

EPISODE 225

[INTRODUCTION]

[00:00:19] AVH: Hey, everyone. Welcome to the podcast. I hope you're well. If you're just joining us, well, where have you been all my life? But also, thank you for being here. My name is Ashleigh VanHouten and we talk a lot about keto on Paleo Magazine Radio and I think it's mostly because I'm just meeting the demand. It's a very quickly growing part of the health and nutrition landscape right now. There seems to be a lot of excitement and fuss and a lot of success for a lot of people and while I eat in, I guess you could say, a keto fashion, quite often, I don't really subscribe to the diet myself, not strictly.

Mostly because I just don't think it really fits my needs at the current moment. It does seem to be that once the initial buzz dies down in sort of mainstream that most of the experts out there who support keto say that for the average person, it's best used as a tool in perhaps in a cyclical fashion, which can take a lot of different shapes but a cyclical fashion rather than a complete and permanent lifestyle overhaul.

I would agree with that for the most part, for whatever my opinion is worth. But just like Whole 3, intermittent fasting and other diet protocols, it can very effectively serve a purpose but that doesn't mean that we need to do it forever. It doesn't mean that more and longer is always better so I think it's great to stay educated on the latest research and just know what you're getting yourself into.

In any case, today on the podcast, I have a guest who is very well-known for his work in digestive health and functional medicine. He's a bestselling author and a big name in the paleo world, he has a company called Ancient Nutrition and he makes delicious collagen based protein powders and other supplements including some of new keto ones and he is more recently entered the keto conversation with his book, *The Keto Diet - A 30 Day Plan to Lose Weight, Balance Hormones, Boost Brain Health and Reverse Disease*.

I am talking about none other than doctor Josh Axe and as always, when I get to speak with him, it is a very enlightening and positive experience so I hope you enjoy it but first let me tell

you quickly about today's show sponsor. Elixinol. They make organic hemp oil products with naturally occurring full spectrum CBD and a variety of different vehicles. From capsules, tinctures to lotions, skin care and more.

They're committed to highest quality sourcing transparency and pharmaceutical grade testing on their products so you can feel confident that what you're paying for is what you're getting. If you guys know me at all, you know I'm a big CBD fan, I've had a lot of success with it personally and while the research is still new, it's growing every day.

There seems to be working favorably for a number of different issues from anxiety to sleep, to pain and recovery and even treatment of a lot more serious issues but you know, just as I said with keto, you got to do your research, you got to try things out for yourself and you definitely want to check out my episode next week if you're interested at all in this subject because I'm actually talking to one of the executives at Elixinol and we're going to dive deep into the science and research.

So far, I have tried Elixinol's CBD capsules, which are made with coconut extract because it's been shown that CBD is more bio-available in the body, in the presence of fat and I really like them, it's easy, you just take a pill, you don't have to taste anything. I also tried their liposome product, which is a liquid, you just kind of put a little – couple of little drops under your tongue that is also in a fat source, it's an MCT oil and it has a citrus flavor, which I like because some of the really good quality CBD products, they taste gross.

It is what it is, it's very green and kind of bitter and planty tasting but not in a good way. This makes it taste better, which I like. But that's the beauty of Elixinol is that they have all of these different products, all of these different sort of ways you can try it and see what works best for you.

These guys are also giving you a deal because you're smart enough to listen to this podcast. You can go to elixinol.com. Use the code `paleomag` at checkout and you'll get 10% off. Right, on to the interview.

[INTERVIEW]

[0:04:22.1] **AVH:** Dr. Axe, welcome to the podcast. Thank you for being here.

[0:04:25.6] **JA:** Awesome, thanks for having me Ashleigh.

[0:04:27.9] **AVH:** I appreciate it and I appreciate your patience with our technical difficulties that we're dealing with today, it's like no matter how high level our technology gets, it's still just kind of fails us all the time. We have to be patient and I guess, realize how lucky we are that we can even do these things remotely, right?

[0:04:45.2] **JA:** Yup, absolutely.

[0:04:47.1] **AVH:** Yeah, I was saying, when we were trying this the first time that we haven't really talked since the last Paleo f(x) when I have an opportunity to kind of chat with you and have you on the podcast, then we were talking about gut health and collagen and things like that but now, you've got so much more going on now in a new book and new products. We've got lots more that we can talk about.

[0:05:07.4] **JA:** Yeah, we've been busy and yeah, formulating a lot of products and creating a lot of health programs, excited to talk about what's new.

[0:05:15.1] **AVH:** People know you as an expert in gut health among other things but more recently, I'm seeing with *Ancient Nutrition* and your new book that's come out, kind of moving into the topic of keto and the ketogenic diet and that whole sort of lifestyle. Is that something that you have sort of evolved into yourself or is it more that you are just sort of addressing the needs of a population that is very kind of interested in the topic?

[0:05:42.8] **JA:** You know, I'd say a little bit of both, I have a history with using the ketogenic diet myself and with patients and also, you know, it's such a popular topic, I wanted to teach people how to do it the right way.

One of the things that just jumping back to a couple of examples. When my mom, my mom growing up, was diagnosed with cancer and she went through the conventional medical system,

she had breast cancer and so she had chemotherapy. And you know, I remember when I was a kid, seeing her go through those treatments thinking, "There has to be a better way than this." And you know, eventually when she was diagnosed to being cancer free but she really seemed worse than ever after going through chemo.

Ten years later, she was diagnosed with cancer again, at this point, I was about a year from graduating, becoming a doctor, starting my own practice and I flew home when my mom got this diagnosis back to Ohio where I grew up and we sat down and we decided to take care of her all naturally and I had spent hundreds and hundreds of hours just researching, ways to fight cancer, best diets for cancer and I came across this diet, the keto diet and I came to read about how sugar feeds off of cancer cells or cancer cells feed off of sugar.

I put together a diet for my mom and a lot of those principles were based off the ketogenic diet and removed all sugar, in fact, the only carbohydrates she was consuming were from berries, beets and carrots. Aside from that, it was a lot of high fat foods and nutrient dense vegetables and she's eating avocados and coconut and wild salmon, that was a big part of her diet.

That's when I first got turned on the keto diet. Then my mom, after four months of following the keto diet that did a lot of vegetable juicing as well, she was diagnosed as being at – her tumors had shrunk in half, nine months later, she was in complete remission and now it's been about 13 to 14 years since my mom had that diagnosis.

She's in her mid-60s, in the best shape of her life and so when I saw my mom see those victories, I actually started doing the keto diet myself for on and off for a couple of years and I got my body fat down, my body fat was already fairly low, it's like eight and a half percent but dropped down to 6% and I got really fit and really healthy doing the keto diet and then when I opened my clinic in Nashville, I also started using that with patients who needed rapid weight loss, a lot of patients with diabetes, I would do this with some kids on the autistic spectrum.

We would kind of do a sort of borderline keto, we really cut out all those carbs and do higher – saw really good results with them and so I do have a lot of experience with myself, with family with patients and using the ketogenic diet. Also, you know, being on social media, I would see people posting pictures on Pinterest and Instagram and Facebook of, you know, frying cheese

in butter that's conventional and then putting bacon in the middle and doing like a fried cheese bacon quesadilla and then saying, "Hey, this is keto."

[0:08:42.8] AVH: #keto.

[0:08:43.6] JA: Yeah, exactly, #keto and that was another thing that inspired me to do more keto related both products and write a book because I wanted to teach people how to do the keto diet the right way and I hate it when people do this. I mean, you've seen people do this with paleo plenty of times.

You know, it's paleo but it's non-organic pork bacon that's loaded with parasites and all this other garbage and same thing with some of the processed foods and I'm sure vegans get as mad too, you know? When somebody slaps it and calls it cheese puffs and those are vegan, though so they are healthy.

Anyways, all that being said, I think the keto diet for certain population, people that want to balance insulin levels especially, man, I think it's just such a powerful diet but I just hated seeing people do it the wrong way. I wanted to teach people to do it the way my mom did it that help her beat cancer in a way that I did it and the way I work with patients. It allows your body to heal at the same time.

[0:09:41.2] AVH: I love that you brought that up, the sort of Instagram keto, bacon with cheese on a thing because I want to talk to you about that specifically because of course, we can take any kind of lifestyle or diet application to the extreme and make it unhealthy whether it's vegan or whole foods or paleo, if you're not paying attention, you can do it in a way that isn't optimal but I want to get there but first, for you personally, as someone who is, as you mentioned, you're a healthy guy and you don't have a lot of weight to lose, when you apply keto to your own lifestyle, are you cycling in and out of it, do you do carb refeeds?

How does it look in your life?

[0:10:24.1] JA: You know, for myself. I'm very lean already and so, you know, for me, I might do more keto meals or do something that's in a form of cycling but I haven't been – I haven't done

a straight keto diet for quite some time. And I think it's somebody is in there. Ideal place and health or body fat is really low, their brain is functioning optimally, their gut is healthy.

You know, I don't know that, hey, they have to do keto but I think if somebody is trying to lose, hey, that last five or 10 pounds they can't lose or again, wanting to balance out insulin or boost brain health. I think for those people, keto diet can be great and I think that's the other thing we're seeing. One of the things I do in my book is I lay out six different plans for keto.

I have a keto cancer fighting plan, a keto basic plan, I have a keto fasting plan, where we combine the keto diet with intermittent fasting. We have a keto cycling plan so people that sort of cycle through keto, you do two keto days and a carb day, on and off. I have a lot of sort of different keto plans but you know, I think it just depends on the person's health. For myself, I'm conscious on getting the healthy fats in my diet.

I do more of, I will call it a version, I may do a version of keto but not as often full on keto.

[0:11:40.5] AVH: Okay, I'd like that you mentioned this too that there are different approaches depending on what your either challenges or goals are and I think that there is obviously a lot of really compelling evidence for a ketogenic diet for addressing specific issues like cancer and other metabolic issues.

I think that there can be maybe a little bit of that, people kind of jumping on a bandwagon thing and like diving head first into keto without maybe thinking about whether or not it is appropriate or the ideal approach for them. So I know you did just write a book about keto but are there circumstances or situations where you think it either may not be advisable or if it's something that people should maybe do their research first because it may not just be necessary I suppose. Can you kind of talk about that a little bit?

[0:12:31.2] JA: Yeah, you know, I want to say this too, you know, throughout history, people have practiced fasting and you know, it's talked about and a lot of civilizations, Hippocrates in Greek medicine talks frequently about fasting, the bible references fasting, you know, different types of other historic diets reference fasting.

You know, when you fast, your body starts breaking down fat because there's no carbs and using your own body fat and break some of those in a ketone body, which then your body uses for fuel and energy. Going in ketosis, people have been doing since the beginning of time for many different reasons whether it was necessity or just the way people lived. The keto diet was created to mimic fasting, that's 1920s Johns Hopkins University, they found putting children on the keto diet eliminated in most cases, epileptic seizures.

They found, we can't have these kids fast forever but they found, when they did a keto diet, they had the same results on the brain and those same benefits as fasting. That being said, I think almost everybody can benefit from getting into ketosis and everybody should get into ketosis, you know, throughout the year. I think it's very healthy for the body to do that, it actually rush your pancreas, your pancreas isn't working. Most people's pancreas is so overwhelmed because of the over consumption of carbohydrates and sugar that - here's a principle to remember, foods don't heal you, the body heals itself when it gets to rest and it's not working.

That's the big benefit of just getting into ketosis, all that being said, I think the majority of people can benefit from doing the keto diet or some of those high fat meals, low carb throughout the year.

I think almost everybody can benefit, the people I would warn about that probably shouldn't do it would be somebody that has liver cirrhosis or liver and gall bladder disease, if somebody's had their gall bladder removed, they've got to be more sensitive because remember, the liver and gall bladder that have to deal with fat digestion.

For anyone listening to this, if you have liver cirrhosis or if you had your gall bladder removed, you got to be careful with high fat and if you are doing fat, it should be more things like MCT's and palm oil that are bypassing the liver, that are easier for your liver and gall bladder to digest and then women that are pregnant.

Those are really the big groups too that hey, if you're pregnant. I say that for all who are pregnant, let's not mix things up too much, this is sort of you know, continue to take care of yourself, yes, get more fats in your diet, don't eat much sugar but I would say those are the

groups that I say, stay away from the keto diet, it's going to be livers cirrhosis or liver disease, gall bladder disease or gall bladder removal and pregnancy.

[0:15:16.7] AVH: Okay. It seems too, I used to be concerned when I was experimenting with keto that one of the issues is if you aren't doing it properly, so that you aren't actually in nutritional ketosis, you're just kind of lowering your carbs but not quite enough and then maybe you're not doing quite enough fat, you're in this like weird sort of limbo stage where you're not really fat adapted but you're not really getting enough carbs to kind of give you energy.

I think, it seems to me, the more I learn about this and the more I try it, that's less of a concern than people who are just eating too many carbs. I think that if most people who are relatively healthy and just looking to have better energy, looking to lose a couple of pounds. You don't even necessarily have to be testing your blood glucose every morning and making sure you're officially in ketosis. I think if you really kind of focus on getting rid of those unnecessary carbs and maybe replacing them with some healthy fat that makes you feel good, you're 90% of the way there, whether you're like officially in ketosis or not, right?

[0:16:16.8] JA: Yeah, I completely agree with you. That's not something I'd be concerned about. In fact, every time I've done keto, I've really never used the keto strips because I just know, I can tell, my brain is like supper focused and yes, you know, I just know I feel it, I can tell I'm waking up looking leaner every single morning so yeah, I could just tell that, I don't think people have to be obsessed about it.

If people want to test, I think that's fine. I'm with you. Think about this. If somebody is just eating and it goes back to what we talked about, you know, the right foods. Hey, if some of these still not getting quite enough fat but they really did cut the carbs and they're still eating things like wild salmon, grass fed beef and loads of vegetables and maybe some berries. That's still a pretty great diet for most people.

99% of the population, they're going to benefit immensely from even if they're not on a full set of ketosis and that's the thing about ketosis, a lot of times, people think that maybe you had heard your – I talk about keto before. That either you're in ketosis or you're not. There's this fine like this really hard line. You know, being in ketosis is a really large spectrum, in fact, people that

generally eat paleo versus let's say, somebody that's on a vegan diet that's eating 60% carbs and if you have somebody that's paleo that's eating 30% carbs, people that are on paleo eating 30% carbs and more fat and protein, they are still subtly going to be in ketosis more often or have their body burning more fat or have more ketone bodies than people that are on the high carb diet. Ketosis still is a spectrum, not a hard fine line.

[0:17:57.6] AVH: Right, okay. Another topic similar that I kind of want you to get into because it's another one where we maybe tend to focus on one side of the problem without the other side. One thing that you hear a lot, especially with women is that they have a hard time transitioning to eating enough fat because it's so ingrained, that fat's going to make you fat and fat has more calories so how could it not make you fat.

A lot of times, women who are trying to transition into keto, it's like they cut the carbs but then they don't add enough fat in. However, that's something we can talk about but one of the issues that I personally have run into and I know other people run into too is focusing too much on, I need to load up on fat to get into ketosis when really, the best way to achieve that state is to reduce carbs and maybe experiment with fasting versus jacking up the fats.

You know, I'm reading more and more that of course, we should have good amounts of healthy fat in our meals but we don't necessary need to be seeking out as much added dietary fat and MCT and coconut oil and butter and all of these things for every meal, it's really more about getting rid of the carbs and then again, like I said, sort of playing with some fasting, right?

Can you kind of speak to that because I think one issue that people have a hard time with is not necessarily not getting enough fat but almost getting too much and then you're not seeing the results and you're not feeling the way, you think you should feel when you're doing keto.

[0:19:20.7] JA: Here's what I'll say, if people keep this in mind, it's rare for them to eat too much fat. If people are eating food fast, that have never been changed whatsoever. For instance, an avocado, coconut meat, straight olives. Again, I rarely see people get in that position actually unless they're consuming lots of oils, which is an extract from a plant.

If somebody is dumping, you know, mounds of like avocado or olive oil — even those things are generally much healthier than other oils, that's when I tend to see actually what you're referencing people getting in trouble with, is if they are just going overboard on pouring oil into everything versus, hey, I'm adding an avocado to my salad.

Putting on two tablespoons or three of olive oil. You know what I'm saying? Versus hey, I'm dumping — I've seen people, hey, I'm going to dump a couple of olive oil over everything. Again, I agree with you, I think it's more being conscious, eating a normal meal, right? You're eating a normal meal, you're making sure a lot of it is fat but you're not going crazy overboard. I get what you're saying.

[0:20:30.4] AVH: Yeah, I think people, because we still are a society that likes to eat buy and large that you know, instead of thinking about what we're supposed to be cutting you, we focus more on what we're supposed to be eating and then that is the slippery slope towards eating salad that is 90% bacon with cheese and sour cream on. That's where we need to be careful.

[0:20:50.9] JA: Yeah, I love your point. Again, this is one of the reason why when I work with people on keto, I say, 30% of them to 50%. I have them incorporate intermittent fasting with keto because I see people when they skip breakfast and their first meal is at noon, they have a snack at three and they ate dinner at six, which after a few days, skipping breakfast isn't hard for your body especially — now I allow people to do coffee or herbal tea or veggie juice. If they want to put a little tablespoon of some sort of oil in their coffee that's fine.

I still allow them to do that with their intermittent fasting but if people can do that but it allows people to get into ketosis faster when they combine intermittent fasting with keto. So I just wanted to reference, you had mentioned, hey, how beneficial fasting is and that's something that you love to see people do but I agree. I think that when people can combine those two things together it's really, really powerful.

[0:21:45.3] AVH: Yeah and I mean I think that one of the great things about fasting too is that as you've outlined, there are a lot of different ways you can do it. You don't have to do a 24 hour fast every week. You don't have to fast for 20 hours every day. You don't have to do the crazy

five-day fast people are doing. You can find a way to fit it into your lifestyle depending on what you are into and what your goals are and what your lifestyle is like.

But I think that it is great for people to just experiment with not being so beholden to the food that they are eating. And I think one of the things that I have learned about keto and diets in general is that whole being metabolically flexible thing. It is like you should be able to have carbs when you need them or when they come about and it doesn't mess up your entire life but you should be able to be fat adapted as well, so that if you are missing a meal or you're going somewhere and you don't want to eat something you are not freaking out and getting hangry.

I think that it is just a great addition to your lifestyle when you don't have to be so led by the next time you're going to be able to eat, you know? I think it is important for people and it's freeing.

[0:22:48.5] JA: Yeah, one of the things that I've seen work really well for people in fact, my wife did this for a little while, it is sort of the more keto cycling and this is great for crossfitters. So my wife in the past has done a lot of cross fit. She is really athletic and loves lifting weights and so one of the things she would do is she would give it like four keto days a week and three carb days and on her heavy leg days or most intense days, she would have carbs. And then on her days that were lighter and not as intense, she would make those her keto days.

And I have seen people incorporate that and different athletes and seeing really good results. So it's like what you're saying, there are a lot of different ways to do this and again my book, *The Keto Diet*, I really cover all of these different ways from keto cycling to keto cancer plan to actually I have a keto collagen plan that's great for people looking to heal and regenerate their joints and their tissues and improve their skin but yeah, there are a lot of different ways to be adaptable and do this diet.

[0:23:45.5] AVH: How do you implement the fasting into your lifestyle?

[0:23:48.8] JA: So you know, the way that I fast the most is through intermittent fasting. It really is, you know for me I'll try and do a six or eight hour into eating window. So you got maybe 1:00 and maybe a snack at three and then eat dinner around six or seven and so intermittent fasting is the most frequent. Probably my next favorite type of fast is what I call like a nutrient fast. It is

where I only consume things that I feel like my body can be deficient in and I really boost shot my body.

So I have three things and I have done this with people before, I am telling you, I feel like this is one of the most powerful ways — if somebody is nutritionally bankrupt, it is a really powerful thing to do. So here is what I do, I will take anywhere from one day to seven days and I will only consume bone broth, vegetable juice and herbal tea and that's it. It is those liquids and you know, if you think about it, most people don't get enough herbs in their diet.

You know Chinese medicine and aromatic medicine, they knew that herbs were medicine. In fact, herbs and spices were medicine. When they said medicine, it wasn't a synthetic pharmaceutical drug. Aromatic medicine is usually herbs and spices and mushrooms as medicine and so that's part of that. Vegetable juice especially just doing the greens, the celery juice, cucumber, spinach, ginger, turmeric, lemons that sort of thing.

Doing that type of green vegetable juice and bone broth, loading up on that collagen is easy to digest but that is something great. If somebody wants to do something that is really effective for their body, I feel like they can do a little bit longer and easier and they don't feel like they're totally deprived, doing that cleanse or fast to restore nutrients with teas, broths and veggie juices I think that is probably the type of fast I do most frequently.

[0:25:42.8] AVH: Yeah, I mean ideally we all get to a place where we can just be more intuitive about these things right? So that we don't have to be like, "Okay once a week I have to fast this way and then once a quarter I am going to do a cleanse," or whatever. It can be like, "This week, I am not exercising as much and I feel a little bit more like maybe taking the protein down and I am just going to do a fasting mimicking diet that is fat based."

And I think that is where we're all ideally trying to get to. It's being able to listen to what our body needs and being able to offer that without getting too dogmatic and caught up in rules and things like that.

[0:26:16.4] JA: Yeah, you know I think as you are saying, I mean listening to your body it's hard to go wrong there. When your body is always telling us what's going on, you know Chinese

medicine, that's what a master acupuncturist or Chinese medicine doctor does, is they look at you, they look at your tongue, they read your body, the same thing we can read our own bodies and say, "You know what? Now is a good time for this." So I am with you.

[0:26:40.6] AVH: Can you talk a little bit more about how, for the average person – so in this situation, I am not talking about someone who is dealing with a specific disease or issue. Just a generally healthy person who wants to explore and work around ketogenic diet just to level up their cognitive performance or lose a couple of pounds or energy and all of that stuff, generally healthy. How we make sure we are doing it in a nutritionally dense way that still supports gut health.

And I think you spoke to a couple of things just in that last answer but I know that people can get overwhelmed by focusing only on how little carbs they are eating and so it can seem restrictive. It's like, "Well how do I get fiber? How do I get the healthy array of fruits and vegetables that I think I need to have a well-balanced diet and make sure I am getting all of my antioxidants and all of that? Vitamins and things like that."

Can you just talk about that a little? Because I think people can get overwhelmed.

[0:27:38.8] JA: Yeah, absolutely. So I think a couple of things to consider. One, having a plan laid out already and again, I have plans in my book but I know there is also some really smart people online that have laid out keto plans that have a lot of plants and super foods in them. So yeah, I would read up online, I would create a plan for yourself. We already have the meal plans laid out in my book but the other thing I would say is, just think about this.

Think about what a keto plate should look like and I think it should be about one third, if you have a plate, one third of it should be vegetables, a third of it is a healthy type of fat and another third of it is healthy meat. So it is vegetables, another serving of fat and meat and so maybe you have a grass fed burger as that meat, you have avocado, there is the fat and then you got vegetables that maybe taking broccoli and cauliflower and asparagus and you bake them in ghee or coconut oil in the oven and so you have baked vegetables.

So that is a really common keto meal or in a similar thing, let us say for lunch, you do a salad. So you got all your lettuce and your vegetable there. Then you got salmon, which is your healthy protein and then you top it off with some healthy fat. So maybe it that half an avocado and some olive oil and there you go and then you could put on whatever else you want, some balsamic or apple cider vinegar and for breakfast, similar thing.

Rather than vegetables, we are going to add in fruits. Berries are the lowest glycemic, highest in fiber. So do some raspberries, do a protein powder, collagen based or bone broth protein and then do your fat from coconut milk. It's those three things to every meal. It is vegetable or for breakfast, you are doing a berry and then you are doing a healthy form of fat and then an organic quality source of meat. If you do that for every meal, you're good to go.

And hey, throw in a little dessert in there like what I love doing for keto is I get about 80 to 85% dark chocolate bar with almond butter and I will snack on those like almond butter and that really dark chocolate is my keto dessert.

[0:29:49.5] AVH: Delicious, perfect I am into it. All right, so I guess the other thing that I just want to bring home based on your answer is that we don't have to be as restrictive with vegetables as we think. Obviously there are starchy and non-starchy vegetables. So when you are talking about a plate of healthy meat and some avocado and some veggies, you are not talking a big old baked potato. We can talk about green vegetables and some of these non-starchy veggies.

But there is a ton of them that still fall well within this low carb range. So we don't have to get stuck in this, it has to be just meat and avocado and like greens drenched in olive oil. You can be a lot more expansive with your menus than you think. You just need to be a little creative and try things and see how they feel for you, right?

[0:30:38.4] JA: Oh absolutely and I think the big thing to remember, in most your meals you want to just eat. These are all basic foods. You know I am a chef at heart, I love creating healthy meals and so in the book, we have loads of recipes. In fact just to share a few of them, I will tell you how we make them keto. I have a recipe for keto pancakes, keto pizza, keto chocolate chip

cookies, keto blueberry muffins, keto brownies, keto fudge, like we have a lot of healthy keto recipes.

Well you know with the pancakes, we are using organic eggs, almond flour, coconut flour, so they are easy to make, coconut oil, those types of things. So you could have these really awesome delicious recipes if you are using these keto friendly ingredients. So you are right, it is not hey, you're just eating an avocado. I know I said avocado a bunch and it is a great keto snack but there are so many other things you can do if you have the right recipes in your hands, for sure.

[0:31:31.6] AVH: More to life, more to the keto diet than just avocado. Not that there is anything wrong with avocado but there is more to it. That is good to know, it's good to be reminded. So your new book on the keto diet, it offers a 30 day plan including a lot of recipes and as you said, sort of different approaches depending on what your goals and your needs are but one of the key things is in the title of the book that the keto diet can help with is balancing hormones.

And I know I don't want to keep you too much longer but I would love if you could speak to that part specifically because we talk a lot about how a higher fat diet is good for energy and mood boosting and all of that kind of stuff but what about how does the keto diet help with balancing hormones?

[0:32:16.1] JA: Yeah but the big thing it all starts with insulin and insulin is the master hormone in your body and so for – and just to let you know too like when I have my clinic, my functional medicine practice in that drive, I would have women who struggle with fertility and the biggest reason was is their insulin was off. They were over consuming carbs, they weren't getting enough fiber, fat and protein and that really threw things off.

And so I put them on a diet that was really changing those ratios up and bam, you know they were able to conceive and so similar thing. There are clinical studies that have shown the keto diet is very effective at treating PCOS. It stands for Polycystic Ovary Syndrome, which a large amount of women struggle with and with that being said, PCOS has been directly linked to it is an insulin issue. You fix insulin, over even symptoms tend to completely go away very quickly and so

you know the keto diet really works because it balances insulin faster than any other diet out there.

And so when insulin balances out, it actually then helps balance out estrogen and progesterone. It can even help with cortisol. But that's the thing, I mean someone through the keto diet that can balance the insulin and then if they can keep stress hormone levels low and keep cortisol in balance. Then insulin and cortisol, when those two hormones are balance, you see estrogen and progesterone especially balance out very, very quickly and so that is why it can be so effective.

And I actually have a chapter in my book, it's the keto diet for hormones and I go through from younger and older women. The ideal herbs so for instance women that are struggling with PMS or infertility or PCOS, I got through using herbs like Vitex and so other herbs. For women with thyroid issues, I go through mixing herbs like bacopa and ashwagandha and schisandra that have been shown to help thyroid health and then for women who maybe have hot flashes or post-menopausal symptoms, I go through some herbs like black cohosh with wild yam.

You know I didn't mentioned this, with Dong Quai but when I did keto, I actually laid out very specific foods for hormones in that chapter in the book but then I also get into, hey, here are some Chinese Aromatic herbal remedies to do while you are doing keto, to better balance your hormones but again, to answer your question, the reason why it works is because it balances insulin, which then tends to help balance out some of the other hormones in the body.

[0:34:49.1] AVH: Can you talk to me a little bit about some of the new keto specific products that are coming out from Ancient Nutrition? I mean I already know about your collagen protein powders, which I love. They are like some of the best tasting products and I have tried a lot of them. But you have some new specific keto collagen and some other keto products. Can you talk about those a little bit?

[0:35:08.3] JA: Yeah, we're super excited. In fact at Whole Foods Market just picked these up, Sprouts, Vitamin Shoppe carrying all of these now but we have a keto protein and we believe when you are doing protein on a keto diet, you want some healthy fats in there so it's a mixture of a unique collagen and bone broth protein with MCT powder with some bone broth oil, which

is a healthy fat mixed with some adaptogenic and anti-inflammatory herbs and it tastes like a chocolate milkshake.

So we have keto protein chocolate, keto protein vanilla and Whole Foods, Sprouts, Vitamin Shoppe and health food stores across the country are carrying this. We have a keto collagen that's a mixture of MCT powder and collagen and grass fed, actually collagen and then we also a keto multivitamin that has specific – it is higher in fat soluble nutrients like vitamin D, vitamin E and then vitamin B12 and zinc, which are more important on a keto diet.

And then also we have a few other, we actually have a keto matcha green tea. It's probably my new favorite product, keto matcha and I drink this before my workouts for energy. It is a really great green but also light favor and that's really good with the keto cold brew. There's one other else I am thinking of I wanted to mention, a product called Keto Fire, which is ketones that can support your body get into ketosis faster but those are some of the main products that we've put out.

[0:36:31.1] AVH: Okay, I am really excited about the cold brew but all of that sounds good and then when does the book come out? I know we are recording this mid-January.

[0:36:40.1] JA: Yeah, February 19th. So really soon and in fact I was just on Amazon. Amazon's got it marked down it's typically \$30. They've got it marked down to 18 right now, which is the lowest price I have seen but yeah you can pick it up at Amazon or barnesandnoble.com or bookstores all over the country.

[0:36:57.1] AVH: Awesome and are you planning a book tour or any kind of travel when this comes out so that the people can come and see you?

[0:37:03.4] JA: Yeah, you know I will be in New York around the book launch at NYC. I will be out in LA and then I will be in Nashville and then I will be doing a lot of lives online. So people can find me on my Facebook and Instagram page and YouTube doing some more education there too. But yeah, I will do a little bit of travel and maybe in Atlanta at some point too doing some stuff.

[0:37:22.3] AVH: Awesome, so we'll check you out on Instagram and then we can also find out more on draxe.com, is that the best website to follow what you're doing?

[0:37:30.8] JA: Yeah. Yeah you got it, that's correct. Yeah that's it.

[0:37:34.1] AVH: Awesome. Well thank you for taking the time. Thank you for putting out this book that I think is probably one of the most accessible, readable keto books out there right now because I know sometimes as I said before, I talk about this all day every day. It seems keto is obviously striking a chord with people and people are very interested and it is good to have information out there that is tangible, that's useable, that is not overwhelming that people can take and start to implement right away.

And that's what this book is so thank you for doing that and I am excited to see how it goes when it gets out and everybody is eating it up, no pun intended, but thanks again for doing that and for taking the time to teach us a little bit today.

[0:38:14.6] JA: Awesome, well hey thanks so much for having me on your show Ashleigh. I am a big fan of Paleo Magazine. I check it out pretty frequently and again, thanks for having me.

[0:38:22.5] AVH: All right, we'll do this again soon.

[END OF INTERVIEW]

[0:38:28.8] AVH: That's it for me everybody. If you plan on trying this 30 day keto protocol that Dr. Axe talks about or maybe if you try to be three-week reset that Mark Sisson talked about in his keto book or some other multi-week strict keto plan of your own devising, I actually love to hear how it goes for you like what you notice, how you feel.

So reach out to me on Instagram @themusclemaven, tag me on your posts that you are talking about it because I just feel like so often we get caught up on these bandwagons with fasting or keto or whatever. And maybe we try it for a few days, we don't like it. We give up and we have a bad taste in our mouth but if you are actually committing and putting in the time and really being strict about it, I would love to hear from you and love to hear how it goes.

Thank you again to our show sponsor, Elixinol. If you want to try any of their high quality, full spectrum hemp derived CBD products for general health or muscle recovery, improve sleep, that is what I use it for or any of a host of other reasons that you might want to try CBD just head to elixinol.com and use the code “paleo mag” at checkout for a 10% discount.

And yeah, if you want to know anymore offline about my experiences or what I’ve tried or what I like or what I don’t like, again, reach out to me at Instagram @themusclemaven, we’ll have a chat about it.

And check out my episode next week with a director from Elixinol. His name is Chris Husong. We dive deep into all things CBD including how to be a smart consumer, how to know you are getting the best possible product. We talk about dosing, we talk about different methods for ingesting. We talk about the latest research and a lot more. You guys know I love my CBD so this is a good episode for me and I hope it will be for you too.

So thanks for listening and have a great week.

[OUTRO]

The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]