Introduction to Joel Fuhrman and the summit

Hello, everybody. This is your co-host, the Reversing Heart Disease Naturally Summit. Joel Kahn, medical doctor. And it's my pleasure to introduce my co-host.

Known to everybody worldwide by Joel Fuhrman, medical doctor, board certified family physician, seven time New York Times bestselling author. You've seen him on PBS.

His specials have been a smash hit. He's raised over $70 million for PBS through, those educational programs you've seen, that have helped so many worldwide for over 30 years.

He's shown it's possible to have sustainable weight, reverse heart disease, diabetes, and many other illnesses. Be sure to read his book, The End of Heart Disease and Eat to Live.

And eat for life. Eat for life, right, Joel? Eat for life is the most recent book, so I'd recommend they start. They maybe start with the most recent. Yeah. All right.

And thanks for taking the time out of your busy schedule. We're going to talk today about slowing aging. Topic everybody's interested in. You're an expert on.

So why don't you jump right in and give us a little, foundation on what the new Trinitarian diet is and, why it's so important to this reversing heart disease summit?

Exactly. And this is my point. My point is, if we put together the optimal dietary portfolio to slow aging and to maintain us at our ideal weight with our maximal physical and mental capacity to live a life span between 97 and 107 years old, that should be the normal lifespan for humans.

Moderate caloric restriction and micronutrient excellence

If we do things right. And I'm saying the most optimal way of living and eating also is most therapeutically effective. And we want to reverse disease like diabetes, high blood pressure, high cholesterol, and reverse heart disease and protect from cardiovascular death.

So I'm saying the the diet that most promotes longevity is also most therapeutically effective to reverse disease. When people are suffering with chronic illnesses.

So it's when we marry that form together, we marry that together. And the foundational principle and the most proven methodology to slow aging in scientific studies and scientific research has to do with these five words.

And I want people to write down these five words and memorize them. Here they are moderate caloric restriction in the context of micronutrient excellence.

So it's moderate caloric restriction with micronutrient excellence. So we have to make sure we're not deficient in anything. We have to eat a diet rich in vegetables, particularly green vegetables.

We're vegetable dependent animal. And we have to control not only what we eat, but the amount that we eat and the timing of how we eat it. All those things matter to maximize longevity and maximize our body weight.

So what I'm saying here and going into is that we're increasing the nutrient bang for caloric buck by eating more vegetables and eating more green vegetables, because vegetables have the most nutrients per calorie, per caloric book reading a vegetable based diet, and with lots of salads and cook greens to maximize our weight.

We're also eating a lot of volume of low calorie, high nutrient vegetables that are just that are non green, like eggplant and peppers and tomatoes and onions and mushrooms and cauliflower, things that are not green, but also have a very high nutrient per calorie density.

So people too can eat a larger volume of food and still lose weight. And we're going for nutritional variety in the plant kingdom to get a diverse exposure to phytochemicals, carotenoids, ISO file cyanide, and other immune boosting and anti-inflammatory substances in the plant kingdom.

So a neutral turning diet is a vegetable based, plant based diet. And whereas the conventional diet gets their fat from animal fats and oils, the new territory and diet gets its fat from nuts and seeds and avocados, whole foods, which then are more satiating and make you desire less calories.

So I just before I finish that initial question, I wanted to finish this point that we're trying to eat less calories, eat the right, and not exceed our caloric requirements.

But I'm saying when you fill the body with nutrients and fiber and resistant starches, when you eat the right food, it naturally suppresses the appetite.

It naturally makes you satiated with less calories. So, you know, so you desire the right amount of calories. The calories you desire becomes the right amount for your body's requirements.

And you don't have to eat overeat to feel okay. When you eat conventional food, it's impossible to eat the right amount of calories because when your body is deficient in nutrients, you just become craving calories and you're all fatigued and you just need more calories to to feel like you're okay.

So we're not like we're moderately calorically restricting by eating the right foods, which then satisfies us with fewer calories. Okay, that was a tremendous, you know, review on why your books, have influenced so many people's lives for so many years.

I just noticing your, smash hit Eat to Live has over 17,000 reviews on Amazon, and I couldn't find too many nutrition books that have reached that many people that were, you know, motivated to leave.

Wonderful comments like, there are there. So, thank you for that.

Body fat, insulin resistance, and aging risk

Let's keep going on this topic of slowing aging and the new Trinitarian diet, because everybody wants to grow old a little better, a little healthier, and a little slower.

How does body fat affect aging and the heart? Well, that's the point here, is that we're filling we're increasing the nutrient density of our diet, which then increases the nutrient density of the cells in your body.

The cells have to be filled with nutrients to prevent inflammation, to enhance DNA repair, to prevent telomeres, then to prevent, of course, the aging of tissues, which leads to obviously brittle, hard age tissues that can rupture, fracture, and cause irregular heartbeats or hemorrhages and things like that and stuff like, and unhealthy things that kill us so we can maintain the health of our tissues.

But body fat is particularly powerful at accelerating the aging process. And I'm saying that almost all Americans are overweight because the you know, if we look at Americans above a BMI of 23, that's 89% of people in America, maximum lifespan and maximal protection of cardiovascular death occurs with males with a BMI below 22 and females with a BMI below 21, and that corresponds approximately to female body fat below 25% and a male body fat below 15%.

Because as you gain more fat on your body, a male gains more than 15% of female gains more than 25% body fat. You become more insulin resistant in a dose dependent manner, more body fat, more insulin resistance, and then

the body has to produce more insulin to push the glucose, to keep the glucose down, and insulin ages us.

It's a fat. It's a fat storage hormone. It's a growth hormone that it promise allows cancer cells to replicate. But it also allows cholesterol to be deposited and to be produced.

So high levels of insulin are associated with higher cardiovascular death. And and of course, higher cancer deaths as well. And body fat because it's naturally hypoxic tissue.

The word hypoxic means it doesn't get a great blood supply. So the fat supply becomes a storage depot for toxins. And because it doesn't get a great blood supply, it produces more free radicals.

And it's and then releases reactive oxygen species, putting out cytokines and lipo kinds and other pro-inflammatory substances that increase the risk that injure the endothelial lining and increase the risk of heart disease.

But it also the extra, inflammatory compounds suppress the immune immune function and make the body produce more estrogen. And the estrogen levels go up in proportion to testosterone and progesterone.

And so the higher estrogen ratios in females cause more breast cancer. And in males called obviously cause more prostate cancer. So we can dial in our life span and dial in our risk of cancer.

And we can slow the aging process by reducing calories and make sure our body fat is lower. So we have control over this. We have control of how much we eat for and when we eat it and what we eat, but we lose control.

Our addictive central nervous system drivers take over control and we don't want to lose control of much. We desire to eat when we eat fake food like processed foods sugar, honey, maple sirup, you know, soft drinks, crackers, break, breakfast bars, you know, whatever we're eating white flour products, commercial baked goods and when a body.

And so I'm saying here that a piece of chicken is like a bagel because they're both sources of macronutrients to give us calories. The bagel gives us mostly carbohydrate, and the chicken gives us mostly protein.

But they neither one supplies a significant micronutrient load. And so the micronutrient content of your diet that controls your appetite and controls your desire for excess calories.

And of course, we know that they're both hormonally unfavorable because animal protein raises growth hormones like IGF one and high glycaemic carbohydrates like white rice and white bread and white potato.

When white flour and sugar raise insulin. And it's that insulin and IGF one raising up that creates this pro-inflammatory process that that speeds the aging process and is associated with with shorter lifespans, both cardiovascular death and cancer deaths.

So we obviously need to eat a diet that's plant based.

G-Bombs and nutrient-dense plant foods

That's where we're we're restricting or eliminating both processed foods and animal products and oils while we fill up on natural plants and learn to utilize them in delicious ways.

And don't eat more calories than you need. And you don't. And if you eat enough of the here's what I'm saying. If you eat enough of the G bombs and enough salad and vegetable bean soup and onions and mushrooms and eggplant and peppers, if you if you eat healthy enough and sprouts, and if you eat enough healthy food, you don't desire excess calories.

And the desire and desiring excess calories is usually because people are deficient in eating enough healthy food when they eat enough healthy food, the desire for excess calories goes away.

So we lose weight by eating the right food and eating enough of the right food to lose weight. Okay. What is, thorough and wonderful? What, what about the most important foods?

The most important factor is just the pearls that come out of your, you know, so many years of experience to slow aging and protect the heart and brain.

Well, one is the choice of food. And that means we want to include those g bombs, preferably every day, as part of what we eat. The G bombs are the foods with the most scientific evidence for lifespan enhancing and anti-cancer effects, and cardiovascular protection.

And they stand for green vegetables for G and then bombs, beans, onions, mushrooms, berries and seeds. And we could like flax seeds, chia seeds, hemp seeds.

And let me throw walnuts in there with the seeds because we're talking about flax, chia, hemp and walnuts as the nuts and seeds that have the most ala omega three fatty acids.

Because Ala has been shown to protect the heart against irregular heartbeat, especially against the development of atrial fibrillation. So these things are cardioprotective.

And they do. And they lower cholesterol as well, particularly oxidized LDL. But in any case we're talking here about eating the G bombs, having a and having one big salad a day, and also having cooked vegetables, particularly cooked mushrooms and cooked greens and cooked onions besides the raw onion and scallion and all the raw vegetables you eat, meal and salad.

Also having adding to the vegetable content of your diet with a lot with cooked vegetables at dinner as well. So that's one thing. The second thing is the timing of when you eat it.

We want to because we but our body heals and repairs itself most in the catabolic phase when we're not digesting. So we need an extended catabolic phase of not digesting food at night.

And we don't lose weight while we're constantly eating and digesting food. We lose weight as a third of the like, as two thirds the glycogen utilized for energy.

So we use because the our body stores glycogen after we eat the meal and then afterward finish digesting, we burn off the glycogen that was stored. The body doesn't choose to burn fat or remove plaque or cholesterol.

It chooses to burn glycogen first. And you don't really burn off much fat until you burned through two thirds of your glycogen. Then you start to utilize more fat resources.

So I'm saying here is most healing and repair takes place during sleep and it takes place during sleep, after digestion ceases. And even an hour or two after you finish digesting.

So if you eat a big meal late at night, then you're going to keep digesting food while you're sleeping, and you're going to lose the benefit of the catabolic disease reversal and longevity.

Anti-Aging benefits of sleep when your body's not digesting. So when you the latest a person should eat dinner is probably around 5:00, so you're finished eating by six.

So you have four hours of no eating before you go to bed at night. 10:00 you go to bed at 11:00 you later. But the point is, you want to have that at least four hours of food so you can finish digesting the evening meal.

Meal timing, digestion, and nighttime fasting

Now, if you ratchet up the calories in the evening meal instead of eating a 400 calorie evening meal, if I go up to a 600 calorie evening meal, I'm not going to finish digesting by 10:00 at night.

I'm watching myself. I know that if I that if I overeat at dinner, even if I eat at 5 or 6:00, I still go to bed at 10:00 and I can feel food in my stomach because I eat too many calories.

Does it taste it too good? The dessert was too delicious. I wanted an extra portion. I came back and had an extra. This I know I ate in order to finish digesting in time.

It's not only that I ate early, it's that I did not pig out and eat till I was full at dinnertime. If you eat to fullness, you're going to keep digesting half the night.

And don't forget you're not burning fat for a few hours after you finish digesting, because you got to burn the glycogen from that meal first. So we have to stack our calories during the day, so we diminish the calories towards the evening.

And when we finish eating dinner at six, at 530 or 6 or 630, not too late. When you finish eating dinner, shut down the restaurant, meaning the kitchen.

Brush your teeth, floss water, pick and learn how to recreate. Enjoy life without food. Don't put calories in your mouth late at night, because that's going to decrease your ability to reverse to to age slower and to reverse.

Lower your blood pressure, to lower your cholesterol, to reverse your heart disease and to lose weight. It's all tied in there together. So it's when it's what you eat, how much you eat, and when you eat it.

That all play an important role here. All right. Well, I, think you've given the audience at the Reversing Heart Disease summit. Pearl after Pearl after pearl after Pearl.

And hopefully everybody took notes and, wrote down all your years of wisdom. Right. Well, Doctor Fuhrman, you, gave us a great rundown about, strategies using nutrients and diet and foods and GI bonds to slow aging.

But we just got to dive, in this special extra session. And the question, what do we have to avoid? I mean, what are we got to give up to get, our nutrition to work with us?

I know, but, you know, that's the question, is that I'm saying you crowd out, you flood there, you flood your body with high nutrient foods, and you don't desire those foods anymore.

But they're addicting and they drive people to want them. When you're having flours, especially white flour and commercial baked goods, we have to avoid white flour as if it's a poison.

It's a drug like sugar. So sugar, honey, maple sirup and baked goods, commercial baked goods, the commercial baked goods and white flour products act like sugar.

They go into the bloodstream as sugar at the same rate as sugar did. You might as well just suck a sugar cube as eating a piece of a bagel, or a crusatyr a piece of pizza, and they'll that just cross blood is the body of the inflammation.

And also so we're talking about a diet being so free sugar, oil and salt free because we're talking about this concept of caloric rush, which means a high level of calories flooding into the bloodstream, driving people to want to eat more calories, you know, driving people to being food addicts and S. O. S.

free plus f plus S. O. S. sugar, oil and salt free. Because oil drives up being overweight and drives, you know, aging of the body by flooding it with too many calories all at once to the bloodstream, plus f, which means plus flour, particularly whites.

Because flowers are high glycemic foods that work on the body like sugar, that means all white bread and all white bread products, all commercial bakers are out.

The only thing that's like resembles the bread you should eat would be something that's made from like a sprouted grain or intact whole grain. Because even whole wheat can be grown into like a pastry flour to make it excessively glycemic.

Foods to avoid for heart health and longevity

The best spreads are like the food for life. Or the Ezekiel breads that have like that are made it. Of course, grains that are lower glycemic, but you don't want to eat much bread anyway.

So flour, you have to be careful with flour. It's just concentrated fruit. And the other and the other thing besides oil and sugar and salt and flour.

The other thing is animal protein and animal fat. Even you took the oil, the fat out of the animal. You cook the chicken, you just add the white meat and just have straight animal protein with no fat in it.

It still drives heart disease. It still raises cholesterol. It still drives inflammation. It produces a hormone called TMR. Oh, or trimethylamine oxide from the extra animal protein.

And that causes inflammation in the lining of blood vessels, accelerating cardiovascular death. And it also drives IGF one. Excessively high IGF one is another insulin like growth factor one is a primary growth hormone, which then stimulates the walls of the blood vessels to thicken and to lay down more plaque.

So it's this combination between IGF one being elevated and tmr o being elevated. Plus you have of course, the saturated fats from animal products that also drive cholesterol production.

So it becomes a big, you know, an oil contributes to heart disease, particularly when you're mixing animal fat, animal protein and refined carbohydrates.

Then I say, there, you got the diet designed by Al-Qaeda to kill people, to push up the glycemic ones, push up the animal fats in animal proteins. So we really have to be if we're looking to prevent and reverse heart disease, either on a vegan diet or pretty close to a vegan diet, a near vegan diet, when you're using animal products as a kind of meat or a flavoring on an occasion, but it's never been becomes a major source of calories.

It has to be a, you know, an occasional minor source. Even the occasional use should be a small source. And when you have heart disease, you might as well just totally eliminate those things and make every meal count and don't consume anything that's going to push you in the wrong direction.

Okay, well, that was just tremendous. And I know I learned. Everybody learned. Always appreciate your time. Time with, seven time, New York Times bestselling author, doctor Joel Fuhrman, co-host of Reversing Heart Disease Naturally Summit.

Thank you. And we're going to get a chance to talk some more in the future about some other topics you're expert on. So, for now, thanks so much, Joel.

Good luck everybody.