

EPISODE 218

[INTRODUCTION]

[00:00:10] AVH: Hey everybody, welcome to Paleo Magazine Radio. Thank you for being here. I hope that everyone everywhere is enjoying some beautiful, sunny, summer weather and I'm not complaining at all about the heat, please know, because sunshine is life giving and necessary and some of us spend half the year in a deep freeze. So, let's just enjoy being hot and sweaty, really lean into it, you know? That's what I'd do.

When it hits sort of spring, summer, I just accept the fact that I'm going to be sweaty for three to four months and I kind of just roll with that and enjoy it. That's my wisdom for the day. Speaking of wisdom, today, I am speaking with newly minted doctor, Ryan Lowery, he is the coauthor of *The Ketogenic Bible* and his book has got to be one of the most visible and thorough books on Keto out there.

Despite the fact that it's called the Bible which sounds a little intense. Ryan is actually a very friendly, open person who acknowledges that different diets work for different people and that even Keto looks different for different people. I spent a lot of this interview kindly grilling him on whether Keto is really all it's cracked up to be and should maybe just reserved for people with significant weight to lose or perhaps chronic or acute illness where Keto has proven to be effective.

Like for the rest of us, relatively healthy but maybe just type A people who want to try everything and be perfect at everything, do we really need this diet? What's up with people eating melted cheese and calling it Keto? Anyway, I go off on a bit of a tangent but what else is new? I do think this is a fun interview, I hope you enjoy it and learn a little something and whether you're Keto or not, you may be into our show sponsor Chomps because they make delicious meat, beef jerky like snacks. I'm going to give you a little info on them before we get into my chat with Ryan Lowery.

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[00:01:55] AVH: Chomps makes healthy meat sticks that are multiple Paleo Magazine best of award winners, you don't have to take my word for it, these are very popular in the paleo community and they really do a good job of hitting those salty, meaty beef jerky cravings but they're infinitely healthier and tastier than your typical gas station variety. They are made with 100% grass fed and finished, open pasture beef, which not a lot of meat sticks can say for themselves, they have nine grams of proteins, six grams of fat, zero carbs.

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[INTERVIEW]

[0:03:14.3] AVH: All right Ryan, welcome to the podcast or should I call you Dr. Lowery? Right?

[0:03:18.8] RL: Thank you so much.

[0:03:19.5] AVH: Congratulations on that, that's a pretty big deal.

[0:03:22.1] RL: Thank you, I appreciate it.

[0:03:24.6] AVH: This just happened, right?

[0:03:25.7] RL: Yeah, like last week.

[0:03:28.1] AVH: Okay, well, I mean, what are you going to do now that you're a doctor, I mean, you already wrote a book, right?

[0:03:33.3] RL: Right . I think just you know, continuing down on the same road, I mean, continuing doing research and hopefully changing the world.

[0:03:40.7] AVH: Right, awesome. Well I am wearing my, "Is butter a carb" shirt that I got at Paleo f(x) in honor of our call today because we'll probably be talking about butter and carbs during this call a little bit. I'm excited, I'm excited to talk about your book, I read *The Ketogenic Bible* and I had heard a lot about it and heard a lot about you as I was learning about Keto and you really do seem to be sort of one of the first kind of big voices in this world, at least, that's getting big and mainstream. I guess I just want to start with you kind of telling us like a bit about your background and how you came to write the book.

[0:04:15.3] RL: Absolutely, well, thanks a lot. I appreciate it and you know, it really stem from a passion project and we've been doing research, Dr. Jacob Wilson and I, for nearly a decade now and it was really a passion project that was brought up to us, back in 2002 is when it really all started with our colleagues who you know very well, Dr. Jeff Volek and Dr. Dom De Agostino to real thought leaders and pioneers in the Keto industry.

Basically, at that time, we were introduced and they basically said, "Listen, there's no performance research, like really, the only performance research that's been done as an insurance athletes and there's nothing in resistance trained athletes." At that moment, Jacob and I said, you know, "This is our realm, this is something that's interesting to us, why don't we go down this route and really research this topic."

We spent years doing research and trials and studies looking at all different kinds of Ketogenic therapies and Q genic modalities for performance athletes. Then, it really came up to us, we were approached by a publisher and they said "Listen, you guys are really digging down this road and you've been speaking all over the world on it, is there a way you can take all of this crazy information and put it into a book?" and I said, "Yeah, let's do it, I think the world needs it" and that's really where it all started and took us about six to 12 months to really put all that together.

[0:05:44.6] AVH: Six to 12 months doesn't seem that long reading this book, there's a lot of information in here, that's pretty impressive.

[0:05:50.4] RL: Thank you.

[0:05:51.1] AVH: Do you see this as something that I suppose with all kind of research work, it's something that needs to be kind of constantly looked at and updated, do you see and I know that this is new obviously, but do you see it as something that you know, a few years down the line, you're going to produce another edition, are you going to do something, like, what do you think for the future of *The Ketogenic Bible*?

[0:06:09.9] RL: Absolutely. Definitely. I mean, there's new research already that probably like I wish we could have had in there. I think the amazing thing about it is, there's even some topics now that all go back to myself and I'm like "Dang, I don't remember writing this section" but it's just good to refresh on it over and over again and then hopefully consistently add on it for years to come.

[0:06:32.0] AVH: Right. Okay, rather than maybe go over like the basics of Keto 101 because I do feel like, personally on the podcast, I've covered that, I feel like people can kind of just go to you online and get a lot of this information. I do want to ask some sort of specific questions that I have while I was reading the book and also, coming from the perspective of someone who personally has experimented a little bit with Keto and not had a ton of success.

I don't want to be bias, but I do want to ask some questions, not necessarily from the perspective of someone whose already completely bought into the concept, right?

[0:07:03.9] RL: Absolutely.

[0:07:04.2] AVH: Yeah. I also get that you know, and you eluded to this already that there are different groups to whom you want to speak about Keto and you probably talk about it differently for those groups because they are people who are dealing with certain chronic diseases, there are people who are looking at performance goals, there are people who are just looking at sort of sorting out their lifestyle and losing some weight. I think that my listeners are mostly in the

latter group, it's people who are really just trying to be the healthiest, happiest version of themselves and find balance and find something that works for them, right?

That's kind of the direction I sort of want to go but we'll see where the conversation takes us, right?

[0:07:41.3] RL: Perfect, yeah.

[0:07:43.2] AVH: I guess the first question is, I know you have kind of talked about this in the book, I just interviewed recently Dr. Sarah Ballantyne who is also a very smart person and in the sort of health and fitness and nutrition world and she said something about and it's been echoed elsewhere that if we're looking at nutrition from the ancestral perspective, most and even like tribal groups who are living today, most or nearly all groups, tribal or otherwise with maybe the possible exception of some Inuit groups.

They don't practice prolonged Keto, that's not something that they would have certainly wouldn't have sought out or even done if they had the chance, right? If they have access to carbs, sugars and to honey and you know, fruits and stuff like that, they take advantage of it so at best, they probably would have cycled in and out of it, right?

If we're looking at trying to maximize our nutrition from an ancestral perspective, why would Keto still be something we want to look at?

[0:08:41.0] RL: That's a phenomenal question. My thought on it is this, I don't recommend or think that people should be necessarily Keto for their entire life. I think it's about, kind of – I personally fluctuate in and out but I'll never go to the other extreme like the Ornish style, where like, super high carb, super low fat.

I'll never go to that extreme but if you think about kind of what you said, like our ancestors, there is a lot of feast and famine, that's why I'm a big proponent of having certain times for intermittent fasting but a lot of them did consume animal meats at certain times but like you said, a lot of time, they had exposure to things like honey, and certain fruits and sugars. That's why I think it's

important to stay what I guess the term is, metabolically flexible, and optimizing your metabolism in order to handle certain challenges.

Because as much as I'd like to say "Hey, it's easy in today's world to stay Keto, 365 for the rest of your life." Quite honestly, it isn't. If I want to go out and have sushi with my friends like on a Saturday night, I can do that. Then I'm like kind of back in the state of Ketosis when I want to be probably by Monday or Tuesday.

But, the key is that I'm so fat adapted which I think a lot of people have challenges with is it takes time to become fat adapted, it takes time to really reboot someone's insulin sensitivity which is a big topic and if you're insulin sensitive and you're fat adapted, I don't necessarily think that you need to be Keto 365 like all year long.

[0:10:15.5] AVH: Okay. I'd like to talk a little bit more about the fat adapted part because it seems like, maybe it's just because it's human nature that we – it's like easier for us to think of things in black and white, either you're fat adapted and you're Keto or you're not and you eat carbs and one is better and one is better and one isn't and whatever. But it seems like you're saying that people can become fat adapted in a way that they can switch in and out.

If they're having carb refeeds or there are days where t they're eating higher carbs or they're traveling or whatever. You can handle carbs, you can be insulin sensitive and you can enjoy that but you can kind of slip in and out of this fat burning process faster, is that right?

[0:10:56.1] RL: Right, absolutely, and a lot of that is dictated by someone's degree of insulin sensitivity and we all know the people and I explain it this way all the time. I say listen, we all know the person who looks at a piece of cake and puts on 10 pounds. Well that person's likely extremely insulin resistant and unfortunately, in today's society, that's a majority of people.

They don't handle or tolerate carbohydrates very well, whether that's through lack of movement or poor nutrition or a combination of various things but there are certainly people who exercise, who are into fitness that can tolerate a higher carb load and still be more flexible.

It all comes down to what personally works best for you and that's the way I kind of explain it and talk to people about it.

[0:11:44.3] AVH: I guess there's also the process where in order to become more insulin sensitive if you aren't, that you have to go through maybe a period of either Keto or lower carbs that your body can kind of used to burning fat and becoming insulin sensitive. It's like you have to go through that sort of fire before you can get out the other side and kind of have a more balanced intake or be able to kind of be healthy around carbs, is that – would that be accurate?

[0:12:11.9] RL: Yeah, absolutely, combining that with some sort of movement and exercise. The best way to become more insulin sensitive. Number one, is by exercise and very shortly thereafter is through nutrition. If you can combine those two, you have a really good chance at improving your insulin sensitivity by lowering carbohydrate intake and then just moving and that doesn't have to be resistance training at the gym, just even a walk every day can be great.

[0:12:38.7] AVH: I guess the good side of this is that you can – like you're saying, you don't have to be Keto for the rest of your life but what you're also saying is that if you sort out the sort of macros and the lifestyle and the situation that works for you, you can slip in and out in a healthy way and it's not like, if you eat carbs, you're completely undoing all the work you're doing, on the Keto side.

Or that you know, you have to eat high fat every day like you can kind of be a little bit more fluid, right?

[0:13:06.3] RL: Absolutely, you hit the nail on the head because the thing to keep in mind is often times, people will hear that and I'll talk about them and be like, listen, I go out in and out of Ketosis and you'll get someone who will start a Ketogenic diet day one, like tomorrow, they'll start and then they'll eat that way for four days and then they'll go and have like an all you can eat buffet, they'll have pizza the following day and then they're like, well, "Ryan said that I can go in and out" and it's like, "Well, you're not even close to being fat adapted and you tried it for two days, then you're having like a huge carb refeed."

That's not what we're talking about, we're talking about like "Hey, I'm going to dive into this, I'm going to do it for a couple of weeks and then you know what? I'm going to go in and out and kind of understand where I can tolerate and have some of those like refeeds," so to speak.

[0:13:51.6] AVH: I guess the answer to this is probably, it depends on you and your goals but it seems like you know, I talk to a lot of people that are kind of big in the Keto world and they may not talk about it publically but they all cycle carbs and you know, even it's once a month, they have like a sort of "cheat day" or "refeed day," or some people do it kind of cyclical, like every 10 days, they'll kind of be higher carb for a couple of days and things like that.

Is it easier, is it more advised if someone's trying to become fat adapted that they do this sort of longer periods of Keto with maybe a day or two of higher carb, or is it something that you could cycle weekly or every few days based on your exercise, how does that work generally?

[0:14:36.2] RL: Yeah, it's so individualized but what I tell people is if you're first starting out, you want to become as adapted as possible so I'd say, at minimum, give a week to two weeks where you're not really having like a carb refeed and then when you do, one of the ways that I do it, I probably do this once a week is a lot of people in the Keto world are afraid of too high a protein.

But I have like a protein refeed, it's very difficult for protein to convert over to glucose via gluconeogenesis. I'll have days where I have a way higher amount of protein, kind of going back to like when I was playing sports or trying to like body build or whatever. During those days, I would have a ridiculous amount of protein, I have a high amount of protein and those are like protein refeeds for me.

I tend to fill out, kind of glycogen seems to kind of fill out more for me on those days and I kind of go back into my swing of things.

[0:15:29.2] AVH: Okay, you're saying because a lot of people are saying that too high protein can be even more problematic sometimes than carbs because of how hard it is maybe for our livers to deal with it and because it can convert over to glucose and it's basically like you're eating carbs, are you saying that it's – I mean, we're not telling people to load up on as much

protein as they can handle but that, maybe a higher protein day isn't as problematic as people are saying?

[0:15:55.5] RL: This is probably one of the most controversial questions in the Keto world. But yes. It's exactly what I'm saying. I tend to tell people especially females and this is something that I tell people a lot is females that embark on a Ketogenic diet often times under eat protein and they see things like, I've gotten so many reports and messages from people being like "Hey, my hair started falling out, is that because I'm Keto?" I'm like, "No, that's actually a sign of protein deficiency because you're eating 40 grams of protein a day trying to eat 10% of your diet as protein, like I recommend you have more."

It's very difficult to basically convert protein into glucose, via gluconeogenesis and like you said, we're not talking about eating 300 grams of protein a day. If you have a hundred, if you're an exercising male or exercising female and you have a hundred to a 120 grams of protein per day, you'll be completely fine.

[0:16:55.7] AVH: All right, I have so many questions. I guess one of the issues that I think I may have had personally was I'm so concerned with, I'm an active person and I generally do pretty well with carbs. I'm not maybe the most insulin sensitive person in the world but I think I handle it pretty good.

I was never really interested in like long term Keto. I like the idea of the being fat adapted and go 20 to 24 hours without eating if I'm traveling and I don't have anything good to eat and you know, the idea of not being hangry every four hours because you don't have your meals planned. That stuff appeals to me more than sort of the long term Keto thing.

But, I think I was always concerned and maybe this was reflected in my efforts to become fat adapted that I would be kind of stuck in this like limbo where I never quite stick to it long enough to be fully fat adapted but I'm never eating enough carbs that I'm getting energy from there too. I'm worried about this middle of the road gray area where you're not really doing either one properly, is that something that people struggle with a lot, is that a problem for other people or just me?

[0:18:01.1] RL: All, the time.

[0:18:01.6] AVH: Yeah.

[0:18:03.2] RL: It's like they're kind of sitting on the fence of like, I kind of want to go over and jump over but I'm kind of not providing enough carbohydrate – you're stuck in the middle, right? Like you said, you don't have enough carbohydrates, so you're kind of still stuck in this in between route yet you're not completely fat adapted where your body's able to produce Ketones via fat breakdown at a high enough level to provide sustainable energy and it's kind of like,, you have to make that jump in.

For some people, I've seen it happen in a couple of days, for others, it could take two to three weeks before that happens, a lot of it just depends on – like you talked about things like intermittent fasting, things like, what is the composition of your diet, are you exercising? Stress levels, there's so many factors that play into it that it can take kind of that whole range to figure it out.

[0:18:50.7] AVH: I think one of the issues that I never really connected with is people saying that Keto, it is very satisfying diet if you're doing it in obviously in a healthy way and a way that suits your preferences, right? You know, high fat and decent amounts of proteins, that's very satiating but I have a lot of people who are telling me like, "Oh I just was dropping weight immediately because I was so full all the time. I couldn't even eat enough."

I never have this problem, even when I'm eating super high fat and I'm a smaller person, I'm not a 200 pound athlete guy, I'm a smaller person, but like I can eat a handful of macadamia nuts and feel no way about it and that's hundreds and hundreds of calories and I can eat a 10 ounce steak. I could put it away.

I think one of my issues was the idea of, maybe it's because I'm looking at Instagram too much because I'm seeing the way these people are showcasing what Keto is. Where maybe I should be focusing more on like high volume kind of greens and low carb veggies and stuff like that.

I think one of the issues was I can overeat fat and people are always saying that's so satisfying, there's no way you can overeat and you know, you're naturally going to start eating less but is that something you see maybe with athletes or smaller people who actually find that they're overeating a lot of the foods and it's stalling their progress?

[0:20:05.8] RL: Yes, I'm really glad you brought this up because this is a huge point and there's this huge movement going on right now in the Keto world called Carnivore Keto, where people are literally just strictly eating meats and eggs.

It's interesting, I've experimented with it and I have some thoughts on it as well, but my thought is this, I'm very similar to you in that if I go to a buffet, I'm making sure I could eat not only enough for me but everyone that I go with.

[0:20:35.0] AVH: You want to get your money's worth, right?

[0:20:37.5] RL: I can eat ridiculous amount of food and so like a lot of those things, that's challenging for me, a four-ounce steak with like even as much. I could put a stick of butter on it, that's not really going to fill me up, there's actually intrinsic sensors in your stomach that feel a degree of satiety and as much as that 4,000 calorie stake is like at some level, once it gets broken down, may eventually fill me up. I'd much rather have a 500 calorie, enormous cob salad.

I think that's where a lot of people go wrong is they feel restricted and they feel like I need to add a ton of fat and they lose this concept of adding volume in other ways. Like a cob salad for me is typically my go to lunch and/or there's other ways to add volume like today, I have meetings and interviews and stuff all day. I'll have a shake and it will be just like a shake with MCT powder, some protein but I'll blend it.

It's like this enormous shake that probably is maybe 150, 250 calories but that's going to keep me full all day long and I think a lot of people miss that point and they feel hungry all the time and they'll eat a bag of macadamia nuts, not knowing they just ate 1,500 calories and wonder why their weight loss has stalled.

[0:21:57.4] AVH: Right. I guess maybe some of it is, this could probably be a good piece of advice for anybody but don't take what people are posting on Instagram at face value and it's not all bacon covered in melted cheese and maybe, there's lots of different ways you can do Keto, just like there's lots of different ways you can do a lot of diets. I am curious to hear what you think of this carnivore diet thing that seems to be gaining some speed in this community?

[0:22:23.8] RL: It's so interesting, it's definitely a deep topic and there's people that are seeing extremely great results with it. It's fascinating to me to watch this kind of movement transpire. I think it's like the next level for Keto. I think people have a difficult enough time following Keto but what they're seeing a lot of success with is people that don't really respond as well to vegetables or get bloated when they eat any type of vegetable.

People who are going carnivore see a tremendous amount of value in that. I find it difficult again, for people like me who I see it, a great deal of volume and I need that in my diet. Whereas someone like my mom who has Crones, she might fare well or do fairly decently on a carnivore diet, she has Crones and she was at one point probably eating about 500 calories per day just because it's like a learned response, she's never hungry but she would like nibble on crackers all day long and I'm like, well, maybe carnivore without –

At least allow her to preserve some muscle mass in some capacity. She wouldn't get bloated from eating any vegetables or fiber. I'm still uncertain on the degree of how practical this is for most people and I think there's – you have to be hardcore, be willing to really be able to dial in and if you're someone that just doesn't eat a lot, maybe. Maybe it could be an option for you.

[0:23:47.1] AVH: Right. Practical and necessary. I think it's one of those things, like we were saying earlier like it is a lot of times it is easier or easier for people to follow crazy diets that just because it's a simple thing, it's easy to follow. It may not be easy in practice but it's easy to say, "Okay, this is the only thing I have to buy at the grocery store, it's the only thing I have to cook. I don't have to worry about preparing things, I don't have to worry about which vegetables are better or worse or should I eat fruit after I work out? I'm just going to eat this and that's it."

But, as you said, I mean, this is still like, it's relatively a new thing that we're seeing. I mean, some people have been doing it for longer but there's like this influx of folks who are doing it now and it will be interesting to see in a year or two years or five years, are they still doing it?

Are people still having, you know, you're seeing all these great blood tests on social medias, if that's still happening because again, I go back, I keep coming back to this ancestral health perspective which I know isn't the only answer but I mean, I don't think that that's also something that we generally have been biologically made to do is just eat meat and just eat pounds of meat every day in perpetuity, right?

[0:24:53.4] RL: Right. To your point, kind of like what we were talking about before, people often, like there could be a possible way to do it and do it in a way that like if you're eating like liver, like beef liver and you're getting nutrients, literally eating the entire remnants of everything of an animal. You're getting all the nutrients but a lot of times –

You'll see it on Instagram, they'll go and they'll get like – they'll go to Wendy's or McDonalds and get like, just patties and pack it with bacon and have that for every meal and like, that's probably not what we're talking about. Probably not the best way to really do this carnivore thing. You need to be eating like liver and all these different aspects of animals.

Then that's something we're getting a bunch of different minerals and vitamins and such but like the Wendy's McDouble without the bread for every meal isn't probably what is best for your health.

[0:25:46.8] AVH: Yeah, some of these things. I mean, listen, no judgment, I eat some food that people raise their eyebrows out too, but I see so many Keto accounts that are like, they're basically like a high fat, low carb version of if it fits your macros, right? It has nothing to do with how nourishing the foods are, it's like, look what I get to eat and still be in Ketosis, you know?

It's like melted cheese, covered in ranch dressing but like "Hey, I'm still Keto." I mean again, you know, everybody's got their different goals and things that they're interested in but do you think that there is like maybe this sort of side group now that's kind of losing sight of what Keto is

intended to do because you're just kind of chasing Ketones rather than trying to eat a healthy diet?

[0:26:28.8] RL: Right. That's where I think we got to come back and find this balance because in one aspect, on one hand, it's good that people like that, they're going out to posting cool stuff about different recipes and "Hey, I can eat this" because before, everyone just saw it was bacon, eggs, like meat. That's all I can eat? Now it's like, "Okay, well let's get creative" and we've gone to the point where it's like "Okay, let's get ridiculously creative."

Then, we just need to keep it in context and realize, is it okay to have something like that once in a while? Cool. I actually am a perfect example of this. The first time I ever started Keto, like nearly 10 years ago, the first time I ever started Keto, I blew it. I did it horribly because all I ate for every single meal was what I called Keto moose and it was heavy cream, coconut oil, dark unsweetened coco powder and protein powder, every meal.

[0:27:23.8] AVH: Delicious though.

[0:27:24.0] RL: It was delicious. I felt horrible for the two weeks, it was terrible. It's about finding that context and balance but you're absolutely right.

[0:27:34.8] AVH: I'd like to hear more about – because you mentioned earlier that you know, you're not in strict Ketosis all the time and I'd like to hear a little bit more about your sort of daily, weekly eating and working out and how you train and I know in your book, you've got a bunch of amazing and delicious recipes, including stuff like powdered donuts and cookies and which I appreciate because I have a massive sweet tooth like whether I'm eating healthy or not, I just always have a sweet tooth.

It is good to know that again, if you're trying this plan, like you absolutely still have room for treats and things that are good for morale, right? How often are you really eating stuff like this? Walk us through kind of what a general day is like and both for food and working out?

[0:28:17.3] RL: I mean, as far as working out, I try and work out at least five times a week, usually, at least 30 to 40 minutes of resistance training and then some like high intensity animal

training for sprints and stuff like that But as far as eating, I, Monday through Friday I typically intermittent fast but not like one for health purposes and we're all about – a lot of it is just due to my schedule.

My primetime – I feel better cognitively. I work so much better with my team from like five AM to one, if I don't have like a huge meal in me which is great. Then usually, around one, I'll either have that huge shake that I talked about or I'll have like a cob salad and then I don't eat again until I get home which is probably around like six or 7:00 at night. Most of the days of the week it is probably some type of meat, some type of vegetable. I'd say at least sometimes there's a little bit of wine in there, but I'd say at least three times a week I'll probably have some small amount of dessert because I'm like you. I grew up eating not just a couple of Oreos, like a sleeve of Oreos every single night.

So I like to just finish it off and I will have a little cookie that I made or a little brownie that I'll have but that's typically my Monday through Friday.

[0:29:38.5] AVH: So that's basically two meals a day you're talking about right?

[0:29:41.9] RL: Yep.

[0:29:42.6] AVH: How many calories do you think you are taking in a day because you're a big guy. You are a big athletic guy and you're still working out. Are you taking in a lot of calories?

[0:29:50.9] RL: Yeah, that is a really good question. See, I don't track at all anymore, but I did it a little bit during that carnivore Keto experiment but if I had to estimate how many calories, honestly, I'd say probably about 2500, 2200 to 25. My dinners are fairly substantial like I'll have a salad beforehand then I will have the meat and vegetables and then I will have a little bit of a desert. That is probably 1500 calories right there and then the shake or the cob salad. So I'd say anywhere from 2000 to 2500.

[0:30:25.7] AVH: Okay and that's not super high. I would imagine back in your football playing days you probably ate a lot more than that right?

[0:30:32.7] RL: Oh when I was playing football and even in college when I was playing baseball at the University of Tampa, I was probably eating anywhere from 4,000 to 5,000 calories a day.

[0:30:42.0] AVH: Right, yeah so this again, I am jumping all over the place because I want to ask you more questions about your training but it seems to me in a lot of cases and we can talk about the performance side, it seems like there's usually two camps. We are talking health and fitness and performance. There is generally and this is a little bit stereotypical but general, there is the younger folks who are trying to gain muscle.

They are trying to be good at sports, they're trying to get personal bests and they are trying to chase certain things and they are more about like eating a lot, lots of calories, grinding out, hard work, lots of exercise, all that stuff. Then you hit a point where maybe you're at a certain age and you're more focused on disease prevention and longevity and you start to slow things down and you start to eat a little bit less and you start to work out a little bit less and do things that are maybe less punishing on your body.

It seems like you have to be one or the other. It's almost like when you're younger and doing all this hardcore stuff, you're doing it while maybe sacrificing some of that longevity and that stuff that comes later and later, when you're trying to eat less and you are fasting a lot and you're going for walks instead of crazy cross fit workouts, you may be sacrificing a little bit of that performance and that sort of vitality that maybe you had for this longevity and slower kind of healthier existence. Are those two things mutually exclusive or can you try to be doing both at once?

[0:32:10.6] RL: Right, it is a really good way to put it but I think there is a way that you can meet in the middle and working with – I mean we just had 40 guys here training for the NFL combine. So we see athletes coming in all the time professional athletes, youth athletes and I have seen even on social media, I have seen a big movement of athletes who are still in their prime making a switch of trying to say, "You know what? I want to extend this. I want to have a long career not just a short acute career and then be destroyed for the rest of it".

Because as anyone that's ever been an athlete or worked with athletes, athletes are the absolute worst eaters. When you are talking about performance sports athletes, it is difficult to

get our NFL common guys not to eat anything like Chick-fil-A and Chipotle every day. It is insane how much they are just like, “Oh this is what I ate all throughout college like this is what I want to do” and it’s like, “Okay now we need to eat for performance and longevity”.

We want to make sure that not only can you perform on Sunday or whenever your game is but we want to make sure that you have a career, so that way your coach isn’t calling in two to three years saying, “Man you need to lose 25, 30, 40 pounds and you are inflamed and you have all these complications that start today because of the way you are eating and treating your body.

[0:33:37.9] AVH: Right, yeah it is like the whole age and wisdom thing, right? Like when you’re young and then your metabolism and you’re working so hard, you can torch through all of these junkie food and it’s not until sometimes when you are already past your prime that you smarten up you’re like, “All right now I know how to eat properly. If only I’d known that when I was 18,” and I guess that’s the way life goes right?

[0:34:00.7] RL: That’s exactly what I went through. I was that kid that literary could eat anything. I was a garbage disposal in college where it didn’t matter. My coach would get so mad at me because I was 165 pounds and I used to drink three weight gainer shakes a day. Literally per day I was probably having over 800 grams of carbs a day to try and put on size and I just couldn’t. I was working out, I couldn’t put on size. The minute I stopped playing baseball and I was like, “Oh you know let me keep trying to do this,” I gained 20 pounds in a summer and I was like, “whoa what just happened?” and that was fast. It happens fast.

[0:34:43.0] AVH: Do you think that looking back, if you could go back in time when you were this competitive athlete, and someone had given you this information, this Keto plan do you think you would have taken it? Do you think you would have responded well to it? Do you think that is something you could have done while you were being an athlete?

[0:34:59.3] RL: Wow that is a really good question. I think I could have done it and the food that I tend to eat I was such a picky eater growing up. To put in perspective up until eighth grade all I had for every meal was cereal, it was crazy.

[0:35:12.4] AVH: I crushed a lot of cereal in my teenage years too. That's so terrible, what is about cereal? I guess it's a textural thing, it's the sugar, I don't know it is a very nostalgic childhood pleasure right?

[0:35:25.0] RL: It's so good and I am like, "Oh man," right? So it would have been difficult for me but the way I look at it is especially when you are that young like kids and when you're young, you tend to be extremely insulin sensitive. Like most athletes are. Do they necessarily need to be on a Ketogenic diet? No, they are able to handle carbohydrates extremely well, they are insulin sensitive, they are trying to train and eat for performance, that's completely fine.

But there is a larger majority who aren't able to do that and a larger majority especially – I mean my biggest hope is that one day we start seeing some of these Ketogenic therapies being applied in kids wearing contact sports especially because we see all the NFL, college athletes, NFL athletes who are now having complications, CTE and whatnot from long term repeated head injuries. My goal is how do we allow kids to still have fun, be active play sports or really protect their brains because ultimately that is the most important asset that they can have is how do we do that.

And so it's figuring out, "All right, I want my kid to live, be able to have cereal once in a while and live a good life and not have to be restricted around friends but I also want to make sure that when he's 40 or 50 years old, he is not having early onset Alzheimer's when he shouldn't have to".

[0:36:50.2] AVH: So on the days that you work out now, do you eat differently at all or do you stick to the same plan like generally two meals, pretty low carb? Do you have any issues with energy levels or I guess when you are well fat adapted that is not really the problem anymore?

[0:37:08.5] RL: I really don't and I have gotten to a point where I don't do same either like I don't do caffeine. Very rarely I'll do caffeine but I don't really have a problem with energy in the gym and a lot of it could be that my training has changed. I am training for health and longevity now. I am not training to try and be a massive body builder, put on four more inches on my bicep or something. That is not my ultimate goal. My goal is to eat for health and longevity and to look like how I want to look.

And so that could be a part of it as well. I don't need to go in and do a training session for an hour and a half, two hours and try to crush my legs doing it. Most of my workouts are 30 to 45 minutes max.

[0:37:55.1] AVH: Right, okay. This is anecdotal but a lot of people that I know who are doing a Ketogenic diet that tend to be athletic men that are athletes and they train pretty hard and they like the idea of Keto because frankly they don't want to have to be eating six meals a day to try to keep up their energy and they're travelling a lot and all of these things and generally, one of the things that I've noticed from talking to these guys, is that they'll have a lot of success for a pretty significant amount of time.

You know four, five, six months they are doing this and they lean out even more and they have tons of energy and the cognitive part is on point and everything's great but eventually they start hitting a point where they find that they're starting to either lose muscle or the energy is coming down and it is something that happens well after they've become fat adapted. Is this something that is sort of a next step once you are immersed in the whole Keto world and you're sorted out?

There is a next step where you need to adjust after that or is that the idea of playing around with strategic carb re-feeds comes back in?

[0:39:02.9] RL: I think so. I think once you are at that level of six, seven, eight months, that's where you can really get some tinkering and play around with it and say, "Hey maybe I'd try...". There's a lot of people that I know that do train hard and really want to go in and do 50 sets of deadlifts and they'll have 10 to 30 grams of carbohydrates and just like street sugar ultimately before their workout and they're back into Ketosis following the workout because they are burning through that so quickly.

The way that I look at carbohydrates in some essence is that they're a tool. I don't hate carbohydrates like "Oh they're the devil, you shouldn't have them". They're a tool, they're a very valuable tool if you use them appropriately but they are not required at all times if you're in a state of Ketosis. So that is why a lot of these people would utilize them as "pre workout" to get

this heightened sense of energy and then they burn right through because they are doing this crazy workouts that are going to allow them to burn through that fuel source.

[0:40:04.7] AVH: Okay, I'd like to talk a little bit about choric restriction and intermittent fasting and I guess those two terms may not be exactly the same thing. But there is a lot of talk about calorie restriction being one of basically the only thing that has been shown to help people live longer. I guess animals in certain studies live longer, slow the rate of cancer growth but calorie restriction and other iterations also can damage metabolism.

It can have some other sort of negative side effects, you see people who have very dysfunctional attitudes toward foods that are restricting their calories. I guess how do you find the difference and the balance between what could be a very healthy therapeutic calorie restriction for longevity or just low level come starving yourself because you are trying to do fat loss? And I've played a little bit around intermittent fasting too and I think that that's a perfectly normal healthy.

Finding this intuitive eat when you are hungry rather than because it is breakfast kind of thing, I can totally understand that but there's also the darker side where people are saying they are not eating for days and days but they are saying, "It's okay because it's fasting and this is a health thing now" and how do you reconcile the two?

[0:41:16.2] RL: Yeah, it is such a tough thing. You bring up a really good point because calorie restriction if you look at all the studies everyone is probably familiar with the monkey study where they basically counter restricted one monkey and they let the other monkey eat at will and you look at pictures of them and they look like they are 20 years apart and we've actually done studies in animals with Ketogenic dieting, where we literally took animals that were probably the equivalent of about 20 years old and we fed them their entire lives either a standard diet.

Or a western diet which would be like your McDonalds or something like that, a standard American healthy diet which is low fat, moderate carb, moderate protein versus a Ketogenic diet. We compared all three conditions and the Ketogenic diet group lives substantially longer in this instance and also when you look at their organs, we are still analyzing a lot of these issue. It

looks like a textbook in the Ketogenic diet group, whereas the other two have a lot of visceral fat mass.

So that could be a viable option especially as people get older, their insulin sensitivity is down, they are not able to sustain it. That could be a viable option but to your point on calorie restriction it is such a tough balance because unfortunately with the social media world especially in today's society, is people looking at this and go, "Oh I want to look like that person and they hear intermittent fasting or fasting helps you with this and then if it comes in some essence like an eating disorder.

Of like I am fasting because I am forcing myself to fast because I want to only eat a 1,000 calories per day and it is like, "gee" that is especially with woman and even with man on hormonal levels. So like you, I am a big proponent – it is easy for me to intermittent fast. I am still eating 2500 calories per day but I get very, very weary of people who consistently do multiple day fasts and that scares me from a sense of not only potentially losing muscle mass but the effects that it has on hormone levels, not only acutely but long term it can have some serious damage on hormones and metabolism.

[0:43:27.6] AVH: I suppose with anything, it is about experimenting, being smart, doing your research but paying attention to your body's signals right? Because I think one of the things like when I was playing with a little bit, I still haven't given Keto the 100%, 110% go yet but when I am on point with my diet and I am higher fat and lower carb, I can do 20 hours no problem. I start to get hungry and then I eat but if you're stressing your body to just add another couple of hours onto your daily fast.

If it's been 13 hours and you really want to make it to 15 but you are super hungry but you just tough it out, like maybe that's when your body is telling you either slow down, do this a little bit more incrementally or maybe just eat something because you're hungry and figure out what works. Another thing that I personally played with is I don't really like to skip breakfast. I get up and I have energy and I am running around and I want to exercise and so I want to eat breakfast when I get up.

But I will eat like a really early dinner, so then I am fasting at night instead of the morning and most people, at least the people that I am talking to tend to do it the other way around, but you got to do what works for you. So it is paying attention to what your body is telling you.

[0:44:37.1] RL: I actually think the way that you're doing it is exponentially better than what I do for instance and the reason is I think if you go back to primal ancestry, I think we should be eating during sunlight hours and not eating when it's dark out. The challenge for most people is that it is very easy for them to get up later, run out the door and then when they are home at night sitting there watching TV, there's food all around, they just had dinner, there is ice cream in the fridge.

It is a lot harder for them to fast during that time but there is actually some recent data that came out showing that an intermittent fast like the way you are doing it where you are eating early on in the day and maybe you stop eating by three or four PM and then fast until the next morning is actually better. So think that's definitely an option. If people could do that, I'd recommend that versus the opposite.

[0:45:33.6] AVH: Got it, okay. All right so next I want to talk to you about Ketone supplements because you do talk about that quite a bit in the book and again, I'm going to be a little bit on the critical side and say that I feel like and again, this is for average everyday people who are just trying to be healthy. It seems to me they're protein powder and that the majority of us probably don't need them but they can make it easier right? Is that an accurate assessment?

[0:45:58.4] RL: Yeah, I look at exogenous Ketones as a tool. Like we said, they're not an absolute necessity. There is a lot of different potential applications for it but they are a tool. They are not something that is absolutely necessary for everyone.

[0:46:10.3] AVH: But should it be something that for most of us who are healthy and we have other resources in front of us to undergo this Keto self-experiment that it should be a tool you use only if you are struggling or if you are having problems doing it "the old fashioned way" with food and exercise and fasting because I guess we're so quick to jump on the easy buttons and say, "Okay this will get us into Ketosis faster" or "This will help me because I ate some crappy food yesterday so I am just going to take this supplement now" and is it –

I guess if it's harmless, it's harmless but is it something that could be problematic, and I know people who are eating high carb for a week but then they'll be chugging exogenous Ketones because at least it's producing Ketone formula. That could be problematic, right?

[0:46:57.6] RL: Yeah, I would not recommend someone to go have a BigMac and then slug down Ketone like, "Hey I am in Ketosis," that's probably – it is supposed to support the lifestyle and that's what it was intended for when they were created and ultimately where it all started was the military because you have these individuals who are on these long extended military missions. They don't have access to a lot of food yet they still need to be cognitively alert.

So how do you do that? You provide them with a fuel source that's very easy that doesn't leave them with this up and down crash like a gram of sugar would do but you take a gram of Ketone or 10 grams of Ketones and you can give that. So I 100% agree there are tools and something that can be incorporated into the entire lifestyle.

[0:47:43.4] AVH: Is it something you use like if you're travelling or you're going to be on planes all day or you're running around is that something that you would use in lieu of maybe good food or if you are just trying to keep your energy up while you aren't eating, is that something you'd do?

[0:47:57.8] RL: Yeah, I typically when I travel I'll utilize exogenous Ketones and then sometimes if I am going to have a hard work out, rather than do the 10 to 30 grams of sugar like some people do I'll do exogenous Ketones. I'll do exogenous Ketones with some amino acids to get that boost and energy and I am good for my workout.

[0:48:17.4] AVH: Right, okay. So we are starting to get close to the end here. I know I could probably ask you questions all day long but if someone would be lucky enough to get stuck in an elevator with you for a couple of minutes and have you as an audience to ask them questions about Keto, what are some of the biggest key points you want people to know either before they decide to try it or before they decide to give up on it?

What are some key points about this diet or this process or this lifestyle that you want people to know that maybe people don't know?

[0:48:52.4] RL: I would say number one is that it is not a temporary fix. It is not something that you are going to get on for five days and go, "Oh I am good let me go back to my regular way of eating," like you mentioned, it truly is a lifestyle in a sense that not lifestyle that I need to eat this 24/7 365 but it is a completely altered way of eating. Focusing on whole foods, like cutting out a lot of the starches and carbohydrates out of your sugars, out of your diet and really understanding what makes up a well formulated Ketogenic diet and tailoring it for you.

Understanding that listen, if you are starting this when you are 30 years old, you've been eating a certain way for 29 years and six months or however long you've been eating a certain way and your body is so used to utilizing glucose and carbohydrates as fuel. Don't think that it is going to take two days for it to go, "You know what? Let me just forget that 29 years and six months and switch over to utilizing Ketones as fuel".

It is going to take some time for your body to adapt but allow that process to happen and there is ways to help ease that process focusing on electrolyte intake, working out, intermittent fasting, all these things can help speed that process. Just allow and understand that it will be a process and it is ultimately a commitment to the lifestyle.

[0:50:15.0] AVH: Got it. So be patient, easier said than done but patience is always a virtue, right?

[0:50:20.5] RL: It's always key, yep.

[0:50:22.4] AVH: And I like that you mentioned a couple times throughout these that these are tools that you can use just like with paleo, I love to talk about the paleo diet and lifestyle and foods that are good to eat and ways that are good to live and be healthy but it doesn't have to be this dogmatic thing that if you are paleo, you have to do it this way. If you're Keto you have to do it this way. It's tools that you can use and learn about yourself and hopefully make yourself happier and healthier and that is really what we're all trying to achieve, right?

[0:50:52.0] RL: Exactly and that's the goal and that is one of the things that I am trying to come out and do a lot more about. I love that you are doing it in the paleo world because often times people on the outside will look at this and go, "Oh that's dogma or this is something, this is one of those diets" and I am like listen – yeah I feel a moral obligation to say "Listen, I don't want this to become the Atkins of the 90's," where it's like huge, enormous, everyone's jumping onboard and the all of a sudden it just fades out.

I think there is a lot of potential here. If the message is hold the right way and that's the key. I love what you're doing and I love this concept of hey educate and say these are tools, these are options. It is not dogmatic, it's not a one size fits all approach. It is something to understand and continue building off and say, "Hey let's look into this further and make sure that it does truly become a lifestyle".

[0:51:45.9] AVH: Right, I love it. So what else do you have on the go right now? I know we met for the first time at Paleo f(x) which is awesome, it is always a good time. Do you have any other events or any other projects that are coming up that you can tell us about?

[0:51:58.2] RL: Yeah, actually we have just taken over and have a big initiative kind of along the same lines of what I just said, a responsibility to help facilitate this conversation. So I am going to be taking over and running Ketogenic.com and so we're doing a whole website relaunch and big stuff on social media at Ketogenic.com and basically putting in a ton of value because like you said, because Keto has gotten so big this conversation not only is there external conflict with people like, "Oh Keto sucks".

Among the Keto community, we are battling, and my goal is how do we facilitate it all and say "Hey listen, there doesn't need to be camps inside of our own world of this." How do we help educate, bring the research to light and make it digestible so everyone can understand it and then apply it for themselves if it fits and if doesn't, cool. We just want to be here as a resource. So that's something I am definitely working on and of course, speaking at a lot of different places like I'll be at KetoCon and a bunch of these other places doing talks for Keto.

[0:53:06.4] AVH: That's a pretty big deal. Congratulations on that too. I think the way you are doing it is going to solve this problem that you have because I know I have a similar situation

like we will post a recipe on our Instagram and it will white potato and paleo people will lose their minds and “Come on guys you don’t need to fight.” We all have the same general idea and our hearts is in the right place. We just might do things slightly differently but I think that the way you are approaching it in a very obviously science, fact researched, calm, open manner.

Where you are putting this information out there and you’re like, “Let’s have a conversation, let’s talk, ask me questions,” that’s the way to do it because it is very hard for people to get angry and yell and just take sides when you are being as forth coming and open as you are, right? So I think you are doing it the right way.

[0:53:59.0] RL: Thank you and that’s the goal, we are here to help educate. It’s not trying to say “My way is better than your way.” It’s cool, you are putting out a ton of amazing – I love the recipes, amazing recipes and content. People are there to listen and learn and you’re truly coming from a place of I’m trying to offer you insight and information, that’s the goal and if you want to take it, cool. Love it, if you don’t, cool, I still love you, wish you the best.

If you can really come from that place of pure gratitude and being like, “Hey, I am thankful and happy that we can help put out this information,” then you can never lose.

[0:54:36.4] AVH: Yeah and people respond to that. Just putting positivity out into the world. So Dr. Lowery thank you very much for that and thanks for making us all look bad. You just became a doctor, running Ketogenic.com, put out a book, you are just making us all feel like we are not accomplishing anything, so thank you for that. It’s expiring though, you made me go “Maybe I will write a book someday,” we’ll see, I’ll keep you posted.

[0:55:00.7] RL: You should.

[0:55:02.1] AVH: That’s part two but thank you so much for taking the time and I feel better. I feel like I know more now and I appreciate that. We’ll put all of this information and all the links in the shownotes, so folks can follow you and let’s do this again sometime.

[0:55:14.4] RL: Definitely. Thank you so much for having me on and I’ll definitely talk to you soon.

[0:55:18.7] AVH: All right, thanks Ryan.

[END OF INTERVIEW]

[0:55:23.7] AVH: Okay, that's it for today. I hope you learned a little something and if you are on the Keto train and you've read this book and gotten something from it, please send us a note on Instagram @paleomagazine or me personally @themusclemaven. Tell me about it, I want to have a conversation, let me know how it's going and hey, if you are sick of hearing the word Keto-Keto-Keto-Keto, feel free to tell us that too. I can take it.

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Okay next week is an episode that I am really excited about. It is another that I think is a little bit different from our usual interviews maybe, it is with a meditation teacher called Jeff Warren who co-wrote a book with Dan Harris called *Meditation for Fidgety Skeptics* and if that speaks to you then yeah, join the club and I think you'll enjoy this chat. He's so great, he's so real and honest about the challenges of mindfulness and meditation.

I am really excited to share this conversation with him and with you and if you haven't read the book, it's a great one. I highly recommend it as someone who is literally fidgeting right now as I speak to you like no joke actually fidgeting. I can't speak for you but I don't know if there is anyone out there who couldn't use a little bit more mindfulness in their life. So this is a good one, you don't want to miss it, subscribe to Paleo Magazine Radio. If you like what you hear, please leave me a review and a rating on iTunes so I can keep doing this amazing job. That's it until next week and thanks for listening.

[OUTRO]

[0:57:07.8] 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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