From Vegan to Carnivore with Shehroz Alam - Unveiling the Dark Side of a Plant-Based Diet Transcript

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Opening on diet, disease, and keto

You keep doing dumb stuff, dumb stuffs gonna keep happening to you. So why would I listen to people who are so bad at their jobs that after all these years, you still have heart disease as the number one killer.

After all of these year, obesity is where it is. Cancer is still number two in America. When I was a child, there were almost no children's cancer hospitals.

They're like on every corner now. You guys still can't figure this out? After all these years, you can't look at the data from the 1800s at what the ketogenic diet does to people, how it stops seizures, stops diabetes, stop cancer.

You guys are still this dumb or are you just evil SOBs that purposely don't You look very young for your age. I think diet might have played a big role there.

A little bit. The vegan diet aged me quite a bit, but we'll talk about that. Yeah. So that's why we are here today. We want to know your side of the story.

Why did you turn vegan in the first place?

Why she became vegan

What made you turned into vegan? So it was in graduate school. It's a very common story where I was emotionally manipulated like most vegans are, whether they want to admit it or not.

I would never have admitted that until I kind of got out of it. But, you know, a pamphlet was given to me and I shown, bunny rabbits being tortured in a lab and who wants to do that?

Who wants be that person that's causing, torture and cruelty? And so certain information was giving to my, I cried. And literally had to leave the course room, whatever graduate, I don't know, but I couldn't handle it.

I went into the hallway and I cried. So you want to change someone, you know their decision making you hook into that emotionally. There was not a facts and data conversation. I was hooked emotionally, Iwas guilted into thinking that I was causing death and destruction and stuff like that, contributing to that in the world.

a little bit at that point, once you're vulnerable, they could say anything and at point I believed it. I'm like, oh yeah, we aren't meant to have meat in our stomach and learning about the colon and facts and data were kind of manipulated.

So it was an emotional decision. It was thinking I was going to be a better person spiritually. And I thought I would elevate my consciousness and I'd vibrate a bit of frequency and be more in love with the world and that's why I did it Then what happened?

Did you actually feel all of these things? No. So many years later, I'm a very persistent person. I do not quit. And it takes a lot to make me quit, so it was 12 years that I was a vegan.

And I didn't I mean, like I don't wear leather belts. I did wear other shoes. You know what I'm saying? Meat didn' come into my house. Uh, I wouldn't eat in restaurants that used, you know, uh, wanted a separate skillet.

My wedding was catered in vegan from two restaurants brought in from three other states delivered and driven in.

Um, everybody had to be vegan at my wedding.

whether they liked it or not, right? This is quite common in India. We have to go to a lot of vegetarian weddings. Yeah. But at least we have milk, we a dairy in vegetarian diet.

Like lacto-ovo, yeah, a little bit of nutrition. So, you know, I slowly started not feeling well. I gained quite a bit weight. You know lots of things were happening, fatigue and sleep issues and headaches.

What you start to do is you just continue to lie to yourself and what the culture will tell you. Oh, detox. Ooh, detox. You're healing. Detox, you know, the magical detox word, everything detox as your hormones are being broken down and your muscle is wasting away and you're getting fat and inflamed.

It's detox, so just stick with it longer. And that's what I did. I mean, just double down, double, down on a bad decision. because you don't want to be wrong.

And that's what the psyche does. We do it for everything. Um, we don' to admit that we were played or we made a bad decision. So we'll continue much longer than we should at times.

tell me, you know, I'm in the functional holistic world. None of these are physicians because I think they're all mostly, most of them are morons, so I don't listen to what they have to say about anything.

So these were holistic functional people I did respect, functional neurologists, doctors that I was paying courses for, seminars, mentors of mine, people who had, often 20 to 40 years clinical experience over me and were training me in mentoring me were like begging me to eat meat.

Health decline on veganism

This is killing you. I beg you to stop. And I'll tell you, uh, I want to say maybe 100% of them looking back, there might've been one out of 10. They were all men.

Actually, when I think about my catalog, the voices of all of Please, I'm begging you, please, you've got to stop this. You need to eat meat, this is not healthy for you.

That kind of thing. We're looking out for your career, your young woman in your 20s. This is, You're not going to be able to have kids, blah blah. So, sure enough, i got so sick, and I always said no, but I could do this harder.

I can commit harder, Looking back, you know, now I can admit how disordered this was. I was, it's such a self-hatred and the vegan community really thrives on people hating themselves and hating humans.

That's kind of where you're at. Like I hate people. Me and people suck. Id rather date my dog. They'd rather marry their dog or their cat than actually have a human relationship.

So their disdain for other people, is very high, which means their disdain for themselves is high. And they hook into guilt and shame and get you to think you're bad, other people are bad and we're just miserable people and animals are better and they're even superior to us, right?

So I was there and it was very disordered but I didn't know it and I even said it to a doctor. I would rather I guess be sick and in pain and not be a murderer You know then then feel well and I was looking at that now I get how Mentally unwell that is actually like wow.

I have was abusive to myself. Like I wasn't willing to say I'll be sick As long as I don't have to like have another life be transmuted into me right as long that I actually own that so It got so bad that I was having a lot of symptoms, and most of my friends are 20 or 30 years older than me.

And I guess very early 30s, 30-years-old, probably 31, something like that. I couldn't sleep and night sweats and all

this weird stuff. A friend of mine, I just said casually at dinner, she was like, Stephanie, you sound like you're in menopause.

That's what we go through. You've got the symptoms. I mean, I was carrying probably 30, 40 pounds more than now on average. I would off and on with some acne, but mostly I couldn't sleep at night.

wake up in sweats, fevers a lot, very tired, uh, Very moody. I didn't talk about it because I don't want to admit it. It was very depressed. Had a very dark view on the world and very like negative half glass, you know, glass half empty kind of a person, just an expectation of darkness, like an expectations that things are going to happen because It's what I see in practice.

You know, it's how it is, right? Cruelty and suffering is everywhere. I must rescue animals. So I was an animal rescuer, had lots of dogs. It was like the same kind of culture you're always in, reinforcing that there's darkness and badness in the world.

And she just kind said, I think that was kind the main thing. A long time ago, 18 years ago. Okay, so I went to the doctor. had a bunch of the labs they were like uh you're in full-blown early menopause everything has shut down i had my estrogen you know give you an idea my estrogen women's estrogen there's normal and optimal and hindu women have much higher so i'm of indian descent but we aren't we weren't hindoo um just there have been adaptations hindou women to walk around with estrogen at like 250 350 most People are walking around, you want 200, 250, something like that.

Mine was at, I think something, like 25 or 30. My testosterone was high in the compensation. I couldn't convert any estrogen. I had no progesterone. My thyroid was completely crashed.

I'd no thyroid. So I was put on like, we need to jumpstart. And I would sing a functional geneticist ran my whole genetics, ran everything was like it is shut down so hard.

and the endocrinologist, he was very understanding, very holistic and spiritual and he like for consciousness and spirituality. If you cannot stop and eat and get rid of the gluten and soy, I'm not sure you'll be alive in three years.

And you certainly can't, children. You're aging faster. This is you are 30 years, 40 years older than you're supposed to be. This is why you're tired, this is you can't keep doing what you are doing.

This why at the end of the day you exhausted. You just have to hit the bed. Work and hit it. I couldn't do anything else. Every night was so hard to recover from seeing patients.

So there was no exercising. It was just hard. Anxiety as well, but I hid it from people as So it was in this moment, just he, something happened and it like everybody who had talked to me before, all these doctors that were cataloged in my mind came forward in the moment.

Pregnancy and returning to animal foods

And I agreed. I think the whole you can't have children thing was like, what? Like what, like yeah, this is, look at your numbers. This is bad, you're all your hormones, your vital life force, they're gone.

If you're gonna have cancer, it's like, you can probably have a cancer in a few years. Like this is, we must fix this. So will you go on all these hormones temporarily?

We need to jumpstart your system again. Let's do that, let's make you feel better. I had to kind of sit, and it was hard, lemme tell you. There was some tears, like what do I do?

What do i do. Kind of like a praying, talking to God moment, my inner self moment. Is that noise bad? Let me just put on a thing. Do you hear that leaf blower?

I heard that, but it's fine. It's not bothering much. Okay. And it was just a look in the mirror moment. I really with tears in my eyes, like talking to myself, my higher self, God source, whatever, you need to tell me what to do here.

Because I had to admit, I don't feel good. But was I put in this earth to feel this bad all the time? And if I go down and I get more tired and i get put in a grave, how was I helping anybody?

Because I know I was put here to serve. I KNOW I WAS PUT HERE TO HELP PATIENTS. And I am damn good at it. So if i'm gone, who's going to help them? And i just really had to say like, and it was a moment of a flash was given to me of seeing a lion, I just saw the whole thing in the mirror like in front of my eyes if was there.

and just the question was posed like do you judge the lion for eating the gazelle? And I was like, well, no, absolutely not. Why do judge yourself? I think this is how ecosystem works, right?

You have to accept to some degree that, yeah, if you want to survive, you might have kill at least some animals. You're killing everything. Here's the reality.

Once I got over my delusional, emotional connection to veganism, I'm sorry, but you're killing broccoli, you are killing kale, and once you deal with reality, anatomy, physiology, facts and data, and you take emotion and religion out of it and deal with pure rational logical thinking, there's no question that the vegan diet is the most unnatural, unhuman, improper starvation way of eating on earth.

And it's to me a ploy to get people to become weak and become as less human as possible and to make them very easily controllable. And it's been leveraged by religion in particular.

And now it is going to be left by governments to come in and they use vegetarianism. In particular, India has been a country it has happened to. They come into colonialism and let's change everything.

Let's manipulate old sacred scriptures and lie to you and trick you into thinking what you're doing is the right thing so we can weaken you, dumb you down and take over and you cannot resist.

It's happening. Yeah. And, and they have actually succeeded after making that movie. What is it called? It was a very popular movie on Netflix. Uh, uh, game changers, right?

Game change. Oh yeah. Which is all lie. It's all a propaganda lie only people like us who understand nutrition, who knows the facts can, you know, differentiate what, when they're lying and when.

But for a normal person who doesn't have any science background, they'll actually believe it. Yeah, And what happens is, then again, what happened is the psyche wants to double down when it starts to eventually, it gets bad, because it won't happen right away.

It happens after time. Then they'll be like, oh, they won' t make the connection. I have people, I mean, you want to be right. You're gonna do whatever you can to make yourself right, so the mind will play all kinds of mental gymnastics to not admit it made a mistake.

We do it in our relationships. I know women have walked down, they knew walking down the aisle they should not marry that man. They had a strong, but they thought, But what am I going to do?

Embarrass myself and everybody, everybody paid all this money and they make up all these stories and work against themselves and do it anyway. And five or 10 years later, when he's a drunk beating the shit out of them, they damn well knew that was happening.

Now they feel so dumb for making the decision. They think they have to stay because they're too embarrassed to tell anybody, please help me. I've heard this story 20 times in practice.

He said, Oh, I know. I absolutely knew I was lying to myself the whole time. But I knew, you know how hard it is for

me to admit this? That I didn't listen to my self and I walked into that war knowingly.

I know what was going to happen. And I did not listen my higher self. Then I so ashamed. What was I going do? Who is that going to tell? It's unbelievable what that does to the psyche, how you don't trust yourself, right?

So that's what ends up happening. So I really want to get back to this story. When I started eating, I did, And I started with fish. Everybody, most of us start with salmon and shrimp or something like that.

Cause we're like, Oh, just go with this. It's not as bad. I won't be, I don't cry as much. Oh my God. Right. Cute, cute something. Yeah, it was fit with Salmon and Shrimp is what I Started with.

And then, uh, oh man, that noise is loud. Probably going to go inside. Um, in three days of eating like That, It was like a miracle came over my brain.

And I could think, I can feel things. I was joyful. It was like the Wizard of Oz movie when it goes from black and white to color. That's exactly how I felt.

And in three days I said, wait a minute, that's why I feeling like this? I am never, one, never eating gluten and soy again, because that was the big part of the soy is destroying the toxic poison.

And I hate the salmon and the shrimp, but I'm gonna eat it three times a day for a year, okay? Just re-lit my brain back up and couldn't believe the difference.

And in six months, I was pregnant, so. Oh my God, that's wonderful. Yeah, and I was like, oh, okay, I'm pregnant. Okay, that happens. Yeah. And when you were on vegan, you're not able to get pregnant, is that right?

Right. I wasn't totally infertile. My labs were, absolutely wasn' going to happen. I had no estrogen, testosterone, thyroid stuff.

Children, protein, and early feeding

What they thought, the expectation was I would going miscarry. Um, I was hemorrhaging and they said, well, here's the deal. They're probably going Probably hemorrhaging for 10 weeks vaginally, lots of complications.

I was very sick. So it was a very high risk. It was hard for my body to come back. And the geneticist was hopeful. She said, well, here's the thing. You're basically going from no hormones to stop taking all the hormones.

Stop right now. How can this be possible? I thought I couldn't get pregnant. Well, something happened. Cholesterol happened? Yeah, a lot of stuff happened, right?

What am I going to do?" And she goes, well, I don't know, Stephanie. I mean, if anything's going make your body jump up its hormone production, it's pregnancy.

So this might be the thing that ends up fixing everything on top of it, right? Oh, my books. And it did, but it required, I was on roughly eight and a half months of bed rest.

That's how hard it was for my body to do this. And had to have three high-risk OB-GYNs and an anaerologist in the hospital with me. I Was not a candidate for anybody's kind of home birth because it Was tremendous effort and I had To eat like nobody's business.

Don't think I ever ate that much in my life. Looked at my sister on point and go, I can't wait till I could fast again. I go who the hell can eat every hour, but I had to eat constantly.

And I gained at least 80 pounds, maybe more, I stopped weighing myself at a certain, said I don't know how much I am. Had to get huge. My body had pack on tremendous amounts of turnover to support making a baby.

Um, and I was fine with it. Whatever it needs to do. Just want us to make it and we did and it was, you know, The birth was tough and ICU for him and it was all hard but we made it.

And I was eating just more meat than you can imagine and I fed my son more than meat you could imagine. I've never looked back ever since and look at how fabulous and brilliant he is.

It never would have happened unless I had gotten that sick and made that big shift. and my son used to just gnaw on smoked salmon like nobody's business at two years old as I'd go through Whole Foods.

It's the first thing I would have to do. So give me the smoked Salmon, big chunk of it. He'd be chewing like just pounding it as i'm going to the grocery store.

What do you think when is the best time to give you know to care of children meat to include meat in their diet? It should be the very first time you give them.

Right after they stop drinking milk, right? Well, no, I mean, well, now you shouldn't stop breastfeeding anytime too soon. So, you know, the average around the world breast feeding the stop is five years old.

I breastfed my son until he was three. And the only reason I really stopped then was like, mama was getting tired. Uh, and I had a little, it's oh my God, we got a boo boo.

It just kind of, naturally happened. But when you start introducing foods, of first foods should be, uh, meat and eggs. No hands down. You know, human breast milk is ketogenic.

It's full of medium chain fatty acids, cannabinoids and ketone bodies and a lot of protein. That's what they thrive on. Their brains are built to be tons of fat, tons ketones, ton of cannibinoid.

They should have meat from the get go. This whole rice and carb crap, you're killing your children in this minute you give them that. And guess how I started my diet?

I was fed a lot of cornflakes and all the cereals. And I always was weak as a child. I used to have fractures every three or four months. I was always an athlete.

Sometimes in the toes, sometimes in knees, and sometimes the legs. People really get surprised when I tell them I didn't use to eat any meat in my childhood.

It was just I didn't like the taste of it. No one was against it but I did not like it So I hardly ate any meat. That's because you were given carbs. They ruined your liver and you couldn't make proper bile and proper stomach acid.

If your stomach is at 1.4-1.5, like it's built to be like a human, you naturally don't have a taste for it. So people think they dont want it or don´t like.

I'm like, no, its because your livers so toxic. It's so saturated with fat infiltrating it and don t have proper signaling anymore. The stomach goes up.

you can no longer kill pathogens so your body says don't eat meat because there might be bacterial poison in it and instead of us fasting and healing like we're supposed to in the wild and then the stomach acid would fix and you'd be like oh man where's the where where is the elk what can I kill because I'm starving that's what you would do So people think that's a massive problem I deal with in my practice.

I say, oh, you don't think you like it? Watch me fix it. And then a few weeks later, they're like, I want burgers so bad. Yeah, because that what you're supposed to eat.

Nobody goes in the wild and says, damn, can I find some salad? I can't wait to find broccoli. Show me any primal culture doing that. That's true. And once you start eating, you know, refined carbs and excessive carbs, You get

addicted to it.

I was so addicted To eating cornflakes and Chocos. Do they call it in US? But here it's like, I don't know the name in us, but it is cereal only. Choco is a cereal and I used to eat it at breakfast.

There was no protein in breakfast And I used to eat it in the afternoon. So again, no protein. I was really, really getting protein deficient and calcium deficients.

And when I became a nutritionist, I realized, oh my God, have been calcium-deficient all my life. Well, calcium were the least of your worries. The body will take care of the minerals on its own.

Protein is the priority. Because what is bone? Proteins. People don't really understand what the body is. What's your liver? protein? What's insulin? That would be a protein.

Everything is a damn protein, coupled and surrounded by a bunch of cholesterol saturated fats, okay? Infused with minerals to harden it and make it have electromagnetic charge.

That's it. So pretty much if you get the protein in, that's all you got to really worry about because the fats in it, right? And I mean, by protein I None of that other crap counts to me.

So when I come to protein counting with my patients, I'm like, let me be real clear. Beans, divot, none of the counts. Like, oh, that's not protein. Those are carbs full of toxic poisons that are actually demineralizing you.

I said, so that doesn't, we're done with those. And they're like oh. That's one of the most common answers I get in India. When I tell them to eat more protein, they're like, oh, protein.

Yeah, we eat dhal. We eat rice. Exactly. My poor Hindi patients, They hate me and they love me. Somebody just said, how about plant-based protein? It's pure crap.

What about it? Its crap, its poison, and it's full of deuterium. And it is the highest glyphosate concentration on earth. So you're poisoning yourself with glycosate.

You're always poisoning your self with high deutereum, which is a isotope of hydrogen, and you're most likely poisoning yourself with arsenic or other heavy metals.

Toxic poison.

Protein, carbs, and plant-based myths

And also, at the end of the day, it's second-class protein. It's not even first- class protein? Yeah. You're not going to absorb it. Its incomplete. you don't have all the essential amino acids.

Yeah You should be eating food and chewing with your mouth. Not, you should not be drinking calories. That's a big problem. People will drink all their calories, And they wonder why they're still fat.

I'm like, maybe you could like burn some energy by actually chewing and using some muscles for a change you actually have muscle in your dog you aren't supposed to eat all your food in a straw just saying i know i don't this is more more this a lot more common in bodybuilding usually we are so dependent on protein shakes i can't tell you i recently competed and i cant tell we at least sipping you know 100 to 200 grams of protein.

Bodybuilding is a different beast though. You know, like, you know what I mean? Whether it's fitness, bodybuilding, that's a difference outlier subgroup of people.

I'm not saying it is good, I am just saying that it a differnt group of peopel than your average. But actually speaking you can actually get better results.

in terms of bodybuilding on a carnivore diet because you don't have to worry about protein so much. Absolutely. Already getting so many of it from diet.

When I was competing, honestly speaking, I wasn't taking protein shakes because I already was getting much of protein from meat and eggs. Right. Yeah, in general I mean I don' think you have do that.

but it's a different thing. But yeah, I patients want to always shortcut it. I'm like, when did it become so hard to actually cook a quick meal? I mean, this is not that complicated.

You guys like it and you know, you should be slowing down the fact that you want. To eat a shake in the car on the way to your commute to work already is telling me you have destroyed digestion because you.

Have to be in a calm rest and digest state with parasympathetic nervous system dominance. to actually have proper stomach acid, to make the bile, and make pancreatic enzymes to have good gut motility peristalsis going on, you can't do that rushed.

You can do do in a hurry. Eating should be a very slow, pleasurable community experience, actually. Not the way we're doing it. So already, I'm like, if that's what you're trying to do all the time, we've already got a problem.

Because I already know I have a nervous system disorder in you. And your HPA, your gut brain access, it's all jacked up. I've to calm you down and teach you to slow down.

Eat slowly. Honestly speaking, eggs is one of the most easiest thing you can cook. It hardly takes five minutes. It doesn't take long. That's why I keep going to people, or even the slightest bit of planning.

I'm like, you know you could like hard boil a bunch of eggs. You can make a quiche. slice it up have it ready to go in your fridge or have stuff ready in the freezer like it's really not that hard you know so like i don't tolerate a lot of excuses when people i'm like well i get they need me to think for them again i''m like oh yeah we're gonna stop the brownies we''re stopping the hot pockets we'r stopping to drive through you you're just gonna eat actual food and they're like what and then it always amazes them oh my god I feel so much better.

Shocking, because you're not starving now. I usually have to make that people just eat more, right? It's one of the first things I do. Because the majority of people come to me for mental health problems.

That's what I specialize in. And a number one problem, they're all under-protein, and most of them have very low cholesterol. So I have address that right away.

five years ago maybe I will I do not accept vegans in my practice you will change or you're not for me you want to get better with me, you'll change if you won't goodbye I'm not wasting my time because I will not get your brain to the point I would ever get rid of your anxiety, your depression, you PTSD, panic disorders, self-immunization, schizophrenia, bipolar, multi-personality, borderline.

None of it will go in a starved unstable brain that cannot make a charge or maintain one. So why would I take your $10,000 and do a bunch of brain therapies?

I know it won't last. It's unethical as far as I'm concerned. Yeah, they have to treat the root cause first. Yeah. And they're starving. If there's no substrate of cholesterol and zinc and B vitamins and magnesium and copper, which you get from meat and eggs, there is not much I can do.

It's not going to work. EPA, DHA, creatine, carnosine. Yeah, well, it's all in there. Phosphatidylcholine, omega-3, DH, It is all animals. You're not getting any of that in plants.

That doesn't exist. So you can't even know, even if you're getting omega three from flex seeds, that's not even bioavailable. That's in the form of it.

It's bullshit is what it is. Yes. This is bullshit. They're lying to you. And I've done it in practice. I tried for, I was a vegan for 12 years while I seeing patients.

You have to understand this now. I never made anybody go vegan. I did not project my diet onto my patients one bit. If they were, I supported that decision.

And the 8,000 supplements they had to take all the time. So when vegans would come to me, vegains, vegetarians, and they wouldn't take certain things, or I'm like, now I am limited to these vegan versions, it never worked.

This is what I was saying when people have to look at facts and data. I might have an emotional connection, but if what am doing I see over and over again doesn't work, when do you finally go, Well, it doesn't work.

So maybe, maybe I need to, Maybe I'm thinking something wrong because I don't care what they say. Those algae based omega threes, those algae base flaxseed, they don' work, I dont care how much I give to a patient.

They don work and here's a funny thing. I was doing my masters in clinical nutrition. they actually recommended black seed for omega-3 and they told me to stop eating egg yolks.

They told you to start eating red meat and I would just laugh at them. I will just stop my video and i would laugh and then come back in the class and honestly and these are the guidelines what's most most disgusting thing what really you know angers me what angles me is that the Guidelines are all Set based on no meaningful evidence there.

They all are wrong and Well, they're based they are based. I'm meaningful. Evidence. Let's get back to why what the guidelines come from the Guidelines are designed to make you weak and controllable and the Guide Lines are Based upon seventh day Adventist religion, which is vegan.

So your scientific guidelines from Western over here, which we've influenced you guys, right? So the Rockefellers who own all of healthcare have influenced everybody.

They're seventh day Adventist vegans. It's a religion. So they basically said, look, the Kellogg family, that's where I'm from, where they're from. The Kellog family was like, we have to find a way to weaken men, make them stop masturbating, making stop having sexual desires.

This is a sin and we need them to not be like that. How can we do it? Oh, corn flakes. Yeah, give up corn flakes, take away their meat. Yes, we'll lower all of their testosterone, and women will lower their hormones.

They'll no longer be vibrant and energetic and act like humans, so they won't want to have sex as much. their muscles will drop, their bone density will go down, they're height stature will down.

So they'll be smaller, weaker. Their jaws will get narrower. They can't chew as well. The teeth will be crooked. This all happens when you go to grains.

If the goal is I want you weak and dumb so I can control you and make you believe anything, the guidelines make perfect sense. And this is what I ate all my childhood fucking Kellogg's and that's why I was never good at studies.

I even flunked once in first class and then I was never good at studies. I wasn't even good sports. Who I, was very passionate about sports, despite being so much passionate.

Not very good. That's really sad to hear in India that that much I'm saddened. Like, wow. You know what I mean? Like you were fed corn flakes. Yes, and on the box, they write it's heart healthy.

It's brain healthy and it is everything healthy, so you actually fall for it. Marketing. Yes. Propaganda. And it for fortified with fake vitamins, which you don't really absorb.

So yeah, you fall on that. Yeah. Many of the vitamins are actually poisoning you. They're fortifying things with iron and then all of that iron acts like a heavy metal.

and it damages your liver and which is your heart. See, they're poisoning you and tricking you into think they are helping you. That's how their geniuses.

Guidelines, propaganda, and industry influence

Do you care if I answer a couple of the questions I saw? Do care? Yeah, definitely. OK, so somebody said, you know, will the yolk of an egg cause cancer or prostate cancer?

I thought that was kind of interesting question. I don't even know where that would come from. What planet that I'm interested in. Like, wow, are they saying that?

So let's talk about an Okay, because I have chickens in my backyard. So I get eggs every day. I've a bunch of eggs. Like chickens back there. Get my fresh eggs from my yard.

And let's go back to, I made a baby. Let's talk about what any egg becomes. A chicken egg, a turtle egg a fish egg. a human egg our eggs, that egg has all of the nutrition so potent that it has all the resources to initiate and begin the creation of an entire other being.

Eggs are the most perfect potent source of everything a creature needs to be formed, right? They're magic. My egg is magic, All right, so please tell me in what planet and what world that could be bad for anybody.

You want a good brain? You better eat eggs. And I mean, and one of the best eggs you can eat salmon, fish eggs, salmon like small eggs because there's no heavy metals in them, you guys.

and you want to talk about DHA. you have the phospholipid form of Dha, which is a fat we cannot make. We must get it from animals. And in those, like, this is roe caviar.

The people are like roes, the cheap version of caviars. Eat those every day, give those to your baby. Watch kids pop on salmon ro, different flavors, see what they like.

They crunch, and kids love them, actually. If they pop and make a lot of fun little stuff. It's very well known. the women who eat the most fish, DHA, when they're pregnant, have the highest IQ children.

And so what did they do? That's true. And what they try to do is say, don't eat fish. It's got mercury in it. Stop eating fish so we can make your babies dumb.

That what's they did. This is what the do. You want to be healthy? Do the opposite of what any nutritionist is telling. Trained by, you know, with a degree.

Most nutritionists with the degree don' know what their saying. Yeah, that's why that why I never completed my masters in nutrition, because all they taught was most of it was bullshit.

I completed one year, but I couldn't stand one more year. So I left it. And I wanted to save your money because many people used to tell me, okay, these are the guidelines, you're not a doctor.

so I actually did masters and nutrition because I've wanted To see both sides of the coin. But I could stand it for more than one I'm like, if you wanna follow the guidelines, I just say, okay, so let's just look at their track record.

I would like to see, why people listen to people that aren't good at what they do. If you look the track records of the American Medical Association, the America Dietetic Association and American Cancer Society, The Alzheimer's Society.

Please tell me how you've reduced or improved anything in the last 50 years. And they can't, because everything just gets worse. Everything gets worst.

I'm like, you're literally so bad at your job, if you kept taking your car to a mechanic and they broke it every single time you went, what kind of moron are you for going back to that mechanic again?

After a while, I don't even feel bad for people. You keep doing dumb stuff, dumb stuffs gonna keep happening to you. So why would I listen to people who are so bad at their jobs that after all these years you still have heart disease as the number one killer?

After all of these year, obesity is where it is, after cancer is still number two in America, when I was a child there were almost no children's cancer hospitals.

They're like on every corner now. You guys still can't figure this out? After all these years, you can't look at the data from the 1800s at what the ketogenic diet does to people, how it stops seizures, stops diabetes, and stops cancer.

You guys are still this dumb? Or are you just evil SOBs that purposely don't at reality? I don t know. But I didn't say good. Listen to your guidelines.

Good luck with that. Right, because India, let's talk about India. India has six times, cause I'm Indian, so I care about it. Six times the rate of diabetes and metabolic disease as the rest of the world, as white people.

Right. It's the, I think it's a second, it has second highest patients in, in the word, after US. Yeah. For diabetes. My grandfather actually died of Diabetes and cancer and for so long.

But my grandfather did too. Yeah. And for so long, I thought it's genetic, but later I realized he was eating a lot of fake butter. In India, you get a butter, it is fake, butter basically margarine by the name Neutrolite.

He was hitting Neutralite butter for 10 years. It's because the British came in and colonialized and changed everything from what it was was to all the seed oils.

Everything's fried in seed oil now. They took away the meat and people are eating way too many, peasant food. They enslaved them and said, it's all about beans and legumes, and you shouldn't eat meat as much.

And we'll fry everything in seed oil. It's not that it is genetic. We are different. Our fat cells are difference. So fat-cells are differences. Southeast Asians have a different fat metabolism than white people than, say, Swedish Nordic.

What we do is our fat cell don't want to expand as big as theirs, so we dont get as large, typically. So our fat cells will leak much more fat and so we make many more inflammatory signals, many cytokines, much less.

So we get very distorted hormonal signals without getting very fat. We don't get big, and suddenly though, our inflammation is through the roof, so our heart attack risk is to the room and we're diabetic very quickly.

And versus a white person, their fat cells will expand like a Swedish, Norwegian, we have differences in the way some of our cells function. They get real big and so they can become huge.

They can be 300 pounds and they're not diabetic yet because their fat cells are not leaking as much many inflammation markers and there's still managing incident and left and better than we are.

So you have to be aware of that. My Filipino patients, my Korean patients my Indian patients. I'm aware these differences slight differences. in the way we function, because I tell you, this is really important for you.

Indian men cannot afford to have a little belly at all. They better get rock hard abs like you or they're going to become diabetic and they are going have heart attack.

Period. My brother is 52. He just had a heart-attack two months ago. And I said, Raj, it's because you're dumb fat ass. I told you you can't. So I'm like that.

We can men, Indian man cannot be 30 pounds a week. They're going to become diabetic very quickly. You better stay thin. That's what's happening in India.

More than 60% of the population are diabetic, and half of them don't even know it. They don' even. Oh, I know. And trust me, in india, no one gets their blood markers tested.

No one. I actually have to tell all my clients, okay, this is an investment, you better get your blood work done so that we can actually compare the results.

Otherwise, it's a waste of money. Oh, wow. All right. Somebody asked for recommendations on books. Let me give you some of my favorite for book brain stuff.

There's few that are my favorites. I have books elsewhere. So Primal Body, Primal Mind. That's really good one. Nora Gadgadis. David Perlmutter, Grain Brain.

Sean Baker, Carnivore Diet. Good one. Oh, it's one of the best. Yeah. Another one, a great book that's just about brain health for children, Healing Young Brains.

That's a good book. It's not really about diet per se. it is more about the electromagnetic stuff I do. Jack Cruz's book is really good. What's the name of his?

Where's his book? His is really good. Dr. Cruz. Well, just on my favorite ones. But at the end of the day, oh, diet and, you know, the old book. I'll have to put out the comment in here.

It's a really old from the 1800s. The Westin A. Price Foundation. Oh my God, I'm blanking on the name of that. That was, Stephenson. That's one of the best books, Stephenson, Wilmer Stephensen, on diet and nutrition it's called.

That is probably the end all be all, in my opinion. So there's some, just to answer some of their questions. Let me just see if there was anything, if you notice anything.

Is that Dr. Best Food for the Brain? Brains. and meat and eggs, steak, liver, brains, complete brains.

Eggs, fish, and brain health

Someone just asked, I think it was five or 10 minutes ago, how do you, many people in India are vegetarians. So how would you handle these kinds of patients?

How do actually convince them? I don't. So this is what I'm saying. I have no interest at this point in my career. If they can come to the conclusion from watching and educating themselves, I'm ready to make a change.

That's when I am ready for them. I m not trying to go out there and convince anybody. At this point in my career, they don't know what to do. I'm done, I am convinced, and I got it, but I just don't know what to do.

And then I come in. I no longer do the convincing. It's not worth it to me. If you have to drag someone to the starting line, chances are you'll have Yeah, you better have people who are ready at the starting line so you can take them to the finishing line.

Yeah. That's maybe for young clinicians to do that. You're 20 and you're eager. I'll be 50 in a couple of months, and I've been doing this a really long time.

And I have no time for it. If you come into my office, your on board with the program, or you could leave. And we established that from the beginning.

Like, I don't want to even make an appointment with you unless like, are we clear? You won't be doing cell reducing, you won' be do things like that in my office.

You do what I say and I'll get you better. If you fight me, your fired. See, we get to a point like you're like. So I only take in who I want work with.

Right? And you can actually get the result from these people because People who are resistant, it's actually hard to get results from them. Oh, yeah. You're not going to.

And they're your commercial. This is why I don't take vegans. I said, let me be clear. It's that I, I. Don't have money for big pharma ads. i don' have TV ads, i.

don''t have billboards., I dont want ads anywhere.. I Don'"t market at all. So you're my commercial, your success and you telling your friends and people saying, what did you do?

What happened? Oh my God, I found this doctor she does all this crazy stuff and I just I feel amazing. That's, that's my commercial. So if I can't get that done, if i can keep a brain with enough saturated fat cholesterol and minerals and we can hold charge, there's no point in it.

And I and i came to that conclusion after working with so many vegans for so long and it wasn't working the same way, where I'm like, Why is it taking me twice as many visits with these people as it is these People and I knew there was something I mean and then making them buy like thousand dollars a month of supplements That was like this is stupid.

You could just eat a steak And we could stop all this nonsense So I did start convincing people And people who stayed with me, I had many vegetarians and vegans who converted to eating meat.

And then they all got better, much faster, and they never went back. I have a whole, several families I've just started. Some that were vegan their whole lives, some who've been vegan 30, 40 years, And they've gone to, it's been 20 years of ulcerative colitis, 20 of Crohn's disease.

What? And, then sure enough, they're like, wow, i can't believe how much better I feel. Like, nd they go, I get it. And so I'll have those conversations of course about my journey and then we talk about I know it's hard to have deep empathy and compassion because I was there, I lived it, like I and I'll take a long time to get them there.

I'm like, okay, so let's start with this. Let's with that. It might take me six months to really, I don't start overnight because their liver and stuff, they can't handle it.

They don' have normal function anymore. So we start slowly. Start healing their livers, start castor oil packing. We'll use protein. Use essential amino acids.

Will use that because they're starving. I must get nutrients into them and they don't have good digestion. Their GI tract is ruined so they can't absorb and assimilate food yet.

So I have to use a lot of supplements and stuff at first to get them working again and then as they're working, again they develop the taste for it then they Can digest it and we start slowly and maybe overnight maybe maybe digestive enzymes as well.

It all depends. I mean, I do lots of things. That's lots, yeah. They can't, they're not making any digestion. And then I'm making acid, their liver's clogged, They have parasites.

It's a mess and we slowly do what we have to do. and I make them, it gets to the point where I want every meal, them to look at it, smell it. it should be pleasurable.

Eating is pleasurable. When you're healthy, you look, fish, red meat, eggs, pork, whatever, and you're like, oh, that

looks good. And your mouth starts to water, your digestive enzymes start kicking in, everything in the body says it's coming, let's go.

Your body changes when you see it, but that's abnormal function. The best part is it only takes five days or maybe weeks to actually see the results. Once we get them eating it, eating everything, yeah, it can be extraordinary.

And it depends on what we're working on, but it could be one meal. It could one me where a brain goes, what was that? If I take a vegan and I give them a large salmon meal, It's usually, oh my God, What?

It it's like what just happened to me? I was like, that's called normal function. They're like oh my God. I said, That's what it's supposed to feel like.

But they forgot. We forgot, I forgot until I had it back, you know? Like, look at your abs, right? Like everybody else, no, you're pretty, so most men, they don't even know what it's like to have muscles.

A lot of men dont know it is like, to be strong. Once they get it back, its like oh my God, this feels totally different. I'm like right, doesn't it feel different to walk in a room where your pheromone energy, like boom, is this and women look you like this, oh damn, okay, do you know I mean?

It's a very different feeling. And to feel like when you're with your wife and children or whoever, like you know you can protect them. You know, you could throw your children over your shoulder and run them out of a burning home.

But you carry yourself completely differently. But so many people have never even had that, or they might be like, I'll say, were you ever fit? You know, they're like yeah, you know I played college football.

I'm like oh, okay, so you actually remember, do you remember what it was like to like see your toes? They're all like yes. Okay, well I would like you to get back there, and this is where I think I am going to start, because how old are you?

How old I just turned 27 two days back. Oh, 27. Yes, right. Happy birthday. Thank you so much. If I started telling, I don't know if this would work or not.

And maybe you can give me feedback. But I have a ton of 27 year old guys. I like a lot of teenage boys and I had a a of 60 and up men. In the 20s I see a lots of women in that category, those ages, but not a I have a lot of men in their 60s, 60 and 70s at this point trying to just say, I'm just looking at.

And that's a thing we're working on as well, because it's big part of emotional and mental health. Like they're like, It messes up with a man a lot if he can't perform with his wife anymore.

So we deal with that.

India, diabetes, and metabolic disease

We deal their testosterone. And we do with their blood flow, inflammation, blah, and blah. I wonder if I started telling 30-year-olds, let me explain something to you.

Do you like having sex? Do like a hard cock? Because if you keep eating fast food, sugar, ice cream and doing what you're doing, It's going to stop that from happening.

One day, I promise you, you won't be able to perform. All because of what you're eating. Is it really worth it? And that's what's happening, infertility is up so many times.

I think it's four or five times higher than it was 20 years ago. And most of the actors, most the Hollywood actors and athletes, they all are on TRT. Oh, yeah.

Well, the testosterone story is another part of the whole point of destroying us, because that's what they've been going after. Because testosterone makes you smart, testosterone gives you courage, bone density, muscle density.

And if you start breaking down testosterone, you will break down a society. You'll break it down its strongest people, its protectors and its fighters.

So that has been a very concerted chemical war that men and women have not been in a good position to fight. We've been poisoned unknowingly like to such levels that it's unavoidable.

So I am a fan of absolutely testosterone optimization and sometimes that will be replacement because you've and you didn't know it. And many times this has happened.

I mean, children now are being injected at birth with hundreds of shots. They're innocent victims of what's been happening to their hormonal systems. So is it some 18-year-old's fault by the time he's 18, he only got testosterone of 200? No, it's poison to death.

It wasn't his fault. Yeah, and sex hormone, it needs cholesterol for synthesis and we're not eating any of that. Yeah. I mean, I'm going to tell you, even people who are eating a lot of cholesterol, They still can have low testosterone.

As I'm saying, there's lots of endocrine disruptive hormones, poisons happening as well. So even with a perfect diet, it's not going to guarantee we have good vitamin D, good cholesterol.

But yes, cholesterol is the backbone of every single hormone. It's the back bone of your brain. Its the background of all fat structure in your body. The fat wrapping around all your nervous system.

And them trying to lower it is trying kill you. Right? That's a point of it. Yeah, that's true. There are definitely so many factors, but I think it's vegans and vegetarians are one of one who are there among people who have most infertility.

I've seen a lot of vegetarians and their testosterone levels are really really low and worse on top of that they're not eating any cholesterol because you know the guidelines it tells you not to eat cholesterol during my masters in clinical nutrition I was told you should not be having any Cholesterol and any disease every day we used to you learn about different disease and trust me For every disease, they first said avoid red meat.

Day two, avoid it. For everything they blame redmeat. And it was getting… And red me is superior to every other protein out there. Period. You want to stay stick?

Stop avoiding. Don't eat red meet. I hear clones all the time. Red meat only diets. Constantly. It's the most nutrient dense, it's super nutrient-dense, and it is low calorie.

Why would you not eat that? And here's a thing. Cholesterol, again, this is all they bamboozle you. They trick you into thinking the cure is the disease.

Cholesterol is a repair molecule. It is the number one thing we make to repair. Every cell in your body makes its own cholesterol, except red blood cells.

Everybody makes it's own cholestrol. However, 60% of what we need, we have to have more for the diet. So would the body put that much energy into making something that is gonna kill you?

I mean, I don't even understand the logic here. If you simply understand facts, data, anatomy, physiology, what does the body do? It makes cholesterol all the time.

It's a package cholesterol because it's the repair molecule. So you don t need it, you do not repair. Yes, that's why we see high cholesterol among people who have high inflammation, especially women with PCOD and diabetes.

Yeah, and the body's trying to heal itself. It's brilliant. You don't want to stop that. And they actually blame the cholesterol for it. Correct. That's what they've done.

They've convinced you that the thing that healing you is the problem. A fever is greatest healer on earth. People suppress them all the time. Dumbest thing ever.

They actually blame the fireman for the fires. Correct. You dumb, you dumb ass fire man has come to stop the fired. It's not the Fireman who has caused the FIRE.

Right. And they blame cholesterol for things, refined foods and cereals are doing. So I appreciate you still trying to, just you gotta keep telling your clients.

All you can do is keep doing what you're doing and we can just keep saying the message and the people who will resonate, they will come to you. It comes down to that.

You keep telling the truth. People who are ready will be like, what did you say? And they'll just come and say, you know, I kind of knew something about that was wrong.

I just felt something didn't sound right. And I'm like okay, well I'll explain it to. First thing I do is get all my patients off statins. We're done with this.

This is the worst drug on earth. Yeah, take us that. And you don't know, I actually have to meet patients' doctor to, you know stop the statins because their family don' t allow them to stop statin.

Yeah. I understand. Then I have meet their families, then I meet the doctors and it's really a hard task convincing them that, statens are no good. Well I think Perlmutter does a beautiful job.

There's a lot of great books out there. that have broken it down, the lie of Ansel Keys, he was a fraud. So they're basing all of their guidelines on a fraudulent study that was caught being fraudulent and yet they are still doing it.

And it's only for one reason, because statins are the highest selling pharmaceutical in the history of drug sales. That's it, that's follow the money.

It's that simple. Follow the Money and you'll know the truth. And worst part is we don't have the money to make these kind of manipulative studies. Well, no, you just follow the study of the studies The studies are fraudulent and they're funded for a certain purpose and it's right there in front of you.

85% of all studies came out of Stanford. The study, the look at the studied said, oh shit, 85 percent of All the Studies are Fragile and lies. They're not good.

So that's why I care about studies because they are all lies And they have taken the same studies in game changers. The most shocking moment for me was when I saw Arnold promoting this vegan diet and I was like, oh my God, all his life.

He broke people's hearts. All his, life he ate meat and eggs and he became the best, best bodybuilder on earth. And suddenly he's promoting something he never did.

That's because he invested in the company. Yeah, that's why he's invested in the pea protein company. He's set to make million. That's they all were in that they're all invested.

In the thing. They're trying to sell it's not by coincidence. It's for money. Yeah. And you know what before he became a popular actor, he used to he use to have this ad in in this and he was to hold a meat in one hand and in second hand, he used to hold steroids and he use to say, this is breakfast of champions.

Yeah. This is Breakfast of Champions. And suddenly he was promoting vegan. I was shocked. I lost all respect for

him. I know a lot of people did. That was heartbreaking for the bodybuilders.

They didn't go to the Arnold Classic, they're like, I can't believe I'm backing out. It was a big deal for a lots of my friends. And if you actually look at body builders from 1970s and 60s, They ate a whole lot red meat and whole eggs.

Everybody ate raw eggs and and raw milk. If you watch the movie Pumping Iron, all the bodybuilders are eating steaks and eggs. And now if you look at body builders, they only eat chicken breast and egg whites.

They don't eat the yolks. Well, not here. I know that my guys that I do. So the guys I knew in America anyway, They're eating everything. But I hang out with a lot of carnivores, so maybe that's why.

Yeah, there's this very few of them. Like I'm one of the in India, but I've not seen a carnivore bodybuilder in india. I have seen many in Indonesia. Yeah.

and india actually has the least meat consumption in the entire world i know it's so sad it so said we have to help because i think indians are the prettiest people on earth i mean i might be biased but i don't know i'm like what look how pretty they are i only dated one indian guy though he was almost too pretty for me i was like oh god he's No, he just said, you know, American, not a car, neither.

This was college. We just ate whatever. Yeah, we were beer drinkers. That's what we It's interesting that we have the lowest meat consumption and we've the highest metabolic issues.

Indians only eat, the average Indian eats 4 kg in a year, 4kg per capita.

Books, patient selection, and vegan recovery

This is, I'm speaking from studies and they have highest rate of metabolic issue. PCOD is in every other house. Because you're starving. So, if you don't only eat that little bit of protein, your body is searching for nitrogen.

So it's going to continue to eat. It's gonna have to find everything. And so it will continue. You'll be like, how much more of this and everything? Of course, the seed oils are a major problem.

But when you do not have enough animal protein you will overeat because you are never satisfied. The protein leverage hypothesis is you're looking for the nitrogen, So you just continue to eat, continue, to continue.

Plus insulin is super high from all those carbs, which then blocks leptin. So then you still, you're driven to I have to, eat I, have, and I had to turn off my fat lipolysis, so you don't burn any fat.

And then we have more fat, right? High insulin, low, it blocks testosterone, does that as well. Lefton resistance happens. Now you pack on fat and you, don t burn fat And there's your diabetes, there is your obesity, your heart disease, sleep disorders, snoring, erectile dysfunction, dementia, Alzheimer's, strokes, it's all coming.

And where did it start? You never ate enough protein, you never felt satisfied, so you kept eating all this other crap that was available. So at the end of the day, we are overeating, but getting malnourished.

Massive. And it's interesting in a bodybuilding world, when they come, there's basically a gaining phase and cutting phase. And when bodybuilders come onto the cutting face, you know what diet they follow?

It's actually high protein diet. They don't eat fat, they eat in very moderation. they don' eat carbs at all. All they ate is high-protein, around 300 to 400 grams protein.

And they really, really shed their body. They're actually eating high protein diet, but they don't realize that it was actually the carbs which was making them so fat and obese.

Isn't that funny? The cognitive dissonance, they won't get it. It's like it's right there. You see it, the answer, you're doing it but you still don t see.

And then they say, you can't build muscle without carbs. And I'm just like, okay. I have been carnivore since three years. At least 15 kgs of muscle, without carb.

You don't need carbs, yeah. Why would you need carb for muscle? That's so funny. The muscle is not a carb, it's protein. It's nitrogen, yes. Yeah, this is an interesting kilo.

Should we trust the meat industry? What are they shooting into the animals for us to consume? It's so funny. Everybody wants to say this argument. And I'm like, oh, man, y'all don't really understand it.

So first of all, there aren't that much shooting of anything into cattle and stuff. I must say, in America, I can only speak of what goes on here, North America.

But even animals that are like factory, farm lot, like the worst, let's say, that're given antibiotics in their food, they're are given growth hormone injections to get them bigger, even those, what's left in that animal is so minuscule, you're looking at like say for estrogen that's What you get from beans and soy, it's in the thousands and it, I don't know if it is nanogram, whatever that unit is, but it like 10,000 from three ounces of soy and four from four ounces.

It is actually not in the meat the way you think it is. And trust me, I don't want artificial and synthetic and farm lots. I was a vegan and I get all my stuff from a farmer, grass fed cows, blah, because I can afford it and it matters deeply to me.

But I do not care if that's the meet my mother eats. Okay, so one hands down, if my Mother at 77 years old has a choice of having hamburger, from any grocery store, from whatever, or oatmeal?

There's no question. Oatmeal, pasta, all that crap, I don't want her eating any of it. So commercial red meat, hands down, is superior to any bean, any plant protein, um, grain, bleh.

If it's grass fed, grass finished, local, all the better, of course. The only meat you need to stay away from is processed meat. I don't even agree with that.

Why? I mean, I just don' think it is as bad as people think. You're talking about salami and hot dogs and stuff like that? Are you talking about processed?

Is that what you mean? Yeah, yeah. No, I'm talking the meat in which they mix a lot of soya, because it's only 60 or 50 percent meat. Oh yeah, no, well I don't consider that meat, okay, that's not meat…

And 30-40 percent is so ya, and a lotta seed oil. That's what we get in India. Yeah. I dont consider, thats not to meat to me. Okay, now I know what your saying.

You're talking like fast like Taco Bell, like I dunno if you guys have that, but like people eat there. We have a fast food called Taco Bell. I don't know if you have that.

It's like Mexican stuff. And I've had this one patient, God bless her heart, she's 25 years old. Oh, I just have really hard time eating meat. Meat makes me sick.

Okay, let's talk about it. So give me some examples. Tell me why you think that? And she gave me the example that she got sick after she ate Taco bell once.

And I said, wait, you ate Taco Bell? And the conclusion was, it's the meat that made me sick. I get this a lot. Yeah, it's not even meat. I'm like, that's texturized soy.

That's that soy protein stuff, TVP, whatever it is called. And a bunch of spices and seed oils and corn tortillas. So

out of all of those things you ate in that meal, you think it was the beef that made you sick?

Wow. Let's do an experiment then, shall we? Why don't we isolate the ingredients and let's see what happens. And she went home and had a filet mignon and was like, that was the greatest experience of my life.

Oh my God. I said, came back a week later, I lost five pounds. Shocking. But that's what they do. And I'm like you can't eat meat. Are you kidding me?

Yeah, so I agree with you. So I thought you meant like lunch meat? I don't have a big problem with people, prosciutto and salami. Yeah. You can eat it.

Many of the people who do eat meat, then they get this upset stomach, bad gut, and they are eating meat cooked in seed oils and then eating a lot of lot rice or lot chapatis, lot grains with meat.

And then the blame the meat for what things did. I know. Now, why did you think that instead of those other things? Because they want to make sure they can still eat their pizza and their cake.

Well, it couldn't have been the cake, and it certainly wasn't the three bourbons you had. What wasn' that? Yeah, It was a burger. It had to be the burger!

People are funny, aren't they? Even in burgers here, the Burger Patty is not 100% meat. Oh, that's not good. You actually get 100% meat patties in the US, but in India I've never seen a 100 percent meat patty.

It's always mixed. So where do you get it? Where do get your lamb and stuff? No, I'm talking about the burgers. The beef. What do guys make your beef out of?

Is it beef? I'm talking about the burgers in McDonald's and other places. Processed, processed food. Oh, fast food, we call that fast. Now I know what you're saying, process.

I got you. Okay. So the chicken patty in the burger is never 100% chicken. It's always mixed with other ingredients. I got you. Oh, I think we do some of that here, too, in certain places.

Look, we know Taco Bell. It's certain, but other places, they let you know 100% grass-fed. We have all these grass fed places I mean, you can walk in and it's grassfed meat.

I can go right down the street and that's a local farmer grass finished organic beef. You know, it is very easy, actually. People, you know, that's just the reality.

But I'm happy to do it to support a local farmer and stuff like that. And everybody's different. Like I said, eat the meat you can afford though. I've been so poor I had to eat on a dollar a day before as an adult.

like I get it. i ate two hot dogs a Day from a gas station. That's what I could afford. Okay, I'd been there. Shit is hard at times. So I don't shame or condescend anybody for eating the meat they can afford.

Period, and I won't tolerate it in my, I do a lot of courses. I don't to tolerate people going on and on, like look, because then they make people feel bad.

And like if this woman is, you know, she's in her 60s, She's going carnivore for the first time and she has got to eat three times a day enough meat. If I'm trying to get 150 grams of protein in this women or 130 for first in the time of her life, then I will not tolerate anybody shaming her, making her feel back that she can't have a whole foods lifestyle.

Not everybody's the same financially. And I'm happy, I just need her to get that protein in because I am working on her feeling good again, her building some muscles again.

Getting her brain to work again getting cholesterol in her body. Of course I like the higher grade stuff but I mean I only draw the line in a few things like farm raised fish.

Like farm-raised salmon, never. Farm-raced tilapia, Never. Certain things, like the poison level is so high in a few food items, I never allow those. But…

Red meat is not the problem. Lamb and beef and buffalo, you're good to go, pretty much. Yeah. Even chicken is good. If people can't eat red meat for religious reasons, even chicken, it's a good option, at least so much better than all that.

It's okay to start. I find it, very low in iron. And my women, I'm an ovulating woman still, monthly periods, we need a lot of iron, And women are not getting enough.

They've been told to eat that low fat crap. And so they're staying away from red meat. So I really do encourage more red me. But absolutely. If you love chicken, fine.

You know what I mean? I don't love it. I want you to love. It. So I don't eat it now. I did it before to heal myself, I was very sick. It was my mission to kill myself with food.

But I like it so I eat other fish. A lot of oysters, a lot shrimp. You should love what you're eating. Unless I'm maybe a short period of time and I am recovering from something, like I bring a lot of sardines into the picture.

Testosterone, cholesterol, and infertility

A lot people don't like them. And I say sorry, you're eating a can of Sardine every morning for breakfast for 30 days. So that's common. That's a common thing I do with mold patients or something.

But not forever. because I have to feed them, they're starved and we can't wake them up without getting. So small fish have very little heavy metals and poisons, much less.

I love sardines. Superfood. Anchovies, sardsines, oh my God, superfood! Speaking from affordability, point of view, I think chicken would be a good option to start because in India chicken is very cheap.

It's around two to three dollars here. Okay. Yeah, you just gotta be careful with the omega-6 profile. I mean, it can be little inflammatory for some people with really sick people.

Most people are fine. If you have it, like if somebody has like Um, Lyme disease or chronic, is there really inflamed? Sometimes it's a problem, but in the beginning, happy just to get them protein.

I'm happy to see them eating again. Yeah. but at least so much better than they're eating. Correct. So much. Better than what made them sick. Absolutely.

Yeah. Trust me. I have so many Indians, you know how hard it is for him? Like, I'm sorry, i'm going to take your naan. iIm sorry. Like I slowly do it.

And I know it's delicious. and trust me, when I go home and my mom makes chicken and egg curry, and I eat rice with it, but I only get my moms food soo much, right?

at this age, I'm like, oh no, at Christmas, we always, like I eat rice. I'll eat it with the whole meal because I want the, but I won't eat any bread.

And I will never eat that stuff. So, you know, give them like a leeway of like taking it away. But then if I do their hemoglobin A1C, and it's 8.3, Oh God.

We can't even have rice, y'all. But then I pulled back, you know, do I, somebody says, Do I recommend fruit? Very

rarely. Yeah, rice is one of the, I come from Kashmir, India, and rice has one the major factors for diabetes.

More than 60% population in Kashmira are diabetic, they eat a lot of meat, but they actually eat lot, lot rice with meat. Right. Rice and bakery is very common in Kashmir.

I don't know if you can see my shirt, you won't be able to read it, but it says carbs are for peasants. That's a good shirt. Yeah, that's what they're doing.

It's filler. And so you keep the peasant's full of that. You save the good meat for yourself. it makes them fat, slow, dumb and weak, easy to control.

They can't resist. Period. You can't pull together an army of warrior men that are all fat and diabetic. Who are they gonna fight? What they're gonna do?

They're primarily useless at that point. They can problem solve, they can fight, what can they do, not a lot. Metformin is one of the most selling drugs in India, as well as blood pressure medications.

And guess what drives them up? Yeah. Well, and plus they work you guys to the bone with like you're all in IT. You're also sitting at computers. They're sitting blue light toxic and also many times working night shifts right to call centers.

So you have a whole part of your culture. that never sleeps at night. I mean, you know, they're working blue lit all night, so that automatically sets you up.

That causes diabetes. Even if they eat a perfect diet, their chance of diabetes is very high from not following the circadian biology. So there's a lot more at play.

You know India, the stress, environmental stress. The people stacked on top of each other. It's, it's lot that goes on there, yeah. And then the vaccine program has really devastated a lotta the villages as well.

That's a whole other topic. Yes, exactly. And it's, high blood pressure is actually very common in bodybuilding because, you know, first you are taking a exogenous testosterone, which converts to estrogen and you, know when there's high estrogen in the body, there is more water retention.

And on top of that, bodybuilders are thinking a lot of carbs. So they always get blood-pressure issues. Yeah. Guess what they do to resolve it? They just lower the carbs and automatically their blood is resolved.

It's back to normal. Just by cutting the calves. Yeah. Yeah, it's pretty easy actually. And it is one way of your body telling you that this is not good for me.

Still, you don't listen to it. They say you cannot build muscles without carbs. I don t know where that came from, but it s very common in bodybuilding.

Well, it comes from like you get a nice quick energy and you can get some really intense people who aren't adapted. They don't feel as good at first. And so they think, Oh, I have a better workout when I had carbs.

So that's what they, you know what I mean? I get where it. Comes from. Yeah, you know what I think is the best for, fast acting energy. I thinks eggs, nothing can replace eggs.

You're getting first class protein. you are getting fast in fatty acids. What else do you need? It's quick energy with first-class protein I work out.

I fasted on protein, so it's not that hard. I'm always fine. And what's funny is when I was doing my masters in clinical nutrition, they said during my practical, I made a sample diet plan and I gave the patient 90 grams of protein.

And they said, you can't give 90 grams of protein to a sedentary person. This will harm her kidneys. And, oh my God, I didn't know what to say. I was laughing.

90 gram of proteins, according to them was going to harm the kidneys These people are idiots. I didn't know it was this bad. The more I find out at times, the more, I'm like, this is why I keep to myself.

This is what I don't want to know what's going on. And like they said, what to you? It's that bad? Yeah, I know. Protein study is very clear. You're very clearing the meta-analysis of how much protein, and I deal with a lot of older people, you're dealing with young people probably, but the older we get, the more protein we need.

I don't let any patient go under a gram of protein per pound of body weight, ideal, period. And like, if you want to be 130 pounds, you need 130 grams of protein a day.

You want be 150? You need to eat 150. If you're over 50, that's critical. 20-year-olds can get away with all kinds of things and still build muscle if they have all the hormones in place as we used to, right?

But nowadays, they don't. I just tested an Indian guy. So one of my patients, Hindu guy, he's 30, 35. His vitamin D was 9.6, lowest I've ever seen in my practice.

I mean, he won the award, I said, wow, you won award. Testosterone, 2.21. Free was like, oh God, 1.5. And you need vitamin B for testosterone synthesis.

It's a mess. And his primary thing he's coming to me for anger management, like he is explosive to his wife and children and attention deficit memory issues.

I said, you know why? His cholesterol was like 130 or 140. Terrible. I said, because you're eating nothing but carbs, not enough protein, and because your cholesterol is so low, testosterone is low.

So first thing we're going to do, boom, you are lifting weights right now, eating a crap ton more meat, cutting out the rice and the bread. He was like, okay.

And I'm going to see a bunch of other things, boron, everything, because I have to optimize this testosterone. If I cannot get it where I need it, you know, I am open to replacement for sure because he's too young.

I said, this is why he is irritable. And they came to me for neurofeedback and I was like, I'm not doing neuro feedback because look at this. This is the problem.

Men with low testosterone are irritables by nature. Testosterone calms you down. It's the testosterone and making it's high estrogen that actually makes you explosive.

So I said this, we've got to fix this immediately because he feels guilty. He's after he does it, he shames himself with guilt. he's a good man. A really good husband and father.

Does not want to feel like this out of control. And it's being driven by the fact that he's depleted and he can't keep it under control. So, you know, it, that's a thing.

That's what I have to look at. People think they might want one thing, I'm like, That is not your problem. Your problem is this. For people like him, It makes more sense to give them supplement because it is difficult to get vitamin B so quickly from the sun.

Oh, yeah. No, I have to supplement him. Right. I mean, it's it. And Indians don't want to go in the sun here anyway. You know, they don' to get darker and stuff.

So they work. They're all in I. T. they're. All working. Said I'm going to need you to. Go outside and walk. It's hard for them. Like they. Don't go outside.

My mom would go out in. The sun. She's going. To get dark. Even if they are going out in the sun, they're going in full clothes. They're not exposing any part of the body.

It's just exposing the face and then they expect, oh my god, this means we've got a lot of vitamin D today. Yeah. I teach them how to do it. And they'll buy the Spurdy Lamp from me and stuff and they will do.

So I'm really happy I am getting some of these younger families and their young kids. teaching them how to do this the right way. So they have their set up for life and they won't let their stupid physicians con them into the lie anymore.

And they, we won' t let this happen. I said, let me teach you how your body works. Let me, teach them to read these labs. let them gaslight you into disease and illness again, because they will.

So we're gonna fire your doctors. We're going to find you better ones. Because I have to work with physicians. I mean, some people need certain scripts.

we need to certain stuff. You know, we find tumors and cysts on them. Like, oh, that's a lipoma. you might want to get that. Do you want have a surgery or not?

Like I had to deal with things. Have to have work these people, right? So I'll have relationships with the ones that are good and don't follow the guidelines.

because you can find physicians that know the guideline are nonsense. But when we break from guidelines, we are running the risk of lawsuits and not being defended by our insurance companies.

People say they wonder why. That's why, because you guys sue us too much. Everybody thinks they can just take a doctor to court all the time and make millions off of us.

It's constant. it's a litigious, ridiculous society. And then your malpractice carrier won't defend you if you didn't give the statin. Yes. Because that's the guideline.

Yeah. They suggested a ketogenic diet. Well, that is not the guide line. So they don't have to defend you in court.

Red meat, processed foods, and affordability

That's what this comes down to. It's a money game. Yes, so a lot of doctors are actually doing this and they can't do anything about it. Right. You know how much it costs to go to medical school?

We have the borrow three, four hundred thousand dollars just to Then we got those loans sitting there. And then we gotta work like a dog. You want us to read literature on the weekends?

We're slaves to our debt and our practices or the hospital. Next thing you know, it's like, oh God. I can barely keep up with anything. And now you want me to read all the real research and the really literature when I'm exhausted?

That's what they do. They create medical schools, a traumatic experience to break you down, put you in this massive debt, and now, you're locked in. You think, well, I gotta get out of this debt.

I got to make these payments. My payment is $3,000 a month, $4,00 a months, just in my loans. Plus, your expected to marry and have kids and buy a house and get a car and blah, blah blah.

you didn't go to school for eight to 12 years to live like a pauper. You want nice things, right? We need to tell the truth of what's going on and how doctors are even trapped.

It's a system. That's the whole system, but many, many doctors have come out of this. Many doctors got their license canceled. I know, it's terrible. One of my good doctors, an Indian guy, oh no, what is the Arabic?

I worked with him in Toronto. He just got his license taken. I was like, I couldn't believe it. And I refer patients, so I'm like what? It's happening.

So most of us, is quinoa okay? No, its not okay. No grains are okay, rice, quinhoa, none of them are good. People are so injured. Cowabunga. Oh, well, you got any last questions?

I know I need to kind of, I probably need get on with my day here. It's late for you. People say what do I eat? Steak. Someone asked me just what's the best way protein out there.

I said just eat the steak. That's Yeah, I mean, if I had to say, it would go with marigold. I do use a little bit of whey for certain people. It helps them.

Yeah. And I'll use it as needed. But you produce a lot of insulin with whee. it's a very high insulin. If you take just whew, that's why I usually combine whef with the fatty acids, either from ghee or coconut oil.

That way you're getting both of them together, fat and protein. that way actually you can keep the insulin levels low. Yeah, keep it decent. I use a little bit, I used Marygold whey. I'm a woman, I ovulate, i still get my period every month, i'm still fertile.

i like chocolate. So right before my periods we want a bit of carbs, we need to boost my progesterone, right? So my system looks for something.i want an apple or a mango or something because of that. So i put a And it's like chocolate pudding, but it like 50 grams of protein.

And I'm super satisfied. That's a dessert. You know what I mean? And really satisfying. It's got a yogurt, it has a few carbs in it, no added sugar. and it just makes my progesterone go up.

I make a bunch of gaba, I feel great. So I don't have to go off the rails and eat other junk or anything. Yeah, I do the same thing. After dinner I have a very big sweet craving.

So this is what I just take whey protein with a little bit of fresh cream. I don't know what they call it in the US. It's like whipping cream, but without sugar.

Happy whipping creme, yeah. Yeah. Sweet cremes. Mix it with water and whee protein and I'm good to go. You can actually make ice cream from that. I know, you can make all kinds of, I'm kind of lazy.

I don't have to have that every day by any means, but you know it's a nice thing to. So I keep it in the house, that kind. But it is not a meal replacement for me.

Yeah, it just to satisfy that sweet craving. Let's take a few more questions and then I think we'll call it a day. OK. You rattle off anything. What do you want?

You pick. So let's just see the, what do think about raw milk? So many people have been asking about milk. what you think of raw? Do you do want to answer that?

If you're going to drink milk it should be raw. So if you're going to drink it, it should be raw. It should A2 casein. So there's a hybridization of the proteins, A1, A2, the protein, so that would be sheep, goat, camel, certain cows.

So yeah, I'm pro and con on that one. Some people do really well with it. some people don't. There was a genetic, there was an mutation about a hundred thousand or 150,000 years ago.

So Hindus gravitated towards not having it, but white people like the Norwegian Swedish people, do you really, really with that. so you have to see there's a little bit of a variation on who does well, with or not.

But there's a lot to be said for A2 casein like camel milk and sheep milk, and actually has some potential like curative effects in brain disorders such as autism.

So I roll with that with each clinical case as needed. Yeah, but it's very difficult to get A-2 milk in India. And even if you get it, it is very, very expensive because it usually imported Yeah, I prefer you have a local farmer.

I have local farm where I get it from here. It's raw and I pick it up from the farm. That's really easy. So if you go to, at least I know here, eatwild.com will hook you up to farmers and finding raw milk or munchies.

And typically, state to state, it's different. Like it is illegal in Georgia, technically, to sell it to humans. We just say it for pet consumption. Yeah that's for my dog.

You have your dog? I do have a dog. Yeah, I have cat and she only eats liver. She, she eats nothing else. They are nuts about liver, my dog goes insane when I pull liver and especially if it has blood on it, they really go nuts.

I even posted the video on YouTube. Uh, had both the foods I had cat food, then I add some carbs and I put raw liver on the plate she obviously went for the liver yeah because many people were telling me like you know cat food is healthy you should be giving him cat for What she said, you made a video about the cat and what?

Yeah. Yeah, I actually put all the three foods right in front of her and she went straight to the liver. She didn't even she just went to. The cops and they like, yeah, ignored it.

Then she. Went to cat food, then she smelled it and then. Straight to deliver cat because yeah. Cats are obligate carnivores. I mean, most plants will kill them.

And so giving them dry kibble is a death sentence. They what about dogs? They aren't as obligate as a cat, but they are carnivores. But they can get away with some carbs and stuff, a little bit more of a scavenger.

My dog's been a raw carnivo for eight years, raw and everything. So yeah. And I just have a quick question. Does collagen count as complete protein? No, it doesn't.

You don't count collagen. Collagen's incomplete. So that does not count on my protein count. Collagen is for joints and skin. It's not for muscle building.

And if you eat the tendinous organs and stuff on everything, you don't need to take collagen. You should be eating it. But it doesn't count in that protein, in the total of the day, no.

But you can have it like, do you recommend collagen supplement for people who are above 40 or 50? It varies. Collagen supplementation can cause a lot of anxiety and sleep disorders actually.

So I deal with patient populations with mental health disorders and collagen can be a real problem. I'm very particular about who goes on it and who doesn't.

so I would never recommend it for everybody, no. A lot people go on collagen and they have a lotta problems and don't realize it was the collagen. Okay, even collagen from bone broth?

It doesn't matter. It's the glycine, it's content of what's actually happening with glycein and tryptophan. So it doesn' matter where it comes from. No.

You can cause a lot of anxiety and panic. If you've started having panic, anxiety, and stuff, you might want to do an experiment, come off your collagen for a few days and see what happens.

That's interesting. not well known you'll be surprised to see the number of diabetic dogs in india almost my dog is diabetic actually my dogs diabetic and he's a carnivore yeah it happens from mostly the primary cause is poisoning from vaccines so the pancreatitis is off the charts so he was poisoned so, he ate a dead animal somebody used poison And he ate that animal and it almost killed him.

It broke down his pancreas and he was in the emergency room and almost died. So poison is doing a lot as well,

it's not just diet. I'm just gonna throw that at people.

Everything is about what you eat. You're being poisoned to death aswell. And that's why what your eat matters even more, right? But in India, most of the dogs are just, you know, they're eating high-carb foods, which they are not supposed to eat.

And people love to feed Pahleji here to the dog. Paleji is one of cheapest biscuits in here. It's basically without any cream or anything. People love it to have it with tea.

Yeah. and it's one the cheapest. So yeah, They do feed that to dogs.

Raw milk, collagen, pets, and vegetarian transitions

They get them fat. Get their dogs fat, yeah. Yeah, it looks bad. Fat people, diabetic people. So what are your waves on vegetarian? Since we know that vegan is definitely a big no, what do you think about vegetarian diet?

Because many people are, you know, I see a lot of people who are just scared to eat meat. It's not the religion which is holding them back, but it's that they've never eaten meat in their life and they're scared, to you, know eat the meat for the first time.

So they remain vegetarian. They're, scared. Well, that's an eating disorder. Yeah, because they've never eaten meat in their life. So yeah, I do get this a lot.

Many of my clients are vegetarians. They eat milk, they eat cottage cheese, but they're scared to eat animals because them never done it in in the light because their parents were vegeterians.

It's not what is going to happen. What are they scared of? They feel puke ish. Honestly, definitely they just want to pupe. Okay. So I would fix their liver and their stomach acid and the pancreas first and then they make them want it.

They're going to want, their metabolism is broken. Their stomach is too high. So when I bring your stomach down to 1.4 or 1,5 where it's supposed to be and your liver is not clogged and it is making the bile as it supposed be, and I manage insulin like it suppose to, you will naturally want.

You'll be like, oh my God, I can't explain it, but now I want to eat that. because now it's working right. So I fix their body to make it, their their, your body is damaged.

so their taste buds and everything was perverted. I have to fix everything and I bet that will shift it. But to bring it back to normal, they actually have two eat it then.

No, They don't. Then how do you correct their acid? Well, it's a bigger, that's more of a client thing. I have to look at a few things. You have deal with their liver.

The liver is a big problem and their nervous system is big a problem. So I had to see how much is vagus nerve fight or flight causing this problem, and how is congested non-alcoholic fatty liver?

Non-alkoholic fatty livers is massive problem so I go after that. And I can do that fasting. And then gradually, and then out, then there's all kinds of things I do.

I mean, but that's what I'd do with patients. Okay. You can't just start rattling like, well, there is a priority of how you do things, But you don't have to.

No, I make them want it. you can make the body go, Oh, And they'll also literally say, six weeks ago, that was nauseating to me, and now I can't even stop eating steak.

I'm like, I know. No, no. You don't have to hypnotize them. Get them behaving like a human. If you make the body function like the human, it will want to eat like human they are living like non-humans.

A vegetarian diet is not a Human diet. So therefore now they don' behave like one. but I start fixing it. I come back in the other way to make it comfortable for them because now they have intermittent fasting is one of the best ways to get back, to the body back to normal.

Yeah, I'm not as much of it, so intermittent fast thing. And I hate the term. Let me tell you right now, hate it because to me it's just normal eating.

Yeah, because for normal eating, I'm like, we shouldn't be eating 15 hours a day. Like, so like why, why did when did that start? You know, it's just when you're eating satiety foods like fatty protein, you are actually fasting without knowing it.

Correct. You don't need to eat so many meals. Correct. And so I don t allow people to be tracking and I do t use food apps. I d n't do any of that in my practice.

So I'm a little bit different than what a lot of people are doing on Instagram. Let me tell you right now. Because I also deal with people who are coming to me with a diagnosed no mental health problem.

Right? So, I can't take an obsessive compulsive person and make them track macros. I'll make it worse. I can't take an eating disordered person and just instantly fast them.

You know what I mean? I have to approach each thing very individually customized. So I had many strategies on how to do things. The generalizations are for a general population, but the majority of people are not that way.

60% of this country is in a massive diagnosed mental illness right now. 50% are on a psychiatric medication right Like, you know, the general population is in a trauma brain shutdown response, and they're not doing well.

So you can't just make these changes like that. Yeah, it has to come gradually. I have to work away that works with their system. And it does vary on how I had to do that, so But yeah, how I deal with them is I just get them to do that.

And I do have to change the mindset of you're gonna eat. I have see what works for them. The understanding primal cultures and they start studying it like, oh.

So sometimes some people are very mental. They need the mental information. Some people very emotional, I'll hit their emotional information, and I had to see where the access point for then to make the switches.

It's very customized. Again, like I said, they're not making an appointment with me unless they know this is coming. I mean, I know it's coming, so they want it.

They want to know how to do it so I don't find resistance. Again I'm not trying to convince anybody. Right. Probably deal with that with clients. Yeah, I know.

Some people do it better with, you know, liver. Sometimes they do with better fish. It's all individualized. And sometimes, actually, let people follow a vegetarian diet and gradually, very slowly start adding eggs and then fish and chicken.

I've seen it actually it's a good way to, start eating meat and eggs. Because if you tell them to start meeting meat an eggs from the same day, they just get really scared of it.

One of my clients, she had PCOD and she started this ketogenic diet. She was a vegetarian and gradually she starting eating eggs, then she start a chicken.

Now she's eating Eggs and chicken, She hasn't started the red meat, but at least she is eating egg and You have to do it gradually. The body can't handle it.

It's like no different than training, right? You would never go do a marathon if you are out of shape. You had to train. So the system is not able to, it hasn't done it, doesn't know how to digest, and doesn' know to work right, because you've broken it and you have heal it first.

And you can go from the couch to a marathons, you go 3K to 5K, to the gradual progression, That's what happens. You don't go from 40% body fat to 10% fat, it's a gradual progression.

Yes, exactly. But the best part about this diet is it takes less time compared to other diets. It takes time, but comparatively it is so much lesser than other diet.

Right. So you're putting in what you need to heal. If you put in… If put what in you what need heal and take away poison, body heals pretty quick. Give it what it needs and stop poisoning it.

and it will work the body always we're just starving it and poisoning it yes yes just just put it in the right environment yeah great so let's just see if we have any more questions then Speaking of which, I'm starving.

I want to go mix. Someone is asking, where should I order steaks from? I think this guy's from US. You can go to my website, brainobodiesolutions.com, and hit the shop button.

And I have a whole host of ranchers that I work with that are ethical, amazing, incredible, offer some very special. On the West Coast, a couple that work on the East Coast.

where I get my meat source. So brainandbodiesolutions.com, there's some really good resources for all kinds of food, biohacking, devices, supplements, things that I use, like clean, healthy makeup, so women can stop poisoning themselves and stuff.

My website has tons of resources. Earlier in the session, you mentioned that you had hypothyroidism, I think. Someone is asking, how did you heal from thyroid?

Again, you give the body what it needs and you stop poisoning it. So I was eating soy and gluten. Those are the strongest killers of your thyroid out there.

You eliminate. If I have something with a thyroid, there's never any soy allowed ever again. And typically I'm going to take gluten and corn away. and you need to deal with light therapy.

You need get a lot of red light on it to eliminate blue light. There's several things. Taking thyroid gland, eating glandulars that have 3G, 4T, 1T2 in it.

So eat thyroids or take supplements that are thyroid glands, that kind of thing. I use some homeopathic remedies, some of the things that I actually do sell on my website that were extraordinary and activated my thyroid again.

It works. Yeah, gluten gluten is a big issue in India. Many people have acid reflux and a lot of lot have got issues in india because of gluten. It's an inflammatory protein, it's a toxic poison.

And they get better only in five days once they're dished with gluten You can see miracles taking away, but you typically have to take away. So if you have a real sensitive gluten person, you'd have takeaway soy and dairy as well.

But people don't like to, and corn. It all hits the gene code the same. I take it all away One person is asking, what do you recommend for magnesium? On my website, I use two in particular.

seven or eight forms. There's seven natural forms and an eighth form that's really good. So I use bio-optimizers

that has seven forms that with patients at night.

And then MagMind is the brand I like during the day. That's a magnesium three and eight. Magnesium has different functions. It has many different salts.

You should not be taking just one. People say, oh, glycinate, and absolute epsom salts, so magnesium sulfate taking bath. I'm a huge, you absorb more through your skin.

But you need a lot of magnesium depending on what you're doing. So if you are eating carbs and sugar, you'll need more magnesium than a carnivore, first of all.

Many carnibores do not need supplement because they don't do things to drain themselves. You need magnesium to process things. They need about four milligrams to processed beef.

Magnesium, supplements, and closing remarks

We need 400 to processes sugar. It's very different what your body needs are based upon what or exercise, lack of sleep, stress, you'll start burning through magnesium.

So it depends on what you go through. But those are the brands. They're on my website, in my store. You can see exactly what I like. Yeah. It's much more individualized.

I've seen a lot of people, when they get constipated, magnesium really, really helps them. Like initially when the carnivore or ketogenic diet, they start getting constriplated.

And the moment they take magnesium, their back to normal in a day or two. Yeah. I like to go a little bit more root cause. Magnesium citrate is a nice laxative, but I don't want them using it as a laXative.

So magnesium is designed to keep the nervous system and muscles in check. It shouldn't be a Laxatives. That's the cheap way to use it. And that's magnesium citrates.

Yeah, I liked MCT oil better for that, to be honest. So I'd rather use MCT oil to move somebody through because I can make ketones in the liver, I could help the brain and I kill some candida in a gut.

And MCTO will make you go. But it's not, really I've never had, maybe one or two patients out of a thousand when they went carnivore had a constipation problem.

I don't have that problem, my patients don' do that. Again, it could be the way I transition and the ways I do things. Yeah, it's mostly on ketogenic diet because they're also eating a lot of fiber and vegetables.

It might be because of that. Yeah. Their livers are probably too congested to handle it. If you're doing mostly meat based keto, then I don't think it will be a problem.

Yeah, and also magnesium. Yeah. They're eating the same, you know, the keto paleo foods, they eat too much of the thing and they're poisoning themselves with too many oxalates and lichens and stuff.

That's the problems. And that's what they do. But I know what you mean. It actually plays a big role in sports since I've been always been into sports and magnesium has really, really helped me in increasing my performance at the gym in endurance sports, in strength sports in everything.

Yeah. Just a lot of exercise. You burn through it. So I really think in, if you are a competitive athlete, you have to have those supplement magnesium, no matter what diet you're on.

It's very difficult to get enough of it from the diet. because your demands are higher. So you have to supply the body. Yeah, maybe, I don't know. I think at this point, you know, because of the blue light and the EMF, stuff like

that, Navy, don t necessarily see, the Maasai warrior tribes and other tribes, they re more physical than you, right?

And they don s supplement with magnesium. I'm getting, you know what I mean? They were working hard. They weren't taking 90s and supplements. But they didn't have the supplements, they never had the supplement option.

Why would you need it? they live to be 120 years old. I think they were probably doing okay, right? they were not living in a world we are living. Exactly.

As I'm saying, I think it's another issue. I don't think its exercise. It's more non-native EMF and lighting and stuff like that. If you're really, there are Siberians, the Akutans and the Atuans, they're living to 140 right now.

Nobody talks about them because nobody knows about the Russians and reality of what they are doing. They're not taking the magnesium supplements and they They're carnivores, and they're in Siberia in harsh conditions.

They don't take any supplements. And they are getting pregnant at 60 years old. Oh my God. No one talks about them. These are Russia's. Russia has a lot of secrets.

Lots of secret in Russia. That they keep their longevity to themselves. Yeah. But I do like magnesium. I think most people do better to take it. It's awesome to talk to you.

Same here. This was so much of- Yeah, I'm glad you reached out because I love your feed. Um, i sent you to several of my friends. i'm like, look at him.

So, you know, old ladies like me, we're old. And so we were like- they're like where are these guys coming from? I don't know but he's Indian too. I like seeing ripped Indians, because you don t see a lot of ripped Indian guys.

Yeah. At least I It's also the genetics, we are not very much favored when it comes to genetics. I know. That's what my son says. He's like, Mom, could we go to the gym all the time?

My son lifts and stuff and he'll say that. Well, you know, I just have like horrible genetics for lifting. Like, no, don't. Like, stop saying that, you know?

I'm like, they're my genetics. But I'll show him you. I going to say, look. See? He's janked. So you can do it. And he knows. He was like no, Mom, I know.

It's harder for me. You know, like it's fine. Like I still working out. Some people have it easier. That's true. Yeah. Good job. Thank you, thank you!

Have a good one! Bye guys! You too, have a great day!