Introduction and Rachel's Role

I'm Dr. Ken Sharlin And welcome again to The Parkinson's Solution Summit 2.0. I have this my guest today, Rachel Wemple, and she is a licensed registered dietitian.

She's also skilled in functional nutrition, and she is the dietitian at Sharlin Health and Neurology. When folks come in to participate in our Brain Tune-Up program you're going to see Rachel and work with Rachel.

She does see people in person as well as by zoom, and we've worked together several years. So we built a philosophy. We built an approach and look forward to sharing that with you today.

Welcome, Rachel. Thank you, Dr. Sharlin, I'm glad we get to visit. Yes. I love my job at Sharlin Health and Neurology and working with individuals, especially with Parkinson's, to really implement, an anti-inflammatory diet.

So I think when folks come in, that's their biggest question, is I see online all these different ways of eating, but what's best for me. And so it's really nice we get to sit down and have time together to individualize that plan.

Based on extensive blood work there, visit with Dr. Sharlin and with Dr. Sharlin's to help, we formulate a plan that's personalized to them. A lot of folks come in.

They may be already on some sort of diet. Maybe they're following the walls, paleo diet. Maybe they're in, ketosis, a ketogenic diet, maybe a carnivore diet.

Maybe they're vegan or vegetarian. maybe they've never even thought about any of that stuff. And they just like, oh, I don't know. I just, you know, eat what looks good.

And a lot of times we go out to eat, right? So, Rachel, I mean, with all of these options, is there a kind of a diet to be on that sort of diet for the brain?

Ooh, that's a good question. So what we teach at, Sharlin Health and Neurology is based on Dr. Sharlin's book Neurishment: The Brain Tune-Up Food Guide So it takes you through an anti-inflammatory diet.

So we're removing the most inflammatory foods from your diet, based on your needs. And then formulating. What can we add in to meet those demands that your brain needs to do all the functions that it requires.

So sugar is a big one that we. Remain probably number one is get rid of those sugar and that processed food. Right? Yes. Because that's what I feel like I see when patients cook more at home.

You have more control over the ingredients and sauces and condiments, and it just makes a huge difference, because the way the food industry prepares our food or restaurants is not the way we would make it at no.

No, definitely no. I, I would say, you know, one of the most, influential concepts on me when it comes to food is really just thinking about optimal nutrition.

It's the food that you're bringing to your dinner table, putting on your plate, and ultimately ingesting and digesting, delivering the nutrients that your body and then your brain ultimately need.

And whether that happens to be given a vegetarian or more omnivore. I don't have as much of an issue with that. But we do certainly know that when people choose to be vegan or vegetarian, there are certain nutrients that are more common or more available if you have a more omnivorous diet.

And so we do have to individualize the approach for that person to make sure, for example, they're getting enough coenzyme Q, enough B12, enough of the omega three fatty acids that the human body and brain utilize best, which are the DHEA and the EPA, rather than just the Ala, which you agree with that?

Absolutely. Because I feel like a big part of this. I tell everyone we talk about this is this is a long term plan. This is not a short game that we're playing.

Anti-Inflammatory Diet Principles

So it needs to be food that you enjoy making. You enjoy eating your family is going to be on board to support you because, you know, you had so many food choices throughout the day, and we kind of need to put a framework or standard around those choices so that this will promote optimal nutrition for you.

Fat belly, maybe a few other caveats. And I think we talked about eliminating sugar. So we certainly want to aim for a diet that doesn't continuously spike a person's blood sugar drive insulin levels.

we frequently use something called a continuous glucose monitor. Yeah, I love those because it's nice that you can see in real time how your body responds to food, to drinks, to exercise, to stress, to sleep.

it's kind of nice to have that information in front of you every 1 to 2 minutes to help you make decisions and for own personal accountability. So yes, we love using continuous glucose.

For sure and getting rid of those processed foods, getting rid of foods that are in packages that have you know, a hundred different ingredients, and you need a chemistry degree to kind of know what they are.

Or if you need a chemistry degree, it is not food. It's what Michael Pollan calls edible food like substances. you know, should you eat eggs? Should you not eat eggs, should you, choose to be completely gluten free or grain completely grain free all together?

I think those things can be individualized to a large degree. The main thing is to understand what are the drivers of inflammation when it comes to food, and what does the body need to minimize inflammation?

I would say, you know, again, in my humble opinion, I'm not a dietitian. The one diet that folks come to us on that I do have some issues with is this trendy carnivore diet.

You know, a lot of folks, they know that fat. So you know that sugars, they are rather they know about carbohydrates. They know about protein. But I always say, look, there are also three classes of micronutrients.

Micronutrients are vitamins, essential minerals. And then a whole other class called phytonutrients. Phyto means plant. And if you study the contents that are natural in plant based eating, the literally thousands.

So they outnumber vitamins, they outnumber minerals and their properties as anti inflammatory, as antioxidant, as anti-cancer fighting, you know, are so powerful to me to eliminate that from the diet altogether.

Seems like we're leaving a huge gap I agree. And we see that reflected in their work when we do, stool samples for my forget testing. We see those areas that are low end.

And so, you know, those plants are producing those compounds to protect themselves. We need those to protect ourselves and our gut. So when I work with individuals, I say there's kind of four main areas where I'm looking to individualize choices for you.

And that is to lower inflammation, oxidative stress, improve gut health and improve metabolic health. And so sometimes I'm kind of carnivore like it doesn't really fit all those categories.

So I feel like gut health is so crucial. And especially with our Parkinson's folks, a lot of GI, a lot of constipation. And

we really need to put in more of that beneficial bacteria in our gut and keep that keep that whole balance of our microbiome.

And then there's the fiber element that comes with plant based eating. And that in turn feeds the gut microbiome. They produce short chain fatty acids like butyrate that directly fuel the brain, directly fuel of the brain, and allow for microbial diversity and abundance, of the microbiome itself, whether it's the guy at the mouth, the skin, even the brain.

So we really need to sort of put fertilizer, good fertilizer on those microbes. Yeah, I like that. Yes. And essential fatty acids. We we talked about that today. Sure.

For sure. Critical SC most patients are low in that area when they come in that we see that. We do see that a lot and that that the other cautionary note we certainly, I believe that, some degree where some practice that may involve, ketosis can potentially be beneficial, maybe not being in a, on a ketogenic diet all the time, but cycling in and out.

But how do we get there? How do we sort of start helping our bodies to produce these ketones from fat? And if we're going to increase the fat in the diet, what kinds of fats are chosen?

Because we do see some problems there as well. Sometimes we do, we do. So that used to be individualized too. So right. We talk about metabolic flexibility where our bodies can use carbohydrate for energy source or ketones for an energy source.

So I know we were talking about a mutual patient that we had come in and they've been ketogenic for two years, not able to reach her goals. And, you know, for her, that wasn't the best eating plan, even though she was making ketones.

And we saw those numbers using a device for her nut for her other markers were in line with what we like to see. So it really needs to be, a well formulated plan for your needs.

I think it's important. Absolutely important. we do find sometimes, particularly our 8.4 carriers. That's a genetic master that not only increases the risk of late onset Alzheimer's disease, but increases the risk of cognitive decline in Parkinson's and, Lewy body dementia and so forth.

But they don't tend to do as well with saturated fat. So we find a lot of those inflammatory markers are going up, particularly when people are leaning toward that ketogenic diet and consuming quite a bit of saturated fat.

It is actually possible to follow a ketogenic diet using an olive oil. source. fat can be more challenging. So there are ways to do it. And we're not totally against saturated fat.

But unfortunately, I think there has been a trend, particularly in what I call the blogosphere and blogosphere. In the podcast, you're to reverse your disease by eating large scoops of coconut oil, and we want the reality is that's just not true.

And we want people to avoid that sort of happen. I think that's a great point, because that's another big question I have is, you know, should I always being ketosis or you know, how often during the day.

So and we use tools also for that to show that, you know, if you are in ketosis or not using a keto measuring either. So we like to use devices so we, we can check and know what our, what our bodies are doing.

I do have a question about apps because there are several out there. are there any apps that you kind of gravitate towards that help people track their intake, track their nutrient intake, track their calorie intake if they want to look at calories?

Well, I like chronometer. That's a free app. and it has a pretty good database on foods, so that's a good one if you

kind of want to track what are my vitamins?

My minerals, you know, essential fatty acids. How much? Mono. You know, poly saturated fat. Am I getting in? I like that, my Fitness Pal is great. And you can just use the free version two for tracking.

Those are probably the two and lose it is another one. And so probably those three are the main ones that patients like. working with. Valerie is a health coach at Charlene Health in neurology and myself.

We use a platform called Practice Better. And what's really nice about that is when you log your food or you can take a photo of your food, we can see that.

So that's another form of accountability. But it also has a database.

Personalizing Nutrition and Tracking Tools

So you can track macro micronutrients. There. Now I know we're going to have cooking demonstration. But before we even cut something we kind of have to bring it home.

can you talk a little bit about shopping? of course, there are folks who grow their own vegetables. Maybe grow some fruit as well. That's wonderful. but for those of us who primarily get our foods from various sources, whether that's your local supermarket or Walmart, Sam's Club, Costco online, you know, Amazon, Whole Foods, etc.

can you give me some general tips for purchasing food out there in the community? Yeah, that's a great question. So like always in my head, I have a list of good, better best.

So yes, if it's homegrown that's the best option. The next option when you're at the store, we suggest that you follow the environmental working groups lists for the Dirty Dozen and the clean 15.

So that list comes out every year, and they're checking produce for the highest levels of pesticides. So we really want to lower our exposure to those toxins, especially, you know, if you have Parkinson's or you're at risk for Parkinson's, we need to lower our toxic low.

And so if you can and what your budget allows, I would buy those dirty dozen foods organic. so always on that list. Greens come so your spinach, your kale, romaine, iceberg, those items you really want to buy at the store, the organic.

And these are just organic greens from Walmart. So a lot of places Aldi has usually great organic selection at a more affordable price if you have a bigger family.

I've got three boys and my husband iffy, so a lot of times at the bigger stores like Costco, I can get bigger packages at a better price. So, that's just is that helpful?

Definitely helpful. And then I always say, do you know what you bring home is important to them? Like you don't bring home? Maybe as important to the stuff you're worried about.

I have a sweet tooth and it's really hard to, you know, night. Those cookies or night that ice cream, you know, don't bring it home. You don't have it in your house, right?

I yeah, you've got to set up that framework or that standard for your household too. So a couple of tips I give is you've got to make it easy on your brain to go for the right choices.

So if you have containers in your refrigerator, like I pull my fridges out of my veggies, out of the bins and put them up or in clear acrylic containers because then your eye is directed and you don't forget about them being in the drawer, and then throw it out so that to me, make it, make it easy on your brain to make the right decisions.

And then if you have somebody in your household that doesn't follow the same plan as you, maybe I will get like the dirt where you can't see through the containers and put those items away.

Does that make sense for me? Because if I see it and I know it's there, my brain just tells me like, oh, you can go had that and try to stop my brain, to make the right decisions for me.

So now there's, there's going to be folks watching this and they're like, I don't cook or, you know, I'm just lit by myself, or it's just my spouse and I.

And the problem is we, you know, get all this food and then it's a lot of food for just two people. It's hard to buy food and portions that really fit for smaller households.

I actually find it's gotten a whole lot easier personally. But for people who are looking for some alternatives to just go in the supermarket and buying all of their groceries is there, I think you have some tips.

Yeah, I was going to say, I know Doctor Charlene, you have found Green Chef really helpful. These are recipe cards. Yes. You you like green chat? We we do.

Val and I have subscribed to Green Chef probably about three years now. and he have a huge stack of those beautiful recipe cards. You know, I think for us, what Green Chef did, is it it got us to think a little bit outside of the box, you know, not that we weren't eating pretty clean anti-inflammatory foods before, but we have the habit, like, I think a lot of folks do.

You go to the supermarket kind of buy the same things over and over and over again, kind of cook the same things, even if you're pretty decent, cook a lot of times it's just habits.

So when we get these Green Chef meals and we get three meals a week, they are portioned for two. So really you get six meals a week, but it's three meals for a couple.

And then in that case, those recipe cards tell you how they have all the nutritional information calories. If you do want to know calories, you know what's in what's in the container, so to speak, to make sure that they did give you what you have paid for.

but in the case of Green Chef, nothing is perfect for paired. That's really important. So I also thought it was, well, I think not just thought it, but I think it's really a fun way to cook if you like cooking, because it allowed me to learn some new recipes, some new cooking techniques in one really simple thing that I like.

This is so simple. Why didn't I know this? But, they frequently use roasted, pumpkin seeds, and the recipe loves. So you could go to the store because they have pumpkin seeds that are roasted in inflammatory processed oils and salted.

That's not what I'm talking about. This is dry roasting where you get the raw pumpkin seeds and you get a pan. I usually is, this is a wonderful pan, for our demonstration.

But I also tend to use the just the regular stainless steel pan and no oil, no nothing. I put the, pumpkin seeds kind of in a single layer on that pan, turn the stove on fairly high, probably about two thirds.

Kind of watch it, because we're talking about about two minutes on. It's nine. And then you have a plate or a bowl or something. You can dump those pumpkin seeds in to cool off as they cool off.

First of all, you have that lovely aroma that you know, as they browned just a little bit and then they get really crispy. And then you can they're great to munch on and you can eat, you know, sea salt or in the lay and salt where you can have fun with different herbs mixes as well.

you can crush them up. So, you know, if you crush them I usually just use my hand, but then I'll sprinkle them over

foods that could be over a salad, that could be over a cooked, meal.

It can be a protein. So you can, you know, put them over a piece of salmon or something like that. And it just adds this wonderful sort of nutty aroma and then chock full of nutrients like zinc. Yes.

And protein and good fats. And so, that's just one. But we can do the same with walnuts. We can do the same with, almonds. Indeed they do. The whole men's whole.

Or you can get the sliced almonds and and both were all of that works really, really well. So that we, of course, have learned a lot more from Green Chef.

But that's just one simple thing. I never thought of doing that. Yeah. And it's it's been a lot of fun. Just to have inspiration. Yeah. But then there are folks who like I just don't cook.

You're not hearing me, I don't go, so what are we doing there? Well, one of my favorite, if you don't cook and you don't want any prep, is Kevin Meals.

This brand has been really popular for myself, too, because, like, Doctor Charlotte and I are working all day, when you get home and your life is busy, you know?

So we're just trying to make things simple to stay on plan. So, there are a lot of varieties of these cabins, meals, and all the ingredients are compliant.

So that's why I love it. So the Me is SUV, so it's already pre-cooked. It comes in the refrigerated section. You just drain off the liquid and then you heat your pan up with a little bit of your oil of choice, and then put that meat in there.

And some come with vegetables. so you heat the meat up and then you're adding the sauce to it, and then you could just microwave or steam some veggies on the side or some cauliflower rice to go with it.

And they have tons of flavors and they're delicious. So this has been super quick because you can make it on the stovetop. If you use a microwave, you need a lunch option at work every.

You know, that's a big struggle. Everybody has oh well, we DoorDash for lunch, or we have somebody who brings lunch in that can really throw you off plan.

So these have been really popular with my clients. So yes. And there's other brands. paleo on the go is another brand where they are compliant.

Shopping Tips and Pantry Staples

They have great ingredients and there's another made by Whole30 is another company where they are all pre-made, and then you just have to heat them up.

So I like that. So, you know, getting started. Some people feel overwhelmed with that meal planning process and some people that do you want to cook or don't want to cook?

If you want to cook, I just say pick maybe two days of the week to cook and fix a little bit extra so you have leftovers, and then you have something like this so that you have, you know, right during the week.

So yeah. Felt overwhelmed. Yeah. Now another thing about cooking, you know, I always think of movies, eat, pray, love and all the other food sort of centered movies, you know, when when we bring people in to Charlotte, to neurology and to our brain, to that program, there's that sort of element of apprehension or fear, like, are you going to take all my favorite foods away?

Am I going to have to eat things that I don't like? I don't like broccoli. I am not brothy, by the way. like, right, right, right. But I always say, you know, and you have kids too, so you're.

I have children, but they're all they're all grown up. You have, younger children at home is whether you're with a family, you know, with youngsters or whether you're just with your spouse, your partner.

Cooking is like one of the great joys, right? I mean, that's the joy of cooking, right? And it can be romantic if you want it to be, it can be a little prelude to other things if you're just a couple.

Right? Right. but after with kids, I always think of, you know, I think it's that, that Ted talk about the guy who's the guerrilla farmer. That's ge. You are.

If you haven't seen. It's absolutely wonderful. But he talks about, you know, kids like that grow their own food. Well, eat their own food. So if you're acting like I don't like vegetables, well, guess what?

If your kid grows their own vegetables, they're going to eat their own vegetables. But getting even that aside, what's been your experience with bringing kids into the mix and getting them involved with cooking and food?

Well, our South fisheries and my 1516 year old next week. he loves to cook. So selfish for me and because I've taught them to cook. And so now I can have a night off during the week to cook.

But but starting at a young age for a. Little time, that's our little dog. To talk about. So, anything that they can do, whether it's slicing a banana with something, you know, the younger kids knives, but getting them involved while you're prepping, they can prep something, too.

So, yeah, having them in the kitchen. And I think that they get excited and they feel more confident. And then they're proud of what they do, and they're excited whenever you eat what they're what they're cooking.

So yeah, that's been my experience. We got some seeds from the library this spring and the boys print them out. So, you know, they're the ones out there watering, pulling weeds.

But you know, they'll eat the spinach that we grow and they'll eat the tomatoes. So. Well, tomatoes maybe not their favorite thing. Irish. Right. But you know, they're involved in the process and seeing where food comes from.

so I think that's really important. Absolutely. Well, Rachel, what do you have to prepare for us today? Well, I said it's not super fun or sexy, but it's salad bags.

All right. Okay. So I picked this for special reason. We talk a lot about Smash Bash. So those that's an acronym for salmon, mackerel, anchovies sardines and herring.

Those are the types of fish that are highest in omega threes and the least amount of mercury. And honestly, we see it in the blood results. We see it in patients.

But that's not that's on people's radar. Eat more of those foods. So we really want people to eat 1 to 2 servings a week. And so most people like salmon, maybe they don't know how to prepare it, whether it's, you know, getting the filets.

one of my quick choices for a weeknight meal when I'm busy and I have a lot of time and something I can always have as a backup plan because it's a pantry staple, is the wild hot canned salmon.

So you you did you eat salmon panics when you were younger growing up? we didn't do a lot of sound tigers. A lot of salmon, did you? Yeah. And we I feel like we.

I grew up in eating a lot of chicken and beef, so. But my boys love salmon, so they love it. And salmon glaze are great if you have leftovers of those you could use a C and salmon patty recipe too.

But just the canned salmon is a great source. I think sometimes people think, oh, it's in a can, but they're a great source of omega three. Yes, I got I have dinner like one brand and I'm not promoting one over the other, but I have found some that can salmon will be a little bony and I have some of that's the spine and the little, but this I think it's called wild. Yes.

I really think I mean, that is just the best. and and by the way, there are different kinds of salmon we often talk about, you know, the coho salmon or whatever.

it wild Alaskan salmon. A lot of folks are worried that salmon can be expensive, although I have found that in general, the prices for wild caught salmon to come down quite a bit.

So, you know, personally, I usually spend somewhere between 10 and $12 a pound for wild caught salmon. No, no more than that ever. Really. but but you can get a little less expensive salmon.

That's called pink salmon. And it's still wild caught. It's just another form of salmon. it is less expensive. So it helps on the budget. It's a good choice.

It's a little lower in some of those omega threes than the other salmon that are out there, but it's still chock full of omega threes. And it may fit a family budget or someone who has a smaller, food budget a little bit better.

So the pink salmon is perfectly fine. Yeah, I think that's great. So that's what I was going to put together today with just a few ingredients. So should we go ahead and yeah, you take.

Take the lead out. Of hey let. Me know. I get everything in place. I make sure I'm not out of the key ingredient. So, these are, this is Costco. Wild caught salmon. So, I mean, they're Kirkland's brand.

So for the demonstration today to make about six patties, I. It depends on the size. I scoop out a fourth of a cup that will make about six patties. I find they're great as leftovers.

You can freeze them, too. So any time I cook, if I'm going to make a mess in the kitchen, I might as well make extra because, you know, you going to clean it up just one time.

So. And the recipe that I like to use, I add two cans of this. And so Doctor Charlene's right. The first time I bought king salmon, the one I got had bones and skin in it, and I was not prepared for that.

So this is skinless and boneless, but any great extra vitamin C and calcium from those Batman stuff. So I just put them in my bowl and then I kind of mash them up a little bit. But.

But I love having pantry staples. So this is the wild caught salmon is a pantry staple for me that I always have onions. So I just kind of take the pieces with my fork and work them so they're smaller pieces.

And then to that I am going to add an eight one, a. So if you don't do eggs you can make a flaxseed. Have you done that virtually that. So that's saying Doctor Charlene's nourishment you guys.

You can make a flax egg and it is you just take two tablespoons of ground flaxseed and one tablespoon of water and stir it together, and then it kind of you let it set and it congeals and it can work as an egg substitute.

So yeah. So good luck. It is just yeah I mean I will say this is we check choline levels. And so if people are eating the fatty fish and they're not eating eggs, they're not needing, they're calling me.

So, that we ideally if you can get pastured eggs, that's the that's the best right here. So I'm just going to crack that in there and stir it around. So but yeah that's it.

that's the eggs I look for because it can be, you know, salads.

So much misleading labeling cage free or free range. So you want to look for pasture. So I'm just stirring that in there. Well and then to that egg mixture I'm going to add a little bit of almond flour.

So this this may be a new technique. Some people when they make salmon patties they're used to adding saltine crackers. Just like that was. Yeah my grandma always made it.

But that's a source of gluten. And it's really like that long list. It chemicals. It's got a long list. So we're trying to look for ingredients that have five for components that have five ingredients or less.

So this is just almonds. So you're getting a little bit more protein and more healthy fat and no gluten by using almond flour and holds together great.

So if I make meatloaf for meatballs so I'm using a fork at the top. And I honestly kind of depends on, you know, how big your egg is. That was a large egg.

But all that, it seems to vary inside. So I just added, maybe an eighth of a cup and I'm stirring right around to see if it's going to hold together, because I don't want it to be too wet or too dry.

Alex, looks pretty good. And then whatever seasonings you have on hand, you can make it more elaborate. I usually just do salt and pepper. I like Redmond salt that has a nice mineral profile.

I use Italian seasoning and everything it seems like. So it's just a great standard one, but I'll give that. Talking about having a more diverse diet to help your microbiome, seasonings, spices, and season really have a lot.

Yeah. Ever since. Yeah, I know our friend Doctor Ball talks about 200 different foods a year, and there's about 200 different foods that you like. Yes, but you can add foods, spices.

Yes. That helps. So that's always my standard whether I'm seasoning chicken or beef, fish, Italian seasonings. And then I like garlic powder. So I'm just going to add a little bit okay.

And I'm not good at measuring. So I just I just kind of it in there. And then I'm going to stir that up. And then you might add a little bit of oil to the pan and right to get that pan.

And can you just while I'm doing that talk about because you send your favorite oil earlier, any any thoughts in general at that. Like, well sort of used. Yes.

I, I know like low to medium heat. We'll use olive oil or extra virgin olive oil. It has great polyphenol counts. So that's another source of feeding that microbiome and being higher in antioxidants.

so and I use kind of rail too because you can roast at, you know, you can use a high temperature with avocado oil and maintains its stability. I think you just have to look for brands.

Consumer reports looked at 35 different avocado oils and then workout with canola oil. More of those. I know it's lavatorial. So you think you're buying, you know, avocado oil.

But it's not 100% so chosen foods and Mary and Richie brand so and then your olive oil what's primal Kitchen. That's a great brand for olive. Oil I think similarly you know, there are some, seals that you can look for on the oil.

That's it tells you it's, you know, organic, non-GMO. I think there is an olive oil Council or something along those lines that sort of puts their seal of approval on these.

And so there was kind of a scandal a few years back, but some of the olive oils coming from Italy also, and many of them were kind of lower quality and mix with, you know, so these were, little, little tidbits of knowledge you can use

when you, you know, critically look at what foods you're buying in the store to make sure that actually is that it says it is worth it.

Right? So for extra virgin olive oil, cold press is what you're looking for to right when you're going out. And then source for a single origin. That's what I'm looking for.

And then we have a great olive oil store in town. You've got some of that olive oil and balsamic from Pantera Farms. So when I go in there, Clayton will tell me this.

We won the award for Most poorly being off the site. So going with an expert is helpful to you. By the way, this I think they have similar olive oil balsamic stores around the country.

great date night idea. You know, like someone's like going to a wine tasting that they have all of these vats full of this organic fresh olive oil rich in polyphenols and little cups.

And you can do tastings of olive oil and tastings of balsamic. It's it's all. On it in Spain. And that, you know, that's a great way to get inspiration to try new recipes.

And I think sometimes we just need to step outside. So what I did was I scooped out a fourth of a cup. I find that that's a good size to make a patty.

And then my hands are clean. So then I just, scoop out of my hair. So these are your best tools in the kitchen? I like a bunch of gadgets. So your hands are the best tool that you can use.

I just kind of hand it out, to get the right thickness. And then I put it in our pan and sizzle a little bit. So I'll just go ahead and make the rest of these.

So this, has been a popular recipe. There's another recipe as if you want to Google it. a grill and a bowl. Not one has been really popular to. And that is a great way to get your sulfur vegetables in.

And it's really easy. You just can buy the coleslaw mix at the store and use that. So I'm going to be going how can I have shortcuts in my kitchen. So decrease time.

We do sometimes buy some of those salad mixes when it hits the dressing. At times, yes, but all the other ingredients, they're right there. They're ready to go.

You open up the bag. Yes. Yeah. And then that's a that's a great lunch. I think a lot of people struggle with lunches because they're used to always having a sandwich.

And so that's a big when people ask me what can I have for lunch? Yeah, you get those small mixes, you get a can of your favorite smash fish. We love the they actually have these, anchovies.

So you can get the like $1.25, 50 and something like that. And each individual, not anchovies. Yeah. I'm sure these, they're wrapped in around a caper and then caper.

And I do like these little salty treats, you know. and, and they're soaked in extra virgin olive oil. So it is peeled back. I can dump it on top of the salad.

I've got my grain omegas like Olive oil and lots of vegetables. So yeah. And it's not very, you know, not very intensive. So and that's all of those came from your pantry.

Yes. Right. All those you have mackerel, anchovies, sardines and herring in your salmon.

Salmon Patty Demo and Healthy Condiments

Yeah. Yeah. Every fish, every one of them. The A the t the. Yeah. For every new. Aspect I'm. Going to rinse off my hand. But anyway I just kind of want those brown on one side and then I'll flip them over and then they're done.

And so it's great to serve with cauliflower rice. Thank you. Sounds great sign to get more veggies. And the more the sulfur component or if you do rice that's a great way.

Or a sweet potato with if you want some starchy and then having some greens with it. So I'm going to it's my hands off. I bought some organic sweet potato fries.

They're just basically precut. They're organic for clean. and then our oven actually has an air fryer in it. And so you can't you're not trying that stuff in, you know, and, and planning to eat.

Well what you need a can bottom drawer that may perfect size. The size. But yeah that thing paying attention now how it's. So they hold the camera. Good.

Looking good. I'm hungry. Are you good? So I just brought, some of those mixed greens. So that's another tip of, If you don't use up all your mixed greens, we.

And you have them at the office, you throw your kale in the freezer, and they're great then to throw into a smoothie so they don't get wasted. As I know a lot of there's means that talk about how, oh, I bought my greens today and then they'll be in the trash, but you don't have to waste them.

So food is expensive. And so finding ways to get use them in other places is helpful. So yeah, those are browning nicely. One of the things that I learned when using the Green Chef, I probably was and adding enough fat to my dish. and it's very interesting because when you look at the portion proportions or the portion size with the Green Chef meals, generally they're pretty decent.

There is a key is, like, you know, my appetite is bigger than that portion size, because I do have a good appetite. Yeah. but, what makes a huge difference is the fat that they add to it.

And these are all, by the way, clean, organic, paleo, etc.. You know, my eyeballs go, well, I can eat both of those, but when I just eat one, I'm actually very satisfied.

That's a great point, is that sometimes eating this way you're removing some of the calorie filler is nonsense food out. And so to replace those calories, we want you to have healthy fat choices.

And really fat and protein are so satiating. And so yeah, I will just drizzle, you know, olive oil over my vegetables once they're done cooking to add that extra healthy fat and that that's a way to feel more satiated to make sure you have a healthy fat, whether it's a half an avocado on your plate or a couple tablespoons of olive oil in a salad dressing or on your veggies, we want you.

We don't like this plan. You should feel full and satiated. Yeah, there's a recipe. I think it's in the book, but it's one that I talked about a lot. where we make our own mayonnaise and all we're using is that extra light olive oil, one cup, one whole egg, and the juice of half of a lemon.

Now, traditionally, I would put in about a tablespoon of mustard, like a, ground, you know, like a where a great John or something like that. But the nice thing about the basic recipe, even before you add the mustard and by the way, all you're going to do is you basically just put your egg, your lemon juice in a pitcher, like.

That's right. I use a stick blender, the immersion blender. And then I have my cup of olive oil. And I just as I am blending it, I'm pouring that olive oil in and it, it emulsifiers and turns into, pretty thick mayonnaise, consistency.

But the lovely thing about that then, is we talked about burgers. You don't want to do mustard and do all you can add, you know, so we were talking earlier about a curry, right?

In a curry, turmeric in there. So make kind of like a curry paste. Must, mayonnaise. That would be lovely on this, right? And just look, you know, anywhere between maybe a couple teaspoons to a tablespoon, kind of smearing on the top there.

That's a technical term, by the way. but that's just, again, like, open up your spice cabbage. Yeah. Or I will, sort of thin out the mayonnaise by adding an apple cider vinegar.

And now I'm adding some healthy microbes in there. The fermented apple cider vinegar. And now I have a lovely salad dressing. So the point is, this mayonnaise recipe is really just a base, right.

And then you can do all kinds of things with customize creative. Yes. So you can make charge sauce right. You can get Bobbie's relish for that beneficial probiotics in the various relish and use that as a tartar sauce by kids love the Primal Kitchen brand of condiment.

So they have buffalo sauce and that's what they did their that is in. Yeah. So some people are dippers and they need a little bit of sauce on the side.

But the mayonnaise is great because you have control over those ingredients. That's a healthy fab that's made with the egg and the extra virgin olive oil.

Yeah, I love that. And that's really it. It's it's super simple. So you know, a lot of clever food manufacturers, they're selling you these products very small quantities for really a big dollar and price.

But you get one of those big containers of that, light olive oil. The extra light olive oil, one egg, you know, a lemon that you're talking about making the whole thing probably, probably for a dollar.

Right. And then just put it in your fridge and it's good for for another day. Yeah, I love it. Yeah. So there's ways to be cost effective to make your choices. Yes.

It's just experimenting, trying new things. So what do we have. So I think we're done okay. That looks nice and brown. So we'll turn on that I will turn. Off the.

Sterling stove. So he. This is on the stove and. Then. We got a. Nice. Yeah. So these are the salmon patties that I pre made. And I had to put a sticker on them last night.

The fridge I don't really need these for the demo. but yeah. And we need some forks. And that's going to be in the drawer to your right. Slightly to the right.

Yeah. Yeah. so. I just put one plate there. Is that. No. It's okay. That's okay. I slide down there. So, so yeah I would you could do that mayonnaise on the side with it.

I just squeeze, you know fresh lemon. So we got some. Lemon on there. And some iron in the greens. So the vitamin C is going to help absorb the iron it seems.

Yeah. And you do salt pepper some. Oh yeah. All right. So we're going. To eat I'm hungry. Sorry guys. It's time. Let's find yum. This is a staple. So I'm glad I'm glad we can make it together.

Well Rachel Wemple thank you so much for being part of The Parkinson's Solution Summit this year. People do want to reach out to you. Can they send you an email.

Actually to provide. They can email me Rachel@sharlinfxmed.com. and I would love to work together. Food is my passion finding food that you love and enjoy.

We can work together and I find that really satisfying. So yeah, I'd like to work too. Well, thank you. We appreciate it.