Everyone Called Me Crazy! How The "Salmon Queen" Healed Her Autoimmune Disease Transcript

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Pluck and the Origin Story

I'm the sand queen! I don't care what other people think. My practitioner was like, I have never seen zonuleth levels this high before in my life. What on earth do I eat?

So the problem is everyone is so unique. There's no one size fits all. When I was a kid, I ate whatever I wanted. And here I am, extremely healthy. As a chef of 20 plus years, i've always been about taste.

But it was becoming a father that made me really start to think about function. Because I want my kids to thrive and I don't want to be around long enough to witness it.

It was when my daughter became ill. My wife and I, we struggled to get the right nutrients into her. It was a true wake-up call. That experience is why Pluck was created.

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If you can salt it you, can pluck it. Learn more at eatpluck.com and save 15% off your first order using code EA15. You're the salmon queen. Why salmon?

Salmon is the one food that I turn to for every purpose. So I was diagnosed with autoimmune diseases. I have ulcerative colitis. I have no large intestine.

i've got IBS, iIve got meekie gut, I've Got Crohn's disease. And when I learned about all of these diagnoses, I was like what on earth do I eat? So i went through this this, you know, elimination phase.

And this is back when I was around 14 years old, which is why I adopted a keto-vore diet back then and now just fully carnivore for 24 years. I just gave away my age, everyone.

That being said, the one food that I found that always made me feel really good and was also delicious was salmon. specifically farm-raised salmon, the wild-caught salmon and I, we're not like best friends because it's not as fatty as farm raised salmon.

And I love fat. So that's why I turn to salmon I mean, in my world as a chef, like, it is always about wild salmon you know, they're always talking about that the more nutritious and i noticed that you're very pro-farm so is it just the fat?

Well, you know, I have visited a lot of salmon farms and the reason why farm-raised salmon gets such a bad reputation is because back in the 1960s when it first started becoming a thing, there was no rules and regulations whatsoever.

Salmon farms were just feeding salmon whatever the heck they wanted and then injecting it with hormones and pesticides and all of that kind of stuff. and antibiotics to make it healthier, kind of like conventionally raised cows.

And they would just try to fatten them up as quickly as possible and then just selling it.

Salmon as a Healing Staple

So they had a lot of different chemicals in them. It just was not regulated. After the FDA became aware of such situations and proclaiming that farm-raised salmon is the worst thing on the face of the planet, these farms started to clean up their act.

So a lot of salmon farms, I'm not going to say all salmon and farms have really changed their ways. And now they feed their salmon things like mackerel and sardines and other healthy fats to really enhance the property of the salmon.

And then on top of that, they live in very clean environments and they test the waters and use different methods, not antibiotics, in order to make sure that the fish is healthy.

So everything that people are seeing is all dated research or they found maybe one or two farms that are still practicing negative ways of raising salmon and decided to basically sensationalize those headlines because everyone's trying to find a click these days.

But I have my sources of farm-raised salmon that I turn to all the time. I mean, I'm healthy, i get all my blood work done. i got my omega-3s and my Omega-6 check and if anything i need to eat more omega 6 fatty acids because my omegas are so high.

You're known for eating salmon exclusively, right? Yeah, I mean I do put in some beef there here and there. My husband's a hunter so we have a lot of caribou and moose in our freezer that has to be eaten because everybody in this house except for me eats out pretty much all the time.

I have to like horse feed them which is really sad because this meat is very good. Typically I exclusively eat salmon. And my body only wants salmon whenever Someone says, what do you want to eat?

I'm like, is that even a question? Why are you asking that? Because all I want is salmon. So I'll go in the freezer. I will see these frozen meats like caribou and moose and bear and elk.

And then I see my salmon and I am like I going to grab the salmon now. the list of kind of health ailments you have experienced and continue to experience from autoimmune, you mentioned celiac, Crohn's, ulcerated colitis, You have no large intestine.

You had a host of food allergies, which I have to wonder if that's just connected to the other things, right? I would assume so. I mean, I had lactose intolerance long before I was diagnosed with everything else, but at the same time, everything kind goes hand in hand.

But you're not someone I think on the outside that people go like, oh, she must have a host of health issues, right? Where do you see these health issue stemming from?

Have you identified that yet? You know, not really. So when I had my large intestine removed, they couldn't quite figure out what the issue was. They did mention that I have longer than normal large intestines, and my mom also has that as well.

I feel it is genetic though, because my Mom has very similar digestive issues. Honest to God, do not really know. My focus though is just making sure that I feel my best every day.

Back in like December of 2025 even, that's when I had like a very pivotal moment that made me just all of a sudden do a 180 and I just feel tremendously better like from the age 14 until now basically I had been you know toying with different options and different supplements and all of that kind of stuff and then December just was like a flip of the switch because I got um a stool test done.

And the stool tests told me that I had extremely high zonulin levels, which means I have leaky gut. In fact, my

practitioner was like, I've never seen zony levels this high before in my life.

I highly recommend everyone get stool tests because if you have high zonulin levels, which means you're going to be bloated after anything that you eat.

Like I'm over here eating a keto-vore lifestyle, mostly carnivore, now fully carnivo. And I was still getting bloat. Except the salmon. That was the one thing that like I never, I ever got bloating from.

And I was feeling terrible and I just felt heavy and exhausted by the end of the day. I mean, I get up very early in the morning so that could play a factor.

But then I started to treat my zonulin levels and… I feel like a new woman. What were those steps? Yeah, so when I was talking to my practitioner, she recommended mastic gum, DGL, which is licorice extract, and zinc carnosine.

And then I did my own research because I also was suffering from really bad back pain and I actually posted a photo of my my x-ray on Instagram, and I was like, look at me, I'm screwed up, everybody, because I had fractures all over my back.

And it just, it wasn't a good look. I actually have scoliosis, believe it or not, didn't even know.

Autoimmune Diagnoses and Gut Issues

Someone messaged me and she was, like you need to try BPC 157 and TB 500. What on earth is this? At this point I'm so desperate, I will try anything. So if people don't know what that is, it's a peptide.

Everyone's talking about peptides these days, they're obsessed. And I have to admit, so am I, because I had no back pain anymore whatsoever, and those two peptids also helped with my gut health.

But I introduced a different one as well called KPV, which is specifically for leaky gut and this inflammation in your body in general. So those are the peptides that I do and they have completely, completely changed my life.

You were working for like E Entertainment. You're in front of the camera, you're beautiful, You glow, like you have this look that I think people associate with like healthy, got it all together, and yet here you were like suffering.

Where did it kind of start this path of trying to get healthier? You know what's interesting is I have a mentality of something always worse could be the situation.

So I'm always blessed to have all of my limbs and be alive and all that kind of stuff. When I was suffering from my ailments, I tend to just like put a grin on and bear it.

And I've done that my entire life. I don't try to put on this facade of like woe is me everyone feel bad for me. That's I I Don't need sympathy. that's the word I was trying to get because I can motivate myself and I I am on the right path and I know that everybody, not everybody but I now a lot of people out there have it a little worse than me so I'm never going to complain about my issues.

I will certainly talk about them and discuss them with other people who might have similar issues that's why I talk any of my ailments that I've had in the past is because I wanted to make it a conversation.

I want people to realize that gut issues, as embarrassing as some can be, need to be spoken about so you can find a remedy for them. Otherwise, you're going to suffering in silence, or you'll be suffering out loud, and both are not fun.

But I started my journey of trying to figure this all out when I was 14. And I remember just feeling completely terrible. My mom sent me a book about the ketogenic lifestyle because she had been doing the Ketogenic Lifestyle ever since I was born.

I read it. It made perfect sense. And then I went to the doctor and I wasn't diagnosed with all of my my ailments. And then I adopted that lifestyle, but then, you know, I threw my own tweaks in there because, oftentimes the book that I read or that anybody reads, a specific diet book in general, is like a one size fits all mentality.

But I think that we are all unique individuals, so we have to take pieces for each book or each article that you're reading and adopt them, see if they work, treat yourself like your own guinea pig.

And if the work amazing, keep doing that. If they don't work? Get the better of your life and try something new or just stick with what you know works for you.

I mean, again, it's all trial and error. Every single day is trial an error, like tomorrow, I might not feel good like I do today. And if that's the case, well, i'll analyze what I was doing today and see if That's why tomorrow I don't feel as good.

But oftentimes what happens is something from three or four days ago that I had adjusted or come in contact with or whatever. is now affecting me three or four days in the future.

And I didn't really realize that until I realized eggs and I do not get along. I remember I got an allergy test, and all of these allergy tests tell me all the things I'm allergic to, obviously.

But eggs was on this list, but I was eating eggs, I like didn' t feel off. And then I just like put two and two together because a couple days later, I would feel absolutely terrible, tired, bloated, such the worst stomach pain ever.

And I wouldn't wonder like, what is the reasoning behind this? And because I'm so in tune with my body and how I process things, i realized that eggs was the culprit and then i got rid of them and I am fine now.

Here you're dealing with all these ailments, which other people are also processing, right? They might have a skin issue, they might their hair thinning, there might be a host of things going on.

But what sounds different about your story is they, it's almost like you have this driving force of like penetrating through all the noise and just going, I'm going to try this or I going do that.

And I think most people are getting stopped in the I don't know where to start. So where do you recommend people start when they are recognizing all these ailments and this not knowing what to do?

I mean, that's a tricky question to answer purely because there's so much noise.

Treating Leaky Gut and Back Pain

There's So many people talking about these things. I know the answer. But the problem is everyone is so unique and so different that like I said, there is no one size fits all.

So what I would recommend is someone take one symptom that they're feeling right this very second, and do a little bit of research on that one symptoms in particular.

And believe it or not, I have a feeling that what you'll find out is that that symptom might be a couple of different causes. Those couple different of causes might also have the symptoms that you're experiencing, like other symptoms you are experiencing.

So then you have to put two and two together. Often times this gets a bit overwhelming for people though as well. So they tend to need guidance. And if that's the case, you have to go and do your due diligence online if you want to find someone to help you that actually cares about people.

They're not trying to sell you something, they have a great track record, They have great reviews, and then you have conversation with them. Get consults from a million different practitioners or people who have gone through

similar issues and really see which one you connect with.

For me personally, like I said earlier, I'm my own motivator, my self-driver. I don't need guidance from other people. I have my masters in nutrition, and I know how to do research for myself.

And I am A-OK with treating myself like my guinea pig. Part of it is because I was really passionate about food, health, nutrition. A doctor raised me who was equally as passionate.

So I've been very lucky that I have been brought up in this world where food, nutrition, health, and, you know, cooking things from scratch was the thing in my life.

But I can understand where it can be very overwhelming for someone who's got a nine-to-five job, has three children, have to cook dinner every single night, had dogs, other extracurricular activities, they can't sleep at night or whatever it is.

I'm not going to toot my own horn, but if you guys want to talk to me, I am here for you because I love to help people kind of navigate where they're supposed to go.

And oftentimes I do get DMs from people really asking for any sort of guidance whatsoever because they know that I've gone through it. They know that I am a no BS kind of person.

I will tell you straight up how I feel about your lifestyle and if it is affecting you. And one thing that people don't really realize is stress. is one of the biggest factors for your health.

One of my girlfriends, she was going through marriage issues, let's just call it that. She was taking all of these different prescription drugs and as she finally realized that her marriage was the true cause of a lot of issues she stopped taking these drugs.

And she started to feel better. And then she ended that marriage, and now she takes no medications whatsoever. I think it was like fibromyalgia is completely gone.

Her joint pain is gone, so stress can really do a number on people. But finding a remedy for stress when you're in the thick of it is almost impossible because the world is just so go, go go these days.

you know, you have to, take minutes for yourself. You have treat yourself with respect and put yourself before other things. It sounds selfish, but in order for you to be the best for other people, When life gets busy, you're moving through your day, it's not always easy finding real food.

That's why I've been keeping these with me. Our sponsor, Prima, makes protein bars using simple traditional ingredients like grass-fed collagen whey, organic raw honey, beef tallow, cacao, coconut, sea salt, and they're offering 25% off for listeners of this show.

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Mental Health, Orthorexia, and Self-Advocacy

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I think a lot of people that have a of issues, particularly around leaky gut, sometimes they have mental health issues show up. Whether it is showing up through depression or just feeling psychotic.

I know some people who use the Cronovore diet because they were dealing with split personality. They were doing that kind of stuff. It was getting so severe, the mental behavior.

You seem pretty passionate about mental health as well. So how do you navigate that? I mean, we mentioned orthorexia. Can you just talk about that process for you?

Yeah, so ortho. I dealt with that when I was first diagnosed with all my issues because I didn't know what route to take. So it was very confusing. And also at the age of 14, you have skinny supermodels in your face and people telling you that you're fat all the time.

You're like, what am I doing here? So I got really, really obsessed with trying to figure out the healthiest route for me. That is what orthorexia is.

It's being truly obsessed finding out how to be as healthy as possible, over exercise or you're only eating leafy greens with the tiniest bit of chicken on top or whatever it is.

But that mentality takes over your entire life. It is all encompassing, all consuming and you can't live a life outside of it because all you are doing is thinking about your next meal, your workout or feeling guilty about potentially overeating at your next meal or overeat in your previous meal when in fact your body needed some of those calories.

So I did deal with that for a long time. I didn't go through anorexia. I guess mentality and my willpower is extremely strong, so I was able to talk myself out of it and give myself pep talks every single day.

I have to say it's probably my favorite trait about me, my drive, determination, me being the own cheerleader. That's what we all have to be for ourselves and that comes from self-esteem, having higher self esteem and loving yourself and a lot of people don't love themselves and it's because they compare themselves to other people and they think these other have everything that they want.

Comparison is a thief of joy. I learned that a long time ago, probably around the age of 14, 15 when I was diagnosed with these issues and I realized that I always focus on the positive attributes of myself.

Sure, as I get older, I might look in the mirror and I'm like, oh my God, there's some wrinkles, ew. But at the same time, like I am still so happy that I feel vivacious and happy and alive.

And sure, i've gone through depression in The past. I when I lived in Georgia, and now live in Arizona. but when i lived In Georgia I went through a lot of depression but it was all environment related.

i was in a city town that just I didn't fit in with I felt like I had no purpose I thought lonely and isolated and sometimes that's all it takes to get you out of that depressed mental state sometimes I'm not gonna say all the time because I do know that depression can really be ingrained in your brain and you just feel like there is no way out But to go back on what you're saying in regard to someone or some people adopting carnivore lifestyle to cure their bipolarism or their split personality, your gut is your second brain.

So if your got is unhealthy, you will most likely have some sort of mental instability because your guy is trying to work hard to figure out its problems.

I know when I have stomach, stomach aches or pains or whatever, I am not mentally all there because I'm so focused on not feeling good and not Feeling good doesn't exactly translate to a positive mindset.

i've done my best to do so I live with a glass half full perspective and I always have so i always you know smile whenever I don't feel good, but I haven't felt Bad in a while, which is great.

However, that's not an easy thing to do. Like I said, my willpower is my my favorite attribute that literally is the thing that shines in my life because I'd always turn to it.

It's something a lot of people have in something that a people need to work on. But you know, there's just so many factors and layers when it comes to that.

I imagine it's challenging when you have the type of health elements you've dealt with. It forces you to kind of be really sensitive to what you eat, right?

I mean, because eating the wrong food thing, as you mentioned, is going to create discomfort. And so that focus could sometimes be seen as obsessive around food, but there's a reason why you're being obsessives.

So someone could look at an extreme dialect carnivore and be like, well, that's orthorexia, right? So how do you balance that? The past with the present.

I'm very confident, and I own everything that I do. So if someone was to be like, oh, you're orthorexic, I'll say, if that's what you think, that great.

But I know what works for me. I have my ulcerative colitis. All of the things. Would you like me to go through this for you? But I also, I'm not argumentative about it.

I am not defensive about. It I simply say, i'm the sand queen and I make everything a joke. i make Everything light hearted. Don't get like upset if someone points fingers at me.

don't care what other people think. Truly don.t I know what makes me feel good and that helps me just get through life totally fine. Nobody puts their fingers at me and says, oh my gosh, you're orthorexic.

If anything, people applaud me in my efforts because they know how hard I work and how much I push myself to be the best I possibly can.

Carnivore Eating, Family, and Nature

And if anything I motivate people. I mean, the DMs that I get are so. Heartfelt and amazing and they they you know inspired me to keep going because they tell me how motivating I am and how they're adopting new exercises or incorporating more salmon into their diet because I guess maybe they see me and They see that I'm a healthy individual And I'm always so happy and positive and bubbly and, you know, it's maybe I am something that they want to be and they absolutely can do that for themselves.

They just have to adopt a positive mindset and eat more salmon because I swear it helps with the mood. It is interesting though, because a lot of carnivore people are not eating fish.

No, that's what's crazy. I'm in a bunch of Carnivor groups on Facebook just because I love to input, like give my input when I can. And people always like, oh my gosh, I was so sick of beef and salt and butter.

Like, what do I do? And I like salmon guys or other seafood. They're all in shock that I even said that. That's not carnibor. then what do you think it is?

It's literally an animal, like what? But that just goes to show how people will listen to one person who says eat beef and salt and butter and then think that that's the way it, is then they don't do any more research.

But it's like no, once again you got to be your own guinea pig and you have to realize that And all animals are included in a carnivore lifestyle. Now, if you're doing the lion diet, I think it's just beef and salt and butter or maybe it is just Beef.

I don't know, but I Don't do that one. So I dont care about that lifestyle Do you tend to default to nose to tail or are you only eating specific parts of the animals?

Oh no, I'm nose to tail through and through. I specifically eat salmon skin. Every day I eat about two pounds of salmon's skin and the other pound of Salmon that I need is the flesh or the neck or that's not I don't really like tails.

Am not going to lie. All eat all of it and I am the type of person that loves to eat the whole thing because I hate food

waste. Hate it. So yeah, definitely a nose-to-tail kind of a person.

What other ancestral practices do you do? I like to get outside. I'd like be with nature. Moving to Arizona has been great because it's just such a different environment that I connect with.

Being in Georgia, it was like a jungle and I don't like dewy climates. I like dry weather and I grew up in Wyoming. So I was in mountains and stuff like that.

And I just like to just soak in the environment and get away from the city and the hustle and bustle. There's a time and a place for that and then there's also a times and place just for being out in nature and just feeling alive in that way and appreciating the world what it was before the go-go- go, go happened.

Some people probably look at you and say, oh, you're an extreme eater. How does that translate to being a mom with kids? Do you cook more than one thing or are you just transferring what you eat to them?

How do you navigate the household when you are eating what some people might think of as different or extreme? My kids eat microwave pizza and chicken nuggets.

They're like, Moppy, you're the salmon queen. Can I have some chicken nuggets? You're pushing on them the foods that might cause the illness that you know.

So here's the thing. When I was a kid, their age four and seven, I ate whatever I wanted. I didn't care. Donuts, all of these types of things. And here I am, extremely healthy.

I know that by my example, my kids will adopt a healthier lifestyle as they get older, but I'm not going to cut them off from anything because if anything, that's going cause some sort of eating issue in the future.

Because my parents would say, you're not allowed to eat X, Y, Z, Q, R, S, so I would go to my friend's houses and overeat all that stuff. And that became a very unhealthy relationship.

So nothing is off limits. We do have a sugar day on Saturday once a week because the kids need ice cream. I mean, let's be real, pizza and chicken nuggets isn't exactly the healthiest thing on Facebook ever.

But they do eat some of the wild game meat that is in the freezer. But yeah, no, I don't know anything. No, they don. Because my younger child has a lot of weird food allergies as well.

And I think salmon is one of them because it makes them throw up. but I'm not gonna lie, this is gonna sound awful. I hate sharing salmon. So like, if they're not going to want to eat it, i'd rather just feed myself.

All right, I have some kind of speed round of questions for you. First thing comes your head. Food people think is healthy, but you avoid. Oh gosh. People think that like granola is health and I certainly don't eat that.

One ancestral food everyone should eat more of. I was like literally waiting for it. Salmon. Uh, the weirdest reaction you've gotten online. My eyebrows are weird.

What? How are they weird? What do you mean? My eyebrows are untrustworthy. I'm not one who, who knows anything about makeup. And I just kind of, when I do my, my makeup, I put, just like, you know, darken that and I guess I'd do it wrong.

Speed Round and Where to Find Her

Oh, like I don't know the beauty influencer. So, okay. Absurd, absurd. Okay. Best way to eat salmon. Pam fry it, make it nice and crispy. And you would like it with anything specific, butter or any specific fat, anything like that?

No, because salmon skin is already really fatty. Think like bacon. That's what salmon is. So it's already amazingly

juicy. And I just like to put some salt on it.

Raw liver. Yes or no? But you do eat liver, just not raw. I do we liver I don't eat raw, I'm sorry. I always ask this of everyone, if you could bring back one ancestral practice, what would that be?

That's tricky. Cooking over fire outside. Do you ever do that? When we're camping, yeah, I think that's fun. And it gives food a different taste that you can't replicate when you're at home.

Well, it's been super fun and informative. I really appreciate your transparency. Anyone that has not seen Gigi Eats or any of her channels, you really do have to check her out.

unabashedly just candid about who she is, what she does. As you heard her today, she's very transparent and open. She welcomes questions, feedback, and I think you have one of the healthiest kind of mindsets and just grounded personas that I have really met in the influencer space.

Thank you. And I appreciate you wanting me to be on your podcast. You have two cookbooks. Can you just share where people can experience you, where they can support you?

So I have to cook books on Amazon. Well, actually one on amazon right now. The other one you can contact me for because I decided to take it off of there.

I started a new YouTube channel called one tablespoon of I'll give the F because. But you can also find me at GGEats on Instagram and same with Facebook.

You just Google me and you'll find somewhere. And I am the type of person that has to respond to every single DM she gets because I can't have an unread notification.

So if you want to chat with me about whatever it is, I'm here for you. Thank you so much for joining me on Everyday Ancestral and thank you all for joing us as well.

Please let us know what you think, leave a message, follow us, anything to communicate that you are there. We love that and remember, stay curious. Thank you so much for joining me on Everyday Ancestral.

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