

EPISODE 281

[INTRODUCTION]

[00:00:19] AVH: Welcome paleo people, this is Paleo Magazine Radio and my name is Ashleigh VanHouten and I'm glad you're here. It will be super sad if I was just talking to myself so thank you for listening. Today, I'm having an awesome chat with Esther Blum. She is an integrative dietician and performance coach. She's helped thousands of women lose fat, eliminate the need for medication, reverse chronic illness, all-important things as well as helps people improve their relationship with food and their bodies. Very important work if you ask me. She wrote a book called *Cavewomen Don't Get Fat*.

Which is kind of a cheeky take on the concept that an ancestral inspired lifestyle and diet can reverse a lot of the problems that we run into in our modern lifestyle which often times, seems to be at odds with us feeling our best and it's kind of the approach that in a lot of cases, you don't need to necessarily have medical intervention, I'm not obviously downplaying need for that in our society but that it's so often the thing that we run to first.

A pill or you know, whatever, some kind of intervention when really, a lot of times, it's the little things that make up our entire day that can really start to erode our health and our mental health as well as our physical health. They have a great conversation about that. Esther has a virtual practice, I believe she's taking clients if you listen to this podcast and you're interested and want to reach out to her.

She's based in Connecticut but she works virtually and you can learn more about her work at estherblum.com and I'll put that in the show notes so you can track all that down at paleomagazine.com/pmr. This was a really fun chat that I think can inspire and resonate with everyone but it was kind of just sort of a fun girl chat about food and hormones and how simple yet complicated it can feel to just navigate being healthy in our crazy stressed, hectic modern lives full of temptation and poor behavior patterns.

I really hope you enjoy it and take a little something away from it and if you do, please leave me a nice review on iTunes. If you do it, it's going to bump up our ratings guys, I'm just being

straight with you because personally, I think this podcast should be at the top of the list for paleo podcasts, don't you? I mean, we've been chugging along pretty consistently for a while but guys, we are the Paleo Magazine Radio podcast.

Name a celebrity in this world, I've interviewed them, I think we need to be up front and center and if you generously take the time to just leave a thoughtful review about how this podcast helps you, that's going to help us get there. Please do that, I see all of them, it means a lot to me, that's it. Before we dig in also.

[SPONSOR MESSAGE]

Shout out to our show sponsor Joovv. This is a super cool light therapy company that delivers clinical and research backed natural light therapy in these super convenient modular designs that you can buy and afford for your home, your office, even travel sizes if you want to take them with you if you travel a lot and you need to deal with things like jet lag, poor sleep, mood imbalances, muscle recovery, soreness, all that and a lot more actually.

There's a ton of research out there but the positive effects that light therapy can have, I mean, it makes sense, we know that the sun fixes most of our problems and so we can't always get access to the sun so there's other ways we can do it these days. That's where good technology comes in.

If you head to Joovv.com/paleomag, you can learn a lot more and they have some special bonus treats for you for Paleo Magazine Radio listeners. If you use the code paleomag at checkout, if you buy anything, and if you want to learn more, you can also download episode 271 of Paleo Magazine Radio where I interview the founder. Thanks to Joovv, thank you guys for sticking with me and now on to my interview with integrative dietician and performance coach, Esther Blum.

[INTERVIEW]

[0:04:04.7] AVH: Esther, welcome to the podcast, thank you for being here.

[0:04:07.0] EB: Thanks so much for having me, Ashleigh.

[0:04:09.8] AVH: Yeah, I'm really excited, we've got lots to talk about, I've been reading your book and I have lots of questions that I think are going to be very helpful for people so I appreciate you coming on and being willing to dive into it with me.

[0:04:21.5] EB: I'm here, lets' do it.

[0:04:23.1] AVH: All right. Before we get into my kind of selfish particular questions that I have while reading the book, I'd love for you to just kind of introduce yourself to our listeners and tell us who you are and what you do.

[0:04:33.7] EB: Yeah, sure. I'm Esther Blum, integrative dietician and that means I'm a clinically trained dietician who went rogue and got functional medicine certifications under my belt. What I do is I help people lose weight and put chronic illness to rest so people come to me with autoimmune conditions, all sorts of gut issues, Crohns, Colitis, IBS, chronic constipation. We put people in a time machine and help their bodies remember to function the way they used to function.

I give people the tools and I teach them the tools to take control of their bodies and their health.

[0:05:13.8] AVH: Very cool. At what point did you decide to kind of take the more holistic route and go rogue as it were like was there like something that you were seeing or frustration that was happening that you thought the conventional approach wasn't working, what was that kind of transition like for you?

[0:05:29.7] EB: I worked in cardiology units for almost five years in Manhattan which I loved and I was on a more "holistic unit" which meant that I baked cookies for patients. And they had an open chart policy and we had massage therapist on the floor. There were some nice phrases into wellness and integrative medicine but you know, I was treating 85-year-olds who were having heart attacks and not feeling like I was making a difference.

My mom happened to have had a cocktail party and I happened to be at her house with my parents visiting and this one woman who was a psychologist there said, what do you know about supplements and holistic nutrition and I said, I'm mortified to say, I have two degrees in nutrition. Both in clinical, undergraduate and graduate and I took a class called vitamins and minerals and the professor literally said, everything you need, you can get from food and I was so disgusted with the whole thing. I said, I'm embarrassed to say, I know nothing, but I really know that it's a gap in my knowledge.

She said, I have a strength coach I worked with who got certified in functional nutrition, would you like to learn more about the course she took. I said, absolutely. At the time, I mean, talk about divine intervention, my grandfather had given me \$2,000 to help me pay off my student loans because I put myself through grad school and the course was exactly, it was like 1997. I said, "Pappy, can I use this money to take another course?" He was like, "Go for it". I did.

That's how I got started and I was so angry Ashleigh when I took this course, I was so pissed because I spent six years earning my degrees and these nutrition degrees are pretty much pre-med degrees with the volume of chemistry and biochemistry you learn and all the science requirements and I never had access, I never saw any of the studies that I saw when I took my course.

I was like, god, the research is out there and we're really always see one side of it. That's when I left and was like, I'm out. I was, within months, I was out of the hospital working for an integrative doctor.

[0:07:44.2] AVH: It is so interesting. You said you took a course in like vitamins and minerals and the doctor was basically or the professor was basically like, you don't need to know about this because if you're eating properly, you're getting it all. Yeah, I mean, it seems like there's a little bit of a space there to learn a little bit more, it's interesting.

[0:08:01.9] EB: Yeah, understatement of the year.

[0:08:04.7] AVH: Are you now just sort of working one on one with clients or what's your kind of day-to-day work situation like right now?

[0:08:13.7] EB: Currently, I work with patients one to one, deeply and intensely, they have access to me every day via email and text in between our appointments and so it's a wonderful way to just keep them accountable and also give them answers to their questions and give them an incredible amount of support.

I'm also starting a group coaching program, probably around September and I also do a lot of work for corporate where I will go and teach people how to cook, I will teach them how to eat, I love giving talks and I do some media and PR work as well.

[0:08:51.4] AVH: I have some questions for you in terms of what are kind of the biggest barriers that you're seeing for people to getting healthy to making the right decisions, the biggest challenges, where the most common kind of ailments or issues that you're seeing but I think that they all kind of tie into this book that you wrote that I think is really relevant to our listeners and that's kind of where I want to start.

You wrote this book, *Cavewomen Don't Get Fat* which I love and again, just super applicable to our audience here and I guess, the first question that I wanted to ask about this book is why in this case did you want to address women specifically?

[0:09:26.7] EB: Yeah, well first, let me answer your earlier question which was what are the barriers to people getting this knowledge? Honestly, I think it's the medical field. I have many patients that come to me and say, their doctor tells them the diet doesn't matter, diet doesn't have any effect.

I think you know, when you first go to a doctor who is generally the first person you see before you see a supportive practitioner like myself. You know, I think that's a big barrier, lack of education. It's not even lack of money because I'm seeing wealthy communities with the same levels of obesity as economically underserved and underprivileged areas. It's really a lack of knowledge.

Then your next question was sorry, what was your next question?

[0:10:10.0] AVH: The book. *Cavewomen Don't Get Fat*.

[0:10:12.5] EB: Why did I write it? Yes, because there is a gaping hole in the market, all the paleo books are really written by men directed to men, Sarah Fragoso, obviously and Diane Sanfilippo paved the way but there wasn't a book that talked about adrenals and thyroid and hormones and so I really wanted to take those into account.

[0:10:32.5] AVH: Okay, that makes sense and at what point did you – I mean, I don't think that you subscribed to like a strictly paleo approach necessarily or even have to use that term and that's like a whole conversation that we can have that I've been having with a lot of people in this industry which is the frustration around using certain terms and marketing that helps you reach people but can also limit your reach at the same time because people think okay, well, paleo, that sounds like a fad, I'm not into it.

Or, what's this cave woman thing, I'm not a cave woman, I don't live like that, whatever. It's funny that there's sort of like a catch 22 where it can help you and also hinder you but is the kind of generally speaking classic approach to paleo, something that you sort of use as like a baseline or a framework to work with them?

[0:11:20.2] EB: I'm so excited that you asked this question because I just had this conversation with someone this week like, I'm one of those people that just refuses to be polarizing, you know, the marketing experts will say, you have to be polarizing, right? You've got some doctors saying, only eat meat and then you have some doctors saying only eat plants. I really cater to the metabolic individuality of a human being.

Some of my clients actually have to go on a serious plant based vegan diet for up to 12 months to heal from chronic illness, heal up a fatty liver, all of these chronic ailments, migraines even, you know, I get to the root cause that if someone seriously has chronic illness, the plant based diet helps them and then I will transition them back into a really high protein diet.

And other people just go hardcore green free, dairy free. But the intense and purposes, this book is obviously paleo and what I ascribe to on the whole is real food. The percentages vary person to person. Some people are going to have 45% of their diet protein. Other people are

going to have 10% of their diet protein. I really have to cater to the goals of the individual that I'm working with and their health issues.

[0:12:39.5] AVH: Yup, that makes sense. I don't want to give away all of the good information and secrets in the book because people will just have to get it for themselves but I think that there are some like key topics that I want to kind of get into more and questions that I would like answered. It seems like – the book basically in terms of improving people's health and their approach to how they sort of eat and live and lifestyle factors and how they feel, all of the stuff, it's sort of outlined and kind of three major steps and the first one is a detox process from sugar and carbs and getting rid of inflammation and stuff like that.

I want to dive into that because inflammation and detoxing are two big words in the health and wellness industry, and I think sometimes there's a bit of confusion about what those things really mean. First, can we talk about what inflammation really is and what it's doing and also, the differences between like acute and chronic inflammation because as we know, the responses, the inflammation because as we know, the response, the inflammation response can be a positive helpful thing in some cases, showing that your body is working and responding to things but when it becomes a chronic all the time situation, that's when it gets bad.

Can you kind of just like, dive into the concept of inflammation at large and why that is problematic for people?

[0:13:59.7] EB: Yes, I'll try and keep it in layman's terms so I keep it really simple but inflammation really, it's a high histamine, it shows it manifest itself in many ways for some people. It's high histamine response, you see people live a lot of allergies, other people are seasonal allergies and so forth and food allergies in the gut and migraines and menstrual cramps and joint aches and pains. Other people, I see inflammatory markers in their blood work. I had a 38-year-old woman I was working with yesterday who had high CRP, that c-reactive protein and high homocysteine levels.

High CRP is concerning because it predisposes you to cancer, it's a great look into, it's a great window into your predisposition to cancer or that you have an infection in your body. Homocysteine gets elevated and tends to cause heart disease and heart attacks when you are

deficient in B vitamins. If you want to keep it really simple, the root cause of inflammation in my opinion and what I've seen in practice for over 25 years is a reaction to the toxins we put on our food like perhaps, glyphosate on gluten and wheat products, I'm not sure if people truly have a gluten sensitivity or a glyphosate sensitivity.

We are reacting to toxins in the environment, chlorine in our water that kills off you know, all the good bacteria, cellphone use and electromagnetic fields, toxic thoughts and GMO foods, all of these things are contributing and then you pile on foods that have not been in the diet of modern man for all that long.

Grains, dairy, lectins, those can also be problematic for certain people. When I say detox. A detox really is giving your body a rest from irritants and letting your body calm down, bringing down the histamine or the inflammatory response so that you start sleeping through the night, a lot of people don't realize that part of the reason they're not sleeping is that they're waking up in pain or you know, they're trying to get comfortable, that can actually be a cause of insomnia.

People don't really think about but obviously, somebody thinks about it because there's products like Tylenol PM out there. If you take a Tylenol PM and even a Benadryl and you sleep better the next day. Chances are, you have inflammation cooking in your body that you can correct with probably some high dose fish oils and some curcumin.

[0:16:44.9] AVH: Can you just sidetrack a little bit and tell us what glyphosate is?

[0:16:48.8] EB: Yes, glyphosate is the chemical that is used widely in round up and it's used in our crops and it's found in wine, it's found in organic wine and you will see articles that say glyphosate doesn't matter, you know, the Forbes and mainstream articles that claim that glyphosate doesn't matter, it doesn't stay in your cells but you can run a tox screen on someone and check out their glyphosate levels and let me tell you, that shit is in there because toxins get stored in our fat cells which is why women.

This is one of my beliefs. I need to actually have more science research to back it up but just logically practically speaking, this is the reason why you see women suffering far more from

chronic illness than men because we have more body fat and that is a lovely place or it's a lovely repository for toxins to get stored and to live.

[0:17:45.6] AVH: Just another reason why it's infinitely more complicated to be a woman, right?

[0:17:50.2] EB: It's just a great reason, you know, even if you can grow three pots of your own fresh herbs and/or a pot you can grow lettuce and spinach in a large pot, you don't even need a large garden. It's another great incentive to buy organic, try and get to your farmer's market, try and buy your veggies there, it's less likely to be sprayed with glyphosate.

Especially you know, if farms tend to be located away from like golf courses and places where there's tons of pesticides sprayed, you hope. Try to really be mindful of the food you're putting in your body and your family's bodies.

[0:18:27.1] AVH: More on the detox conversation because I think it is at this point, it's basically scientific fact and knowledge that we do store, I mean, our fat cells are storage cells, they're storing energy for us but they also store some of the bad stuff that's going through our bodies and as you just said, women tend to carry more fat so we're maybe storing more of these toxins that we're taking in either through food or through just even lifestyle factors like if we're using a lot of plastic or our skincare and things like that.

I wonder if you can kind of explain a little bit more on how that works. How are fat cells are storing toxins and how they stay there and they aren't eliminated and similar to that, I know I'm asking a bunch of questions at once but one thing that you have advocated for and a lot of people advocate for is regular sort of sweating.

Through exercise or through sauna use and things like that because that can help release toxins but I'm wondering how that works if the toxins are being stored in our fat cells, how are we sweating them out? Can you just walk me through that a little bit?

[0:19:28.6] EB: Great. Well, it really boils down to having healthy liver function and most of us have pretty congested livers, I'm seeing more and more people with fatty livers either on their blood test or their doctor's cat scans. You have to have a really healthy functioning liver in order

to take fat soluble toxins and turn them into water soluble toxins so that they can be peed and sweated out.

If your liver is sluggish, if you are constipated, if you are bloated, especially above the belly button, if you are gassy, it really starts with the liver and the proper release of bile. Bile binds two toxins. Some salts help us break down fat, right? That is where toxins are stored and bile salts combine to the toxins and help you poop them out of your body.

You're asking about how to detox through sweating, how that mechanism works. I'm not the best biochemist, I will be really transparent about that. I can understand it all but to speak and teach it is more complicated but I will say that you know, if you're pooping and peeing every day, if you are exercising and if you're sweating, sweating does release – don't forget, okay? Toxins are not only stored in your fat cells, they're stored predominantly in your fat cells but they're stored in every single tissue in your body.

If you're sweating and your skin is in and of itself an organ, you will be able to mobilize your fat stores a bit, especially with an infrared sauna, infrared saunas have an amazing technology, we just installed one in our home because we had a mold issue and therefore, I had a mold issue. For however reason, it works, the infrared targets toxins as well and helps you sweat them out.

The only way to get toxins out is through sweat, poop and pee. That's really it. But you do need a functioning liver to have your bile salts flow from your gall bladder and bind the toxins and pull them out.

[0:21:34.8] AVH: Okay, that is very helpful actually. Because I was a little bit confused about, seemed like there were a number of ways that we could store, a number of ways that we can get rid of but just a reminder that all of our fun lovely processes of pooping and peeing and sweating are very important. We need to make sure that those are all functioning properly.

I actually have an infrared sauna in my condo as well, that was like an investment that I made because I believe in the importance of that kind of passive sweating and also the relaxation that comes from it. I remember I used an infrared sauna like a naturopathic clinic like a couple of

years ago and I kind of remember being skeptical like all right, how is this different from a normal sauna. I used it and I felt like I had just gotten like an hour-long massage.

I felt so relaxed and chill and felt so much better and I'm like all right, this is worth the hype and now I use it, it's funny, I actually use it less in the summer months because I live in Canada most of the time where it's very cold and being able to get into my sauna a couple of nights a week in the dead of winter is just so good for my mental wellbeing and I do it a little bit less in the summer but I mean, it's absolutely worth it. It's a good investment if you can make it and if you have the space.

[0:22:45.5] EB: Yes, absolutely.

[0:22:47.9] AVH: Another part of this that I wanted to talk about in terms of detoxing and kind of ridding your body, you're giving your body a break from things like too much sugar and kind of unnecessary carbs, one of the things that you talk about in the book that I really like is the idea of sort of being patient with yourself and not aiming for perfection from the beginning, not necessarily aiming for like cold turkey.

Because I think a lot of people do this, right? They hit a point where there're so fed up with how they feel and know that they're kind of making not the best choices and so you get really excited to make a change and you're like, you know what? As of Monday, because it's always Monday.

I'm going to cut all the sugar, all the booze, all the everything and like just get right into this and I can relate and I can understand the excitement that people feel to make a change but in many cases, when you kind of set yourself up for like zero to a hundred like that. It can be really tough and it can also backfire and it can provide more kind of negative feelings when you – if you inevitably slip up and feel like you've made – you've undone all the good that you've done and so, can you talk a little bit about how people can start to frame like when they're like, okay.

I'm going to start this step one, I want to detox, I want to get rid of all these extra sugar and stuff that I don't need but how do I do this in a way that is progressive and in steps that I can kind of digest and get my head around and not feel like I'm only kind of half in it, you know what I mean? How do you do this in a progressive way?

[0:24:20.1] EB: Yeah, I'm going to answer that in two parts. One is, it's funny because a lot of my patients will come to me and they'll be like, what do you think about this diet and ones that, I want to try keto. I was like, are you still going to be on this in six months is what I always ask them. Can you see yourself on this in six months.

A lot of people try and then fall off the wagon, we see this over and over and I'm not picking on keto because I think there's a lot of methods to keto but I don't think it's for everyone, especially if you can't sustain it. Honestly, I've never had to put anyone on keto diet to get results. You often don't have to go to that extreme, you know, if you are seriously obese or really wanting to lean out quickly. It works great but for most people, you don't have to go to that level.

How I get people started is I really check in with them and take their temperature on that. Then, the second thing is, if they say okay, you know what, I really want to go slow because they've been through the cycle of being super excited and focused and then you know, losing steam after 30 days, 60 days and then all this to make feel shame, they feel failure, they feel their perfectionistic tendencies fall apart and shame and perfectionism are just not sustainable business models so I have people start fully.

If they start with breakfast, just start adding things in. When I work with clients, right? I calculate out their exact macros of protein of carbs of fat and I say, just start adding in protein. Most people cannot get enough protein during their day and the good news is no one binges on it, right? People binges on it, right? People binge on sleeves of Oreos and potato chips.

No one ever has come to me, Ashleigh, and said, my god, dude, I just binged out on the biggest steak.

[0:26:11.1] AVH: Except for me, I might be an outlier there but no, I totally agree with what you're saying and I just interject like I've had this conversation too about the keto thing and this isn't to knock keto because as you've said and as a lot of people have said, there's a huge benefit for very specific circumstances and reasons and maybe for temporary reasons or as a reset or as a tool in your toolbox and things like that but my personal experience with trying both keto.

Sort of keto approach and also even a more carnivore approach is that I absolutely can overeat fat and I find that it's a lot more sort of work trying to figure out the macros and am I getting enough fat and not enough carbs and all these stuff with keto, it's like, it's a lot of work whereas, as you said, when you're just trying to eat as much protein as good protein as you can, that is so satiating to the point where if you're eating mostly like you said, like a giant steak, your body will give you a very direct message that you have had enough and you don't want to eat anymore.

I mean, the upping the protein thing is I think a very sound advice for most people.

[0:27:17.7] EB: Yeah, you know, psychologically, it undoes years of unhealthy or stressful relationships around food because protein is the only nutrient that cures hunger in the brain, in the hypothalamus. When you have people saying my gosh, I can't even up and I'm full and they're losing weight, you know, my client yesterday, he's like, 72 and he goes, I have no more cravings except for naps.

[0:27:46.5] AVH: That's a whole other topic we'll have to dive into it at some point.

[0:27:51.5] EB: You know, his appetite, he was like comparing himself to his friend who has lost almost as much weight. My client's lost like 15 pounds so far and his friend's lost 12, his friend's eating once a day, starving all the time, can't keep his blood sugar under control and this guy's like, I eat all the time, I can't even eat enough and I'm always full and I lose 15 pounds.

I start by adding in. It undoes any psychological fear around lack and feeling deprived and anxiety like I'm someone who always travels with food. Not that I eat it. I'll find a stick of jerky in my bag like weeks later but just mentally, I like knowing, hey, it's there and I do need it, it's there. Eating the right foods undoes a lot of that, the issues and anxiety round that too.

[0:28:41.9] AVH: Yeah, I mean I think the approach that you're touching on which is concentrating on adding things in that are helpful rather than focusing on what you are taking away and that's just like the whole diet culture and I think even paleo and keto and whole 30 and like these approaches that can be very beneficial to people, there's sometimes is a little bit

too much of an emphasis on what you can't have and what you're taking away and I get that for educational purposes and for rule following purposes, you kind of have to talk about that stuff but I do think that when you – as you said, if you're setting yourself up for something that supposed to be sustainable and supposed to be a positive lifestyle change that you can imagine kind of having for most of your life.

When the biggest focus is on what you can't have, can't do, can't eat anymore. Things that you take away. Yeah, I mean, you're setting yourself up for kind of like a negative mindset around the whole thing to play not even devil's advocate but just to talk about this little bit more because it is something that I see over and over again, especially with women, which is almost a mental block and then also a physical issue with getting enough protein which is something that I personally cannot speak to at all because I've never had that problem.

I've also always personally just leaned towards a very protein heavy approach to paleo and to eating in general and I mean, I've got bodybuilding background so protein, getting your protein in was always very important but even before then, I kind of always like looked at my paleo approach because we all have different ones and some people are plant based paleo which is a big salad and maybe a sprinkle some protein on top and I've always been like protein based paleo so it's like a big hunk of meat and then some vegetables on the side if I have room and that's always worked for me.

I have a hard time believing that the average woman who maybe – I don't know, you can speak to this but maybe we're looking at trying to get them to have a hundred grams of protein a day or maybe 120 grams, I don't know. Is it really that hard, I mean, you have a couple of eggs at breakfast, you have a salad with chicken at lunch, you have a piece of fish at night like are people really having that difficult a time hitting that protein mark?

[0:30:51.0] EB: Often, because I really put people on higher like 130 to 150 grams a day because I work with a lot of peri- and post-menopausal women and you know, I really – they're overweight and so I'm really shifting their body composition to make sure that they are building muscle and/or losing fat at the same, not necessarily simultaneously but in conjunction with each other. Because 100 grams is the baseline, it's adequate but it may not be optimal for that

person and especially you know, if I'm working with a woman who is over 200 pounds. I don't find a hundred grams a day is enough.

[0:31:35.3] AVH: Sure.

[0:31:36.0] EB: I could practically floss my teeth with that, you know? I really go higher and we know there's so much research and Dr. Gabriela is the queen of all of this research but we know that muscle is the organ of longevity. The more that you have and the more you maintain as you age, the lower your risk of mortality, of falls, of hip breaks, you know, osteoporosis, all of these things.

Also, you know, most people have low level thyroid dysfunction, tired or sluggish, or struggling with weight loss. Most of us have it and so protein really supports the adrenals which in turn supports the thyroid. You really do need a lot more than a hundred grams a day for most people.

[0:32:19.8] AVH: Yeah, I mean, I guess again, some of it can be like almost a mental block because to a lot of women who maybe even unknowingly have spent most of their lives eating a very high carb diet, right? Which they may think is healthy because they're having like a quinoa salad at lunch and they're eating toast in the morning or whatever it is.

Changing it up to having higher protein can feel heavier, right? Because it is so satisfying. If you go from hardly eating any protein to now having like a decent serving of it every time you sit down to eat. I can understand how that kind of might seem like a lot and a lot of food and a lot of digesting to happen because you're so used to these like quick carbs kind of come and go, right?

[0:33:02.2] EB: Yes. The beauty is though, is that you know, when we increase protein, we naturally – I make sure that they regulate their carbs because if you, I do want to put this disclaimer out there, if you really increase your protein dramatically and you do not decrease your carbs, you will gain weight. You really have to play with your ratios and that's why I work really closely with people, to make sure that their ratios are correct so that they can release weight effortlessly.

Yeah, I had a client, you know, she's 62 year old woman and you know, her diet was pizza and pasta and we switched her to lots of protein, vegetables, some fruit, some carbs and you know, she was down eight pounds in a month like nothing and she wasn't hungry and she went from being chronically constipated, like severely to the point where she has diverticulitis and hemorrhoids to like go into the bathroom one to three times a day.

The beauty is, the body responds really quick to things. It really is pretty darn forgiving and you can create massive shifts in a really short period of time. You don't have to wait long periods of time to get well and you don't have to deprive yourself either when you are doing it.

[0:34:17.0] AVH: Yeah, our bodies put up with a lot. With your experience with clients, what do people have the hardest time giving up or adjusting or cutting back on? Is it sugar or is it booze? I know ultimately it means the same thing.

[0:34:31.1] EB: Right, it is the same thing. No, I find booze especially, I am in a suburban community and the epidemic of women drinking and women are out drinking men at this point and it is like a badge of honor. There is a woman in my town who the first day of school she has a giant mimosa brunch and I was like, "Are people really drinking alcohol at 9 AM on a weekday now?" Like that is the new – and yes, I judge, so what?

I am more astounded like, really? People drink really heavily. It's become a cultural norm, it's wine o'clock and it is five o'clock somewhere and all this stuff and why don't I – listen, if I had my brothers, I would be a smoking alcoholic I mean let's be clear but –

[0:35:23.8] AVH: I love the honesty there.

[0:35:26.0] EB: Yeah, I love alcohol, however, I have to take care of my business and my family and I am just an ass. When I drink regularly, I am just grumpy and irritable and I don't – but also there's also a great clinical – I do a lot of clinical research. So there was a study I read this week in one of my dietetic journals and it basically said people who abstain from alcohol, people who used to drink a lot who now abstain are happier or just much happier than people who have never even touched a drink.

Which is funny to me. So you can improve your happiness but also your mental clarity, your moods, your PMS, menopause, all of that by really scaling way back in alcohol.

[0:36:10.1] AVH: All right, so since we're being honest here if I had my way, I would only eat donuts and cookies all day. So now we both shared the reality of what's really going on but yeah, I think one of the things that I picked up on when I was going through my health journeys or even my early 20's was yeah, we all – there is a hedonistic part of all of us that would either like to sit on the beach and drink all day or sit at a buffet and eat until we burst.

We all have these feelings and we all have that period in probably in our 20's when the metabolism shifts and when we have to start thinking about these things were we think like this is unfair and then you quickly think "I am an adult and life isn't always fair" and no, we cannot eat like we are on vacation every day, get over it. That's where the balance comes in and that's what makes it difficult because we all have to find that balance between being healthy,

treating our bodies well, being able to function and also having a quality of life that we enjoy.

But I think that the drinking part is really tough because as you said, it does become a cultural thing and booze is in the same category of food versus things like smoking for example, which we can all across the board agree that it is bad for you and it's bad for your health and we don't have to necessarily judge individuals because they decide to make that choice.

But we can all become clear and on the same page if you are making a choice to smoke, you are doing something that is period bad for your body, right? Whereas with something like booze or even like sugar or treats or just little "cheap meals" we want to eat, we can say this can be incorporated into a healthy lifestyle, into a healthy social engagement. The poison is in the dose right? And because we have turned it into this almost cultural meme and this funny thing for it's like women and wine, right?

You need your wine at the end of the day to get through it all and we are busy and we've got kids and we've got stuff coming at us for all angles. So we need to drink to be okay with it and there is some sort of sensitivity there where it is people take it personally and people take it like

it is kind of an attack on who you are. If you are saying look, if you need to drink every day to get through it that is a deeper problem, right?

So as a coach, and this is a question that I am asking personally because I do a little bit of personal one on one health coaching on the side as well. And I have a hard time with this because I do deal with mostly women and a lot of women who that is a very important part of their weekly routine, of their social life of their unwinding life and to tell them to change that at all can sometimes be almost a non-starter and so how do you work around that, you know? When booze is such an important part of people's lives, how you do work around it?

[0:38:52.8] EB: Yeah, I've had great success working around it because I don't take it away initially. What I do is I say, "Okay you can't give up" like I always ask someone, "What are your three non-negotiables? What are the three things that you are not going to give up?" And we are going to work around that. So A, it feels more sustainable and B, I will have people if they do have booze at night I try to get them on a hard alcohol, you know put some hair on your chest.

Have it on the rocks or with a splash of soda but not like margaritas or sugary drinks and that is the starch for the meal. That is your carb. Alcohol is not a carb and it is not a fat but it is metabolized by one. Carbs have four calories a gram, fat has nine, alcohol has seven so it is in this middle place but it does put a pause on fat burning for up to four days after you have even one cocktail. So I tell people, "Fine, you want to have your cake and eat it too or your drink and drink it too, have it and cut out the carbs at dinner and see how you do."

Some people, some of my clients do that and still lose weight and don't have a problem. I have other clients, who try everything but that. They will change every single thing in their diet except the booze and then they get stuck and they plateau and they come to a point where they realize on their own, "Hey this is not working" or they'll say, "What can I do lose the weight? I am still plateauing" and I say, "You know what you have to do."

But it is much more powerful when you come to that decision and choice on your own versus feeling like someone is taking something away from you. So I really come at it from a psychological standpoint and ignore the health and the body fat implications because people know when they look at the scale or their clothes are not looser or their body is not changing or

their body fat per cent isn't changing, then you have your evidence but I have people keep food logs. So we know exactly what is working and what isn't.

[0:40:55.0] AVH: Yeah that is so helpful. I mean when it is evidence based, when it is not attacking a person's character like, "Look, you are doing the work yourself." You see what you are eating. You see what you are taking in, you see what changes are happening or not happening. There is one factor here that we haven't necessarily addressed, even cutting it back instead of cutting it out completely because again, you got to find what is going to be sustainable for you.

But you are 100% right that people have to come to these things themselves rather than necessarily just being told from the beginning and that is why I think there is so much psychology behind getting healthier. It is so much more than just giving people a piece of paper than saying, "Eat this not that, go for it." You know there is so much more to it and that is why I think it involves so much patience both on part of the coach and also the individual undergoing these lifestyle changes.

It is going to take you longer than you think, period. No matter how long you think it's going to take you to change your lifestyle or change how you feel or start to lose weight, it will take longer than you think and there is a perseverance on attitude that you really have to have to keep it up. I feel like most people quit like right before they are going to start seeing changes. That's the rub of it.

[0:42:03.2] EB: Yes, but hopefully – I mean most clients and I think you find this, they do see enough change to keep them inspired A and B, most people know what they have to do. So really the goal is to just coach that out of them and help them give their selves permission to release like old tired behaviors and mindset around that isn't serving them anymore. So for some people, for me I can say personally, Ashleigh, my identity was so tied to booze in my 20s.

I mean my first book, *Eat Drink, and Be Gorgeous*, have an entire chapter on hangover recovery, okay? And I like to joke, I spend my whole 20's researching to write that out there, okay? So I was like the party girl. I mean literally the book cover has girl sitting in a martini glass in it and the book, there is an illustration of me in a lab coat with like a bottle vitamins in one

hand and a martini in the other. So that was very tied into who I was and so then I had to come to terms with like:

“You know what? This really isn’t working for me. I don’t even want this anymore.” But it was a weird identity shift and I think people identify so much, right? We do this with our diets too. Like hardcore vegans, hardcore paleo, it’s like people, relax, it’s just food and your identity is so much more than what you are eating or drinking. So move on with your life, find what makes you happy and let’s talk about that.

[0:43:27.3] AVH: Yeah, I mean that sentiment right there, if people take nothing else from this call is that yeah, you are so much more than what you eat. You are so much more than even how you feel and how you look at a particular point. There is so much more to it. These are all just pieces that make up the life you want to live, right? So if we can just take a little bit of the – I don’t know not necessarily develop a thicker skin but just take these as tools and as learning experiences.

Rather than condemning who we are as a person. I think that we can get around to the work that we need to do a lot faster, right because nobody is perfect, nobody is doing the right thing all the time but the more consistently we do it and the more we invest in our own health and happiness, the better off we’re going to be and the quicker you can bounce back from inevitable slip ups. I was just posting this on Instagram the other day.

That, again, I am not in any way perfect and I am pretty transparent about the “mistakes” I like to make food wise and lifestyle wise but I have really dedicated myself to learning and experimenting with myself and being as healthy as I can with food and working out and lifestyle factors for probably the last 15 years and so when the time comes that I go on vacation or I slip up for a week or I am stressed out and I am eating my feelings.

Or whatever it is that I do, when I get back around to my healthy lifestyle that makes me feel good I bounce back that much quicker because you have that base of your body knows what it feels like to be healthy and to be doing the right thing and to be making the right decisions and it is just that much easier to slip back in. So I think the approach of we are going to find what

works and be perfect from now until whenever, it's more about like, "Let's just figure out what works for us." So we just know what that baseline is and then we can go live our lives.

[0:45:16.7] EB: Yeah, I can't agree with you more and I think the other piece of it is really releasing the attachment to the outcome and really falling in love with the process. The process is far more the goal to me of learning who you are, how you want to live your life, how you want to show up in your life, what makes you happy, it goes so much deeper than just what you are eating and what your body looks like at that time. So I have a client, this is one of my women who is over 200 pounds.

And she just really struggles with self-esteem. I mean it is so deep and I said to her – she just has a lot of belief systems, like I think deep down she did not believe that she was even entitled to do this work in the first place and to invest in herself and get some good coaching around food, but also her mindset and I said, "I need you to write 10 things that you absolutely love about yourself" and she really struggled with it and I was like, wow.

So she did eventually and that's when she shifted and so when you focus on all the big pieces in your life like the food is just a reflection, right? We eat the way we live and we live the way we eat. So how you are eating is a direct reflection of how you feel about yourself with what is going on with your life but when I am having moments where I am standing up at the counter eating my potato chips, I'm like, "What the hell is going on here? You are not even hungry at this point."

But, "What are you stressed about? What pieces need attention right now in your life?" is a great question to ask yourself. So it is really getting people to make connections and connect the dots between their mood, their food and their choices.

[0:46:55.1] AVH: Yeah, I think that is really important and it is corny because it has been said so many times before but it is also accurate that the fun is in the process and in the journey because as anybody who has worked towards a big goal knows whether it is a race or a competition or a goal weight or a goal body composition or whatever, I mean there is certainly a sense of accomplishment and happiness when that day comes, right?

When the competition happens or when the photo shoot happens or whatever it is but then you are like, "All right, well now what?" nobody really cares about that you know? You're like, "Okay, now I look good. Now what? Now I still have to live my life" so I think finding joy and excitement in that learning process and that goes for everything in life not just health and wellness. That's what it is, that is what your life is, it's the process so enjoy it and have some fun with it because otherwise it is going to be a hell of a long slog if you are not enjoying the process, right?

[0:47:50.9] EB: Yeah and that is why I am always amazed, you know at how long this stuff stays with you too. Some people carry this. I find as the gift of aging is you really – you know you're in your 40's you really start to come to a level of self-acceptance that you probably struggled more within your 20's and 30's but there are still plenty of people in their 60, 70 still self-loathing, still not happy in their bodies and that is just a lot of energy and time that could be better used elsewhere.

And a lot of mental real estate and life is darn short. We are guaranteed no days. Every day is a gift so you have to decide how do I want to spend my day thinking about my life, do I want to spend thinking about the calories in that donut or can I just move on and talk about how I can serve other people? Where can I contribute? What meaning can I bring to this world?

[0:48:44.7] AVH: Absolutely, that is so good. Okay, so we obviously have gone onto deeper conversations here but we were talking about the book and the first section, the first step is the detoxing, trying to replace some of these pointless sugars and carbs and all of that inflammation with maybe some better options and upping our protein a little bit. Is part two fine tuning how you want to eat? Is that the second part of it?

[0:49:12.8] EB: It is really finding your own unique carb tolerance. Yes, it is finding out. So what I do have people do is basically cut out starches other than fruits and vegetables, which are pretty non-starchy. So I try to get people to do this for 30 days because I have never seen anyone do this and not lose weight and I have been working this way with clients since I started my private practice a very long time ago. So I have people do a good detox.

You do see weight loss results, many of my clients use 20 pounds in 12 weeks. So it is a nice pretty quick weight loss and then I have people start adding in half a cup of starchy carbs a day.

This could be quinoa, sweet potato, white potato, rice, anything that is a little starchier, beans, legumes, if they tolerate on a paleo diet. Not everyone has to go off the beans and legumes and then if they tolerate that and are still losing body fat then you can add another half cup of carbs a day.

So you are up to one cup a day but most people tolerate one to one and a half cups a day and still seem to lose body fat or weight. They can maintain with that but everybody is metabolically different. So that is why I say find your own unique carb tolerance and this is the way to be a food detective and learn because that is the other thing. I really love about the work that I get to do with people is prescriptive to the individual A and B, just the mindset around it and the behaviors and the psychology. So that is all to it but finding your own unique cup tolerance is really important.

[0:51:01.3] AVH: One thing about this section that I just wanted to touch on quickly because I believe you have talked about it in the book and a lot of people like Sara Valentine and Sarah Fragoso and a lot of smart people have touched on this too that there can be a frustration in this period where you are doing all the right things. You are doing all the experimenting. You are cutting out the stuff that is obviously bad, all of this and you may not be seeing the changes that you want.

You may drop a couple of pounds. Maybe you don't drop as much as you'd like but maybe the brain fog or the digestion or certain lifestyle factors that you assume are going to improve don't necessarily and I think that it's important to talk about that too and that there are maybe other factors at play and that while food is of course extremely important, there are other elements like stress or underlying chronic disease that aren't just going to be fixed right away or with a month of eating properly.

So can you maybe touch on if somebody is – say you have a client who is experiencing this where like, “Look I am four weeks into basically a whole 30 super clean diet. I am really not seeing the kind of improvements that I expected to see” what is your next step from there?

[0:52:09.9] EB: Yes, I have an exact patient who you're describing who yes, we unearthed her Hashimoto's. I ran blood panels on everyone very, very comprehensive metabolic blood panels

and if someone is – if I am still looking under the hood and things aren't right, progress isn't being made. You are still tired, lethargic, brain fog like you said, I run a DUTCH test. So DUTCH stands for Dried Urine Test for Comprehensive Hormones and it looks at not only your hormone levels like estrogen.

Progesterone, testosterone but it also looks at cortisol and it looks at the metabolites of how they're breaking down and moving through your body and it will look at DHEA and I will also look at neurotransmitters. I will look at melatonin. So it gives me a very comprehensive look into what is happening physiologically. So between the two, between the blood test and the DUTCH test, I have often unearthed clients chronic underlying illness.

Sometimes I have seen acute Epstein Barr's flare ups, we have uncovered those too I will have people run tighter. So I address it on a much deeper level and if certainly I need to refer out to a physician I absolutely do and get supportive medicine there as well.

[0:53:30.1] AVH: So for this second period as you said, I mean 30 days for literally anyone, I don't care if you are starting, if you are already pretty sorted out to people who are struggling a lot and have zero information as you said, 30 days of as clean eating as possible is going to have benefits for 99.9% of the population. So once we have established that and people are maybe looking better, they are feeling better, their energy is better.

They are starting to understand what it feels like in their body to be eating food that is nourishing rather than food that isn't, what is that third step? What comes after you have started to establish that baseline of healthy eating?

[0:54:10.3] EB: So that step one is the baseline and that can take longer than a month to get rid of. I mean to change over their habits or get them to really make the connections between sugar and mood and weight loss and all of this stuff but step two is then finding, helping everyone find their own unique carb tolerance and getting to their goal weight. We obviously talked a lot about exercise. We talk about sleep hygiene. We talk about mindset and work with supplements to replete.

Almost everyone is deficient, and I am going to say everyone is deficient in magnesium, zinc, vitamin D, vitamin C. You know we are low antioxidant, low trace mineral people these days and then it is the maintenance phase. Then I work with people long term as well where we still check in. They still have accountability. I still look over their food logs. We talk about behaviors, we talk about travel. How are you going to negotiate your upcoming trip?

How are you going to negotiate through the holidays? And we talk about their triggers. It is a lot of mindset work because the diet work doesn't take a tremendous amount. The diet education doesn't take a tremendous amount of time. People know what to do pretty quickly then it is just having to follow through and the follow through comes when you have someone who you are accountable to.

[0:55:30.1] AVH: Yeah, absolutely. I love that you are putting as much emphasis on after you have sorted it out to again, what is next for the rest of your life. I think that we are such a goal-oriented culture that we are just so focused on when I look a certain way, everything will be perfect. If I can just do this one marathon. If I can just fit into this pair of pants and then we don't think at all what comes after and I think that elite athletes can speak to this a lot too.

That there is almost a depression or a negative downswing that comes after accomplishing something great because when you aren't working towards that goal or you don't know what comes next, you can feel really lost and really aimless and that can help you slip back into old negative routine. So I think that having that immediate like, "Okay, now you feel better." Now you look better, now you know what the tools are that you have. Now let's plan what comes next. I think that that's really important.

[0:56:29.7] EB: Yeah, I am constantly asking. We are constantly reassessing and re-evaluating people's goals so when I work with people, typically I start working with people for four month minimum and then we either renew because we are still working on medical issues and health issues or we go to a maintenance program and we do quarterly assessments where we reset goals constantly and listen, you probably do this in your business.

I do it in mine, I do quarterly assessments in my own business because otherwise nothing gets done and you have to have that red string around your finger every single day. Every single day,

you have to have that. So I have people write their macros on a posted note like put one on your refrigerator, one on your bathroom mirror, one on your desk, one on your dashboard because people are eating in their cars. They call it dashboard dining so you have to have that all the time. You got to have it in front of you all the time.

[0:57:28.8] AVH: Yeah.

[0:57:29.2] EB: Write down your goals all the time.

[0:57:31.8] AVH: Yeah, I love that. Do you take online and remote clients or do you mostly work with people in person?

[0:57:37.9] EB: Most of my clients are remote. I rarely work with people in person.

[0:57:41.6] AVH: Okay.

[0:57:41.7] EB: So there is Skype, Zoom calls it is typically what I do and or phone calls, because I have clients all over the world.

[0:57:50.4] AVH: Right and you are still taking some so if people are listening and they're like, "Yeah, she knows what she is talking about" are you still taking people?

[0:57:58.2] EB: Yes, I am absolutely taking new clients and you can go to website estherblum.com and then I have a work with me section and you can just click on that and I give people a 30 minute strategy session whether you work with me or not long term, I want you to come away with pre-strategic tools that you can use starting at your next meal. So it is either it's often lifestyle. It is dietary changes, things that you can start adding in to see a difference and let me tell you it works.

I do a lot of public speaking and book three weeks ago and this woman was like I did everything you told me during the talk and I have lost nine pounds, there you go. So I don't mess around. I am very result oriented. I'm extremely invested in my clients' success. Their success is my

success and often they become family to me. I treat them exactly as I would treat my own family, which is really with a lot of tough love, so you have to –

[0:59:00.2] AVH: That is what you need though sometimes. I mean people are not paying for somebody to be a yes man and tell them that what they're doing is great, right? Usually I would imagine when people get to this point is because they realize that what they are doing isn't working. So I think people can appreciate a tough love like an approach that comes from love but it is also telling you here is how this is going to go, all right?

So I appreciate that. I have one last question. It is actually very specific before we wrap up because I know I don't want to keep you forever but you talked a little bit about supplements and areas that generally speaking almost all of us are lacking and we have talked about the vitamin D and vitamin C and magnesium and zinc and all of those things but there is one that you mentioned in a chapter that can help, calm and relax and I am always very interested in this.

Because one of my biggest struggles is calming down and getting ready for bed. I am not usually a tired person I have to force myself to go to sleep and one of them that I think I have seen before but I would love for you to talk about and again, trying to pronounce this phosphatidylserine, is that right? Okay, what is that?

[1:00:05.4] EB: Phosphatidylserine is a wonderful calming brain nutrient and it helps lower cortisol levels. So if you have cortisol issues and you find, especially if you work out at night or you are really drinking a ton of coffee, phosphatidylserine can help your brain calm down. I really start with the basics, the foundational first. If you are new to supplementation for example, I would start with magnesium and zinc and I would start with magnesium glycinate, which is specific to anxiety.

Because most of us struggle with anxiety and same with zinc. Zinc also heals the body from anxiety. Certainly drinking lemon balm tea is also very calming, very soothing and can really get to the heart of anxiety. So when I deal with sleep issues, I look at is it a cortisol issue, is it an adrenal issue, is it a psychological issue like stress or anxiety or is it just a nutrient deficiency. I also put people on trace minerals. Often there is a product I use called Min-Tran.

By Standard Process, it has kelp and iodine, which is great for the thyroid and has a lot of gentle trace minerals that calm the nervous system down and then of course, if you are not a pill popper, there is good old InsightTimer app breathing –

[1:01:29.2] AVH: Yeah all of these things can work together, right? Take your supplements and also chill the F out, use this app.

[1:01:35.8] EB: Yeah and clear your brain, keep a pad next to your bed. Just write down your task list like I always look the night before. I am like okay, what am I doing tomorrow. I get myself collected and organized. I lay out my workout clothes I work out first thing in the morning. So I try to just take all the stress out and be really organized about my day. A lot of us get stressed because we are not organized, we're not writing things down or keeping track.

So the cleaner you can keep your energy, the better and of course no phones within 10 feet of you bed. No plug in clock, use a battery operated clock. Use an eye mask, ear buds, white noise machine, whatever you need to make your sleep, blackout shades, whatever you need to make your sleep area a den or a cave.

[1:02:18.8] AVH: Yeah, I love it. That is very cavewoman friendly is the dark cold room I am into that. That's also a hard sell for people. I have found is getting people to get rid of their cellphones from their bedroom. It's like I am pretty sure we all survived before we had cellphones one foot away from our head while we were sleeping, but somehow we have a hard time these days but like you said, it is all about progression and steps and taking it a step at a time.

And the better you feel, the more positive feedback you get and the better choices you make and then all of a sudden, you're a gorgeous healthy cavewoman, right?

[1:02:50.0] EB: Amen.

[1:02:51.7] AVH: So where can people find your books? Either this one, which I think everyone should read or the one that has a whole chapter dedicated to hangover cures, where can people get those?

[1:03:01.6] EB: You can get all my books, just to my website and it will direct you. There's links everywhere for international. I mean my books are sold in many countries and in many languages. So you can just go to estherblum.com.

[1:03:18.3] AVH: Awesome. Esther thank you so much for taking the time. Thank you for writing this book. I think it is super and another thing that I can say about it too for people listening is that it is a super accessible positive fun read. It is not like you're reading a textbook where you're just being told what to do and okay, here is my marching orders. It is a really fun approach to how you can take – empower yourself to take these steps and get healthy.

So it is another great first approach even before you maybe even reach out to Esther or someone else and get a coach. I think that both of those are awesome tools. So thank you for doing that. I think we definitely can do a part two. We'll have to set it up sometime when I am back in New York maybe we can get together in person and knock it out.

[1:03:59.5] EB: Yeah, I am up for it, Ashleigh, anytime.

[1:04:02.1] AVH: Awesome, all right thanks for your time.

[1:04:03.9] EB: Thank you.

[END OF INTERVIEW]

[1:04:09.9] AVH: All right, thank you for listening. As always that's it. If you have any suggestions for how we can make the podcast better, if there are any guest, topics you want to hear about please don't hesitate. Reach out to me on Instagram @themusclemaven or you can send the message @paleomagazine and just send us your feedback. We welcome all positive and constructive criticism and join me next week.

I have a very highly interesting conversation with a holistic dentist. His name is Dr. Erlich. He has an awesome Australian accent and before you roll your eyes and think the term holistic dentist sounds weird, just remember that your mouth is an extremely complex interconnected part of your body that you can tell you a lot about what is going on with your health in general like we all know by now that gum health can relate to things like longevity and brain disease.

Because of the whole blood stream connection and bacteria and stuff that is going on there. We know that your tongue can be a great indicator of health and other things, your breath, all these things can be related to gut health and vice-versa. We know that a lot of chronic stress and pain like neck and jaw pain manifest itself in this area and we can really – well we do actually get into a conversation about how the modern world is changing things like the size and shape of our jaws even.

And this is really backed up by science and research. It is really, really interesting, super fascinating and if you think about the fact that regular doctors we ideally want them to be looking at all of these things from an integrated holistic functional medicine perspective, why shouldn't dentist be doing the same thing, right? This dentist in particular, he was a conventional dentist and found that more people were coming in to talk to him about jaw pain, grinding, neck pain, head pain, headaches, migraines, things like that than they were about cavities.

And so he did a little bit of digging and research and realized that there is a lot more to potentially solving oral health issues than just telling people to floss and filling in their cavities. So yeah, your lifestyle, your stress, the food you eat, your sleep, all of that can affect your oral health. So I think it is a really interesting conversation one we haven't had on the podcast yet. So I hope you join me next week and that's all.

Have a fantastic week everybody.

[OUTRO]

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

[END]