

EPISODE 240**[INTRODUCTION]**

[00:00:10] AVH: Hey everybody, welcome to the podcast, my name is Ashleigh VanHouten and I am your host. You may have noticed that we have some new intro music. I picked it out myself. What do you think? Do you like it? Do you not like it? Do you miss the old music? I mean, I'm not sure I can really change it back at this point but let me know if you like it because you know, a little change sometimes can make a big difference. Anyway, that's my excitement for the week.

Today, on the podcast, we are talking to Victoria Field, she is the cofounder of the Metabolic Health Summit and a keto nutrition expert, I'm going to talk to her about the event, the summit that's taken place in LA on January 31st to Feb. 3rd, that's in 2019. Including all the speakers and the events and all the high level research that's going on in the field of nutritional and therapeutic keto. We also talk about how she got her start in research, working with the group KetoPet Sanctuary, which is a human grade cancerous therapy research project for pets, for dogs.

It's been providing some really positive, really compelling evidence about a nutritional ketogenic approach for dogs with issues like cancer. It can be extremely beneficial which again, kind of leads me to question, what are we normally feeding our dogs? I don't know. It's like, kind of sucks that the more they hang out with us the less healthy they get. Anyway, you know, we talk about wild dogs out in nature like, are they eating carbs, I don't know.

Anyway, I digress, Victoria is super knowledgeable, awesome, she's really passionate about the work she's doing and it's really exciting and hopeful to learn about all of this research that folks are putting out into the world and are bringing together at the summit so she's also giving my listeners a discount. If you want to attend the event and we're a show sponsor so we'll get to that but we have to listen to the episode so that you can get the discount and before I talk about my awesome show sponsor, I just want to read an iTunes review because there are a couple of new ones up there, really make my day, they always make my day and I wanted to share so I'm going to pull that up right now.

This one is from Amylin636 and she says, “I am fairly new to podcast and quickly filled my library with subscriptions but Ashleigh Paleo Mag is my favorite. Her guests are always interesting and a wealth of knowledge. Ashleigh stays on topic and doesn’t have to fill the air with laughs and bad words, this mother of two appreciates it, thanks Ashleigh, great entertainment and information. Keep it up, you make my ride to work so much more bearable.”

That’s so awesome, thank you so much for that review and for taking the time to do that and for letting me be a part of your entertainment on your ride to work. It really makes my day so if you wrote this review and if you’re listening to this, send me a message on Instagram @themusclemaven or if you aren’t on social media, I don’t blame you.

You can email me at ashleigh@paleomagonline.com, that’s Ashleigh spelled ASHLEIGH just to make things more complicated for you. You can let me know that you heard it and I will send you some swag because it’s a big deal to take the time to say something nice about somebody and something because we don’t really do that enough. I appreciate it.

Okay, that’s it, time to talk to Victoria about metabolic health after I give you a sweet deal from our show sponsor, Perfect Keto.

[SPONSOR MESSAGE]

[00:03:27] AVH: All right, our show sponsor today is Perfect Keto, which is a supplement company that supports a healthy lifestyle and diet and of course, also a ketogenic lifestyle. It was founded by Dr. Anthony Guston who is currently the only guest I’ve ever had on the podcast twice so you know he’s a smart guy.

We know that a ketogenic or even a low carb lifestyle can be very beneficial to people who are trying to lose body fat, control cravings, optimize cognitive health and minimize energy crashes and inflammation. The company provides products like exogenous ketones, MCT powder, keto collagen powder which is one of my favorites, they’ve got a keto neutrophic, that’s really good and have a couple of brand new products that you’re going to talk about.

They're all peer reviewed, overly tested, really high quality products and I can personally attest to them being good and being delicious because I don't care how healthy a protein powder is, personally. If it doesn't taste good, I'm not going to use it. Their products are great, you don't have to be keto to be in to them, they've got a wide range of supplements that can help you depending on your goals but one of the big products that they just launched, they're really excited about is this new perfect keto bar that is basically like a chocolate brownie except healthier.

The product apparently took like 18 iterations to get it right but he's very happy about it, it's very high fat but there's still 10 grams of protein, there's only three grams of net carbs, it has great ingredients like almond butter, coconut oil, collagen, sea salt, delicious. And, because you are awesome and listen to this podcast, you get 30% off the bars with the code PMketobars30. If you can do that, if you want the bars and we have another way for you to save if you want to get any other products, you can just use the code paleomag and get 20% off anything you want.

Head to perfectketo.com/paleomag, stock up on all the great stuff and let me know what you try and I hope you enjoy it.

[INTERVIEW]

[0:05:25.8] AVH: All right Victoria, welcome to the show, thank you so much for being with me today.

[0:05:29.9] VF: Thanks for having me, excited to be here.

[0:05:31.9] AVH: Yeah, I mean, just start out by telling our listeners kind of who you are and a bit about your background.

[0:05:37.7] VF: Yeah, my background is a bit of a mix-up. I actually started in the TV news industry. I was a reporter and anchor for a couple of NBC affiliates and had always been involved in fitness my whole life really, just been an athlete growing up and eventually, On the side of TV news, I started to, well my husband and I opened up a fitness business and we really

started to dive deep into the bodybuilding world. So much so that I ended up earning my pro card and at that point, you know, I was on air by day or actually, by night.

I anchored some of the night shows and by day, I was you know, a professional fitness competitor. It was this sort of like leading a double life and on the side, we also ran a fitness program that was outdoor, indoor and we really had to make a decision on which way we wanted to go and so I ended up leaving the TV news industry and pursuing the fitness world full time and we ended up becoming show promoters and coaching athletes all over the world and it really just kind of took on a life of its own.

You know, it came to a point where we wanted to continue to do more. We really wanted to be able to give back, we were always learning about nutrition and science and what sort of the latest research was. That actually led us to the ketogenic diet. Not like your traditional bodybuilding, ketogenic diet but I think there's a lot of misconceptions around.

But truly, ketosis and at the time, it was around 2014/2015 and I had actually suffered an injury that was really kind of putting my competitive career on the line and in question. A couple of friends of ours, Ron and Shannon came out and requesting church and "hey, we want to tell you about this ketogenic diet and we're thinking of opening this place called KetoPet Sanctuary, where we can actually validate it and here's how it kind of goes down, it's high fat, modern protein, low carb" and at the time, I was a carb monster.

I was just like, "that sounds insane" and –

[0:07:32.5] AVH: Unpleasant, yeah.

[0:07:33.7] VF: Right, totally going to gain weight and this is going to be you know, anyways, night and day difference to what I was doing at the time but because of my injury and honestly, it was because of my dog and I think I might have shared this story with you but for the listeners, it was kind of an interesting process because there's no information out there, sort of at the time. I mean, it had been used as sort of a metabolic therapy for a hundred plus years but when it comes to lifestyle, when it comes to epilepsy in canines, there was nothing. At the time, the

KetoPet Sanctuary was being established, we decided to give it a whirl, their dog Sasha who had suffered a traumatic brain injury when she was young.

Ultimately developed grandma seizures and we had tried all kinds of anti-convulsive medication, she was still having breakthrough seizures, she was not the same dog and we transitioned her and she's now off on medications, seizure free, her hair grew back, she's a little fireball Pomeranian again.

[0:08:25.5] AVH: She's so cute by the way. Once in a while, you put her on social media and I'm like, "that thing is so adorable." I need to meet this puppy. Anyway.

[0:08:34.8] VF: They're kind of ridiculous. I'm pretty sure they're like bow or just palms like long lost siblings. Rock spin and then Sasha but Sasha is like a different dog, both of them are on a ketogenic diet and at that point, my husband and I said, "We have to do this, this has changed our dog's lives" and then I had an opportunity to start with Epigenix Foundation to really kick off ketogenic protocols and validating the diet in both humans and canines, specifically, in the face of a cancer diagnosis and that's really what sort of sparked our relationship with Dr. Dominic Augustino, Dr. Angela Path at University of South Florida and really, I've not looked back since then.

[0:09:08.9] AVH: Okay, I have lots of questions, I'm going to try to see if we can go through. I kind of feel like I want to have you on just separately to talk about the very first part of your story which was working on TV and then also being a professional fitness competitor because – this is how you and I and your husband met, I guess it was last year at Expo West.

We were talking about quest, we were talking about legendary foods, we were talking about our shared love of bodybuilding and having muscles and all that stuff. I'm fascinated. This is just the quick question that's going off the rails before we get to the real meat of what we're talking about but I'm fascinated by – because women on TV and I would imagine anchors and people whose job it is, it's just to, I mean, in addition to other things but to have a certain look on TV.

You would probably not, a hundred percent fitting that mould I would think because you're much more maybe muscular and fit looking and you know too how muscles look on TV, right? If you

look at professional cross fitters and you see these women and you're like, "holy moly. They look like she hulks" and then you might meet them in person and you're like, you're actually just like a very fit, muscular woman but on TV, it looks completely different.

How was that being like a fit person that was also on TV for the mainstream kind of consumer? Do people give you a hard time?

[0:10:20.5] VF: Really good question that I've actually not been asked on a podcast or something that's public before but I will say, it was quite an interesting sort of situation and hopefully, you know, he's not listening but my boss at the time certainly said, you know, I appreciate the sort of a sporty spice kind of muscle thing that you've got going on but we kind of need to pull that back a little bit.

Maybe wear a long sleeved suit jackets because the biceps –

[0:10:48.2] AVH: I knew it.

[0:10:49.9] VF: Is insane, it's kind of insane. But legit, I mean, that's what you know, you have to be conscious of what the main story – you know, when I would go out to TV news stories or breaking news and onsite and people be like, "it's the TV news girl, you're the one that also does the fitness stuff and you know, your muscle." It's certainly was something that I was very real and appearance is everything and honestly, that was sort of part of it for me to where it was like I felt like this sort of double life, I had to look a certain way on television.

I had to be a certain way there and then – but then I also really was passionate about naturally building out my body and really pushing it to the extremes but in some respects, those two unfortunately didn't go side by side and then you could kind of get into the whole fact of like, you know, what women are supposed to look like for society pressures and all of those things.

For me, I just been such a loud personality like to say it how it is and be as authentic as possible and that was kind of part of it for me to where I was like, you know what? I want to pursue this full time. I've worked my butt off to get where I was in TV news but you know, it wasn't really aligning with where I wanted to go.

[0:11:57.8] AVH: Yeah, we definitely have to have like a full conversation about that separately because I'm so fascinated by that but it's also, it's interesting too because people in our world were surrounded by other people for the most part who have kind of at least sort of similar interest in values and you start to think that people who are so dedicated to health and fitness and wellness are the norm, because that's what you see but you don't realize, even in like this sort of new age where women are going to the gym and it's body acceptance is sort of in some ways, starting to become a thing.

That we are still not mainstream, a woman with like visible bicep muscles on TV is still like a niche, weird thing that people aren't used to seeing.

[0:12:34.7] VF: Totally. That's really interesting that you even brought that up because we could have a whole podcast on this because I would get all kinds of emails. I mean, social media's bad but when you're on TV news and videos are out there for the world and people are behind their commutes it gets like 20 times worse and people say all kinds of things, "you're on steroids, tone down the muscles, you look like a man." You know, that could be a – certainly be a whole other topic.

[0:12:59.7] AVH: Yeah, that will be part two for sure. I remember, before we move on, my only, because I don't have as much experience, obviously, I'm not like in front of public eye at all but when I was at Paleo f(x), we did like a little bit of a podcast with the shrugged guys and I was talking about paleo and the magazine, food and training and all the stuff. You know, I had – first of all, don't read the comments, right? Is the answer, you just never even call it but somebody who was just really aggressively made over paleo I think was like you know?

"This paleo diet has to be, it's bullshit because this girl looks like she's 30% body fat like paleo must not work" and I'm like, all right, first of all, 29% max. Come on.

[0:13:38.3] VF: First off all –

[0:13:40.8] AVH: Second of all, I mean, body shaming was not asked for. Third of all, it's just – you're right, it's that sort of distance between, you know, somebody would never say that to somebody's face but because they feel like they're entitled to kind of –

[0:13:53.9] VF: They know you or whatever the case may be and it's insane. I've built rhinoceros skin. In the years of my TV career, I built thick skin for sure.

[0:14:04.8] AVH: I would imagine, it's hard to find the balance though between like having the thick skin which I think is important and many facets of life but also, not letting that sort of make you jaded or make you negative to the point where you completely underestimate or undervalue what the community has to say because when you get to the point where you're just like well, anybody who comments is a troll, everybody out there is negative, everybody just wants to say crappy things to people.

You kind of want to be able to find the balance between not being just totally turned off but still not being sensitive to people's negativity.

[0:14:37.5] VF: Yeah. It's an art, I feel like in terms of you know, social media and the way the world is today and how people are really focused on what that perception is and how people judge them and all of those things, you know, I feel like they're more than not, more and more people who are just not their authentic selves because they do have that in the back of their mind or they want to be perceived a certain way and there's something so strong and beautiful about being your authentic self, not caring what other people think and knowing that in sharing information and in a very authentic vulnerable way, you're actually helping more people in the process.

It's something I have to remind myself of like every single day. I'm sure you do too. You know, you're putting information out into the world and it's got to be I think, authentic for people to want to watch the – or listen to the podcast to follow you on social media and it's so important to maintain that balance but can be challenging.

[0:15:31.7] AVH: Yeah. All right, take two, we're definitely talking about this later but anyway, back to the reason we're here today. You mentioned some work with therapeutic keto for pets and I'd love for you to talk a little bit more about that and the organization and how that works.

[0:15:45.8] VF: Yeah. This, all dates back to about 2014, not too long ago, maybe even a little before that where Dr. Dominic Agustino, Peter Tia walked into a Quest Nutrition met with Ron Pena and how the conversation about the research that Dom was doing in his lab, one side, Dr. Angela Path on fat metabolism, the ketogenic diet, to application in human disease and performance and you know, at that point, what was really evident where it was like, how do we start validating this.

Really trying to figure out a way to get started right away because clinical trials are so incredibly important but they can take years before you kind of get that information. You know, KetoPet was sort of born out of this place of wanting to validate the diet. Also wanting to help canines with the cancer diagnosis and from there, it's just really – we hit the ground running and it's – now, looking back and we started working with humans after that.

Keeping that sanctuary was a place where they opened a 53 acre ranch in Texas, we originally had wanted to bring it to California but there's a lot more tight regulations on having pet CT imaging on site and all the things that we wanted to do. It was in Texas and it was this beautiful facility where we could rescue dogs that were otherwise going to be euthanized.

Put them on a ketogenic diet. Provide them with not only metabolic therapy in the form of the ketogenic diet but also metabolic conditioning. Exercise every single day, it was very structured and even though it wasn't technically a research facility, we still sort of operated it with the same scientific rigor as you might find in terms of data collection.

The dogs, you know six times a week had their blood glucose and ketone levels checked. Prior to that, if you would have asked maybe a veterinarian or somebody in the dog world like can a dog get into ketosis, you probably would have been told no. Well, KetoPet was the first and largest organization to find.

Actually, you can help a canine get into ketosis and in many of our cases, we would – well, all of our cases, we would track them through pet CT imaging which is essentially like the gold standard, get cancer diagnostic tool in the human world. It's not really used as much in the canine space but we actually were able to use it with dogs and track two more progression or regression in some cases and we had an incredible success rate in being able to reverse cancer in some of these dogs.

You're talking not just like any sort of cancer. Sarcoma was actually the form of cancer in our first graduate, Kelly, that she came to us with what we thought was a litter of puppies, turned out to be one puppy, the rest was tumor and this is a type of cancer that's deadly, I mean, traditionally, you might have another couple of months with your dog maybe.

The prognosis is pretty dim when it comes to that and she went through surgery, she had that tumor removed but then she went through the PET scan at the sanctuary and we found at that point, it was metastatic. Was put on a ketogenic diet, she was four and a half years old when she was initially diagnosed and she was given six weeks to live.

She's now nine, still in ketosis and rocking life and cancer free. You know, there's definitely a lot more research that needs to be done but for an evidence that is coming out about the ketogenic diet, especially in canines as well is very exciting and then from there, we went on to start partnering up with oncologist where we could begin pilot studies where people refer or doctors would refer patients out to us and we would implement a ketogenic diet with them and again track a ton of data.

I mean, literally, I was in charge of all the ketogenic protocols for the pilot studies and I would get a message on my phone that one of our patients and popped out of ketosis so I would know to call Joeschmoe and say "hey, I know you ate a donut, let's bring it back down, we got to pop back in." It was a pop back in. It was a pretty incredible, yeah.

We could really kind of dive deep into some of those studies but it was a pretty incredible experience. Exciting to see where both the research is going in people and two, just getting a good look at what we're feeding our animals and KetoPet was really sort of a foundation for seeing this whole shift in what we're feeding our best friends too.

[0:19:42.2] AVH: That I guess is my next question. I don't have a dog but I've had dogs throughout my life and I'm trying to think you're like – what do dogs normally eat? What is the standard American diet for dogs these days?

[0:19:52.8] VF: Yeah, that is a great question. More and more, you're starting to see raw feeders and you know, more sort of whole foods are coming to be in the dog world. Up until only recently with the emergence of some of these new foods and sort of concepts, we've been feeding dogs essentially what would be the equivalent of feeding a human cereal out of the same box for the rest of their life.

It sounds dramatic but if you think about what kibble is, for it to be in that form factor, just in and of itself, it's got to be upwards of 60 to 80% carbohydrates for it to stick together, right? If you think about how dogs evolved and who they are and animals, they were never meant to sit around the camp fire cooking potatoes and you know, apples and consuming that stuff.

They would go out and maybe get a kill and eat organs and all the fatty good stuff and it would cycle through periods of ketosis much like we, as people would do as well. You know, it's no surprise that cancer is on the rise in dogs, obesity, diabetes, all of these things that are also plaguing us as a human population too.

You think food might have to do with it, I would bet yes, 100%, it does because our daily choices make a huge difference and the daily choices we also make for our animals do as well.

[0:21:12.2] AVH: That's crazy, the more they hang out with us, the less healthy they get, it's kind of a sad commentary but – I guess then, dogs should – I mean, it probably even more so than humans because I think there's a lot of argument still out there as to whether healthy human beings need to be in ketosis or how much they need to be in ketosis and I think that there's a difference too between again, like therapeutic, medical ketosis to combat specific desires or issues versus, again, just a healthy person who wants to optimize their health and their body and brain function and things like that.

With dogs, I would imagine, maybe it's a little bit different, might be a little bit more cut and dry in terms of dogs throughout history and wild animals and wild dogs probably shouldn't – didn't have a lot of carbs in their diet, right? I mean, is this like – is this an awareness thing that we should all, anyone with pets should be learning that they should kind of always be in ketosis or pretty close to it and eating much lower carbs than they normally are?

[0:22:11.0] VF: Personal perspective and also just in learning what we did at KetoPet and just sort of not even just looking at cancer, looking at other ailments outside of cancer, that sort of cleared up when these dogs were transitioned on to a ketogenic diet. Once we went through that protocol at KetoPet, we also started to work with thousands of pet parents all over the world and helping them formulate a ketogenic diet wither it's for a lifestyle or all the way to cancer.

In that whole process, we really saw how evident it was in reversing some of these ailments that nutrition plays a huge role in sort of that process. I would agree with you in that you know, I don't think dogs sat around eating high carbohydrate diets, like what we're feeding them today. I mean, at the very least, they would obviously maybe make a kill and inside of that animal's belly or whatnot was this chewed up green so they would get some micro nutrients from that and enzymes for the organs and all kinds of good stuff.

You know, they never had this convenient, off the shelf, same food every single day. When you think about like if we were to eat the same food every single day out of a cereal box, right? That was high carb. I mean, what would that do to not just like our overall wellbeing but our gut microbiome and all of these things like we really, I think it's so interesting that we've, not until at this point have really seen like okay, we really need to start thinking about how we kind of shift our dog's nutrition too.

I think, hopefully we'll become more and more – I guess, mainstream and just understanding that we really need to start shifting our animals in addition to ourselves. Maybe not necessarily like true ketogenic. I personally think that just like people, I think we evolved with sort of cycling in and out of periods of ketosis, we were all built this sort of hybrid cars for a reason I think. To where we have the ability to utilize glucose as a primary fuel source but we can also shift our metabolic state through either fasting or nutrition based choices over to using ketones as a primary fuel source.

I think we were built that way to be able to obviously adapt but also, it's sort of the healthiest state for us to be in, it's shifting back and forth and I do believe that dogs are the same way. Whether they had a huge amount of protein because of what they killed or whatever that day and that maybe pop them out from time to time of ketosis.

I think that you know, at least, at the very least, a low carbohydrate based diet is something that parents should really look into and start educating themselves on. One thing I do want to mention though is that we would feed all of our dogs raw because what we had found and there obviously needs to be more research done on this but what we had found was that if you were to cook the fats, we never had an issue with pancreatitis at KetoPet but if you would cook the fats and sort of approximate and damage those fats.

That could lead to a higher chance of pancreatitis in animals. So feeding raw provides them with the nutrients that they need. They also are built very differently than us. Yes, certain bacteria with raw meat and especially if you don't get high quality meat can be a danger to humans. So be cognizant and cautious of that but for animals I think it's very, very different.

So there is certainly much more work that needs to be done around the whole topic but I do suggest that parents – we have a great ebook on the KetoPet website. If you go to ketopetsanctuary.com that actually breaks down the ketogenic diet for canines and we'll also give you a KetoPet calculator that will break down how to feed your dog a ketogenic diet if you should choose to do so. My dog always maintains ketosis, the one with seizures.

The other though we'll provide him with higher protein from time to time because I do think there is some benefit and unless you are managing some sort of disease or trying to control seizures, I think that it can actually be a beneficial thing and provide metabolic flexibility for us and for our animals.

[0:25:59.2] AVH: How are you getting the information about KetoPet Sanctuary out to people and how are pet owners responding to it normally? I would imagine that people who have pets that are suffering and do some research and I find you guys that is one direct method but I would worry too that people tend to gravitate towards information that they are already bought

into versus something that can truly help them. So I am thinking as you are telling me the story, I am thinking about a Joe Rogan episode.

That I listened to recently where he came across somebody who – or a community of people who are trying to feed their cats vegan diets. Do you know about this? #vegan cat.

[0:26:37.6] VF: Oh yeah, #vegan cat.

[0:26:38.9] AVH: Again, I don't want to get too deep into this. I don't have cats. I will never have a cat or whatever but I think the people certainly take diets very seriously and very personally because they attribute a judgment on themselves if people judge their diet and I think people, a lot of times pet owners care more about the food that is going into their pets than they do about what's going into their own bodies but anyway, what you're doing is research and valuable scientific research.

That hopefully will provide some really concrete evidence that what you're doing is working so that it can't be refuted right? But at this point the vegan thing, the vegan cat thing is scary and awful but people who maybe are already personally vegan and so that's something that appeals to them and maybe it doesn't matter that it is not a natural diet for the cats and so anyway, this is all very roundabout. So how are you making sure that this information is getting out to people who can really be helped by it and hopefully will listen to what you have to say?

[0:27:36.6] VF: Yeah, I think it's been a really interesting experience. Once we went through those four plus years and might I add that it was quite expensive to rescue those dogs and put them all on a ketogenic diet, formulate their meals, pet scan them every 60 days things like that. So at this point now, the Sanctuary is in a transition phase out of Texas. We are hoping to bring it to California one day and in that process, we really started to focus on education.

And through my experience in working with human patients as well as hundreds of canines at this point is people typically gravitate towards really understanding and learning more about nutrition out of two reasons. One, desperation. They have been diagnosed with cancer or their best friend is diagnosed with cancer or a family member or whatever the case may be or out of

inspiration. Maybe they follow the ketogenic diet and they have this epiphany of, “Oh my gosh what am I feeding my animal?”

So typically that’s how it happened and it’s been a really interesting process with dogs because we’ve worked with thousands of people at this point where literally it spread like a wild fire. As soon as we started helping a couple of people and we started to put information out into the world whether it was speaking at conferences or through social media about KetoPet and what we have done, at that point we couldn’t even keep up at one point because it was such a small staff.

And it was like me and other person formulating programs for these people all over the world trying to help and at that point, we really had to build some tools. So that is where the KetoPet calculator was born and that’s really been helpful. So when people sign up for that on the website, you enter in your email and you’ll automatically get our ebook that will explain it and it’s free and it really has just like through word of mouth and not advertising nothing.

It’s just taken off and I think it is because unfortunately cancer is on the rise horrifically in animals, in canine specifically and I think more and more people are realizing, “Oh my gosh nutrition makes such a difference and once they do learn about ketogenic diet and the whole metabolic theory of cancer, they start to really think about what they have been feeding their dogs for their entirety of their lives and that really is an aha moment and from that point forward whether they have dogs in the future or whatnot it is literally they never go back.

[0:29:57.6] AVH: Yeah. Explain to me a little bit more about how the work that you guys have been doing with pets has translated into research on human beings because it seems like there is a connection there but tell me a little bit about the trajectory of how that happens?

[0:30:11.2] VF: Yeah, so it really was, “Oh my goodness look at what we have learned with canines and there’s already been some really incredible research in the lab done by Dr. Dominic Augustino, Dr. Angela Puffer, Dr. Adrian Czech that we said what if we could – it’s a nutritional approach. It’s non-toxic, why don’t we just help people maybe with a cancer diagnosis and potentially we have the same effect. It’s had a lot of benefits in epilepsy.

And the way we were able to do that is through partnering with oncologist who maybe already heard about the ketogenic diet and its application in the medical world as a standard of care with epilepsy or through word of mouth about somebody hearing about what Epigenix Foundation was doing and so we would get patients that were referred to us and we could start to see a difference in people right away and what is really exciting is we actually have a pilot study and partnership with a neuro oncologist and dietician at Cedars Sinai.

Who we strangely met through mutual connections and there was a patient specifically who have been diagnosed with glioblastoma at the time who was asking for the ketogenic diet but they really didn't have a protocol in place just yet and so that is where we all linked up and said, "We can help" and establishing this with your patients if you refer them out to us and we can track them along the way and we'll work side by side with your dieticians and some of the effects that we saw in brain cancer patients were unbelievable.

I mean just in overall quality of life was huge. If you could think about your life completely is what the upside down from the moment you have a random seizure let's say you're 40 or 30, we work with 20 year olds through this pilot setting. You have a seizure literary within 24 hours you've gone through the scan and you find out you have glioblastoma brain cancer and you maybe have two to five years to live maybe and at that point you are given some options.

Chemotherapy, radiation, surgery. Surgery is first traditionally and you know what would happen if you could provide a nutritional therapy, a ketogenic diet, they can make a dietary shift and if that nutrition therapy actually not only helped them feel better, reduce information, that also might help improve the efficacy of those treatments because there is some evidence showing that that might be the case that is a life changer for some of these people.

I mean just in perspective alone of being able to say, go from a place of, "Oh my gosh, this is happening to me" to "Oh my goodness I can actually do something every single day that maybe might make a difference" so we saw patients within four weeks on the diet suffering from a phase at the start who are losing their ability to read and write to give me a phone call and saying, "Oh my gosh I just wrote a paragraph again! I can read again" stuff like that.

To where literally I think about it, it brings me to tears and just makes me so passionate about especially when it comes to brain tumor patients and just being able to have this as part of the conversation immediately upon diagnosis and granted there is a lot of work and research that needs to be done and is left there's a ketonization to maybe not – this might not be the best thing for every type of cancer. There is a lot of questions that need to be answered.

But from what we saw in our pilot studies it really is an exciting time and that pilot study actually inspired a clinical trial that's now underway at Cedar Sinai and involving glioblastoma patients on a ketogenic diet in combination with standard care which is really exciting because that is the first step to making it a part of that conversation immediately upon diagnosis and that physician actually that's running that clinical trial actually be a metabolic health summit.

Presenting about how to implement a clinical trial with the ketogenic diet for other physicians at the conference which will be really great and also they are going to have some of their research there on brain tumor patients specifically. So it is an exciting time so.

[0:34:16.4] AVH: That's huge and that leads me obviously to the big question among all the other research and work that you are doing, you also have this big event coming up early in 2019, Metabolic Health Summit. Can you talk a little bit about what that event is?

[0:34:29.5] VF: Yeah, so Metabolic Health Summit is a four day scientific conference. Essentially we like to call it ketogenic experience because it is certainly not your average scientific conference. It's definitely for the medical professional, the scientist but also the lay person. so whether you are researching this in a lab to you are wanting to implement this into your clinic as a physician or you just want to start a ketogenic diet and learn more about what that looks like in the kitchen.

We literally have everything from scientific poster sessions to presentations to cooking demonstrations to a keto expo where you can learn about the latest brands and innovative products in the space and really you get this four day experience in Los Angeles and our mission is to really refocus attention and the importance of metabolism and nutrition in treating disease and also improving performance, increasing longevity.

Our goal, the reason why we call it the Metabolic Health Summit is because I think that there are so many different factors that impact our metabolic health. Nutrition is a massive one so the majority of the conference is centered around the ketogenic diet and the latest research on that but there's a variety of other things that impact us. Sleep, stress, gut micro biome so in addition to getting four days of presentations from the top physicians, scientists, influencers in the world.

You are also going to get a scientific poster session and it is probably one of my most favorite things about scientific conferences is a scientific poster session. It is essentially abstracts that scientists that are all over the world maybe prior to attending the conference feel like they are working the silo and nobody else on the planet is working on this and then you come into this room where they present research that is not even published yet.

All about this nutritional intervention that is showing promise and everything from ALS to epilepsy to ADHD to eczema. I mean you name it so it is a really inspiring place to be if you are interested in furthering your education as a physician continuing medical education is actually being offered in partnership with Cedars Sinai or you simply just want to have a vacation in Los Angeles and be saturated with the ketogenic diet and some of the top thought leaders in the world. So it is a pretty fun event.

[0:36:45.2] AVH: Yeah that is awesome and it seems like it is very far reaching too as you said. It is something that I think that health and nutrition world is trying to move towards a bit is some concepts of not necessarily a rule based system for health that applies to everybody but personalized nutrition and also holistic nutrition. The idea that all of these concepts like stress management and sleep and nutrition and exercise are all interconnected and layered and complex.

And it is not just one thing that is going to fix you and it's not one thing that is going to fix everybody. So I think that this is a great place to start because like you said there is not a lot of people talking about a lot of different things. So can you tell us some of the other speakers maybe that are already definitely going to be there?

[0:37:27.3] VF: Yeah, so our keynote is Dr. David Ludwig and we've got everybody from Drew Manning, Dr. Dominic Augustino and Dr. Angela Puffer. My co-host in metabolic health summit

so they will be there speaking. We've got Lou Cantly, we've got Thomas Siegfried who is the godfather of the metabolic theory of cancer to Aubrey Marcus who is king of human optimization to Keto in the City who is a food blogger and she is also an autoimmune I call her a warrior who actually uses the ketogenic diet to battle her autoimmune issues to Keto Connect who are two food bloggers who is hosting a keto cooking demonstration.

I mean it goes on and on. Keto Karma. There's the top level scientists, Dr. Jeff Lolic who is huge in performance, Rob Wolfe, Mark Sisson who are –

[0:38:16.4] AVH: So you got some paleo-keto folks there too, yeah.

[0:38:19.7] VF: We've got to represent the paleo community and what's really interesting is the paleo community is certainly evolving to be inclusive over the keto community because obviously the two can go together which is really exciting and to touch on what you said, it's not about who is right and who is wrong or you're doing keto right, you're doing keto wrong. It is more so about us bringing all of the top people together to present the latest evidence around this nutrition approach.

Let us talk about the science, let's be inclusive of everybody and really have a conversation that pushes this metabolic therapy forward because right now I think especially in the medical community we really need to make nutrition a bigger part of the puzzle and the treatment options because it really works synergistically with a lot of what is standard of care today.

[0:39:04.2] AVH: Yeah, you are also supporting some pretty awesome charities with this event too right?

[0:39:08.3] VF: Yeah, so we've got some incredible events lined up outside. Well it is under the Metabolic Summit umbrella. So we've got a VIP mixer which is on Saturday from five to seven with all of our speakers, other thought leaders and influencers in the space for really great networking event and then we've got a gala dinner that supports Max Love Project and the Charlie Foundation. So 50% of all California based ticket sales go to those two non-profits.

Max Love Project is really involved in education around nutrition and its application specifically with families dealing with a childhood cancer diagnosis. So they provide whole person thrivership programs if you will that really allow to educate families about how important food is in this diagnosis but not just like food. Let us also talk about your child's sleep and your sleep in the process. So they have done some really exciting research underway that you can find more information.

If you Google Max Love Project you will find some of their incredible resources online and then the Charlie Foundation which is founded by Jim Abrahams who is a big movie producer out here in Los Angeles and unfortunately when his son was one year old, he started suffering from horrific seizures. He was having upwards of dozens of seizures a day and nothing would control them. Nothing, no anti convulsant, it was so bad they actually ended up having to put Charlie through surgery.

Brain surgery and that even still didn't work and it was only because Jim Abrahams went searching through our library just to find out of desperation, to find something. More information and actually found a book, I believe it was on fasting and ketosis and then you know from there, they decided to implement a ketogenic diet and immediately within 48 hours on the diet, Charlie's seizure stopped completely and then the crazy part is they went off a couple of times.

The seizures came back but then the final time that they went on the diet and Charlie went off, he went on it for an extended amount of time but once he went off, the seizures never came back. So I mean that essentially without saying the C word but with saying it, that is a cure for Charlie's epilepsy. So then Jim took that and created the foundation, Charlie Foundation alongside his wife, Nancy and they have been focused on educating people all around the world about the ketogenic diet.

It's application is on a variety of diseases beyond epilepsy and so Jim Abrahams is going to be speaking as well as his dietician Beth and it is really going to be an incredible event because we've got some really cool entertainment that is going to be at the gala dinner. We are honoring some really special people and it is literary down to what you are eating at that event, what you are drinking. So we've got ketogenic food to if you've got a steak, you've got ketogenic steak sauce from Guy Gone Keto.

You name it, Dry Farm Wines, I know you know them, they're my fave so it's really going to be truly an experience for people that also benefits a great cause.

[0:42:10.5] AVH: Yeah that's amazing. I think one of the big things I am getting from this call besides the fact that you and I have to do another podcast to talk a lot about other things is just how excitement and hope and new information is coming out of all the work that you guys and others are doing and I think that for so long, people have lived with the fear of metabolic health issues and cancer and it is this dark specter that could hit anytime and there is no control.

It is like a death sentence and what you guys are finding is that it is not necessarily the case and that there are things that we can do and even better things that aren't necessarily scary medical interventions or at least they work well with traditional medical approaches but it is changing what you put in your body and I think we are slowly starting to get there how important it is. The food that we put into our bodies. So anyway, this is making me very excited and feeling very good.

And feeling very hopeful and I appreciate all of the work that you guys are doing. It must be that keto diet that's giving you all of those energy and to do all of this stuff but whatever it is, it's great.

[0:43:15.1] VF: It's brain power.

[0:43:16.5] AVH: It's great, before I let you go can you just remind our listeners where they can go if they want to learn more about the health summit, if they want to get tickets, anything else that everything you've talked about, where they can find stuff online.

[0:43:27.8] VF: Yeah, that is a great point. So metabolichealthsummit.com is where you can buy tickets to the summit, the VIP Mixer, the gala dinner and we're actually offering Paleo Magazine Podcast listeners and the actual publication 20% off if they use the code "paleomagmhs" so that's exciting. So definitely use that when you go purchase your tickets. It is on the ticket page on the top. It is hard to find just FYI.

In addition to that, you can find more information about KetoPet at ketopet.org or ketopetsanctuary.com. Dominic Augustino actually has an incredible website. He is one of the cohost of Metabolic Health Summit but incredible website for resources and that is ketonutrition.org. You can also find great information from the Charlie Foundation website and Max Love Project and yeah, we're just excited. I really hope you are able to join us actually.

I know some people from Paleo Magazine are going to be with us which is going to be really exciting and I 100% agree with you that it is a really exciting time to see people start to really take control of their own health and be their own advocates and think about what they're putting into their bodies. Think about how all of these epigenetic factors and things outside of our genes are hugely important in how we live out our lives. So it is going to be an inspiring time in January. So hope to see you there.

[0:44:46.7] AVH: Yeah, I definitely hope to be there and thank you for giving our listeners a little deal there. Hopefully there will be lots of paleo fans attending the event and again, thank you for all the hard work you are doing. Thank you for putting this event together, I know it is going to be great and I am really excited to keep watching all of your doing and seeing where it goes. So yeah, Victoria thank you. Thanks for your time and yeah, we'll do this again soon.

[0:45:08.7] VF: Thank you for your time and all that you're doing in the education world. It's so important.

[0:45:12.8] AVH: All right, take care.

[END OF INTERVIEW]

[0:45:19.0] AVH: All right everybody, thank you for listening. If you are planning to attend the Metabolic Health Summit in January, let me know. Paleo Magazine is a sponsor of this event so someone from the team will be there. Maybe me, maybe not but let us know so we can connect. Reach out on social media @paleomagazine or you can reach out to me specifically @themusclmaven and don't forget to use that code that Victoria mentioned, "paleomagmhs" for 20% off your tickets if you are going.

So go to metabolichealthsummit.com and use the code, "paleomagmhs" for a discount because that's just a smart thing to do and thank you again to our show sponsor, Perfect Keto. They're basically the place to go to get healthy ketogenic lifestyle supporting products. When people ask me where do you get ketones or where do you get your keto collagen or keto products, I'm telling them perfect keto because that's the company that I know is good.

I have tried it myself and I love all of it. So as I have said before, they are promoting this keto-friendly bars that tastes like fudge brownies but don't mess with your blood sugar. So it sounds like a sweet deal to me. I personally love their nut butter this is just an aside because it's what I like but it is made with cashews, macadamia nuts and real vanilla bean. If you open up this jar you will see the flecks of vanilla bean so this is high end stuff here.

It's unreal but they have a ton of other products as I said, MCT oil, powder, ketone products, this keto nootropic that I love, keto collagen. So if you want any of those go to perfectketo.com/paleomag and use the code paleo mag for 20% off and if you want to try these amazing bars that everyone is freaking about, you can use the code PM keto bars 30 for 30% off of the bars specifically through November. So get on that, it just sounds like a smart thing to do and that's it.

Next week I have an awesome interview lined up with fellow Canadian and muscle loving meathead, Ben Pakulski. He is a former IFB bodybuilding pro turned podcast host and life optimization guru and if you think that a giant former body builder has nothing to teach you about living your best life, well you can think again because whether you're a gym right or not this guy is so full of knowledge and experience and humility and great advice and he has talked to a lot of smart people himself.

So he gathers all of this knowledge the same way I do. He has a lot to teach and I was really honored to have some time to spend with him and get to know him and learn from him a bit. So I hope you get something out of it too and you join me next week.

So until next time, have a great day.

[OUTRO]

[0:47:47.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]