATALIE: Awesome, so they do take overs and that's where I've discovered a lot of people that I now follow. So each week they'll have someone else take over their Instagram for the week and share what they do, their recipes and also lifestyle because that's a big part of it too, right? So you know, finding other people that are runners and I am also into yoga and Pilates. So that's great. They're one that I love to follow. There are a few others –

[0:20:53.5] AVH: Well that's very cool. I didn't realize that they had that. That is a smart idea about having other people take over and get access to what people eat and smart ideas. So that's a cool idea. That's very cool, okay two other things that I want to ask you about lifestyle stuff as you are now going with this. One is booze, do you drink it, can you drink, what's the deal there?

[0:21:17.6] NATALIE: Okay, yes so last spring I gave up alcohol as part of this and I didn't have the alcohol for four months and then I reintroduced it on a birthday outing. I had a glass of wine and that went well. So I mean I guess I could have done like a crazy binge or something because it was my birthday and it's amazing and I have been drinking occasionally wine lately.

[0:21:43.7] AVH: Okay so you found something that works.

[0:21:45.2] NATALIE: Yeah, so that is something that – it is interesting to me because I've moved to red wine and I was more of a white wine person and so yeah, I do and then yesterday it was actually a pretty big day because I had something outside of that. I had gin yesterday.

[0:22:01.6] AVH: Gin, well gin is a plant.

[0:22:04.4] NATALIE: Yeah, Juniper berry. Yeah so I had a gin and tonic which went well as well, so yeah.

[0:22:10.8] AVH: Okay, well because I know that a lot of people – I mean it's so funny, I personally would much rather go without booze than go without chocolate. I have my priorities set but I know a lot of people who are like, "I will eat 100% paleo but don't take my wine" or I don't know, "My whiskey" or whatever "Away from me" and then you joke, "Well tequila is paleo."

[0:22:30.4] NATALIE: It's a plant.

[0:22:31.5] AVH: That is paleo but I mean you've got to – I think ultimately what you've been talking about and what I have been hearing so much from all of my guests on the podcast is that these days it's really about general principles, eating as unprocessed and whole foods as you can and then it's about experimenting and finding what works for you. So, whether you are dealing with an autoimmune disease or not like at this point, I don't have any sensitivities that I am aware of.

But I know that there are things that make me feel better and things that don't and so it's got me smarter in figuring out what works for you and what makes you happy. There is no one rule for anybody, right? So, I mean gin works for you, whiskey works for me like you know, you've got to take the time yet. So okay, the other question that I had was sleep. So, were there any side effects when you were struggling with autoimmune issues with sleep and do you do generally have like secrets for me because that's one area that I have trouble with. But how do you deal with sleep?

[0:23:30.6] NATALIE: So I've actually always had sleep issues and they go in and out. So I mean I will go through periods of sleepless nights. I mean whether it's from stress or just my mind going for no particular reason, I'm not going through a period of stress but whatever. So while on paleo I had this idea about a month – and I don't know where it came from and I don't know if it was just something that from the past where I started to have issues.

So, I started to really look at different ways to combat it. So, I mean some of the old tricks that have worked weren't working anymore. So, lavender that's a thing, lavender tea, lavender room spray, a hot bath. So, things that I started to do, apple cider vinegar with lime and ginger at night but in a hot cup of that.

[0:24:30.1] AVH: This sounds nice.

[0:24:30.6] NATALIE: Yeah so for me, always like the hot beverages like that, really soothing things. So that was actually something that someone else and so once again, hearing on social, people giving me ideas. So that's something that I now go back to but just setting the scene for winding down and going to bed has been really important and putting my phone away, shutting down my laptop nice and early and there's been a lot of stuff to read that I have been doing online.

So I find that now getting the hard copy books has been a great way to shut down, you lie in bed, you're like ready to go and so.

[0:25:09.2] AVH: I even remember, I forget who it was that told me somebody smart because I love to read. I mean I definitely need to get better at shutting the screens down before bed but I always find reading before bed helps but sometimes I will get into a book and I like it so much, still staying up all night reading. It's like "Five minutes more" but maybe something that is educational, something that you don't want to read it but not a page turner book where you've got to chill out, if that makes sense.

[0:25:35.2] NATALIE: Yeah so reading something about nutrition is great but I mean I could actually close the book and go, "I can read that tomorrow."

[0:25:42.9] AVH: Exactly like I don't need to know how this chapter ends yeah, okay that makes sense. All right cool, so just to switch subjects entirely, another thing that I wanted to talk to you about and one of the reasons why I reached out to you. It is kind of selfish on my part but just how you've come to – it's been about a year of the podcast and I was asked by *Paleo Magazine* to write this feature about what I've learned and all the great people that I've interviewed.

All this great stuff and I'm putting this thing together and I'm like, "This is amazing" and I am so grateful for the chance to meet the folks and to talk to all these smart, awesome people and one thing I've noticed is there is a major lack of diversity in the people that I have reached out to, the people that I see and interact within the community and that was concerning to me and also, you know from a selfish perspective as somebody who wants people to read the magazine.

I want people to listen to the podcast, I want people to go to Paleo f(x), all of these gathering places where we get together and nerd out on stuff like we've been doing, right? And if everybody is in the same place with the same background, it really looks the same. That's kind of boring and not as much fun and I want to know why everybody, you know it's all white people, it's all white people that I am interacting with and I'm like, "This is kind of a problem area."

I want to be able to reach out to more people and I found you on social media and I mean your name is That Afro Paleo Girl, right?

[0:27:08.2] NATALIE: Yeah, I'm there.

[0:27:09.1] AVH: So I guess not to put you completely on the spot but I guess I'd love to hear from you maybe what it's like being in the paleo community and being one of the few, fewer visible minorities and how you got into it, what your experience has been, how you think we can start to be that more inclusive and get more people in on it?

[0:27:32.1] NATALIE: Yeah, well it is something that I've noticed almost immediately. I mean being in a city like Toronto, really diverse and you're never really the only person of color. You see people of all different ethnicities regardless of where you're going or what your activity choices are for the most part, right? Like even to go to my small yoga studio or when I'm running you see people of all different races and to kind of come into this community online.

And go, "Wait a minute, I am the only one here," right? So it's very strange. You know the last time that happened was probably as a child where you look at toys and at that time, growing up in the 80's there weren't a lot of black dolls. My mom had to search them out to get that one especially growing up in a city actually just a little bit outside of Toronto. So, I've kind of thought about it. So people of all different ethnicities obviously want to live a healthy lifestyle, for the most part I believe.

But what I've noticed is especially with black women that I've found on social media, I find a lot of them tend to gravitate towards veganism and vegetarianism. I found that there is a very large community there and I guess there just seems to be that association with that lifestyle. I mean I

don't know if it's come from the last few years, a lot of documentaries that have really been pushing that lifestyle, those lifestyles really against animal products.

And whether it's meat, whether it's buying things that are derived from animal products in any way. I don't know if that's just like kind of groups or people out there going out there and saying that "This is the only way to be healthy." I mean I previously have kind of leaned towards that diet at one point but as I continue to research just to see what might be best for myself and I mean to each their own but I do find it interesting that people are gravitating towards a certain lifestyle, right?

[0:29:40.1] AVH: It does seem and I think that the trajectory that you've described, it does seem that that's a way that a lot of people go when they maybe noticed they are gaining weight or maybe they noticed that they are not feeling good or whatever and so they start to switch over into, "Okay I want to look at eating healthy" because we all hit that point, right? I remember it was basically for me it was just get a little bit older, my metabolism isn't what it used to be.

I need to start paying attention to this stuff, I need to care about my health and so that's how I got into it and I got into paleo through a cross fit community. I've always been such a meat eater that the vegan vegetarian option was never a path for me. However, I know a lot of people who went from, "I feel bad, I feel unhealthy, I need to healthier. The logical step, vegetarianism because it's vegetables." Great and then some people do have either just physical aversions to eating meat.

Some people have moral issues with it. I think that is sort of a natural first step for people and then I know a lot of people do graduate from vegetarianism now to paleo because they just find they don't feel right or they don't have the same energy or whatever without a lot of those animal proteins and like you said, to each their own. We can argue forever about what's natural and normal for human beings to eat right?

But there is still a huge gamut because a lot of people feel better maybe being vegetarians, some people feel better eating mostly meat and I think one of the interesting misconceptions about paleo for a lot of people when they first heard about it is that it is basic Atkins right? They're starting to be a little bit of a switch now where it's like paleo is plant based, paleo is

mostly plants. You just add some meat in there too. It's not meat and then put a little sprig of lemon on top or whatever.

But I guess what I want to do is there's obviously vegans and vegetarians doing a good job putting themselves out there and making themselves known. So people are like "Okay here is an option." Paleo needs to do that now and we need to do it without I guess excluding people but also not making people feel like this is a weird kind of exclusive tight group that is scary or hard to get into for some reason because I don't think vegetarianism maybe has that same connotation for some reason. Why do you think that is?

[0:31:51.4] NATALIE: I don't know. Maybe they just have this friendly, "I am doing something good for the universe," type of vibe. I don't know, they have a good marketing machine but I mean there isn't a reason why paleo should not have that as well because it is good and friendly in doing something good for yourself and good for the world too. But that point about being plant based, I really see this as a plant based diet which it is and it's also what you cook for yourself but I think I probably have more vegetables now than I ever have.

I'm making sure that that is a part of every single meal that I am eating each day and yeah, there's animal products but it's not the feature.

[0:32:33.3] AVH: Sure, yeah. I mean I guess maybe too a lot of it is just physically because one of the things for me and you know this is part of the whole diversity thing. But when I came into this job, I made sure that I am writing stories for the magazine, like I am looking towards Canada because I am Canadian too and the magazine is American. But we cover Canada as well and we have lots of Canadian fans and readers and followers. I want to make sure that we are paying attention to Canada.

And seeing what Canadian companies and individuals and people are doing. I am doing that and then of course, making sure that they're women. I am always looking at a group of people or we're organizing something or we're getting some experts who are woman. I am on a search for that as a woman so now we need to take a step further and be like, "Okay, where are some people of color? Where are some people that are different from everybody else in the line up?"

I think that is the next step. I think of people seeing more people that look like them. I think that's why it's great that you have this Instagram account that people are really responding to because hopefully some people are going to go onto your Instagram now and being like, "Oh it's not just all like white girls," you know what I mean?

[0:33:40.5] NATALIE: Yeah, absolutely.

[0:33:41.9] AVH: Yeah, hopefully that's the next step.

[0:33:44.5] NATALIE: Well I will say that every time there is a woman of color that does discover me, I always get a direct message immediately after because they're just like, "Hey you're out there" and I'm like, it's great because there is not even a hashtag where we are finding each other. It's like, yeah but that's the thing. Maybe, it takes off and it becomes a thing.

[0:34:03.1] AVH: That's awesome, I think that would be great but I mean, it's with all humans. You went out there and you're like, "Am I the only one" and then go online, you figure out that you aren't. I think that that's what we all need to be doing is trying to make it a little bit more inclusive and just be like "Yeah, we're all out here," let's all – let's just you know, get as many people as we can and like teach people and invite people because that's what you want, this isn't like, everybody's got to eat the same way I eat.

It's just like, we all feel better for doing this and we want you to know about it too. I'm on it. Water's fine.

[END OF INTERVIEW]

[0:34:40.3] AVH: All right everyone, thanks for listening, thanks for being a part of it, if you have any thoughts on this episode, if you have any thoughts on diversity in paleo, if you have been struggling with an auto immune issue and you'd like to connect and talk about it and learn some more, reach out when we post this on social media @PaleoMagazine and let's talk about it, okay?

All right, next week is a bit of a swing in the other direction from AIP diets to something called the Carnivore Diet. I am interviewing Dr. Shawn Baker who is a very large and very fit man who literally eats like eight pounds of steak a day and nothing else.

Yeah, he is the founder of Carnivore Training Systems and he's actually been getting a lot of people to try this fully meat only diet to combat a whole host of issues, gut issues, skin issues, yeah, a whole lot of issues with some very impressive results actually for a lot of people.

If you're one of those people who thinks keto is a bit much, this is like on a whole other level, seriously. It's really interesting, the research is interesting, the results have been interesting. It's still a pretty new study that he's doing but he is having some pretty incredible results, he's been on Joe Rogan talking about it.

I think as crazy as it might sound to a lot of us, I think it's worth listening to, right? He's not making people do it or telling people that it's the only diet that works but it's a diet that works for some people. You know what? It might make you feel less guilty about those meals where you just can't be bothered to eat a salad and you just eat a whole mess of ground beef instead or a big steak with butter and no vegetables.

I'm not the only one who does that, right? I can't be. Anyway, join me next week and as always, if you were enjoying the podcast, please leave a nice review on iTunes, let me know what you like so I can do more of that and give us a nice five-star rating so one day I can be as famous as Tim Ferris. #2018goals, right guys? Okay, thank you and I'll see you next week.

[OUTRO]

[0:36:37.8] AV: Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at *Paleo Magazine*, thank you for listening.

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