

EPISODE 260

[INTRODUCTION]

[00:00:19] AVH: Hey guys, welcome to a special episode of *Paleo Magazine Radio*. My name is Ashleigh VanHouten and I guess you could say, every episode is special in its own way or I wouldn't be putting it out there for you, but this one is special in a couple of ways. First, the format's a little bit different in that I have a guest but I'm not technically interviewing her per se, she's more of a guest cohost and we answer some of your questions together, which I found very fun. And the second special thing is that this cohost is actually a good friend of mine, she's a super talented and knowledgeable person in the health and wellness world which is why I knew she'd make a great cohost.

Anyone who chooses to deal with my pace of talking and my friendship in general, is made of strong stuff. My cohost today, her name is Beth Lipton. She's a recipe developer and a health writer, she's a guest speaker on a number of health topics and among other publications, she's also a contributor to *Paleo Magazine*.

In fact, one of her recipes is the cover recipe for the current issue that's out now, it's the April/May issue and it's incredible. I obsessively follow her Instagram stories because she's always making like paleo pancakes and lemon ricotta pancakes and cookies and delicious healthy salads and I keep bugging her and saying, "when are you going to make me some of that?"

She invited me to her place in Brooklyn, she put out this amazing paleo spread including chocolate chip scones with orange zest, which were insane, you're probably going to hear me chewing during this interview and we answered some follower questions that you guys posted to us on social media.

Stuff about meal prepping, binge eating, planning around eating out, basically, how to create a healthy lifestyle and make the best choices without becoming totally paralyzed or overwhelmed. It's a super fun episode for me and it was cool to just kind of discuss these topics in a maybe a more informal way and want to thank Beth again for being such a great podcast cohost and just a host in general.

She sent me home with a bunch of scones which I immediately ate. So anyway, I will definitely be doing that again, if you like the episode, if you enjoy these kind of layout in a more conversational style, let me know, send me a message, leave a review on iTunes about this episode because if I know that you like it, I'll incorporate more episodes like this. As always, give me your feedback and if you liked it, share on social media.

I guess you can tag @paleomagazine across any social media channel, tag me on Instagram, @themusclemaven. Tag Beth with her adorable username, @cookiepie0402. She explains it later, we can say thank you for sharing the love. Lastly before I get into our chat, I want to mention a cool new initiative that *Paleo Magazine* has put together.

They're now offering *Paleo Magazine* healthy adventure retreats where you can take a break from your regular schedule, immerse yourself in nature, healthy food, community, connection, basically a vacation that's centered around feeling good and being healthy and connecting with nature and sort of unplugging from the real world.

There's two retreats coming up this year. One is in July in the Azores in Portugal and another one is in November in Mexico. They both look amazing from what I've seen, I have not been formally invited to be the *Paleo Magazine* staff/mascot yet, but I'm keeping my fingers crossed.

If you're interested, you want to hear more about it, maybe think about bringing a friend or a loved one and have this awesome, healthy, fun retreat, you can go to paleomagazine.com/retreats and all the information is there and you can book from there as well.

That sounds cool and speaking of cool, here is my brilliant friend, Beth Lipton and our super fun Q&A session, I hope you enjoy it.

[INTERVIEW]

[0:04:09.2] AVH: Beth, thank you for being here with me.

[0:04:11.8] BL: Thank you for having me, it's like a dream come true to be on your show.

[0:04:14.2] AVH: This might be already the most fun podcast I've ever done because first of all, I don't get to do a lot of them I person. I think people don't necessarily know that, now that I have my new technology and I can just attach my microphone to my iPhone, I can have interviews anywhere. But most of my podcast interviews are usually over the computer, which sucks because it's not the same level of conversation when you can't look somebody in the eye and like, body language and like eat the scones that they made for you and it's a whole thing.

For anybody who is unfortunate enough to not be here at the table with Beth and I, we have a spread of paleo scones and charcuterie. I'm having a good day already and I'm excited.

Listen Beth, before we get into the purpose of this podcast, we're going to do kind of like a fun paleo Q&A, so we put it out there on social media for people to ask any questions of us in terms of paleo food prep, health and nutrition advice, recipe stuff because that's your forte and just kind of talk about paleo stuff, just kind of nerd out on it. But before we do that, I'd love for you to give your listeners a background of who you are and what you do.

[0:05:21.5] BL: Sure. I do a million different things as we all do these days. Mostly, I develop recipes for magazines including *Paleo Magazine* which I love and I write about food and wellness and I also give talks like at companies, like have like a lunch and learn and bring in experts to talk about something and I do that, I talk about all things having to do with wellness, sometimes the cooking demo, sometimes I talk about sleep or stress or something else.

That's generally what I do, I went to culinary school, I went to journalism school. I worked in magazines on staff for years and years and now I'm freelancing and I love it.

[0:05:56.5] AVH: It sounds like, I mean, you and I have kind of similar lifestyles in that regard, where we've kind of put together the things that we're good at which is you know, journalism and writing and that kind of stuff and then the things we love which is food and health and wellness and like making that a career, which is super sweet for us.

I give pretty good situation for us to be in, but were you always into like the health side of it because you're going to culinary school, was it just because you were into food or where did the focus on health and wellness come in?

[0:06:25.0] BL: I was always interested in health and I was always like a healthy person, although I used to be sort of conventionally, always thought as conventionally healthy. I was a vegetarian for years and that sort of thing, not anymore. As evidenced by –

[0:06:39.1] AVH: This meat plate.

[0:06:41.0] BL: I was always interested in health, but it wasn't really a part of my job until several years ago when I went into women's magazines as a food editor and I worked at a magazine called *All You*, which is not around anymore. But it wasn't a health magazine per se, but my approach to the food was that everything should be cooked from scratch. I mean, we weren't making broth from scratch, there were a few convenience items, but for the most part, the food was cooked from scratch and that's kind of how we differentiated the food.

Automatically, it was going to be healthier than sort of your typical magazine. Then I got hired to work at *Health Magazine* and then my professional life and my personal interest in health came together.

[0:07:18.2] AVH: Okay.

[0:07:18.6] BL: In terms of culinary school, the first time I actually went twice. The first time I went which was right out of college, I studied pastry and it was like classic French pastry. Definitely not healthy.

[0:07:28.7] AVH: But so delicious.

[0:07:30.9] BL: Yeah, my brother says I majored in dessert. And then years and years later, while I was working at *Health Magazine*, I went back and I actually went to a school here in New York called *Natural Gourmet Institute*, which is a health supportive culinary school. I really got immersed in the – everything having to do with healthy food and healthy cooking.

[0:07:49.2] AVH: And then, the recipe development part and this is again, the only experience I have with food, really is just that I am a food enthusiast and so I eat a lot of it. I'm not – I'm not a trained chef or anything like that. How does the recipe development part come in? Because just because you train like you go to a culinary school or you maybe train to be a chef or a pastry chef or whatever, that doesn't necessarily mean that you can develop recipes, that almost takes a different kind of maybe creativity or interest.

It's one thing to just learn how to cook things that already exist and follow another recipe and do a good job of that and it's another thing to create your own recipes from nowhere. Where did that part of it kind of come to play?

[0:08:30.9] BL: Yeah, that's a really good question and I think it's an interesting thing because like, yeah, I trained as a chef, but I'm not a chef in the traditional sense and the traditional sense of a chef is somebody who runs a restaurant kitchen and I'm not qualified to do that.

Arguably, somebody who, it runs a restaurant kitchen, couldn't necessarily do what I do, which is creating recipes for home cooks. It's just a different skillset and I think because I was already working on magazines, I was already creating content for a home audience and I was already kind of translating information into something bite sized and accessible to the average person.

I think that kind of set me up to be a recipe developer, plus studying pastry which is very scientific is also helpful because – I'm super anal and nerdy to begin with, but when I develop recipes, I'm very precise. I weigh everything, measure everything. When I'm cutting stuff into a dice, I literally have a ruler out.

[0:09:31.9] AVH: That's intense.

[0:09:33.2] BL: I weigh things before and after I peel them so – that's why the recipes work because I'm such a freak show about that kind of stuff and somebody who is a more traditional restaurant chef that may not do it that way, they may be you know, they're creating food for much greater number of people, you know, catering is a whole different thing. I think it's just my background and my proclivity for anal retentiveness kind of worked.

[0:09:57.6] AVH: When you develop recipes, do you try to look and see like what's trending in the food world or the health world or is it more about what you're interested in or is it more about what's seasonal, what goes in to coming up with the ideas?

[0:10:12.3] BL: Well, it depends on who it's for. If I'm developing a recipe just because I feel like it, then I'm definitely looking, I may be interested in a trend or interested in a certain ingredient that's bubbling up or maybe interested in something seasonal like I love rhubarb and it's only in season for like 15 minutes, you know, sour cherries. You know, if it's just for me, then it's definitely that.

If it's for a magazine, it's often they will come to me and say, we want you to develop six recipes around XYZ theme, and then I'm thinking about it from that perspective. Also, if it's a print magazine, there's a lead time, so I'm often developing recipes that are out of season and then I'm trying to track down rhubarb when it's October also.

[0:10:52.7] AVH: I didn't even think of that part of it.

[0:10:54.2] BL: That's another thing. I actually just finished in February; I was knee deep in summer recipes. I was trying to find like peaches and decent tomatoes and that kind of stuff and you just can't find it.

[0:11:05.0] AVH: I mean, being in New York, it's better than other places I would imagine. You probably have somewhat better access to just everything here.

[0:11:13.1] BL: Yeah, absolutely. You can do it. It just takes a little doing. In terms of like what drives me, it just really depends on who it's for.

[0:11:22.5] AVH: For these talks that you do, because obviously I follow you on Instagram and I see that you're doing these cool talks. What are you being asked to speak about the most right now? What talks do you find yourself doing?

[0:11:34.1] BL: Well sleep is a big one. Sleep and stress. Both seem to come up a lot. How to meal prep is another one. And then you know, another one that's been coming up more recently which I'm interested that people are interested in this, is more of the emotional side of health. An architecture firm that I have spoken a number of times said, "we want you to come and talk about ways to have more joy in your everyday life."

Then I just spoke at a financial firm last week and they wanted me to talk about like our – it was a women's seminar and they wanted to talk about like women's relationship to food.

[0:12:07.6] AVH: That's a big topic.

[0:12:09.2] BL: That stuff is coming up a lot which is really, it's really interesting to me to see what people are interested in.

[0:12:14.8] AVH: That's really cool. That's really cool part of what you do. I guess it would be interesting because people will reach out to you and say, this is a topic that we want you to speak on and then you get to kind of like deep dive and do your anal retentive research and like learning about it yourself, that's kind of cool.

[0:12:29.2] BL: Exactly, yeah, that's what I love about it. It's essentially like writing an article, except instead of putting it down on paper, I talk about it in front of people and the way I do it, I work with this company Health Kick that hires me out to these companies, they always say, "well, what kind of technology do you need?" I come with no technology, I don't do power point presentation, I don't do anything like that. It's just me and a group of people.

My feeling is like, we all have screens on our face all day long. We're here to talk about your health. Let's just talk about it. I made rattle off some stats, but I'm not showing you like a pie chart. I invite people throughout a talk to ask questions and to speak up. What I always say before every talk is the conversation, not the lecture.

[0:13:12.5] AVH: Do you get nervous leading these conversations?

[0:13:15.7] BL: Every time, terrible stage fright, but I just remind myself that these are other people just like me and they invited me to come talk to them.

[0:13:25.9] AVH: It feels good when you're even the nerves, I've always found because I actually, that's like one thing that of course I get nervous. But I don't have like a terrible fear of getting up in front of people and speaking I got like a reasonable normal amount of fear going into it.

It's one of those things where it's nerves and as soon as you start, you're good and then you feel fantastic for doing it. You hear all these weird polls and stuff where they say that people are more afraid of public speaking than death and like, literally, people would rather swim with the sharks, bungee jump, anything than speak in front of people.

I have never gotten that. I would much rather speak in front of an auditorium of people than jump to my death. I'm not quite there yet.

[0:14:07.7] BL: I'm glad to hear you say that. I mean, I get nervous, but not like crazy nervous and I agree. It's not like a debilitating nervousness. I do, I sit there and remind myself, I was invited to come and people want to hear what I have to say. I'm here to help them, I'm not telling them something, it's not – that always sort of takes the edge off. You're right. Once you start your vibe –

[0:14:31.9] AVH: Feels amazing. What's a recipe or even like a trend or a food trend or something that you've been like working on that is particularly interesting or exciting to you right now? Or even like a recipe that was really like fun or cool to make the – I know you were lighting things on fire recently.

[0:14:48.5] BL: I was. That's why I love *Paleo Magazine* because they're like, can you light some stuff on fire? I'm like yeah, sure, 100%. Nobody else asked me to do that so I love paleo magazine. Yeah, I mean, that's one of the cool parts about my job is that I just never know round the corner, somebody's going to say hey, can you do this? I'm like, sure, I wrote a story for – I developed recipes for a story for another magazine that came out a few months ago and they said, they wanted me to use the instant pot which I'm not very familiar with and they said.

They wanted me to cook the recipes and then freeze them and then reheat them in the instant pot from frozen.

I didn't even know if it was going to work. It was like a double challenge, first, I had to make the recipes and that taste obviously taste really good. Then, I had to see if they would reheat from frozen in the instant pot and that they would sort of keep their integrity, so you wouldn't have anything like soggy or weird.

As I always do, I was like sure, I can do it. I was like, I don't know if I can do it, but I did, it was amazing, I had an amazing feeling to like tackle a challenge like that and make it work.

[0:15:58.5] AVH: Can you share what any of those things are because I know our listeners are big instant pot people generally, what are some recipes that – because people are always looking at like meal prepping, what are thing I can make in bulk, make in advance, put in the freezer, take back out, what are some things that are suitable for that kind of freeze, put back in the instant pot situation?

[0:16:18.1] BL: Well, I made a butter chicken, like that Indian butter chicken, which is one of my favorite dishes full stop.

[0:16:23.0] AVH: Yeah, butter plus chicken, what's not to like.

[0:16:25.0] BL: Exactly, all those Indian spices, delicious, but it worked really well in the instant pot. In that like cook it, freeze it, reheat it from frozen because it actually did something nice, the texture of the chicken, it almost gave it like a pulled chicken like a shredded kind of quality.

It wasn't in tiny pieces, it still had its integrity, but it just worked beautifully and I don't know, the spices, you know, sometimes when it sits for a while it –

[0:16:50.9] AVH: Yeah, it gets better, yeah.

[0:16:51.9] BL: Yeah, it really worked for the butter chicken.

[0:16:54.7] AVH: What's the difference between an instant pot and – it's not an instant pot but it's like –

[0:17:01.1] BL: Slow cooker?

[0:17:01.6] AVH: Yeah, what's the difference?

[0:17:03.6] BL: I mean, I'm not an expert in this but I – the instant pot is essentially a slow cooker and a stove top pressure cooker in one device. It does other things, you can make yogurt in it and sing to you when you're lonely. Read you bed time stories. There isn't – as far as I know, there isn't a big difference between a slow cooker and an instant pot.

I think that is when you use the instant pot as a slow cooker. If you use it as a pressure cooker, it's different thing, it's going to cook your food a whole lot faster. Which may be what you want and may not be. There may be times that you want to do that like all day set it and forget it thing. A pressure cooker, I mean, I've used for most of my cooking life. I've just used a regular stove top pressure cooker but people are intimidated by those because they seem scary, but they're really not.

The nice thing about the instant pot is it's like fool proof. I mean, you really can't –

[0:18:01.0] AVH: Yeah, that's why I have one of those instead off a pressure cooker. I guess the idea is generally – If something can be done in a slow cooker, it can probably be done in an instant pot too.

[0:18:10.1] BL: Yes, mostly yes.

[0:18:11.7] AVH: All right. Then, I guess we can just get a start getting into these questions and we can kind of take it from there. Although actually, the other piece that I wanted to talk about slow cookers, have we talked about air fryers yet?

[0:18:23.8] BL: No, but everyone's obsessed with their air fryer. Ashleigh's in my living room, you guys can't see this, but there's this empty space right next to my kitchen table and we're getting like a console and once we get the console -

[0:18:35.6] AVH: You're putting an air fryer on, nice.

[0:18:37.8] BL: Everyone's obsessed with their air fryer.

[0:18:38.8] AVH: Well, I just bought one like a month ago because I'm looking for stuff that is easy and not scary. Just the word pressure cooker like freaks me out, it's going to blow up, I don't even know what it means but anyway.

[0:18:50.2] BL: This from a woman who's like a thick body builder.

[0:18:51.9] AVH: Listen, different things are scary to different people, okay? Anyway, the air fryer just because it – the ease of it and then also textural thing obviously when you're trying to eat less fried food, you still want like your crispy sweet potato fries or crispy chicken thighs or whatever. Again, I'm a very functional cook, I am very good at making food that will sustain you and keep you alive.

I don't have a lot of flair. I've never really learned and I've never really needed to. I have friends like you just make delicious food, so I don't have to. But the air fryer has been so easy and so great. I got one, it's kind of on the small side so I wouldn't be cooking for like friends necessarily, it will be like for me and you, you know, one or two people.

Of course, I like big portions, so maybe it could be for more people but even like the things that I've played with so far, mostly vegetables, like sweet potatoes, regular potatoes, zucchini, shredded anything basically. I put some chicken thighs in there, I put like duck wings in there, some interesting. It's so easy and quick and another thing that I've been making that I'm super excited is 100% paleo, but I know all of you listeners aren't 100% paleo either, let's be real. I've been making baked oatmeal in the air fryer.

I'm putting it in like some ramekin. I guess you could do this probably with I don't know quinoa or whatever chia seeds or whatever you want to do, I don't know. I use like gluten free oats and I'll put either like coconut milk or I'll mix like a little bit of ghee or coconut oil and there to make it like extra rich and some kind of delicious chocolate collagen protein powder that I like and some

cinnamon, whatever, however you'd make oatmeal, I put it in a ramekin and put it in the air fryer and leave it in just long enough so the top kind of gets crumbly and on the inside it's like gooey and warm and kind of like sort of cooked and it's delicious.

[0:20:39.7] BL: That sounds amazing.

[0:20:40.5] AVH: It's like a good breakfast like chocolate brownie or for like dessert, it's been so good. I love how easy it is, you just put it on my counter and whatever I want to make, it will be done in 20 minutes. It's so easy, cleanup's easy. Anyway, I'm not selling an air fryer because there's maybe an air fryer should sponsor this podcast, but I like it, it's a cool option for people who want easy ways to make food delicious.

[0:21:05.1] BL: I mean, from what I understand it's essentially like a tiny little convection oven.

[0:21:09.0] AVH: Correct.

[0:21:09.1] BL: But it blows the air around faster than a convection oven would. You get that – which is ironically gentler. When you bake in a convection oven, if you have like, you know, cookie, it can end up like breaking up the cookie batter, but my understanding from the air fryer is because it's a smaller chamber, even though the air is moving faster, it doesn't have far to go, you can bake in it as well.

[0:21:32.9] AVH: All right, I mean, I definitely haven't found if there's been any issues with like structural integrity, the stuff that we're putting in there, it's good. Anyway, I'll keep you posted. All right, okay. We put out a request on social media for you guys to ask questions because I want this podcast, I want podcast in general to be more interactive, I want people who are listening to actually ask questions and have those questions answered because that's the whole point.

We're listening to podcast to learn things and I know; I'll be listening sometimes to other podcasts and have a question and I'm the person who asks them. When I was in a Ben Greenfield's podcast, he has this little – people can call in and ask the question, he puts it on the podcast and I'll do it, I've been on the podcast asking questions because why not? Why not use this resource, right?

I feel sometimes people are a little shy and they aren't as willing to ask questions if they feel like they're kind of being put on the spot, but that's why we did it this way. Just ask questions on social media, we'll take them and answer them to the best of our abilities. Hopefully the people who ask these questions are listening to the podcast and get some kind of valuable information out of this. We'll do our best.

Okay, I've got the list and I'm going to just start asking questions and then we'll see what we can do. Let's start with a relatively easy one. Here's one, how to stay paleo when you're traveling and can't cook? Go ahead Beth? How can you stay paleo when you're traveling and you can't cook?

[0:22:54.5] BL: I would say, first of all, not to stress about it. So, there are going to be days that you're traveling either because you are some place that where you can't find paleo food or you know, you're with your family and it's an issue or whatever.

On the days that you can't be paleo, don't worry about it. Find food that you really love, that you don't usually eat because you're paleo and eat it and enjoy it and know you're going to take the hit, you're not going to feel so great the next day, but just go with it. Because I think stressing about food is an egregious waste of energy. But, in order to stay paleo when you're traveling for one thing, hack as much of your own food as you can.

Again, without driving yourself crazy, but whatever floods you enjoy, whatever snacks you enjoy, anything you can take that's not perishable; I would take it with you. And then the nice thing about paleo eating in my mind is that it's so basic.

[0:23:45.5] AVH: You can always find something pretty close like paleo adjacent at the very least.

[0:23:49.5] BL: Absolutely, stick to the most basic foods whenever you travel and try to avoid like the crappy oils and stuff like that, without stressing over it. You know, you can always get a salad, you can always find some beef jerky, you can always, you know, just when you're traveling, you know, do some – if you're anal like me, do some research ahead of time and see

what's available to you at your destination. And you know, like I said, pack what you can, eat as simply as you can.

When you can't, don't worry about it. Really, I can't stress that enough.

[0:24:22.8] AVH: Yeah, I think there's also a difference too between people who prefer to be paleo and people who have to for health reasons, right? If you're somebody who has severe celiac or if you have major issues with different cooking oils or whatever, you need to be careful, you do need to do your research and you'll probably already know that and you know how to kind of be more proactive. But I think for a lot of us who hit in the middle where we kind of just feel sort of crappy if we eat crappy for a few days, it's perfectly normal, we feel guilty so it's the mental side of it, you still can, I feel like people are still –

I have this problem. Travel for me is one of my biggest trigger issues for being healthy. Things go out the window when I travel. I have no excuse because I travel a lot, I should do better by this by now. But being proactive, like we wait and then we freak out. Like you said, pack, there are so many healthy things you can pack. I bring my portable little individual serving sized collagen that I put in my coffee.

I bring portable coffee that I want or like my mushroom coffee or my matcha tea. Everything has portable single serving sizes now that you can bring with you. You can bring beef jerky, you can bring nuts, you can bring your protein powder or you know, you can pack a lot of stuff in a suitcase.

[0:25:36.0] BL: Trader Joes have single serve package of olives.

[0:25:38.7] AVH: Yeah, exactly.

[0:25:39.9] BL: I mean –

[0:25:39.7] AVH: Yeah, you've got it all, if you put a little bit of effort into it, and then yeah, you could always, I think people, again, I speak from experience because I have this issue. But when you go out to eat, you sort of have a feeling like this is a special occurrence, this isn't at

home where you're going to eat your boring healthy food. You feel almost like obligated to eat in a way that you wouldn't normally. I know I'm like that, when I'm out with my friends.

If I feel like getting chicken and vegetables and I'm like yeah, I'm at this restaurant and that's such a cop out, I'm just going to get the fish, that's boring, you know? I want to get something more exciting. Don't do that if you know it's going to make you feel awful. You can always – there's always a protein with the vegetable on the side, you can always do that.

Most of us, probably can get away with eating at a Whole Foods hot bar that does use canola oil, it's still better than like, well if I can't get my chicken and vegetables in olive oil, I guess I'll just go eat this burger place on the corner. There are – there's a sliding scale of evil, right? You know, I can eat that stuff. It's not the best, canola isn't great, but it's better than pulling some stuff out of a gas station and eating whatever I can find there, you know? It's like, figuring out what's worth it. And one thing that I actually just told a friend of mine who travels literally weekly across the country and she has issues on her travel days specifically.

Because you're just rushing around, you're inevitably dehydrated always when you travel because air travel does that to you, it's like focus always on hydration when you're traveling because you're just – you will start out with digestive and gut issues from the day one, if you don't take care of your travel day. The other tip that I learned and I can't say who told me this because I forget but I'm sure a lot of people have said it. Unless you're on a plane for like six, seven eight, nine, 10 hours, you probably don't need to eat on your flight.

That's the other thing. You're up there, you're dehydrated, you're going to eat the stupid pretzels because they're passing them out and now you're eating some crappy food that you don't actually like in a very dehydrated state, where you're not going to be that adjusting properly and then you get off the plane and you're immediately like gassy, bloated and feel like crap and that's the start of your vacation or your travel, right?

[0:27:48.7] BL: Salty, the food that's in the plane is salty.

[0:27:52.2] AVH: Bring your travel snacks that you like, but I always advise people, if you can get away with it, eat before you get on the plane, wait till you get off the plane, just avoid eating on the plane if you can.

[0:28:02.5] BL: It's also really dirty on planes.

[0:28:03.2] AVH: Yeah, it's gross.

[0:28:04.8] BL: Can I just harken back to something you just said? You're not going to eat the boring food you eat at home. Don't eat boring food at home.

[0:28:11.7] AVH: That's true. Well, we're going to get, because there's actually a similar question. Next question is, is it okay to eat the same meals over and over again like for months at a time?

[0:28:23.7] BL: Okay. It's okay in the sense that the paleo police are not going to burst in on you and say, you've eaten the same dinner the last three nights. The reason why it's an issue is that when you eat the same foods over and over again, you are not getting the broad range of nutrients that your body needs. You could be eating a perfect, really healthy meal after meal, but you're still, that meal is still going to be concentrated on certain nutrients and not others.

You know, if you look back at our ancestors, we're all interested in ancestral health, they ate much broader diet than we do. I mean, aside from the fact that my whole world is food and I'm food obsessed and I know Ashleigh is too. The idea of eating the same meal over and over again just makes me sad, but I understand like the convenience factor and the sort of safety factor if you have any stomach issues, it can be scary to branch out, I totally get that.

What I would encourage you to do is you don't have to go crazy, you don't have to eat like – you don't have to never eat the same meal twice. Maybe if you find yourself eating the same foods over and over again, try mixing it up slowly, try swapping out your broccoli for asparagus, you know, just try making small incremental changes so that you're still comfortable with what you're eating and get yourself slowly out of the habit of eating the same foods over and over again.

[0:29:47.6] AVH: You could even play with, if you want to be real paleo about it, play with like changing things, seasonally because some people don't take as much joy as we do out of trying literally like a different thing every minute of our lives because we just want to eat all the things, all the time.

Like you said, there is a comfort factor, there is an ease, there is even a financial factor, when you can just buy it, buy things in bulk and then there's also the point, I remember this from a conversation of podcast I had with Christ Kresser who is an extremely smart individual who has a lot of good things to say, who said that for people who are trying to lose weight, there's an element of eating very basic diet of some of the same things over and over again can help with that.

Because of course, you know, as we all know, variety is the spice of life. There's dessert space at the end of your meal like when you do vary things, it's easier to eat more because you're eating more different things. There's an element of that too but even if you look at it from seasonal perspective where maybe in the winter, you're eating more root vegetables and then in the summer, you're eating more fruit. I think that you can still kind of play with it like that, but I don't think –

I think it depends on what your goals are too, I don't think that there's anything like, I think I actually know the person who ask this question and I think for her, it might have been more of a convenience, ease, I'm not spending so much time thinking about food because that can be stressful too.

[0:31:05.4] BL: Absolutely.

[0:31:06.2] AVH: For people who love to eat, but also maybe sometimes if you have a dysfunctional relationship with food and you just spend so much time obsessing. I'm like, I am the person who is thinking about lunch when I'm eating breakfast. Which is kind of okay for me at this point because it's a very big part of my work life, my professional life, but I can see how that can also be stressful.

[0:31:23.9] BL: Without a doubt.

[0:31:24.0] AVH: If people just kind of stock their fridge and their pantry with the same basic stuff then it takes a lot of that kind of stress out of it. You can still sort of eat some of the same things but still, as you said, broaden it, just because you're eating the same few things, doesn't mean that you're literally eating five things, you can have a fridge full of like 20, 30 different kinds of vegetables and still be recycling that through week to week.

Yeah, I guess, long story short, like we should be probably be aiming for as diverse as we can afford and feel comfortable and not forcing yourself to eat 50 different vegetables because you think that's the right thing, but just be willing to try new things and approach things maybe from a seasonal perspective, just getting the best quality food if you do it that way.

[0:32:08.4] BL: The other thing too is, another way to mix things up without mixing things up is to mix up the herbs and spices that you put on your food which also opens you up to more nutrients. Ash and I were just talking before we recorded about how we both just interviewed Dr. Josh Axe recently. One thing he was talking about with me was that we don't emphasize in our western diet, we don't emphasize herbs and spices that much, but they are nutritional powerhouses and it's like nature's way of telling you to use them, right? Because they taste really good.

If what you really want to eat is steak and broccoli, okay, that's fine, mix up the spices and herbs that you put on them meal to meal and that will not only change the flavor profile, but also get you some different nutrients.

[0:32:54.7] AVH: Talk to me a little bit about how to get the best spices because, I know that this is like, you can be panicked by information overload, but I was reading somewhere that certain, if you're not buying good quality or organic or fresh or whatever spices, I know spices are often times dried so that means they're not fresh. But like, that you're not getting the nutrients that you would be getting because they're essentially sort of like old dead, dusty, spices on a shelf and have been there for five years.

How do you know that you're getting the good stuff that actually has the benefits that you're looking for?

[0:33:30.7] BL: That's a great question. The thing about dried and I'm going to talk about dried spices because I think that's what we're talking about because herbs, you can tell when they've gone bad. With dried spices, I would say to avoid the urge to buy in bulk, unless you know you're going to use it quickly.

If you use a tablespoon of cinnamon every day, you can buy big thing of cinnamon. Other than that, really try to buy small portions, especially if it's something that you really are not going to use frequently and bulk bins are great for that.

The best way to tell is I mean, I always try to buy organic for things like that because they are more expensive, but the price differential isn't that big for the amount that you're talking about, it's like a dollar more for organic spices, it's not that much because you're going to use it over time. You're going to get a better quality.

Essentially, you can tell if an herb, if a spice is fresh, by how it looks and how it smells. If the color is faded, if your paprika is not that bright, bright orange and if you open it up and you can't smell it, then it's probably old. It's not going to hurt you, but you're not going to get what you're looking for, you're not going to get that bright blast of taste and smell, which is what you want.

Anybody listening, if you have a spice in your spice cabinet that has been there since you moved in to your apartment seven years ago, throw it away.

[0:34:51.5] AVH: Yeah.

[0:34:52.9] BL: It's just not worth it to keep it around.

[0:34:55.5] AVH: Yeah.

[0:34:55.9] BL: Use it, use your spices and that's you know, sort of good motivation, so that we don't waste food and we don't waste money is you know, when you're making dinner and you're like, 'm having the same boring food, look through your spice cabinet and say, "what do I have? What's here that I haven't used in a while," and use it.

You can put it in eggs, eggs are I feel like are a blank canvas. Put it in a soup, put it in you know, but just use really use your spices. We all tend to go back to the same ones over and over again so you know, if you have that marjoram that you bought for some recipe or whatever.

[0:35:29.0] AVH: You don't know what to do with it, put it on some eggs.

[0:35:31.1] BL: Yeah, use it.

[0:35:33.7] AVH: I know you probably have a lot because you're always like developing recipes and trying new things, but what are some of the staple spices that you use the most?

[0:35:41.4] BL: Well, you know, some people are going to laugh at this but I really like garlic powder and onion powder which are very – these are very un-cheffy ingredients.

[0:35:52.4] AVH: Is there like two like commercially like of course garlic's going to make things taste good.

[0:35:56.0] BL: Well, the thing is, I don't use it, it's not that I don't use fresh garlic because I do, but I use them for different things. But what I like about garlic powder and onion powder is how flexible they are. You can really add them to anything. If a recipe calls for fresh garlic, I would use fresh garlic, but like in meatballs for example, I really like to use garlic powder because I don't like those little chunks of onion and garlic in my meatballs.

Maybe you do and that's fine, but I really like – I really like them for that. I really like dried basil, I love Indian spices, I said so –

[0:36:27.8] AVH: How have we not gone out to eat Indian in the city yet? We have to do that because that's honestly probably. My favorite type of cuisine is Filipino food.

[0:36:37.8] BL: There's a Filipino barbeque place here.

[0:36:39.6] AVH: We got to do it. The problem with my favorite ones, Filipino, Indian and Malaysian food are that I'll just eat it until I actually burst, that's like you got to do it, you got to portion, space it out, but we have to do that.

[0:36:51.8] BL: Yeah we do. Indian, I'm obsessed with –

[0:36:54.8] AVH: Lunch in Curry Hills.

[0:36:55.1] BL: I love it. I like to experiment with those – I mean, the thing that's so much fun about cooking Indian food is that the spices are just sort of layered on top of each other. I love that. I always have like a couple of different curries and some. I always have turmeric in my cabinet. I love curry paste as well, like an Asian curry paste. I always have ginger, I love ginger, I love cinnamon. I mean, I'm you know.

[0:37:20.4] AVH: Do you Ceylon cinnamon or you don't care?

[0:37:24.2] BL: You know, I know that they're pronounced differences and I have been to like, I've been to Penzey's Spices in Seattle and they have like show you all the differences and stuff, but I think when you're just using one at a time, you don't notice it as much.

[0:37:39.2] AVH: I remember reading somewhere that they said that – maybe it was just the most studies on how it's like cinnamon is good for blood sugar regulation and stuff like that. It's been with Ceylon cinnamon and I find, that one is the sweetest from my recollection because I'm obsessed with cinnamon, I put it on everything. Everything that's even remotely sweet versus savory, you can use it.

[0:37:54.6] BL: You can put it in savory things too like in you know, north African cuisine.

[0:37:59.2] AVH: Steak barbecue rubs and stuff like that.

[0:38:00.3] BL: Yeah, absolutely.

[0:38:02.0] AVH: I find that the salon cinnamon is the one that's like sweet, it's like you put it on something and you're like this taste like dessert now, very strongly. Whereas I like all of those cinnamon, nutmeg, cardamom, like all those kind of warm, something you'd put in a chai but I put it on everything, I like those flavors a lot.

[0:38:17.2] BL: Yeah, I got that.

[0:38:17.9] AVH: Next question that is kind of related to what we were just talking about in terms of eating the same things and relationship with food and this is a question that was kind of specific to me, but I think we can both speak to it and this is probably, this was a question of somebody who knows me asking about whether I ever had any binge eating issues prepping for a bodybuilding competition.

Anybody who knows me at all, I've dabbled in some bodybuilding and I really enjoyed it, but if you are familiar with how bodybuilding works, it's basically, it's like trying to build a lot of muscles and then trying to get as lean as possible to show those muscles as best you can.

That usually involves for people who are actually competing in bodybuilding, it involves anywhere from three to six months, of prepping which is a workout plan combined with an increasingly strict diet and which usually involves caloric restriction as well. Because you're getting – you're trying to be lean to a point that is not a naturally sustainable leanness, for 99.9% of the world. I've done this a few times and really enjoyed the process and really had a good time with it while still recognizing that it wasn't as sustainable or even particularly healthy thing in the long run.

I did my research and made sure that I did it in the healthiest way that I could possibly do it. Again, I have mostly positive sort of memories and lessons I took from that experience and it was really – if nothing else, taught me a lot about my body and how I react to different things and sort of what I'm capable of and even from a sticking to a tough self-imposed goal that at times seems crazy but being able to kind of stick to it, you know, seeing what your body looks like when you have way less fat than you normally have. It's just interesting, it was a very interesting experiment for me

But people who follow this stuff at all know that it can be a very dysfunctional environment and can lead to or can attract people who tend towards dysfunctional eating or attitudes towards their bodies and food and all of that stuff because it's essentially being very obsessive over not only what you put in your body but what your body looks like.

It can be very problematic for a lot of people – yeah, I mean, I've certainly seen a lot of that and had firsthand experience with people who have struggled with that. I have to say, if we're being completely honest, any binge eating issues that I have had. And I guess I can admit that I do struggle with it, I had before bodybuilding was a thing. The reason being is because I've always felt like I am at this sort of crossroads between loving food, more than the average person, it's fine for people to say I love to eat but like, people who know, people who love to eat, it's a different thing.

It's one thing to be like to sit on the couch and like eat chips while you watch movie, it's another thing when you're like obsessed with food. I'm obsessed with food and I'm also obsessed with health and fitness. Those two things can come together beautifully and they can cause a lot of friction because you know, imagine being a food reviewer or a food critic and all you do is go out to delicious meals every night and eat everything you can find, but you're also trying to have a six pack at the same time.

It's a very hard thing to reconcile, it's hard to do both at the same time. I have felt – I've had that issue before I got into bodybuilding where I'm like, I want to eat all the things because it's so much fun, but I also want to be super fit and I want to look like, as fit as I am, you know. Whatever, of course I'm a woman in the world and people use – think about what you look like and you care about what you look like.

It's hard for me sometimes to see objectively whether it was ever a problem or if it's just part of kind of just the way that I eat like I watch some of my girlfriends eat and I'm like, "am I just a freak of nature?" because I eat four times as much as these people. But I think fit people eat a little bit more because it is so much a part of my work life. I am just thinking about food more than the average person. So, it is hard for me to step back and really see if I am being honest whether I have a healthy attitude towards it or not. I think that trying to be open with myself and trying to be introspective about it.

And trying to be thoughtful about the choices that I make and talking to people about it helps. But I do struggle with binge eating because I will eat super healthy for a while because I will have goals and it will be easy for me to just take any kind of sugar or junk food out of the equation and then when that goal is done I'm like, "what's going on now and should I treat myself?" And then that turns into a weekend of over treating myself and I'm like, "oh here I am again." And we all know what eating too much sugar can physiologically do to you.

Once you open the flood gates it's all over. So, I don't know; it is a rambling answer. I think that it is something that I have had to deal with and that I still deal with personally. I don't think that body building created it or exacerbated it in me personally. I think that it can and I think I've told people when I've talked about body building in different podcast or interviews that you have to be really, really clear on who you are and what your goals are and what you want to get out of body building, if you want to do it competitively because it is a very potentially dysfunctional sport.

More so, not inherently it doesn't have to be dysfunctional, but it is more potentially dysfunctional when almost any other sport because you are being aesthetically judged based on what you look like and you have to treat food in a way that isn't normal. It has to become pretty obsessive for a certain amount of time. I mean people do that for – when you look at body building, mixed martial arts, anything where there are weight classes just comes into it too.

[0:44:02.8] BL: Wrestling.

[0:44:03.4] AVH: Wrestling, it just when you add then the aesthetic component like wrestlers literally do these weight cuts, that are terrifying to look at and then they go fight, which actually is probably worse than just standing up on a stage in a bikini because you actually have to perform physically in a very weakened state. But it is the concept of dieting yourself down and then getting up on a stage for people to look at you and tell you how they think of what you look.

When you put it that way it is potentially pretty problematic situations. So, I think too many people go into it looking for it to be the answer to make them feel better about themselves and look, there is nothing wrong with wanting external validations because we are human beings

and you can say you don't care what people think all you want, you do. Some people care more, some people care less, but all of us care to some extent what people outside ourselves think.

That we are social creatures. That is the way it works but if you think that by getting a six pack and having a couple of judges tell you that you look better than the other people with six packs is going to fix your self-esteem issues, I can tell you a 100% that that's not correct because I have been there and I've looked normal. I've looked crazy lean. I've looked all these different things and having a six pack is awesome for five minutes and then you go on with your life.

No one cares, no one else cares. It doesn't give you anything. You just look a certain way and you move on with your life. So, I don't know, people who like to experiment and challenge themselves it could potentially be a fun experiment for you, but be really honest with yourself and yeah that is what I have to say about body building. The binge eating thing is a bigger issue and I think that that probably comes from a cycle of restriction that is unsustainable.

I think that is ultimately what it is and I still struggle with this because I think moderation is much harder than super strict diets are for me.

[SPONSOR MESSAGE]

[0:46:06.1] AVH: All right folks, I am interrupting this fantastic episode to tell you a little bit about our show sponsor, Elixinol. They make organic hemp oil products with natural occurring full spectrum CBD in a variety of forms. They have capsules, they have tinctures, they have lotion, they have skin care, a lot more and they are committed to very high-quality sourcing and transparency. They use pharmaceutical grade testing on their products, so that you know what it says on the label is what you are getting.

And if you guys know me, you know that I am a CBD fan so I like to try all of these new products, but I will tell you when I don't think a product is good or I don't think it is effective and I have had a lot of success with these products for helping me with sleep quality and the research seems to back this up. I mean the research is new and it is growing, but it seems to be working favorably for a lot of people for issues ranging from sleep like I said, anxiety, muscle pain and recovery and more.

And I did an interview actually with one of Elixinol's marketing folks. His name is Chris Husong and you can go back and search *Paleo Magazine Radio* and get all the details about the company, but also about CBD in general if you want to do that. I am currently trying their CBD Liposome product. It is citrus flavored. it is mix in with liposome so it is a fat soluble product that is more bio available in the body. I have been putting it in my water.

It is actually zesty, it is kind of nice, so I have been enjoying that. But you can give it a shot yourself because they are giving us a deal. If you head to elixinol.com and use the code "paleo mag" at checkout you get 10% off. So worth a shot, try it out and if you do let me know what you think. Send me a message on Instagram @themusclemaven and I hope it works for you like it has been working for me.

[INTERVIEW CONTINUED]

[0:47:56.5] BL: It is also a lot less clear what moderation is, what moderation is for someone else. So saying yes to something or no to something is much easier than saying yes to a little bit or yes to moderation.

[0:48:08.6] AVH: Yeah and some people can say because again we all have our trigger points whether it is alcohol or whether it's fried food or whether it is sweet food. My version of moderation for drinking could be I could have a glass of wine every weekend if we hang out and I'll have a glass of wine and I will feel fine and I will go home and go on with my say. Whereas I have friends who cannot open a bottle a wine and not finish it; they cannot and they know that is their trigger point.

With me it's sweet food, like I can never get pizza again, but if you put some delicious scones in front of me, they're going. So, it is knowing what those things are but I think it is also finding the balance between being honest with what you want because I do some health coaching on the side and I have friends who come to me and they're like, "well I want to be 15 pounds lighter and I want to be super lean and I want to be able to do this and that."

“I don’t want to really change my lifestyle that much. I don’t really want to change what I am eating.” And I am like, “okay, first of all no, that is not going to happen. Second, you think if I could have a six pack and still eat cookies all the time, I wouldn’t choose that? Of course you can’t have it all dude.” You can’t have it, but I think people need to be honest where we think that we have to have it all and we think that we look on social media and we think we have to look good.

So, we think well if this person has this successful happy balanced life and they looked like that why can’t I do it too? But most of my friends if I have this conversation, I’m like, “okay, do you actually want to cut all the booze out of your life for six to eight months in order to lose 15 to 20 pounds?” And they’re like, “no that would suck. I don’t get to hang out with my friends. It is a release for me. It’s a social thing, it makes me feel good.”

And I’m like, “well how badly do you need to lose 15 pounds? Do you need to have visible abs?” Like if you are working on getting healthier, okay then we can talk moderation and we can cut things back. But maybe you don’t want to lose weight and maybe you have to have that realization for yourself like maybe you don’t actually want to look like the cover of a fitness magazine. You certainly don’t have to. And freeing yourself from that a little bit can do wonders for your health more so than maybe never drinking wine again.

[0:50:19.1] BL: Well it is funny that you bring this up because I just gave a talk at a company about women and our relationship with food, but it is true for everybody. And one of the things I talked about was this idea that healthy eating and eating the foods that you love, the “treats” those don’t work in opposition. Those things work together and what I mean is that just like what you are saying, when you look at what your goals are like why?

Why do you eat healthy? Do you eat healthy because you want to look good because you are fighting disease, because you want to live longer, because you want more energy? It is probably some combination of all those things. And then look at the food that you are stressing about and ask yourself, “if I have some of this, if I have a little bit of this.” I always say the brownie because that to me is like I love brownies. So insert whatever food you want.

So, “if I have a brownie,” and I am not talking about having a brownie every day. I am talking about the occasional brownie. “If I have the brownie does it mean that I won’t look good? Does it mean that I won’t be able to fight off disease? Does it mean that?” No. None of those things are true. So, you may as well eat the brownie, but also really eat the brownie. Sit down with it like don’t shove it down your mouth while you are walking down the street.

And don’t buy some crappy brownie at a deli. Like get yourself a kickass brownie or make yourself a kickass brownie, sit down and enjoy the hell out of it and then forget about it because then you’re in the experience with the brownie, right? Not only will you not crave another brownie the next day because you just had this transcendent brownie experience already, but also, it doesn’t become a thing about your character you know?

You are not a bad person because you had a brownie or the same person you were. You’re just someone who had a really delicious brownie.

[0:52:06.6] AVH: Yes, lucky you.

[0:52:08.0] BL: So that to me is what being healthy is. It is not something you do to take a box. I was healthy today, I ate broccoli today. It is something you do to enhance your life so eating the occasional brownie is also enhancing your life. Like whoever has the most fun wins. That’s the whole point.

[0:52:22.9] AVH: Yes, that’s the quotes of the podcast so far, whoever has the most fun wins. I love that approach to life. and I think too I remember talking to Robb Wolf, his *Wired to Eat* book, which I think is a very cool book, where he was talking about some of the language we use around eating is really problematic like the whole cheat day like cheating on our diet because it does ascribe like morality to the choices that you make and it really is silly and I still do it.

But when you try to look at it objectively it is really silly to feel guilty and feel like you are a bad person because you ate a delicious food that isn’t the healthiest thing in the world and it is kind of ridiculous when you think about it.

[0:53:03.3] BL: Well you know this thing, this relationship we have with food is formed early, right? So, if you had a parent who is always on a diet, as many of us do. Or if you have a parent who commented on what you ate or soothed you with food or used food to distract you when you are bored or unhappy or to ease conflict, I mean I see this still with my kid like parent who were like, “stop fighting, let’s go get ice cream.” Any of those things are going to place a value judgment on your brain.

It is going to associate food especially those street foods with an emotional component and so it is really valuable to all of us to remember that there is no value component. Food is not inherently good or bad. You are not a good or bad person based on what you eat. That is a really important lesson for all of us to relearn as adults and it takes the food’s power away. It just doesn’t have – I wrote a column for health magazine ages ago about let us end the language of cheat foods.

And I also, while we are sitting here, can we end the phrase guilty pleasure? Can we please end that phrase? I want you to have all pleasure and no guilt. So, no more guilty pleasure. If you are enjoying it –

[0:54:14.1] AVH: It’s pleasure.

[0:54:14.8] BL: Yes.

[0:54:15.5] AVH: Yeah, I like that too. Okay, but building on what you are saying like the idea of if you know that’s something that you enjoy, enjoy the hell out of it and do it right and I definitely like that idea. But there is also the idea of for people who do have – like I am using this word again trigger food. So, for me as much as I enjoy sweets and I like them, it generally does not improve my quality of life when I am eating them a lot.

So, I want to get to a point where it is an occasional treat that I really enjoy and I am mindful about. But I also know that there are some treats that I can’t have around me because I cannot control myself around it. So how do I reconcile? For me if I go to a bakery and this has happened to me before. I am just going to say it. If I go to a bakery and have a delicious

brownie that could end up leading to an hour later going to another bakery and getting three more brownies.

I will do that. I have a very hard time, like floodgates. So how do I – it is like picking the things that are really worth it and trying to get rid of the things that aren't. How do I find the balance where I can enjoy the things that I want to enjoy and not let it take over my life?

[0:55:33.0] BL: Right that is a great question I unfortunately don't have a really good answer for you. I mean I do think that all the things I am saying about enjoy the hell out of the brownie, I am talking about the average person. If there is any disordered eating or trigger foods or anything like or any sort of addiction situation what I am saying does not –

[0:55:52.1] AVH: In that case is not just about the food. There's other things going on.

[0:55:53.3] BL: No that is a whole other thing and I wouldn't begin to. I am not qualified to even begin to address that but I don't think what you are talking about is necessarily disorder but I do think the fact that you recognize that about yourself –

[0:56:07.0] AVH: Is a start.

[0:56:07.8] BL: Yeah and then to see which – because it is not all sweet foods that do that to you. So, which are the ones that are really a problem and sometimes going forward. I really like halva, which you know –

[0:56:19.9] AVH: You and I, yeah.

[0:56:22.5] BL: And for me that is like a childhood thing, right? It's so good and I can't keep halva in the house because I will literally eat it until I throw up. But if I am at Chelsea Market here in New York, I am going to Seed + Mill and I am buying some halva but I know that I can only buy a little bit of it. Because if I buy a pound of it, I will eat that entire pound. So, some of it is that. Some of it is just knowing yourself. I don't go to Chelsea Market every day because if I did; I would eat it every day.

So yeah, I think it is a question of like being in touch with yourself and being in touch also with what is going on with you. So if you eat the brownie and then an hour later you are going to go to a bakery and have three more brownies what is going on there, you know? It is not a sensation of hunger. There may be a sensation of urgency around food and maybe it is a question of having a conversation with yourself like this is not your last day. This is not your last brownie.

[0:57:19.8] AVH: Yeah there are ways to – I think you touched on the soothing comforting thing. I think that a lot of is use food as comfort and I think finding other ways to sooth and comfort yourself are important. And take care of yourself because I know when I am doing it. That eating a box of cookies is not taking care of myself. I know that and I do it despite that and again, knowledge is a step. It doesn't always fix it because sometimes I am very willingly doing things that are bad for myself.

But finding other ways to be – to take care of yourself, I think that's a start. But it is a complicated issue. I mean that is not getting answered to this podcast unfortunately.

[0:58:02.1] BL: No it is very complicated and I think that is another thing is being forgiving of yourself and recognizing that this is a very complicated thing. You know our relation, I was saying this the other day in the talk, our relationship with food is a primary relationship right? You can go days, weeks, months without seeing the closest person in your life. You cannot go days, weeks, months without eating and you face that decision about what to eat several times a day.

So whatever your issues are around food, you are dealing with that issue several times every single day so –

[0:58:32.8] AVH: Yep unless you want to fast for five days, which I don't but some people do.

[0:58:37.3] BL: It is complicated.

[0:58:38.2] AVH: I am actually surprised that no one asked any questions about fasting. But I am okay with it because I talk about it enough, but there is one other big topic that I do want to

touch on – I don't want to keep – I mean we could talk for 10 hours but people probably will tune out at some point. But one big question and there is a couple mini questions in here that are related, but I am surprised that there are some *Paleo Magazine* followers and fans and more than I thought maybe that are – Continue to be vegetarian or plant based or are just looking to eat less animal products in general and so they were asking questions about how to get adequate protein.

How to build muscle and I think the general question is how to have robust health and fitness while trying to either minimize or get rid of animal products entirely and when a couple of these people asked on social media, I followed up to ask a couple of questions first like, are you not eating any animal products? Because that makes the difference.

And if you aren't eating animal products is this because of a moral or ethical thing, is it because of a quality thing or a health thing like you think it is not healthy to eat animal products and I got both back. I got people saying like it is an ethical thing. I am not really into eating animals and then some people still despite being *Paleo Magazine* followers said that they thought it was a healthier choice to eat no or very little animal products.

So, I want you to get into this, but I think one thing just somebody who is smarter than I am that people could if they are willing to learn and do their own research, one person that I would like to direct them to would be Diana Rogers. *Sustainable Dish*, she has her own podcast and her own website, but she is basically the leading authority in ethical farming, sustainable farming, ethical meat eating, I guess.

[1:00:30.4] BL: She is a registered dietician and a farmer.

[1:00:32.3] AVH: Registered dietician and a farmer and she has some strong opinions, but she also has some very researched backed information and science as to whatever, ethical farming, ethical meat eating and I think that look, we are not here to change anybody's decisions if people are not going to eat animal products, they are not going to eat animal products. But I think that if it is purely a health base and even an ethical based decision, just do your due diligence first because you may be missing out on some information or some things that could help inform your decision.

So I highly recommend anybody, whether you are a meat eater or not to just check out Diana Rogers, *The Sustainable Dish*, check her out on social media, her podcast, her website and just do a little digging around there and see what you see. That would be my first step.

[1:01:20.5] BL: Yeah, she is quite brilliant and one of the things that she talks about that gets lost is the role that especially ruminant animals play in our farming and ecosystem. So, there is no kale, if there is no topsoil and there is no top soil if there are no ruminant animals. So, it's just I am way over simplifying. As you said she is quite brilliant and she really knows her stuff. She can tell you all about how it works and why taking animals out of the food system is not –

And maybe there are a lot of people who just personally don't want to eat meat, but don't care if other people do and that is perfectly fine. My issue is always with people who don't eat meat and tell everyone else that they shouldn't and if they do, they're cruel because I think that's really off base.

[1:02:09.6] AVH: And again, I mean there is always new research coming out and people can change their minds and people can be wrong. But I do think that based on the information that we have available to us right now that most human beings as an animal are meant to eat animal products and plant products. That is what is best for us, for our health. If you choose not to do that because we have free will and we can do whatever the hell we want, you are going to work harder to get the right nutrients and micro and macro nutrients to be as healthy as you can possibly be. If you choose not to eat animal products, you are going to work harder. You are going to have some challenges that people who are willing to eat animal products aren't going to have.

[1:02:53.4] BL: Yeah, I just spoke to Diana recently for an article and one thing that she told me that I thought was really interesting that I never thought about before is that if you are someone who is weight conscious, I mean we all know you can get protein and you can get complete protein from plant sources absolutely. I mean rice and beans is always the example that people use because put together it is a complete protein.

But the volume that you have to eat and the number of calories you have to eat in order to reach the amount of protein that you would get in a small piece of fish or a small piece of steak is significant. And I am not advocating calorie counting by any stretch but all I am saying is that if weight is a concern and I know a lot of people certainly in the health coaching I have done and a lot of people have come to me for coaching who have said like, “yeah I want to lose weight so I became a vegetarian.”

I’m like, “hmm that is not going to do it.” So again, if meat is not right for you, if it doesn’t make you feel good physically, which I am sure it is true for certain people you cannot get around the ethical issue and it really is a problem for you, yes you can get what you need through plant sources, except for certain nutrients except for B12. I think you can get it from sea vegetables, but it is not easy. You really have to supplement and there is other nutrients as well, individual nutrients, but like Ashleigh has said , you really do have to work harder.

But one thing to remember is that there is protein. We think of foods as protein foods, but there is protein in foods we don’t think of as protein foods so like broccoli for example. A cup of broccoli has something like two or three grams of protein. So, look –

[1:04:36.3] AVH: Just need to eat 40 cups of broccoli.

[1:04:38.3] BL: But yeah, look at your whole plate. But I think the trap people fall into when they are plant based and I mean that vegetarian or vegan, is they rely too much on starches. They fill in their plate with starches. I was just on another podcast and I was talking about being paleo and they’re like, “oh, but paleo people all you do is eat meat and vegetables.” And I’m like, “listen, I would hold up how many vegetables I eat next to a vegetarian any day because I was a vegetarian and I didn’t eat nearly the amount of vegetables that I eat now.”

Because you are not filling in with grains, so if you are vegetarian or vegan, one thing that I would be very mindful of is not filling in with grains. When you make a grain bowl, it shouldn’t be a grain bowl. If you are going to have grains it should be a half cup cooked at most. The rest of it should be vegetables and protein sources. Seeds and nuts are good protein sources. I personally am not a big fan of soy, but if you are going to have soy something fermented is better.

[1:05:40.3] AVH: I think one of the overarching concepts here, whether you are plant based or not or you are paleo or not is that the healthiest diet is the closest to getting rid of the most processed food possible and yeah, like I state is processed in a way, right? Anything that you are not literally pulling it out of the ground and putting in your mouth is the sort of process. But we know the difference between even buying a steak at the grocery store and even something like spiralized sweet potato.

Yeah, that is processed, but that is not buying paleo baked goods and a paleo sandwich, there are levels of processing. So, whether you are going to be only vegetarian or you are going to be paleo or anything in between or keto too because that's another thing, it is very easy to bastardize any of these diets and turn it into, "well now there's keto brownies and there's paleo brownies." And there is vegetarian vegan brownies. It is healthy food.

Try to get the least processed most whole foods that you can get no matter what and I think that probably most of these groups except for maybe carnivore would tell you however you identify, get as many vegetables as you can. Just eat some vegetables unless again there is caveats to that too because there are certain digestive issues that people have vegetables can actually be problematic, but for most of us.

[1:06:57.6] BL: And some vegetables more than others –

[1:06:59.6] AVH: Right and part of that is experimenting too. You need to figure out what works for you. You need to do the work you can't just go on Instagram, learn what keto is and then eat only bacon and avocado and be like, "well I figured it out." Because keto is going to look different for different people. Paleo is going to look different for different people. Plant based is going to look different because we have slight differences and our physiology, in our goals. In whatever health challenges we have so we are going to have to approach things and tweak things to make it personalized for us and that takes work and that is not as sexy as being like, "well just eat this one thing. Just eat steak every day for the less of your life. You're carnivore it's fixed," you know?

[1:07:35.7] BL: You know we are sitting here on *Paleo Magazine Radio*, but I really encourage people who ask me about this question to avoid identifying yourself as something. Avoid anyone else with set rules because I am going to use vegan as an example. I'm not picking on the vegans, I have nothing ,but love for the vegans. But let's say you decide I am going to be vegan because I think that is the healthiest way to go and I am not talking about people who are ethically opposed to meat.

But let us just say you're like, "I want to be super healthy. I am going to be vegan." So you set out on your vegan journey and you are a couple of weeks in and you have been eating nothing but vegetables and it's all good and you go to a restaurant and there is salmon dish on the menu and you're like, "huh that sounds kind of good. I want that salmon." So, you have two choices now. You can either not have the salmon, which is what you really want because you're vegan and you don't eat that or you can eat the salmon and now you have failed.

So, either way you lose. Whereas if you set off to become healthier and you just say, "you know what, I am going to eat more plant based. I am going to eat more whatever. Try to get more vegetables into my diet." Then you could go forth and you can have your salmon and love it and not have any sort of emotional backlash from it and you are still getting the benefit of eating more plant based or whatever you want to call it.

So, I just really encourage you to stay away from someone else's prescribed set of rules. The vegan police are not going to burst in on you. The paleo police are not going to burst in on you. There is no reason to label yourself with someone else's pre-conceived notions.

[1:09:12.6] AVH: I 100% agree with that. I think that is a fantastic point. Similar to this bigger question, there were people asking about what vegetables do I eat if I want to get stronger and build muscle and you could speak to this too? That is like saying like what proteins do you eat if you want to build muscle? Protein is probably the major building block for building muscle, period. So, I would say for anybody who's looking to build muscle, make sure that you are getting an adequate amount of protein.

And that of course can depend on who you are, protein is important. But I don't think inherently eating sweet potato with your steak is going to help you build more muscle than eating a salad

with your steak. I think that you have to make sure you are getting enough calories because generally to build muscle and I honestly don't know if this is true or if this is a body building myth that you have to be in a caloric surplus to actually build muscle; I am not sure that that's accurate.

But I do know that it very difficult to try to lose fat and build muscle at the same time. It is not to say that you have to bulk up and gain 30 pounds of fat if you want to get stronger. I don't think that is the case at all but I think the key thing if you are in the gym and you are working out and you are lifting weights and trying to build muscle and get stronger, you have to prioritize healthy nourishing food and making sure that you are well fed.

So you can't be obsessing over eating, trying to lose weight or caloric restriction at the same time as I want to get big and strong. You have to feed yourself properly. I don't think – do you think that there are specific vegetables and things that you should be eating that are going to – yeah I don't think that is really the case.

[1:10:52.7] BL: I think if there are, I don't know about them so –

[1:10:54.7] AVH: Yeah if there is a vegetable that builds muscle I'd know about it.

[1:10:57.2] BL: I mean that is outside my area of expertise, but I think what you said about healthy nourishing food and making sure you are well fed, amen to that for everybody and you know one thing we have lost such with is our hunger signals. So, paying attention to that socialized right out of us, right? I mean if you've ever watched a little kid eat, they're amazing. The same little kid will sit down to dinner one night, they'll eat two bites and they are finished.

And the next night they will eat their dinner and your dinner and ask for more. It is purely based on how hungry they are. They are un-subconscious about it. But we are told over time eat at this time, eat this much, clean your plate, whatever and what we end up with is a completely losing touch with are we hungry, what are we in the mood for. So, pay attention to your hunger signals, nourish yourself and I think when you are trying to build muscle or trying to do or trying to kick ass at the sport or anything like that, any sort of physical challenge, you're pregnant, anything get as much variety as you can.

[1:11:57.5] AVH: Yeah and this is like an old trick that probably sounds a little too easy to be good, but it has worked for me again because I have an issue with probably overeating more than anything is the idea of – again paying attention to your size, your goals, whatever. There are general high level not to say rules, but if you are a 130-pound woman and you are relatively active there is a window of calories that is probably appropriate for you to maintain your energy and strength and muscle mass.

A person my size does not need to be eating 3500 calories a day. I absolutely don't. I can if I want to, I don't need to. I don't need that much food, but paying attention to that and not obsessing over like tracking macros, tracking calories, but having the general idea and then eating whatever your meal is and then waiting before you eat more because again. We do not have a very good sense of our satiety signals, our hunger signals but I would eat a meal and I will be like, "I could definitely eat that meal over again," and I will do it.

But if I wait for a minute, have a glass of water maybe, sit for a second, read a book, talk to my friend, maybe I will find that 10 or 15 minutes later actually I am quite satisfied. I think I had enough food. So taking a little bit of time like not trying to rush through it I think is a big thing.

[1:13:17.3] BL: And drinking enough water.

[1:13:18.4] AVH: And drinking enough water but did you read, I read this somewhere and I never knew this until recently and then I just picked it up that ideally you should not be drinking a lot with your meal. That you should either drink before or after because it can dilute your stomach acids and you won't digest as well. I never knew that until this year, which is not to say you can't drink when you eat, but you know if you are sitting down to dinner to maybe sip water throughout your meal instead of chugging it, have a drink maybe at the end or something but that I guess –

[1:13:48.1] BL: But again, I think that is another thing that your body will send you a signal when you need to take a sip of water and we are so accustomed to having our habits and not really paying attention to what we are doing. If you just tune in a little bit to what is going on with

your body and I would say if you are thirsty, take a sip of water. If you eat something particularly salty or whatever, take a sip of water.

It doesn't mean that there used to be this advice to put down your fork and take a sip of water if you are trying to restrict calories, which is really not a good idea. But I think your body will tell you when you need a sip of water and just take it.

[1:14:23.8] AVH: Yeah, you've got a lot of good one liners on this podcast. I feel like we could keep going. Let us do one more quick one and we might actually have to do a part two, but I thought you might be able to answer this one. Paleo food delivery services, are there any that you like?

[1:14:38.7] BL: You know because I do the work that I do, I don't do much in the way of meal delivery service.

[1:14:44.7] AVH: Yes, because you are making your own food.

[1:14:45.9] BL: Right I did when I went to work with a *Health Magazine* I did a story on meal delivery services and we literally tried 25 of them and I was in hell not because the food was bad. I mean it was varying degrees but it was like eating with somebody else and decided I should eat weeks at a time. I was in hell so no. Unfortunately I don't – I know what some of them are like –

[1:15:10.4] AVH: There are some national ones and they don't have to be paleo. They are just sensibly healthy and you can pick paleo versions but is Blue Apron a big one?

[1:15:19.0] BL: So my experience with the paleo versions is they gave you an insane amount of meat and not –

[1:15:25.1] AVH: Enough vegetables.

[1:15:26.8] BL: I mean I guess that is not a bad thing to get extra meat that you could use for another meal, but it just seemed very out of balance. This is going back a few years maybe it

has worked itself out, but yeah, that was really problematic for us. I remember sitting down with my husband and we were like, “ow many people, like yabadabadoo. How many people is this steak for?”

[1:15:47.4] AVH: This is a tomahawk yeah.

[1:15:49.1] BL: Yeah and I love steak and I can eat me some steak, but it was ridiculous.

[1:15:54.7] AVH: I will say that there are a lot more of them out now and I think that probably as a result of competition there are increasing quality and increasing options. But again, do you research because there is tons of local ones. Anytime I travel anywhere, I was in Vegas a few months ago and I literally Googled paleo healthy meal delivery because I was going to be in Vegas. So God only knows what I was going to be eating that whole week.

And I think they were called Gourmet Cave or something. I will put them in the shownotes, but I reached out to these guys because they had just opened and they were paleo meal service and I reached out to her and she was a new company and she was super helpful willing to work with me and talk to me and give me specific meals and they were great and that kind of stuff is continuing to grow all over the country because we are more into this personalized service and have it made for us.

And that is a business model that I think is growing really quickly so again, do your research. But I think probably you and I could both argue – there is a place for meal deliveries for sure and I don't have any kids. My life isn't that busy, so I can't really speak for other people who don't have as much time to cook and meal prep as I do. But if you can get it down to a science and if you could approach meal prepping as maybe a family activity or a fun thing that you do together on the weekends.

You can actually put together some pretty easy, delicious, awesome paleo meals that would be better than something that you'd order on delivery service.

[1:17:21.3] BL: Yeah, I 100% agree with you. To me the thing about meal delivery services, if a meal delivery service is the difference between cooking at home and ordering in, then I would

take the meal delivery service every time because it is one thing to eat out for fun or whatever, but you don't want to be ordering all of your meals or that frequently because you don't know what they are cooking it in. You don't know anything.

So meal kits are great. If you are not a meal prepper, which some of us are not and that is fine. A meal kit is going to get you there, do the meal kit and the one that I was talking about where it is too much steak and not enough vegetables was not a paleo meal kit. It was the paleo option for a broader – so they probably didn't know anything. I think what you are saying about see if there is one local to you, I think that is a great idea.

And you could always if you don't see it from Googling it, you could always go to your local CrossFit box and just ask them because there is so much synergy between cross fit and paleo. The person who is running the CrossFit box might know of a good paleo food delivery service that is just getting started up and it is always good to go with those small, local businesses that you can.

[1:18:30.7] AVH: Absolutely, yep generally the customer service is better and they will work with you in a way that the bigger ones won't. But all right Beth, we have been talking for a while. I need to go back to these scones, but thank you so much for taking the time. This has been so much fun. This is different than any of the podcasts I have done before really because it is either I am strictly interviewing somebody or maybe I have been on the podcast and I have been interviewed.

But this is more of a conversation. It was fun. I will be interested to see what people thought if they learned anything and liked it. I am sure they'll tell us if they didn't. So, I hope they did. But thank you for doing this.

[1:19:02.1] BL: Thank you so much for having me, really this is –

[1:19:03.2] AVH: It's fun. We will do a part two.

[1:19:04.1] BL: This is really a dream come true.

[1:19:05.4] **AVH:** Awesome.

[1:19:06.0] **BL:** I have been listening forever so.

[1:19:07.4] **AVH:** Yehey, all right tell our listeners where they can follow you or see what you are doing.

[1:19:11.2] **BL:** Best place is Instagram and my Instagram handle ironically is @cookiepie0402.

[1:19:20.4] **AVH:** I love that so much. When I first found out your Instagram account, I'm like, "first of all that is adorable cookie pie, second of all, my health friend is cookie." Would you ever tell me the story behind that?

[1:19:32.3] **BL:** Well my mother calls me cookie. I well into my 40's, my mother calls me cookie pie to this day and 0402 because my daughter's birthday is April 2nd.

[1:19:40.6] **AVH:** Adorable. Okay I will never forget it. All right thanks Beth, I appreciate it.

[1:19:43.6] **BL:** Thank you.

[END OF INTERVIEW]

[1:19:49.4] **AVH:** Okay everyone that was a longer episode than usual, but honestly, I could have talked with Beth for many more hours. We could have done that all day. In fact we kind of did. We just turned off the recording for a while so definitely up to do a part two if you are into it, if you enjoyed it, if Beth is into it, if she is willing to make me more scones either way, just let me know.

Thanks again to our show sponsor Elixinol, if you want to try some of their very high quality full spectrum CBD products that use pharmaceutical grade testing. They do not mess around, head to elixinol.com, use the code "paleo mag" at check out and get 10% off.

Now next week I am speaking with the founder of Shop AIP. It is an online store that makes shopping for AIP compliant foods and just healthy paleo anti-inflammatory foods and pantry items a lot easier. And this one is interesting because the founder created the company out of necessity after developing an extremely rare autoimmune disease that I have never heard of and she was able to manage it greatly through a diet change.

But what is interesting is that she is one of the rare guests on this podcast who is really reluctant about the whole healthy diet thing. She is someone who never really cared much about food in particular enjoy shopping or making or preparing or even eating food and despite facing very dire consequences she was really reluctant to undergo, which she considered to be a severe and extreme dietary change even when it was – She basically waited until it was the last possible thing she could change and then she did it and it was super effective and her results were undeniable. And now, she spends her days offering this information and resource to others. So, it is a really cool story and I hope you join me next week. Thanks for listening.

[OUTRO]

[1:21:27.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]