Toothpaste and Gut Health

The video I recorded this morning was The video I recorded this morning was about toothpaste and how most people about toothpaste and how most people don't realize that your toothpaste could don't realize that your toothpaste could be causing your gut issues because a lot be causing your gut issues because a lot of these these current toothpaste out of these these current toothpaste out there, these mega brands that I did talk there, these mega brands that I did talk about in the lesson, they use things about in the lesson, they use things like SLS, they use things like fluoride, like SLS, they use things like fluoride, they use things like um titanium they use things like um titanium dioxide, which are these foaming agents dioxide, which are these foaming agents that make them foamy, that whiten the that make them foamy, that whiten the teeth, teeth, teeth, >> but they're killing off these really >> but they're killing off these really beneficial bacteria in the mouth, which beneficial bacteria in the mouth, which is linked to the gut. So, make sure if is linked to the gut. So, make sure if you're using a tooth toothpaste, which I you're using a tooth toothpaste, which I know you are, it is a healthy toothpaste know you are, it is a healthy toothpaste that does not have titanium dioxide, that does not have titanium dioxide, does not have SLS. And children, does not have SLS. And children, unfortunately, they use these, they unfortunately, they use these, they market these toothpaste to children that market these toothpaste to children that look like gum that you're like, you look like gum that you're like, you know, they're red or they're blue. And I know, they're red or they're blue. And I know you're a parent, this is important.

know you're a parent, this is important. >> Those have red dyes that also impact the >> Those have red dyes that also impact the gut microbiome by impacting the oral gut microbiome by impacting the oral microbiome. So, I know that wasn't part microbiome.

Fasting for Gut Repair

So, I know that wasn't part of the question with keto, but I I felt of the question with keto, but I I felt inspired to talk about the toothpaste inspired to talk about the toothpaste conversation. Make sure you're using a conversation. Make sure you're using a clean toothpaste cuz that's going to clean toothpaste cuz that's going to link right to your gut. What's up, Ben?

link right to your gut. What's up, Ben? Man, I'm so happy you're here and I know Man, I'm so happy you're here and I know you're doing so much with your new book, you're doing so much with your new book, Keto Flex. I am loving this. I love Keto Flex. I am loving this. I love everything you're doing, especially your everything you're doing, especially your first book, Metabolic Freedom, was a first book, Metabolic Freedom, was a gamecher for me, how I was looking at gamecher for me, how I was looking at metabolics, and you just crushed so many metabolics, and you just crushed so many opinions that I knew about metabolics.

opinions that I knew about metabolics. And I am I'm looking forward to this And I am I'm looking forward to this this new one, Keto Flex, you got coming this new one, Keto Flex, you got coming out here soon. And uh first off, I I out here soon. And uh first off, I I really want to dedicate this time to how really want to dedicate this time to how can we look at fasting, intermittent can we look at fasting, intermittent fasting, how can we look at ketosis to fasting, how can we look at ketosis to help support the gut, people who have help support the gut, people who have inflammatory bowel disease like Crohn's inflammatory bowel disease like Crohn's disease, ulcerative colitis, people with disease, ulcerative colitis, people with IBS, constipation, people with just, you IBS, constipation, people with just, you know, gastritis or other types of know, gastritis or other types of pro-inflammatory problems that we pro-inflammatory problems that we believe are linked to the gut. I'd love believe are linked to the gut. I'd love to hear what you found on how keto um to hear what you found on how keto um specifically or how you know fasting, specifically or how you know fasting, intermittent fasting have been able to intermittent fasting have been able to support the the clients and people support the the clients and people around the world, the millions you've around the world, the millions you've helped uh with these types of issues.

helped uh with these types of issues. >> Yeah. Well, first of all, thanks for >> Yeah. Well, first of all, thanks for having me back, Dane. I love uh hanging having me back, Dane. I love uh hanging out with you and having a good time. We out with you and having a good time. We had a great time. It's one I think it had a great time. It's one I think it was one of your first episodes when you was one of your first episodes when you launched your your podcast. Now you're launched your your podcast. Now you're you're still going at it and I love it.

you're still going at it and I love it. I love to see that, bro. I love to see that, bro. >> Let's start with fasting, right? Uh, and >> Let's start with fasting, right? Uh, and then we'll tie in ketosis into that. So, then we'll tie in ketosis into that. So, fasting is one of my favorite tools in fasting is one of my favorite tools in the shed. I I believe it's one of the the shed. I I believe it's one of the greatest tools out there, right? It's greatest tools out there, right? It's such a fantastic way to harness this such a fantastic way to harness this innate intelligence that's within every innate intelligence that's within every single cell inside the body. When you're single cell inside the body. When you're not fasting, like the average American not fasting, like the average American is eating and grazing all day long. Some is eating and grazing all day long. Some studies are showing the average person studies are showing the average person eats 17 to 23 times a day in terms of eats 17 to 23 times a day in terms of snacking and grazing. And think about snacking and grazing. And think about the bandwidth required for that. the the the bandwidth required for that. the the energy, the blood flow, the resources to energy, the blood flow, the resources to digest food all day long. It takes a digest food all day long. It takes a lot. That's why the last time somebody lot. That's why the last time somebody feasted on a huge meal, they weren't feasted on a huge meal, they weren't thinking, I'm so energized and focused.

thinking, I'm so energized and focused. Let's go get some work done. No, they Let's go get some work done. No, they they were going to the couch to become a they were going to the couch to become a couch potato because all that energy couch potato because all that energy that is required for digestion. So, that is required for digestion. So, enter fasting. Yeah. Simply put, like 14 enter fasting. Yeah. Simply put, like 14 hours into a fast, you're about to hours into a fast, you're about to complete digestion. Depending on how complete digestion.

Keto, Fat Adaptation, and Digestive Support

Depending on how slow or fast digestion is, but let's say slow or fast digestion is, but let's say 14 hours in, you're completing 14 hours in, you're completing digestion. And there's a really cool digestion. And there's a really cool process that I talk about in Ketolex process that I talk about in Ketolex called energy diversion that gets called energy diversion that gets triggered at this 14-hour mark of a triggered at this 14-hour mark of a fast, which is not a long time for a fast, which is not a long time for a fast. And that energy diversion process fast. And that energy diversion process simply means this day. And it means the simply means this day. And it means the energy that was being used for digestion energy that was being used for digestion is now being diverted to the brain is now being diverted to the brain because you've completed digestion. So, because you've completed digestion. So, you're diverting the energy towards you're diverting the energy towards healing.

healing. healing. >> And all that work that was happening in >> And all that work that was happening in the gut is complete. It's done. Now, the gut is complete. It's done. Now, your digestive system gets to relax. It your digestive system gets to relax. It gets to repair. It's like somebody who's gets to repair. It's like somebody who's been working their butt off 9 to5 for been working their butt off 9 to5 for months and they're just dying for a months and they're just dying for a vacation. They get two weeks off.

vacation. They get two weeks off. They're able they're able now to They're able they're able now to regenerate and rejuvenate and get things regenerate and rejuvenate and get things done that they weren't they didn't have done that they weren't they didn't have time to work on before. Like the garage time to work on before. Like the garage that was piling up with trash. Now, they that was piling up with trash. Now, they have time to work on that. The body, have time to work on that. The body, very similar. or you give it time to very similar. or you give it time to rest, it starts working on areas that rest, it starts working on areas that needs to be cleaned up, including the needs to be cleaned up, including the gut. And we know the longer you do, the gut. And we know the longer you do, the longer you go with these fast, every longer you go with these fast, every hour, every minute in that fast, your hour, every minute in that fast, your body is repairing, especially the gut body is repairing, especially the gut microbiome. And I personally feel the microbiome. And I personally feel the best when I'm in a fasted state, best when I'm in a fasted

state, especially as I go into longer fast, 17, especially as I go into longer fast, 17, 20, 24 hours. So fasting is that reset 20, 24 hours. So fasting is that reset for the gut microbiome. It's that time for the gut microbiome. It's that time off for that corporate worker who's been off for that corporate worker who's been working non-stop. Your body does amazing working non-stop. Your body does amazing healing uh activates amazing healing healing uh activates amazing healing during fasting. But one of them is what during fasting. But one of them is what it does for your digestive issues.

it does for your digestive issues. Whether it's as mild as just bloating or Whether it's as mild as just bloating or constipation or diarrhea or indigestion constipation or diarrhea or indigestion or as severe as some of the cases you or as severe as some of the cases you work with the IBD, IBS, uh it could work with the IBD, IBS, uh it could improve a lot of those conditions.

improve a lot of those conditions. However, the second part here is keto, However, the second part here is keto, right? Keto ties into this because it right? Keto ties into this because it makes fasting so much easier when you're makes fasting so much easier when you're fat adapted, when you're now when your fat adapted, when you're now when your metabolism knows how to use fat for metabolism knows how to use fat for energy. What happens is when people hear energy. What happens is when people hear about the benefits of fasting and they about the benefits of fasting and they go into it too fast too soon and their go into it too fast too soon and their metabolism is still burning sugar, stuck metabolism is still burning sugar, stuck burning sugar, they go into a fast now burning sugar, they go into a fast now it's 14 hours in or 16 hours in and it's 14 hours in or 16 hours in and they're not experiencing the benefits they're not experiencing the benefits we're talking about here. They actually we're talking about here. They actually feel awful because the brain feel awful because the brain >> drops in glucose and the brain panics >> drops in glucose and the brain panics and sends the body a intense signal to and sends the body a intense signal to go get carbs cuz they need to fulfill go get carbs cuz they need to fulfill the brain needs to fulfill the desire of the brain needs to fulfill the desire of getting the glucose back up. But when getting the glucose back up. But when you're fat adapted, the ketones are now you're fat adapted, the ketones are now fueling the brain and it essentially fueling the brain and it essentially tells the brain relax, we're good. Here tells the brain relax, we're good. Here are ketones, use this for energy. So, it are ketones, use this for energy. So, it goes hand in hand. And when you combine goes hand in hand. And when you combine a well- formulated ketogenic approach a well- formulated ketogenic approach that has green leafy vegetables, right, that has green leafy vegetables, right, organic green leafy vegetables, if it organic green leafy vegetables, if it has some fruits, it has real food, whole has some fruits, it has real food, whole food ingredients, it works tremendous.

food ingredients, it works tremendous. It's a one-two punch for the gut It's a one-two punch for the gut microbiome. So, I love it. Different microbiome. So, I love it. Different ways to practice fasting, different ways to practice fasting, different lengths, but either one, either length lengths, but either one, either length is going to have a benefit from your gut is going to have a benefit from your gut microbiome. And if you're brand new to microbiome. And if you're brand new to fasting and that just the thought of fasting and that just the thought of going 14 hours without food scares you, going 14 hours without food scares you, then start with just having three meals then start with just having three meals a day, but no snacking in between to a day, but no snacking in between to allow your body to, you know, get some allow your body to, you know, get some digest digestion done and to allow digest digestion done and to allow insulin to drop. So that's a good insulin to drop. So that's a good starting point. But if you already starting point. But if you already progressed past that, low carb keto, progressed past that, low carb keto, then longer fast, it's a gamecher for then longer fast, it's a gamecher for your health.

your health. >> I think you just gave us a massive >> I think you just gave us a massive breakthrough right there, Ben. what you breakthrough right there, Ben. what you were saying, how many of us, even were saying, how many of us, even myself, get these crashes where we feel myself, get these crashes where we feel terrible at 18 to 24 hours. My wife terrible at 18 to 24 hours. My wife does. I was I just did a 53-hour fast does. I was I just did a 53-hour fast last week, and I woke up at 1:00 in the last week, and I woke up at 1:00 in the morning, and I was like, I feel morning, and I was like, I feel terrible. And I just didn't know why. I terrible. And I just didn't know why. I was like, why am I struggling as I get was like, why am I struggling as I get closer to that 72-h hour? I think Ben closer to that 72-h hour? I think Ben just said it. I think it's because my just said it. I think it's because my body's not fat adapted enough.

body's not fat adapted enough. >> And I because I I do I eat berries. >> And I because I I do I eat berries. Berries. I'm I'm in some carb, sugar, Berries. I'm I'm in some carb, sugar, plant. Like I And so my body is not plant. Like I And so my body is not adapted enough. And I think I'm getting adapted enough. And I think I'm getting that kind of horrid experience. I think that kind of horrid experience. I think you just gave me a breakthrough right you just gave me a breakthrough right there. And I think you just said there. And I think you just said something really big for people with IBD something really big for people with IBD who can't afford to lose weight. If you who can't afford to lose weight. If you are underweight, malnourished, poor are underweight, malnourished, poor digestion, poor absorption, and you digestion, poor absorption, and you can't assimilate that nutrients, you can't assimilate that nutrients, you might not be ready to fast, but you can might not be ready to fast, but you can start by practicing a fasted state by start by practicing a fasted state by getting rid of the snacking. so big. If getting rid of the snacking. so big. If you can even have a 12-h hour eating you can even have a 12-h hour eating window, 7 to 7, and you just eat three window, 7 to 7, and you just eat three times 2,000 plus calories, you're times 2,000 plus calories, you're getting 12 hours of not eating, a 12-h getting 12 hours of not eating, a 12-h hour fasted state through the night, hour fasted state through the night, plus you're getting probably another 3 plus you're getting probably another 3 to four hours in between meals of rest to four hours in between meals of rest because when you're not digesting, that because when you're not digesting, that energy is going towards a healing energy is going towards a healing response. So, you're either your body's response. So, you're either your body's defending or it's healing and it's doing defending or it's healing and it's doing its best at either time. And you've got its best at either time. And you've got to be specific and train yourself to get to be specific and train yourself to get your body to use that healing response your body to use that healing response cuz it's passive income. It's passive cuz it's passive income. It's passive energetic health income. So I love that.

energetic health income. So I love that. I love that passive energetic health I love that passive energetic health income. And you know what's also cool, income. And you know what's also cool, you know, if you are worried about you know, if you are worried about losing weight because of IBD, uh, and losing weight because of IBD, uh, and you want to do some fasting, get the you want to do some fasting, get the benefits of fasting, but not the benefits of fasting, but not the drawback of, you know, losing more drawback of, you know, losing more weight, that's a great approach. You weight, that's a great approach. You just said 12 hours, very easy. You're just said 12 hours, very easy. You're using your sleeping window as part of using your sleeping window as part of that fasting window. But also understand that fasting window. But also understand that during a fast the body raises human that during a fast the body raises human growth hormone and it does that to growth hormone and it does that to preserve muscle mass and to protect it preserve muscle mass and to protect it because it does not want to use muscle because it does not want to use muscle mass for energy. It wants to use fat.

mass for energy. It wants to use fat. And if you have a lot of fat on you, uh And if you have a lot of fat on you, uh you might not have that if you are have you might not have that if you are have IBD, but if you have fat on you, which IBD, but if you have fat on you, which everybody has fat on them, the body will everybody has fat on them, the body will use that for fuel. But you don't have to use that for fuel. But you don't have to be as aggressive as 16 hours, 24 hours, be as aggressive as 16 hours, 24 hours, or like you were going up for um a or like you were going up for um a 72-hour fast. You could stop it at 12 72-hour fast. You could stop it at 12 hours. The goal is to eliminate the hours. The goal is to eliminate the snacking, the grazing, because that snacking, the grazing, because that right there is going to create a right there is going to create a backlog. It's going to overwhelm your backlog. It's going to overwhelm your digestive system, your liver. And that digestive system, your liver. And that is where a lot of Americans, a lot of is where a lot of Americans, a lot of Americans are doing that. They're eating Americans are doing that. They're eating every 2 to three hours from waking up to every 2 to three hours from waking up to right before bed. And it's not a good right before bed. And it's not a good idea for your metabolism. It's not a idea for your metabolism. It's not a good idea for your health. And overall, good idea for your health. And overall, it's not a good idea for your gut, but it's not a good idea for your gut, but also it's going to shorten your also it's going to shorten your lifespan, I believe, if you if you're lifespan, I believe, if you if you're doing that year after year. And that's doing that year after year. And that's the catalyst we want to fix when you get the catalyst we want to fix when you get diagnosed with any autoimmune. Most diagnosed with any autoimmune. Most people listening here are already sick.

people listening here are already sick. And a lot of us are young and sick. So And a lot of us are young and sick. So how do we make this the best thing that how do we make this the best thing that ever happened to us? We

make this a ever happened to us? We make this a catalyst to live longer. So you're catalyst to live longer. So you're saying if we do these things, not only saying if we do these things, not only can we help heal the gut, heal the body, can we help heal the gut, heal the body, but we can have a longer life. So wait a but we can have a longer life. So wait a minute, longevity and healing autoimmune minute, longevity and healing autoimmune are kind of the same thing.

are kind of the same thing. >> Yes. >> Yes. >> Yes. >> Yeah, that's right. They go hand in >> Yeah, that's right. They go hand in hand. hand. hand. >> It's so crazy. It's like, wait a minute, >> It's so crazy. It's like, wait a minute, it's the same thing. I have to it's the same thing. I have to recondition myself for the best life recondition myself for the best life ever. Better now than later, right?

ever. Better now than later, right? Better now than when I actually have Better now than when I actually have something that will kill me like cancer, something that will kill me like cancer, heart disease, strokes, and all that, heart disease, strokes, and all that, diabetes. So, and I know you're on a diabetes. So, and I know you're on a mission to help reverse diabetes around mission to help reverse diabetes around the world. And so, these are all so the world. And so, these are all so important. So, no matter I think important. So, no matter I think everyone listening right now, you know, everyone listening right now, you know, whether you have IBD or IBS, what we do whether you have IBD or IBS, what we do to heal one disease, what we do for to heal one disease, what we do for longevity is what also can be very longevity is what also can be very similar, 95% the same of how we can heal similar, 95% the same of how we can heal IBD. We have to do it customized and IBD. We have to do it customized and specific to your case. So I love that specific to your case.

Choosing the Right Fats and Olive Oil

So I love that and I think fasting intermittent fasting and I think fasting intermittent fasting when done right is massive and anyone when done right is massive and anyone with IBD should know about it and start with IBD should know about it and start considering no snacking and then your considering no snacking and then your eating window. I think 8 hours is eating window. I think 8 hours is aggressive with IBD if you're aggressive with IBD if you're underweight malnourish start with that underweight malnourish start with that 12 work back you know and look at it 12 work back you know and look at it maybe get more fat adapted what we've maybe get more fat adapted what we've talked about here ketosis. So, let's talked about here ketosis. So, let's talk about this idea of ketosis. Cuz talk about this idea of ketosis. Cuz when I go into keto, I don't feel that when I go into keto, I don't feel that good cuz I don't do well with fat, good cuz I don't do well with fat, right? Because a sluggish liver is one right? Because a sluggish liver is one of the core common issues with of the core common issues with autoimmune, right? Poor detox pathways.

autoimmune, right? Poor detox pathways. That was me. Like, I could not get my That was me. Like, I could not get my bile moving until I added tudka and bile moving until I added tudka and castor oil backs and, you know, started castor oil backs and, you know, started with raw fats like extravirgin olive oil with raw fats like extravirgin olive oil with high polyphenols. You know, I with high polyphenols. You know, I couldn't handle those heavy steaks and couldn't handle those heavy steaks and charred meat and all of that. What what charred meat and all of that. What what are your thoughts for helping people get are your thoughts for helping people get the benefits of becoming more fat the benefits of becoming more fat adapted but are not ready to go, you adapted but are not ready to go, you know, full into ketosis? And can you know, full into ketosis? And can you also tell people what ketosis is because also tell people what ketosis is because I I have a feeling some people listeners I I have a feeling some people listeners are still going, what are we talking are still going, what are we talking about?

about? about? >> Yeah, let's start there and then I'll >> Yeah, let's start there and then I'll I'll get to the question. It's a really I'll get to the question. It's a really important question because I see that a important question because I see that a lot with the challenges of breaking down lot with the challenges of breaking down fat. Ketosis is a metabolic process. Uh fat. Ketosis is a metabolic process. Uh it's not a diet. It's a metabolic it's not a diet. It's a metabolic process and there's nothing new about process and there's nothing new about keto. It's just nuanced or maybe new to keto. It's just nuanced or maybe new to some people. But this metabolic process some people. But this metabolic process has been around for as long as humans has been around for as long as humans have existed. All of our ancestors, they have existed. All of our ancestors, they practiced keto. How do I know that?

practiced keto. How do I know that? Well, they didn't have food available Well, they didn't have food available all the time. So, they had to fast and all the time. So, they had to fast and by default, their body produced ketones by default, their body produced ketones to stay alive to fuel the brain. And to stay alive to fuel the brain. And they didn't have carbs available year they didn't have carbs available year round. So, there was times where they round. So, there was times where they did eat, but it was mostly protein and did eat, but it was mostly protein and fat. No carbohydrates. So, they were fat. No carbohydrates. So, they were doing keto without realizing they they doing keto without realizing they they were doing keto. So, simply put, it's a were doing keto. So, simply put, it's a metabolic process. In this day and age, metabolic process. In this day and age, we have 93% of Americans who are we have 93% of Americans who are metabolically unhealthy, and I call them metabolically unhealthy, and I call them in keto flex. They're in a keto in keto flex. They're in a keto deficiency. They simply forgot how to deficiency. They simply forgot how to burn fat. When you're producing ketones, burn fat. When you're producing ketones, it's a result of burning stored fat. And it's a result of burning stored fat. And you unlock that by lowering the hormone you unlock that by lowering the hormone insulin, which you do by manipulating insulin, which you do by manipulating your carbohydrate intake because carbs your carbohydrate intake because carbs will raise blood insulin more than any will raise blood insulin more than any other macronutrient. Now, with that other macronutrient. Now, with that being said, now that we understand that being said, now that we understand that it's a metabolic process, some people, it's a metabolic process, some people, including you, Dane, have a hard time including you, Dane, have a hard time breaking down fat, breaking down fat, >> here's the cool thing. The way that I >> here's the cool thing. The way that I teach keto, it doesn't have to be a teach keto, it doesn't have to be a highfat diet. It could be moderate fat, highfat diet. It could be moderate fat, just enough fat where you're not having just enough fat where you're not having a challenge, but enough fat to satiate a challenge, but enough fat to satiate you. But the goal is to reduce the you. But the goal is to reduce the carbohydrates. So, you could replace carbohydrates. So, you could replace that not with fat, but with protein. The that not with fat, but with protein. The overall goal is to keep insulin low and overall goal is to keep insulin low and you do that with the manipulation in the you do that with the manipulation in the carbohydrates. So by dropping your total carbohydrates. So by dropping your total carbs under 50 grams and then replacing carbs under 50 grams and then replacing that with some extra fat but not a ton that with some extra fat but not a ton of fat because you can't break it down of fat because you can't break it down but the rest protein that could be the but the rest protein that could be the way you do keto. And and with that being way you do keto. And and with that being said, you already mentioned a few tips, said, you already mentioned a few tips, right? Taking the tudka, the castor oil right? Taking the tudka, the castor oil pack. And I I emphasize and I do talk pack. And I I emphasize and I do talk about the liver. I actually have this about the liver. I actually have this liver model here because they talk a lot liver model here because they talk a lot about the liver and bile. So important.

about the liver and bile. So important. >> Yeah. The Robin to Batman right there, >> Yeah. The Robin to Batman right there, guys. The Robin to Batman. The liver.

guys. The Robin to Batman. The liver. Yeah. Yeah. Yeah. >> I love it. >> I love it. >> It is like the MVP organ. It does >> It is like the MVP organ. It does everything for us, right?

everything for us, right? >> Yeah. >> Yeah. >> Yeah. >> And it one of those things that it does, >> And it one of those things that it does, it helps to break down fat. It's like a it helps to break down fat. It's like a detergent for fat. And as you're if detergent for fat. And as you're if you're eating more fat, you want to you're eating more fat, you want to break it down. If you don't, you're break it down. If you don't, you're going to feel awful like you were going to feel awful like you were talking about. You're going to have talking about. You're going to have diarrhea, loose stools, maybe feel diarrhea, loose stools, maybe feel nauseous. You're just not going to feel nauseous. You're just not going to feel great. And I' I've taken a few uh not a great. And I' I've taken a few uh not a few but over 10,000 people through the few but over 10,000 people through the exact protocols in Ketolex. And one of exact protocols in Ketolex. And one of the most common challenges if somebody the most common challenges if somebody had a challenge was this. They can't had a challenge was this. They can't break down fat. Maybe because they had break down fat. Maybe because they had autoimmune, maybe because their liver autoimmune, maybe because their liver was so backed up from processed junk was so backed up from processed junk food and toxins and medications and food and toxins and medications and alcohol, but they start increasing the alcohol, but they start increasing the fat and they feel awful. So what I tell fat and they feel awful. So what I tell them to do is what I told you to do.

them to do is what I told you to do. Let's increase protein, not fat. just Let's increase protein, not fat. just get the pro the fat that comes with the get the pro the fat that comes with the protein. No need to have a whole bunch protein. No need to have a whole bunch of fat, fat in your coffee, fat all over of fat, fat in your coffee, fat all over the place. Let's focus on protein, but the place. Let's focus on protein, but then let's support the liver with these then let's support the liver with these bitter rich foods.

bitter rich foods. >> Arugula, apple cider vinegar, >> Arugula, apple cider vinegar, artichokes, lemon and lime water, um artichokes, lemon and lime water, um rosemary, thyme, basil. Just smelling rosemary, thyme, basil. Just smelling those herbs could stimulate those uh those herbs could stimulate those uh digestive juices to flow. So, the digestive juices to flow. So, the bitters are increased. And I talk about bitters are increased. And I talk about bitter for the liver in the book. So, bitter for the liver in the book. So, there's ways to go about it. It doesn't there's ways to go about it. It doesn't have to be a highfat diet. If you have to be a highfat diet. If you struggle with fat, the fat you get struggle with fat, the fat you get should be quality. That is important, should be quality. That is important, but you could work around that by but you could work around that by increasing the protein. The goal though increasing the protein. The goal though is to lower insulin. And you lower is to lower insulin. And you lower insulin by lowering your carbs and insulin by lowering your carbs and staying active. And that will get you staying active. And that will get you into ketosis. And by doing this, we're into ketosis. And by doing this, we're we're saying that we're helping to we're saying that we're helping to optimize the liver. So, that's another optimize the liver. So, that's another benefit of even considering to become benefit of even considering to become more fat adapted. I really like that more fat adapted. I really like that word because you might go in and out of word because you might go in and out of ketosis, but the idea is, you know, be ketosis, but the idea is, you know, be able to handle protein, become more fat able to handle protein, become more fat adapted, you have to strengthen the adapted, you have to strengthen the liver, which all of us want to do liver, which all of us want to do anyways for longevity, for autoimmune.

anyways for longevity, for autoimmune. It is a huge benefit. And this could be It is a huge benefit. And this could be a way you could measure that success a way you could measure that success like you're saying. And I think, Ben, like you're saying. And I think, Ben, what you're saying is right around the what you're saying is right around the the fats. What I notice, and I've seen the fats. What I notice, and I've seen this with a lot of, you know, patients this with a lot of, you know, patients of work who can't handle the fats and of work who can't handle the fats and they've been on keto, is just change the they've been on keto, is just change the kind of fat you get. Like if you just kind of fat you get. Like if you just use a raw extra-virgin olive oil. I know use a raw extra-virgin olive oil. I know you're a huge fan of extravirgin olive you're a huge fan of extravirgin olive oil. I'd love to do it.

oil. I'd love to do it. >> I have it sitting on my desk as I take >> I have it sitting on my desk as I take swigs all throughout the day. Yes. swigs all throughout the day. Yes.

>> Mine's losing I saw your I saw you talk >> Mine's losing I saw your I saw you talk about this the other day about like hey about this the other day about like hey if it's not burning your throat it's not if it's not burning your throat it's not strong anymore. And I've gotten my stuff strong anymore. And I've gotten my stuff and I'm like oh it's not burning my and I'm like oh it's not burning my throat. I need a new bottle. This throat. I need a new bottle. This bottle's bad.

bottle's bad. >> You need you need to upgrade my friend. >> You need you need to upgrade my friend. >> I need to upgrade. I'm like this ain't >> I need to upgrade. I'm like this ain't spicy enough. So let's talk about that spicy enough. So let's talk about that for a second. But I just that's a huge for a second. But I just that's a huge win guys. If you're having problem with win guys. If you're having problem with fat, just cut out some of those cooked fat, just cut out some of those cooked fats for a second and just go with those fats for a second and just go with those raw fats. A teaspoon three times a day raw fats. A teaspoon three times a day of extra virgin olive oil. Find a really of extra virgin olive oil. Find a really good one. Ben Ben has all the best ones.

good one. Ben Ben has all the best ones. He'll tell you one right now. But that He'll tell you one right now. But that is such a good level of fat. And you get is such a good level of fat. And you get all the fat you really need even from all the fat you really need even from like a teaspoon or a tablespoon of olive like a teaspoon or a tablespoon of olive oil three times a day. Then you can do oil three times a day. Then you can do leaner meats, you know, or you

can get leaner meats, you know, or you can get more raw fats in other ways that can more raw fats in other ways that can really help you out. I found that really really help you out. I found that really helped. and then taking a little betain helped. and then taking a little betain HCL with it or a little tudka with it HCL with it or a little tudka with it and then just slowly increase that. All and then just slowly increase that. All of a sudden your liver is stronger, of a sudden your liver is stronger, you're more fat adapted, you can handle you're more fat adapted, you can handle more, you don't need as many carbs, more, you don't need as many carbs, you're not having to rely on the the you're not having to rely on the the bread spiking your glucose, and all of a bread spiking your glucose, and all of a sudden you're just not only healthier, sudden you're just not only healthier, having less IBD symptoms, but you have a having less IBD symptoms, but you have a better chance of having longevity and better chance of having longevity and your labs probably look way better. What your labs probably look way better. What do you think?

do you think? >> Yeah, all of that. Exactly. That's a >> Yeah, all of that. Exactly. That's a good tip right there. It doesn't have to good tip right there. It doesn't have to be fats throughout the day, meaning in be fats throughout the day, meaning in in large amounts with your meals. A lot in large amounts with your meals. A lot of people who do keto, we got into the of people who do keto, we got into the habit of like putting butter and MCT oil habit of like putting butter and MCT oil in the coffee. And if you have IBD, if in the coffee. And if you have IBD, if you have a struggling liver, that's not you have a struggling liver, that's not a good idea, right? There's different a good idea, right? There's different ways to go about this. And as a matter ways to go about this. And as a matter of fact, Dane, like if you're doing keto of fact, Dane, like if you're doing keto because you're very much overweight and because you're very much overweight and you want to lose weight, you want to you want to lose weight, you want to burn fat, which it's very works very burn fat, which it's very works very well for that. I actually don't want you well for that. I actually don't want you to even have high fat because your body to even have high fat because your body is going to have to your metabolism is going to have to your metabolism needs to burn the fat calories before it needs to burn the fat calories before it burns stored fat. So why not allow your burns stored fat. So why not allow your body to tap into its own stored fat and body to tap into its own stored fat and stick with the lean cuts of protein? The stick with the lean cuts of protein? The goal, as I mentioned, is to lower goal, as I mentioned, is to lower insulin, and you do that by lowering the insulin, and you do that by lowering the carbs, building lean muscle, staying carbs, building lean muscle, staying active. So, it doesn't have to be a active. So, it doesn't have to be a highfat diet.

highfat diet. >> Yeah. Yeah. That's really, really >> Yeah. Yeah. That's really, really important. You can just be able to important. You can just be able to measure your fats and be done with it measure your fats and be done with it and move on from there. What about, you and move on from there. What about, you know, olive oil? Cuz I think olive oil know, olive oil? Cuz I think olive oil is tremendous for gut health. If you're is tremendous for gut health. If you're in a a flare with a really inflamed in a a flare with a really inflamed colon, you want to be a bit careful of colon, you want to be a bit careful of these things because healthy foods can these things because healthy foods can be tough when you're inflamed. But as be tough when you're inflamed. But as you get healthier, then you get you add you get healthier, then you get you add more. Like I always say, like fiber or more. Like I always say, like fiber or fats could be like physical therapy. You fats could be like physical therapy. You have to get a healing response before have to get a healing response before you add these things that could be you add these things that could be intense on your body when you're intense on your body when you're inflamed. But what are the benefits of inflamed. But what are the benefits of olive oil? I you've studied it, you've olive oil? I you've studied it, you've talked it to death, but what's a good talked it to death, but what's a good example of an olive oil you love and example of an olive oil you love and what are the benefits? How could it help what are the benefits? How could it help the microbiome? How could it help the microbiome? How could it help antioxidants, quality of the fat, things antioxidants, quality of the fat, things like that?

like that? >> Yeah, I as you mentioned, I'm a big fan >> Yeah, I as you mentioned, I'm a big fan of uh of olive oil. Real olive oil. of uh of olive oil. Real olive oil.

Extra virgin olive oil is what I'm Extra virgin olive oil is what I'm looking for. Like organic coldressed looking for. Like organic coldressed extravirgin olive oil. The reason I love extravirgin olive oil. The reason I love it so much is because it's such a potent it so much is because it's such a potent anti-inflammatory. As a matter of fact, anti-inflammatory. As a matter of fact, and I did a video on this recently. One, and I did a video on this recently. One, there was a researcher back in the early there was a researcher back in the early 2000s. His name was uh Gary Beichum, and 2000s. His name was uh Gary Beichum, and he was visiting Sicily in Italy, and he he was visiting

Sicily in Italy, and he was doing uh olive oil taste testing, was doing uh olive oil taste testing, and he noticed like that peppery burning and he noticed like that peppery burning in the back of your throat, which you in the back of your throat, which you didn't get from your bottle, uh which didn't get from your bottle, uh which you want to get. And he also did you want to get. And he also did research on ibuprofen, liquid ibuprofen.

research on ibuprofen, liquid ibuprofen. And he he noticed, wow, the same peppery And he he noticed, wow, the same peppery sting I'm getting from this olive oil is sting I'm getting from this olive oil is very similar to that liquid ibuprofen very similar to that liquid ibuprofen sting. So he he took it back to the lab, sting. So he he took it back to the lab, the olive oil, and he started studying the olive oil, and he started studying it, and he discovered he was the the it, and he discovered he was the the researcher discovered that that the same researcher discovered that that the same anti-inflammatory pathways, COX one and anti-inflammatory pathways, COX one and COX 2, that ibuprofen tackles and COX 2, that ibuprofen tackles and targets in a beneficial way, it's the targets in a beneficial way, it's the same with extra virgin olive oil. You're same with extra virgin olive oil. You're just getting it at a lower dose. So by just getting it at a lower dose. So by having it every day, it's like taking a having it every day, it's like taking a lowd dose ibuprofen without your liver lowd dose ibuprofen without your liver having to metabolize it, without the having to metabolize it, without the side effects of what ibuprofen can do.

side effects of what ibuprofen can do. So, it's a fantastic antioxidant, So, it's a fantastic antioxidant, especially for the brain. It has especially for the brain. It has olioanthals, which helps with olioanthals, which helps with neuroinflammation.

neuroinflammation. neuroinflammation. However, a lot of the olive oil sold at However, a lot of the olive oil sold at the grocery store, it's going to lack the grocery store, it's going to lack these polyphenols. So, you want to make these polyphenols. So, you want to make sure if you're buying olive oil, it it sure if you're buying olive oil, it it should be I know not everybody's should be I know not everybody's watching, but it should be in a dark watching, but it should be in a dark glass bottle. So, it needs to be glass.

glass bottle. So, it needs to be glass. It needs to be dark. It needs to be dark. >> And when you buy it and bring it home, >> And when you buy it and bring it home, store it in a cool, dark pantry. Don't store it in a cool, dark pantry. Don't keep it out on the counter. that will keep it out on the counter. that will preserve the polyphenols. And the best preserve the polyphenols. And the best thing you can do is what Dane and I was thing you can do is what Dane and I was talking about, which is the taste test.

talking about, which is the taste test. Like, take a shot of it, a tablespoon or Like, take a shot of it, a tablespoon or whatever, and if you have olive oil at whatever, and if you have olive oil at home, do it right now. Take a shot of home, do it right now. Take a shot of it, and then pay attention to what it, and then pay attention to what happens next. If it goes down smooth, happens next. If it goes down smooth, like you were explaining, that's a red like you were explaining, that's a red flag that it's lost its polyphenols. It flag that it's lost its polyphenols. It should not go down smooth. It should should not go down smooth. It should burn your throat. It should kind of make burn your throat. It should kind of make your tongue fuzzy and in some cases make your tongue fuzzy and in some cases make you cough. A lot of olive oil snobs kind you cough. A lot of olive oil snobs kind of call it call them like one cough of call it call them like one cough olive oil, two cough olive oils. And the olive oil, two cough olive oils. And the more you cough, the higher the more you cough, the higher the polyphenol count because that peppery polyphenol count because that peppery sting, those are the polyphenol. So, you sting, those are the polyphenol. So, you know, if you're going to lower know, if you're going to lower inflammation with olive oil, it's going inflammation with olive oil, it's going to help with the gut microbiome. It's to help with the gut microbiome. It's going to help with all areas of your going to help with all areas of your life. So, I'm a huge fan of it. Uh I I life. So, I'm a huge fan of it. Uh I I don't like to cook with olive oil.

don't like to cook with olive oil. Although, if it's like an extra virgin Although, if it's like an extra virgin real olive oil like this one, you can real olive oil like this one, you can cook with it. Even though it's has a low cook with it. Even though it's has a low smoke point, it's still the polyphenols smoke point, it's still the polyphenols protect it from getting damaged, but you protect it from getting damaged, but you start to lose some of the polyphenols.

start to lose some of the polyphenols. So, I prefer to preserve that and not So, I prefer to preserve that and not

cook with it. So, I use this sometimes I cook with it. So, I use this sometimes I put it in my coffee. Sometimes I'll take put it in my coffee. Sometimes I'll take a shot from my desk or I'll use it for a shot from my desk or I'll use it for salad dressings and dips. It's just it's salad dressings and dips. It's just it's a great tool to have. And, you know, you a great tool to have. And, you know, you could start with one teaspoon a day and could start with one teaspoon a day and work your way up to one to two work your way up to one to two tablespoons a day. And once you're tablespoons a day. And once you're there, it's like you're getting that there, it's like you're getting that lowd dose ibuprofen. It's super cool.

lowd dose ibuprofen. It's super cool. That's so awesome. What's a what's a That's so awesome. What's a what's a company or that you like that you say, company or that you like that you say, "Hey, this is the best one." For "Hey, this is the best one." For everyone listening, everyone listening, >> the one that I I'm holding here is from >> the one that I I'm holding here is from the Fresh Pressed Olive Oil Club. I I the Fresh Pressed Olive Oil Club. I I like them because it's it's um of course like them because it's it's um of course organic, but it's also cold pressed.

organic, but it's also cold pressed. It's it's first harvest pressed. So, It's it's first harvest pressed. So, that means it yields a lot more that means it yields a lot more polyphenols. They get less production polyphenols. They get less production when it's first harvest pressed, but you when it's first harvest pressed, but you get more high quality production. And get more high quality production. And they support different farmers that are they support different farmers that are in season across the world. Like this is in season across the world. Like this is the Spanish harvest. And then one of the the Spanish harvest. And then one of the things that is a good tip for you guys things that is a good tip for you guys as well, you want to make sure two as well, you want to make sure two things. When you're looking at the things. When you're looking at the bottle of olive oil at the grocery bottle of olive oil at the grocery store, you want to make sure that it has store, you want to make sure that it has a harvest date. Okay? Not best buy date, a harvest date. Okay? Not best buy date, but a actual harvest date. And that but a actual harvest date. And that harvest date should be within 18 months harvest date should be within 18 months of when you're buying it.

of when you're buying it. >> If it's beyond that, the polyphenols >> If it's beyond that, the polyphenols have diminished. And if there's no have diminished. And if there's no harvest date, that's a red flag. So, harvest date, that's a red flag. So, this one that I'm holding here says this one that I'm holding here says Spanish harvest season, late 2025, early Spanish harvest season, late 2025, early 2026. So, it shows the date and it's 2026. So, it shows the date and it's within the 18 months. So, that's what within the 18 months. So, that's what you want to look for for olive oil. Wow, you want to look for for olive oil. Wow, that's a that's a really really great that's a that's a really really great point. And to go on top of that with point. And to go on top of that with IBD, IBS, I don't really like to cook IBD, IBS, I don't really like to cook with olive oil either because I don't with olive oil either because I don't need to. There are better fats with need to. There are better fats with higher smoke points that are not going higher smoke points that are not going to oxidize as easy. So, my favorite is to oxidize as easy. So, my favorite is ghee. I'm a ghee fan. It helps with ghee. I'm a ghee fan. It helps with butyrate. It's got a great smoke point.

butyrate. It's got a great smoke point. It's clarified butter. I don't get a It's clarified butter. I don't get a reaction with it. Or A2 raw butter would reaction with it. Or A2 raw butter would be great. That's what I tend to cook be great. That's what I tend to cook with. Maybe beef tallow, but I prefer with. Maybe beef tallow, but I prefer the other two. And I try not to cook the other two. And I try not to cook with oils. I know avocado oil. And we're with oils. I know avocado oil. And we're learning more that avocado oil is really learning more that avocado oil is really not as beneficial or valuable as we not as beneficial or valuable as we think. There's a lot of crap in avocado think. There's a lot of crap in avocado oil. And I bet Ben could literally go on oil. And I bet Ben could literally go on a 20-minute rant on that right now. I a 20-minute rant on that right now. I know he could. But um and same with the know he could. But um and same with the olive oil is like, is this probably olive oil is like, is this probably better raw? So that's just something I better raw? So that's just something I do. One question I have for you, Ben, is do. One question I have for you, Ben, is this idea if someone has this fat this idea if someone has this fat problem, right, which is very common problem, right, which is very common with IBS, IBD, liver problem issues, not with IBS, IBD, liver problem issues, not breaking down fats.

breaking down fats. What did the idea of taking the What did the idea of taking the extravirgin olive oil on an empty extravirgin olive oil on an empty stomach? Um, and some people take ghee stomach? Um, and some people take

ghee on an empty stomach or all these other on an empty stomach or all these other fats on empty stomach versus a fatty fats on empty stomach versus a fatty meal. Like if I was having wild caught meal. Like if I was having wild caught salmon, which is high omega-3 is great salmon, which is high omega-3 is great with IBD, that's a good time I might with IBD, that's a good time I might want to have that shot of extravirgin want to have that shot of extravirgin olive oil so I get all the fats in there olive oil so I get all the fats in there so I can take my betane HCL or my ox so I can take my betane HCL or my ox bile. My oxile to break down those fats bile. My oxile to break down those fats and have a better response with it. What and have a better response with it.

Carnivore, Microbiome Balance, and Closing Remarks

What are the pros and cons of taking are the pros and cons of taking something like extravirgin olive oil as something like extravirgin olive oil as example on an empty stomach versus with example on an empty stomach versus with a meal?

a meal? >> Yeah, the the the benefits of having it >> Yeah, the the the benefits of having it with the meal is what you just shared, with the meal is what you just shared, right? You're already having other fats right? You're already having other fats or taking your supplements to help break or taking your supplements to help break down the fat and it fits right into down the fat and it fits right into that. So, you're going to break it all that. So, you're going to break it all down together.

down together. >> Um, the benefits of having olive oil >> Um, the benefits of having olive oil during a fast is number one, for a lot during a fast is number one, for a lot of people who experience hunger and of people who experience hunger and cravings during a fast, they could take cravings during a fast, they could take a shot of olive oil and it could calm a shot of olive oil and it could calm down the hunger and it doesn't break down the hunger and it doesn't break your fast because it doesn't raise your fast because it doesn't raise glucose and insulin. So, it's fasting glucose and insulin. So, it's fasting safe. It's a it's safe for fast.

safe. It's a it's safe for fast. >> So, you still get >> So, you still get >> Yeah, it actually in some cases could >> Yeah, it actually in some cases could could increase autophagy, especially could increase autophagy, especially brain autophagy. Yeah, exactly. We're brain autophagy. Yeah, exactly. We're still getting that cellular cleanup still getting that cellular cleanup process. So olive oil does not break a process. So olive oil does not break a fast. Uh it could it could actually fast. Uh it could it could actually support a fast. Um the other benefit of support a fast. Um the other benefit of having it during a fast is you're you're having it during a fast is you're you're already fasting. So it's already fasting. So it's anti-inflammatory to be in a fast. And anti-inflammatory to be in a fast. And then you're adding in an then you're adding in an anti-inflammatory component to olive anti-inflammatory component to olive oil. So it could actually accelerate the oil. So it could actually accelerate the deinflammation benefits that you get deinflammation benefits that you get with a fast. But you got to know, you with a fast. But you got to know, you know, your body. If you cannot break it know, your body. If you cannot break it down during a fast on an empty stomach down during a fast on an empty stomach because the liver, the bile, whatever it because the liver, the bile, whatever it is, then have it with the meal. The only is, then have it with the meal. The only way to know is to test. If you don't way to know is to test. If you don't want to test because you don't want to want to test because you don't want to experience a flare up, I get it. Then experience a flare up, I get it. Then the safe bet is to do what you just the safe bet is to do what you just recommended, Dana, which is to have it recommended, Dana, which is to have it with your meals after you've taken your with your meals after you've taken your supplements.

supplements. supplements. >> Beautiful. And one last thing on this >> Beautiful. And one last thing on this idea of taking fats uh for gut health is idea of taking fats uh for gut health is one of the best ways to to heal that's one of the best ways to to heal that's clinically shown is doing an elemental clinically shown is doing an elemental diet where you're living on a liquid diet where you're living on a liquid diet to restore IBD. There's lots of diet to restore IBD. There's lots of research, even hospitals are sometimes research, even hospitals are sometimes doing it. And what's recommended is a doing it. And what's recommended is a raw fat three to four times a day with raw fat three to four times a day with those liquid meals. something like those liquid meals. something like absorb plus for example way better than absorb plus for example way better than insure and some of the other stuff insure and some of the other stuff they're using. Uh but then you just take they're using. Uh but then you just take those raw fats. So even someone who's those raw fats. So even someone who's most severe your body tends to get most

severe your body tends to get adapted to that and that's just a common adapted to that and that's just a common way to do it. So just to show that is way to do it. So just to show that is part of the protocol with even some of part of the protocol with even some of the most extreme cases who have to stop the most extreme cases who have to stop eating food for 30 to 60 days and only eating food for 30 to 60 days and only do liquid meals would still have the raw do liquid meals would still have the raw fat in that way. something like MCT oil fat in that way. something like MCT oil or you could do extravirgin olive oil or or you could do extravirgin olive oil or Udos oil, whatever is best for you. So Udos oil, whatever is best for you. So amazing. I mean, this is, you know, real amazing. I mean, this is, you know, real beneficial. I mean, I think one of the beneficial. I mean, I think one of the other things we want to mention about other things we want to mention about keto that I I know you go into with Keto keto that I I know you go into with Keto Flex and why I think everyone should Flex and why I think everyone should start learning about this and finding start learning about this and finding balance with this fat adaptation idea is balance with this fat adaptation idea is how it, you know, what how it helps with how it, you know, what how it helps with things like fungal overgrowth, how it things like fungal overgrowth, how it helps with bacteria overgrowth. I think helps with bacteria overgrowth. I think one of the core problems that anyone, no one of the core problems that anyone, no matter what your diagnosis is, if you matter what your diagnosis is, if you have GI issues, you most likely have have GI issues, you most likely have microbiome imbalances leading to small microbiome imbalances leading to small intestine bacteria overgrowth. And if intestine bacteria overgrowth. And if you have SIBO, you most likely also have you have SIBO, you most likely also have SEO, small intestine fungal overgrowth.

SEO, small intestine fungal overgrowth. So we have this overgrowth of pathogens So we have this overgrowth of pathogens that have become pathogenic, not because that have become pathogenic, not because itself is pathogenic, because it's so itself is pathogenic, because it's so overgrown that now the body can't handle overgrown that now the body can't handle it. Now it's having a cytoine reaction it. Now it's having a cytoine reaction to it. Now we are getting such a strong to it. Now we are getting such a strong LPS reaction lipopolysaccharide LPS reaction lipopolysaccharide endotoxin release you know how have you endotoxin release you know how have you found that keto's helped in rebalancing found that keto's helped in rebalancing these underlying pathogens and have you these underlying pathogens and have you seen a lot of people you work with I seen a lot of people you work with I know you've worked with millions of know you've worked with millions of people but how have you seen that help people but how have you seen that help with you know rebalancing that with you know rebalancing that microbiome and dealing with some of microbiome and dealing with some of these root cause pathogens. Yeah, as you these root cause pathogens. Yeah, as you mentioned like candida, right? A lot of mentioned like candida, right? A lot of um these c these overgrowths can feed um these c these overgrowths can feed off of carbohydrates and sugar. So you off of carbohydrates and sugar. So you you essentially could starve its fuel you essentially could starve its fuel source by um eliminating your carbs and source by um eliminating your carbs and eliminating your sugar and getting fat eliminating your sugar and getting fat adapted. Uh the other part of the the adapted. Uh the other part of the conversation here is that the just the conversation here is that the just the change alone going from a standard change alone going from a standard American diet to a well- formulated American diet to a well-formulated whole food ketogenic approach, that whole food ketogenic approach, that shift could create a positive uh shift could create a positive uh adaptation in the gut microbiome where adaptation in the gut microbiome where good bacteria get stronger, bad bacteria good bacteria get stronger, bad bacteria die off. And I've seen this happen time die off. And I've seen this happen time after time. individuals who struggle after time. individuals who struggle with some mild stuff like um heartburn, with some mild stuff like um heartburn, >> indigestion, maybe some constipation or >> indigestion, maybe some constipation or the other direction, diarrhea, the other direction, diarrhea, >> just shifting into a whole food source >> just shifting into a whole food source diet, whether it's keto or something diet, whether it's keto or something else, that shift could be very very else, that shift could be very very beneficial. But as you were talking, um beneficial. But as you were talking, um something got inspired in my mind to something got inspired in my mind to talk about because I just recorded a talk about because I just recorded a video this this morning just on this and video this this morning just on this and I I felt inspired to talk about it after I I felt inspired to talk about it after you just brought this up. Most people you just brought this up. Most people don't realize that their oral microbiome don't realize that their oral microbiome directly impacts their their gut directly impacts their their gut microbiome.

microbiome. microbiome. >> And keto, when you eat whole food keto, >> And keto, when you eat whole food keto, you're eliminating a lot of these you're eliminating a lot of these processed foods that you're having to processed foods that you're having to break down, of course, as you chew it.

break down, of course, as you chew it. So, that's beneficial for the oral So, that's beneficial for the oral microbiome and gut microbiome. The video microbiome and gut microbiome. The video I recorded this morning was about I recorded this morning was about toothpaste and how most people don't toothpaste and how most people don't realize that your toothpaste could be realize that your toothpaste could be causing your gut issues because a lot of causing your gut issues because a lot of these these current toothpaste out these these current toothpaste out there, these mega brands that I did talk there, these mega brands that I did talk about in the lesson, they use things about in the lesson, they use things like SLS, they use things like fluoride, like SLS, they use things like fluoride, they use things like um titanium they use things like um titanium dioxide, which are these foaming agents dioxide, which are these foaming agents that make them foamy, that whiten the that make them foamy, that whiten the teeth, teeth, teeth, >> but they're killing off these really >> but they're killing off these really beneficial bacteria in the mouth, which beneficial bacteria in the mouth, which is linked to the gut. So, make sure if is linked to the gut. So, make sure if you're using a tooth toothpaste, which I you're using a tooth toothpaste, which I know you are, it is a healthy toothpaste know you are, it is a healthy toothpaste that does not have titanium dioxide, that does not have titanium dioxide, does not have SLS. And children, does not have SLS. And children, unfortunately, they use these, they unfortunately, they use these, they market these toothpaste to children that market these toothpaste to children that look like gum that you like, you know, look like gum that you like, you know, they're red or they're blue. And I know they're red or they're blue. And I know you're a parent, this is important.

you're a parent, this is important. >> Those have red dyes that also impact the >> Those have red dyes that also impact the gut microbiome by impacting the oral gut microbiome by impacting the oral microbiome. So, I know that wasn't part microbiome. So, I know that wasn't part of the question with keto, but I I felt of the question with keto, but I I felt inspired to talk about the toothpaste inspired to talk about the toothpaste conversation. Make sure you're using a conversation. Make sure you're using a clean toothpaste cuz that's going to clean toothpaste cuz that's going to link right to your gut. Abs, you're link right to your gut. Abs, you're absolutely right. I've looked a lot at absolutely right. I've looked a lot at this, too. And side note, I like bio or this, too. And side note, I like bio or dental ciden if anyone's looking for a dental ciden if anyone's looking for a toothpaste. Dental siden is a great one, toothpaste. Dental siden is a great one, but be careful because it's a biofilm but be careful because it's a biofilm disruptor. So, it can get a little bit disruptor. So, it can get a little bit of a herz reaction if you have some deep of a herz reaction if you have some deep infections in there. So, take it nice infections in there. So, take it nice and light with that. But yeah, that's and light with that. But yeah, that's that's important. And when you when you that's important. And when you when you look at keto, you're starting to deal look at keto, you're starting to deal with some of these root cause pathogens with some of these root cause pathogens that are overgrown. And when they start that are overgrown. And when they start to get back into balance, the body will to get back into balance, the body will commonly calm down. And that's why we commonly calm down. And that's why we want to get rid of all these want to get rid of all these aggravators. Now, you know, my last aggravators. Now, you know, my last question to you, Ben, because I know we question to you, Ben, because I know we got to wrap up here soon, is this idea got to wrap up here soon, is this idea of, you know, going towards keto versus of, you know, going towards keto versus going carnivore. I know you've done going carnivore. I know you've done both. I know you have a lot of both. I know you have a lot of experience in both, and carnivore is a experience in both, and carnivore is a big hit for a lot of people with IBD.

big hit for a lot of people with IBD. So, have you found personally in your So, have you found personally in your own gut health or people you've worked own gut health or people you've worked with throughout the years that um you with throughout the years that um you know what's your feeling on, you know, know what's your feeling on, you know, just focusing on keto versus focusing on just focusing on keto versus focusing on carnivore for gut health from what carnivore for gut health from what you've seen?

you've seen? >> I love carnivore as you mentioned. I've >> I love carnivore as you mentioned. I've done it from time to time. I've seen done it from time to time. I've seen many students experience great results many students experience great results with carnivore, but it's it's very it's with carnivore, but it's it's very it's very extreme, right? You are not having very extreme, right? You are not having any carbohydrates, no no vegetables. And any carbohydrates, no no vegetables. And I think if you want to do carnivore, I think if you want to do carnivore, it's going to be a good transition to do it's going to be a good transition to do low carb keto first, then carnivore, cuz low carb keto first, then carnivore, cuz it could be quite the adaptation to go it could be quite the adaptation to go from high carb standard American diet from high carb standard American diet right into carnivore. That that could right

into carnivore. That that could actually be you might have symptoms actually be you might have symptoms doing that. It might take you some time doing that. It might take you some time to kind of adapt to those changes. But to kind of adapt to those changes. But by going high carb, standard American by going high carb, standard American diet to low carb keto, then carnivore, I diet to low carb keto, then carnivore, I think it could be a great option. Now, think it could be a great option. Now, it's not the only option. Obviously, it's not the only option. Obviously, there's other ways to do it. you are the there's other ways to do it. you are the master at teaching people how to do master at teaching people how to do that. But it's a great option for people that. But it's a great option for people who have intestinal permeability, who have intestinal permeability, especially if you're so reactive to especially if you're so reactive to these anti-nutrients, the oxalates, the these anti-nutrients, the oxalates, the phitates, the tannins. I mean, there's a phitates, the tannins. I mean, there's a whole bunch if it's not that the whole bunch if it's not that the anti-nutrients are the enemy. Uh we we anti-nutrients are the enemy. Uh we we have I have friends of mine that are have I have friends of mine that are colleagues that have content saying, you colleagues that have content saying, you know, plants are trying to kill you, know, plants are trying to kill you, like avoid plants for the rest of your like avoid plants for the rest of your life, never eat a vegetable again. I life, never eat a vegetable again. I know we both don't agree to that. It's know we both don't agree to that. It's not the anti-nutrient that's the issue.

not the anti-nutrient that's the issue. It's the compromised gut that's the It's the compromised gut that's the issue. So maybe carnivore is that 30, issue. So maybe carnivore is that 30, 60, 90day approach to eliminate these 60, 90day approach to eliminate these irritants as you work on the gut, do all irritants as you work on the gut, do all the things you learned from Dne and then the things you learned from Dne and then bring it back in. I think it's a bring it back in. I think it's a fantastic idea. I even have a whole fantastic idea. I even have a whole chapter in Ketolex on carnivore, four chapter in Ketolex on carnivore, four different levels to try it, whatever you different levels to try it, whatever you feel comfortable with. So it's a great feel comfortable with. So it's a great tool in the shed, but again, you don't tool in the shed, but again, you don't do it forever, just like you don't do do it forever, just like you don't do ketosis forever. If you choose to do it ketosis forever. If you choose to do it and you do it the right way by getting and you do it the right way by getting fat adapted first, I think it could be fat adapted first, I think it could be very beneficial as you work on the gut very beneficial as you work on the gut and then bring back those and then bring back those anti-nutrients.

anti-nutrients. anti-nutrients. >> I love that. Very well said. And I think >> I love that. Very well said. And I think the big takeaway there is carnivore can the big takeaway there is carnivore can be very amazing for a lot of us uh to be very amazing for a lot of us uh to fix the gut, but a time a time period.

fix the gut, but a time a time period. And if you can't get off carnivore, And if you can't get off carnivore, that's I see a lot of people like that.

that's I see a lot of people like that. They're like, "I feel great on They're like, "I feel great on carnivore, but now I I can't get off. If carnivore, but now I I can't get off. If I have anything, even if it's low, you I have anything, even if it's low, you know, low in sugars or carbohydrates, know, low in sugars or carbohydrates, polyaccharides, any of that, I get polyaccharides, any of that, I get worse. I get severe reactions." So, to worse. I get severe reactions." So, to me, that's his there's something deeper me, that's his there's something deeper going on that we want to be careful of.

going on that we want to be careful of. Ben, thanks so much for coming on today. Ben, thanks so much for coming on today. If you guys don't know Ben, check him If you guys don't know Ben, check him out. Check out his new books. He's out. Check out his new books. He's changing millions of lives around the changing millions of lives around the world. He's a really good guy. You world. He's a really good guy. You really need to get to know him. He's the really need to get to know him. He's the hardest worker in the room, and he's hardest worker in the room, and he's just someone you want to have on your just someone you want to have on your radar if you want to get healthy. Thanks radar if you want to get healthy. Thanks so much for coming, Ben.

so much for coming, Ben. >> Thank you, Dane. I just want to say one >> Thank you, Dane. I just want to say one real quick thing. Um, the book, we're real quick thing. Um, the book, we're giving away some bonuses for the book giving away some bonuses for the book over at ketolexbook.com. So, if you want over at ketolexbook.com. So, if you want the bonuses, you could go there, the bonuses, you could go there, >> but it is available on paperback, >>

but it is available on paperback, Kindle, and then Audible and Spotify. If Kindle, and then Audible and Spotify. If you like listening to books, I narrated you like listening to books, I narrated it myself. And I appreciate you, Dane.

it myself. And I appreciate you, Dane. You're a rock star in the space. I mean, You're a rock star in the space. I mean, your story is just incredible. You give your story is just incredible. You give so many people so much hope and uh you so many people so much hope and uh you give them the protocol, you help them give them the protocol, you help them become aware, you give them the steps become aware, you give them the steps and you really inspire a lot of people and you really inspire a lot of people including myself. So, thank you for the including myself. So, thank you for the kind words. I resonate with that and kind words. I resonate with that and write back to you. Thank you for the write back to you. Thank you for the work that you do and thanks for bringing work that you do and thanks for bringing me back on the podcast and uh I'm me back on the podcast and uh I'm excited to continue to work in the excited to continue to work in the trenches with you and to inspire people trenches with you and to inspire people to take ownership over their health. So, to take ownership over their health. So, thank you for having me back, my friend.

thank you for having me back, my friend. >> You're amazing, brother. God bless. God >> You're amazing, brother. God bless. God bless.