Introduction and NutritionFacts mission

McDougall Gregor coming to you live from my stationary treadmill to answer any questions you may have. For those of you unfamiliar with my work, every year I read through every issue of every English language nutritional journal in the world so busy folks like you don't have to. I then compile the most interesting, most groundbreaking, most practical findings into new videos and articles I upload we upload every day to nutritionfacts.org. Everything on the website is free. There are no ads, no corporate sponsorships, no kickbacks, strictly not commercial, not selling anything. Just put it up as a public service, as a labor of love, as a tribute to my grandmother, whose own life was saved with evidence-based nutrition. Let's get to your questions. First one on the list is from Krista um who says have I sent out the replay ah foot pain webinar. Every single month this year um we're doing a webinar featuring a chapter uh from uh my upcoming book how not to hurt on um dietary approaches to pain management. In fact dun dun dun dun it is now available for pre-order.

Uh if you go to see.nf/hnthbook, that's see.nf/h hnthbook, how not to hurt book. Um uh I'm super excited. Anyway, we're doing these webinars to kind of give you a sneak peek. Um and we just did foot pain. So we did like plantar fasciitis Before that we did uh shoulder pain, then we did one on acid reflux. Next month or this yeah no next month August shingles, then we're going to do IBS um back pain, migraines on down the list.

So make sure you're subscribed um to nutritionfacts.org to um to uh on on our free email newsletter so you know when those are out. Okay, anyway back to the question.

Webinar replays and upcoming pain topics

Um, uh, the, uh, you, um, should have been sent out a, um, recording of the foot pain webinar. So, uh, check your spam folder. If you don't see it, then you can email research webinar, one word, research webinar@nutritionfacts.org and we will make sure to get it to you. Sorry that somehow it didn't arrive.

But, that's the nice thing. If you missed the webinar, so you registered for the webinar, um, and then, I mean, even if you can't make it that particular time. The IBS webinar is going to be 3 hours long. So, it's like, "I can't do 3 hours like on a work day." Well, no problem. You register and then you get a a replay. In fact, the replay looks even better because on live it's Zoom, and so it's all grainy. So, I had show all these like charts and stuff and it's just you can't see it great. But, I locally record it on my machine and so everything is crisp and clear and high-def. And then we send you a recording, you can stream that. Um, and so the people who see it later, not actually live, actually get a better recording. Um, but, of course, they don't have to get to ask questions live and stuff. Anyway, it's a trade-off. But, super excited about all the webinars. Usually we do like, you know, we've done webinars every few months, but every single month this year. It's a lot of work, but we are excited to, uh, to crank them out for everybody. All right, next up.

Um, MTX1066 says, "Does spearmint or mint generally reduce testosterone?" I seem to remember doing a video on mint and hormones. This is a job for Gregor Bot. What is Gregor Bot? We have created an AI chatbot trained exclusively on my thousands of videos and all my books. So, I took all that information, packed and so you can ask any question and it's like me, except better because if it was just me, I forget a lot of stuff. Like this mint thing. I know I wrote something about mint. I'm not really sure. So, but you know, it's like me but with a better memory. Okay. So, it's actually in beta test and we're actually sending it out to subscriber to supporters. So, if you've ever donated to NutritionFacts, you are on a list. We are a 501c3 nonprofit charity. You are on a list and we are going to send you a list of stress tested. And and put it on your you know, because before we release it to the public, we want to make sure that you know, I think it's great. But we want to make sure it's not giving any crazy answers or anything. Okay, I'm going to put that in. I have the the beta test up right now. I'm going to put in does mint does mint reduce testosterone?

And let's see what Gregor Bot has to say, which is to say what I have to say just to find a better memory. And here

it says, yes. Okay, I didn't remember that. Heavy mint consumption appears to lower testosterone levels in both men and women. There are case reports of men drinking four cups a day of spearmint or peppermint tea losing their sex drive. And when researchers tried it on women concerned about excessive hairiness, which is a sign of excess testosterone, just two cups of mint tea a day dropped their free testosterone levels by about 30% in only five days. Whoa. There's actually a syndrome called PCOS, polycystic ovarian syndrome, which can result in abnormally high testosterone levels in women and those levels can successfully brought down with mint tea.

But for women struggling with low low libido, mint tea may not be the best choice, right? Because that's a testosterone thing, too. So, if we're looking to keep our testosterone levels intact, heavy mint consumption is something to be mindful of. And then learn more here and it talks it and shows it points to all the videos where I talk about it in more detail and all the sources. GO GREGOR BOT.

Gregor Bot and mint's effect on testosterone

I totally forgot all that. Normally on these you would ask the question like that and I'd be like, go to NutritionFacts, type in mint testosterone, look up the answer cuz I don't remember. Not anymore. And now you'll never have to come to my Q&A's because Gregor Bot knows all. Um when is it going to be public? And it's going to be free on the website. Um and we're actually going to try to do all sorts of cool things with it, like make it a text thing, so you can text Gregor Bot. So it's like having me in your pocket at all times. Be like you be in the store, be like, "Oh, I wonder about this." And then you just And it gives you the best answer from all my all of the material. And then so that's going to be the next stage. But it will be live on uh nutritionfacts.org once we get it tested. Anyway, how cool is that? So I'm already getting use out of it, but I'm the only one who has access right now. But everyone will soon.

Okay. >> [cough] >> Excuse me. Okay, do I peel sweet potatoes? >> [snorts] >> I do not peel sweet potatoes. Um in fact, I'm going to have sweet potatoes for supper. And the reason I'm going to have sweet potatoes for supper is because um we have these uh this great new social media consultant team to to to sharpen our social media game.

And [snorts] I was tasked with uh filming a purple sweet potato video. Which I'm going to do in the next few days. So I ordered some purple sweet potatoes. Ah, so it's like, "Hey, I only need one for the video, right?" Ah, so I'm making sweet potato fries tonight. Um and so I don't peel them. I wash them um because I'm not peeling them. I microwave them till they're you know they you know you can squish them a little bit and then chop them up into the size fries you like. And then you're dredging them in you know dried rosemary and oh blue cornmeal. Give it a nice little crispy crunch. Um and so then you get the anthocyanins from the purple sweet potato and the blue cornmeal. Ah. Garlic powder, onion powder, um chipotle powder, uh smoky uh smoked paprika. Whatever you like. Um and then to get the breading breading to stick, um you can use lime juice, which is kind of cool cuz the pH change with the lime cha- turns the anthocyanins like pink.

So, you have this purple pink uh fries, very cool. Um and the lime is really nice flavor. Or you can use a smoky balsamic, uh which has a sweeter taste.

And anyway, any either way, it sticks all the the the stuff sticks. The cornmeal the spiced cornmeal sticks. Put it in air fryer at like 360 minutes. Boom, you're ready to go. Dip it in some uh uh uh salt-free ketchup with some low-sodium so- uh hot sauce, if you like. And you are good to go. See, I'm already like doing Now, you don't have to watch the little social media thing. Basically, although I'll be walking out in nature. They want me walking out in nature with a purple sweet potato. So, I don't know. But you get to see the property. That's cool. I never really show people where I live. Anyway, next up Um this is um Sh- I'm sorry, I can't pronounce your name. Uh for those of us who wish to lose weight, advocate exercise in a fasted state. Others um also find this more comfortable, but is the lost weight not probably muscle as per um Goldhammer of Two North. Okay, w- in a fasted state, this is not saying you should be exercised during water fasting or something. This is just um exercising like before breakfast um as opposed to after breakfast.

Sweet potato fries and exercise in a fasted state

Um so, you're not really in a fasting state, and you will be losing preferentially visceral fat, which is that dangerous

fat. And this is all in my book, How Not to Diet.

Okay, I wear SPF every day, which contains zinc. Perfect. So, this is the talking about a sunblock. And the zinc is one of the two. Zinc and titanium are the two mineral sunblocks. Those are the safest. Um also taking a zinc supplement, and you're not overdosing. No, zinc is not absorbed through the skin. In fact, Ooh, interesting. And how not to hurt?

Ooh, I bet I could ask Greg about it. It's not important. Um uh there's What is it called? Balneotherapy or something like that. I ran across it and I was like, "I've never heard of this." Had to look it up. Um I probably [clears throat] just got it wrong, too. Um but it's uh it's soaking in mineral baths. It's like soaking in in mineral waters. Um and uh and there are all these purported benefits. Like, wait a second, is it just cuz you're soaking in a nice warm bath or is it something that actually can you just do it in regular water? Does it have to be mineral water? And so they did all these experiments with like hot, cold, minerals, without minerals. Um and the question is, well, is minerals even absorbed through the body? And in adult humans, the answer is no. Um and so there are all these rat studies that show that in in other animals they get minerals through the skin, but not people. Um unless we have like psoriasis or something where there's a breakdown of the skin barrier.

So, you're you should not expect any zinc to be absorbed into your system. Um now, uh whether or not you should be taking a zinc supplement uh is a question. I would be wondering why you're taking a zinc supplement. And if you are, you need to take um because zinc, particularly at high doses, interferes with copper consumption and you can run into copper deficiency.

And so I think in the book, there are conditions for with pain conditions where zinc supplements significantly help. Um but I recommend taking them with a concurrent copper supplement. In fact, I could ask the exact um ratio. I think it's a 1:10. So, you take uh um 1/10 of the zinc dose and copper at the same time. Uh but uh but I wouldn't do that if you didn't you weren't actually treating something. You should get zinc like we should get almost all our nutrients from whole foods. Next up.

Um Ronald Ronalds Ronaldski says, "Do I know of any alternate Oh, to Blake Papes." Okay, this is cool. Okay, so what the hell is a Blake Pape? So, Blake Pape is the um only US company that I'm aware of that makes the makes this edible film. Um this like Japanese edible film made of potato starch basically. These are thin transparent super duper thin transparent either squares circles or pouches that you can put nasty tasting stuff that you want to eat.

Zinc, mineral baths, and supplement cautions

Um like amla and turmeric and I mean some people like turmeric but you know strongly flavored stuff that you don't want and then you wrap it up in a little wonton or in the pouches you just kind of crease the top dip it in water and then you just slides down you don't taste a thing and they just kind of instantly dissolve in your stomach as single ingredient like you know potato starch. Okay so um uh the so I love them I use them every day.

The downside of blade tapes is they're expensive. It's like literally like a fraction of a penny's worth of potato starch right? But it's presumably some fancy manufacturing process so it ends up being like I forget how expensive but like expensive for you know to get 100 or 200 or whatever. So you can't actually order them from Japan but I mean it takes like weeks for delivery but look if you use them every day you get a whole stack of them but you know and so that's what I used to do but I do love the pouches and so this the blade company um does is the only one that I found that actually makes these little uh potato starch pouches that you can put stuff in and it's actually easier than my wonton method which I featured recently in a video. Um so I'm a fan. Um in fact they even offered because they saw I was I was promoting I was promoting it they were like well we would love to set up a very kind of profitable what do they call it like affiliate program or something and I was like sorry we don't accept any money from uh from you know corporate entity for profit entities um because when I recommend something I don't want people to think wait a second are Are recommending is he Dr. Greger recommending something because he actually thinks it's good or because he's getting money either personally or through or donated or whatever. And the answer is no. I don't I never want that even a whiff of commercial interest or um uh competing interests or conflicts of interest. And so they So, anyway.

I love the products. Um still think they're too expensive, but I'm willing to pay it um and will not accept any money from them, but they're great. Okay, anyway. Um oh, uh and they're expensive to ship to Europe. Well, they're expensive anywhere.

Um but yeah, so I don't know if there is a similar European country, but maybe you can get the ones from Japan. Uh sometimes they have uh lecithin added. Um so, it's two ingredients potato starch and lecithin. I'd prefer just straight potato starch if I had my druthers.

Okay, Michael Michael US office Michael Michael R US office or Russo or whatever. Are there any crispy ooh, that sounds delicious. Are there any crispy chips or crackers? They're actually healthy rather than just not bad. Absolutely. Unfortunately, you got to make them yourself.

Edible film pouches and healthy crispy crackers

Um and that's uh I mean so I mean it is literally the easiest thing in the world. You take any grain, cooked grain, and you smoosh it down um literally one ingredient smoosh it down um and you put it in uh you know, oven a real low heat and it crisps up perfect. And uh you can score it and eat it and it's delicious. You can do this with millet or quinoa or rye groats or whatever. Oh, rye groats are so good. Um uh I mean you can do with oats. You can do with any grain. It's amazing. One ingredient. Now, you don't use one ingredient cuz you want to add all sorts of great flavor. So, I'm adding sesame seeds and and garlic powder and all sorts of stuff, but and it's super light and crispy and delicious super flavorful, better than it ta- literally tastes better than what you get in the store because obviously in the store it's sitting around for a few weeks or at least days. Um and so I mean, better for you, cheaper, more delicious. That's what plant-based eating is all about.

Um and and then you I mean, you could add all sorts of flavor to your you know, you could have different batches with different flavors. Oh my god, amazing. Now, they do start absorbing water.

Um so they're light and crispy on the first day. Um but uh like if you leave them out, they get they get kind of uh they get kind of chewy as they go on as they absorb moisture from the atmosphere. So, you can put them in the air fryer a little bit and crisp them right back up or just make them in small batches or eat them all on the first day cuz it's literally the more you eat the healthier you are cuz it's all just good healthy food. I'm so glad you asked that question. You know, I should do like a little vi- um uh Dr. Greger in the kitchen video. In fact, I'm going to write myself a note. Um a bit because it's like it's so s- it's stupid easy. It's one ingredient stupid easy.

And you just got to see it and you're like, wait a second, you knew this? Why why didn't anyone tell me this? It's awesome. Anyway, okay, moving on. That was fun. Um okay, Yuri Petrov says, Dr. Greger, why don't I recommend homemade sauerkraut? Oh, I wish I would. Okay.

So, how do you make homemade sauerkraut? You go out you get some cabbage from the field and you put in salt water. You say, wait a second, where do the bugs come from? Don't you have to add some like probiotics or something to ferment it? No, the bugs, the lactobacillus, all the good bugs are on the cabbage leaves out in the field. They come prepackaged with those probiotics and all you do by putting in salt water is the salt prevents the growth of the bad bugs. So, and so lactobacillus, these good bugs are relatively salt tolerant, so they're the ones that start churning out the you know, the acid and and all the and they and all right, got it. Okay, problem. Too much salt, right? That's the problem. So, it ends up with too much salt. Now, so if you are going to make homemade sauerkraut or any kind of sauerkraut, what you want to do is you want to, you know, put it under running water and rinse the hell out of it.

Rinse off that excess salt. Still, that ends up being pretty salty. Um, the um, but I mean, fermented foods are healthy, but except for the salt. So, is there a fermented food that doesn't have a lot of salt? Yes, there is. Tempeh. Tempeh, right? What is tempeh? Tempeh is a whole soy food. You can see the little individual soybeans. And then it's fermented with these with these fungal spores to add even more nutrition. So, it's like a processed food that's healthier than the unprocessed food, which is just plain soybeans, cuz you're actually adding nutrition. Amazing. And you don't have to add salt or anything. So, um, that would probably be the healthiest fermented food out there. Now, I'm getting hungry. I should have ordered some when I ordered those purple soups. I should have gotten

some tempeh in the house. All right.

Homemade sauerkraut, tempeh, and calcium intake

This is Charmaine DeOza says, uh, calculated the total calcium intake on daily dozen using a portion shown and even with the most calcium-rich greens, still has less than the daily required dose of 600. So, um, greens are Oh, so I Did you use all the, you know, cuz there's nuts and seeds. So, there's calcium-rich nuts and seeds. There's calcium uh, relatively calcium-rich of all the categories, right? So, there's some greens have more than others. Um, uh, and so I wonder if you chose particularly, um, uh, calcium-rich foods you wouldn't hit that. Um, uh, so, but you do want to hit that. Um, and so, and remember, you know, daily dozen, that's just the minimum recommended. You can always eat more of anything, healthy food. I just want to make sure you get that some of the healthiest of healthy foods in there.

Uh, but yes, you do want to make sure you're getting at least uh, 600 mg of calcium a day from whole plant foods. The healthiest sources are low-oxalate dark green leafy switches, all the greens except for spinach, Swiss chard, and beet greens, which are great foods, but just too much. They're just too stingy with their calcium due to the oxalate content.

Um uh Dangle Pern Um do I recommend nattokinase? No, I do not. Um uh and uh and what about uh natto? So, um this has to do with vitamin K. I recently um put up Didn't we just put up a vitamin K webinar?

I think we did. Um on nutritionfacts.org we did a vitamin K webinar a while ago. Um all our webinars are eventually online for free, you know, like all our content. Um and so if you didn't catch the webinar when it originally came out, now it's just on nutritionfacts.org. I would type in vitamin K um and it should pop right up or vitamin K2. Um and that talks about natto and the answer is, I mean, the spoiler alert is no. Uh it has There's no ben- There's no heart benefit. Um and so no, don't uh I don't recommend nattokinase. No reason to eat natto, which is uh like eating snot.

But if you like it, eat it, but don't go out of your You don't have to go out of your way. User complicated spray. Uh um okay. Um user something says, "Couldn't find a salt-free uh okay. Salt-free artichokes. So I bought dried but added a half a cup dried artichokes." Oh. Oh. Okay. Yeah, I know. No. Okay. How do you buy salt-free artichokes? Um first of all, why would anyone want to eat artichokes in the first place?

Because um it can lower LDL cholesterol, the primary driver of our primary killer. Um and so if there's anything if there's a single question you can ask about any food, any diet, any meal, what does this food, diet, meal do to my LDL cholesterol since it's the number one risk factor for the number one killer of men and women. Okay. So, ideally, you know, we should eat we should add foods to our diet that actively pull cholesterol from our body and we should avoid foods or minimize foods that actively raise our LDL cholesterol. Okay. Artichokes are one of the foods that um um can lower our um cholesterol. Unfortunately, in canned form, um they always have salt added, which is a flavor thing. It's not a I mean cans by definition, it's all sterile inside. You don't need a preservative, but they add salt cuz it makes it taste better. Okay. So, how do you get salt-free artichokes? Frozen. Frozen section.

Nattokinase, artichokes, and food sensitivities

You go to the frozen section, one ingredient, artichoke, quartered artichoke hearts. Boom. There you go. That's what I use. Um and you can put them in pasta, you can put them in anything. They're fantastic. They're delicious. And this sound What you Okay.

And so, um you can get uh uh dried artichoke extract powder, which I don't recommend cuz who knows what's actually in it when you just buy random powder off the internet. Sounds like that's what this poor person did and oh my god, that sounds absolutely disgusting. I'm about to wretch. So, yes, please don't do that again. Find them in frozen. Um and uh wow, I'm glad you didn't puke.

Okay, we are up to Oh, Charmaine is back. Are there any foods from the Daily Dozen that can be bad for people apart from obvious intolerances or allergies? For example, digestive problems, mental symptoms. If so, how can they be tested? Um so, yeah. So, I mean, some foods. So, you know, I tell people, "Oh, peanuts are good for you."

But if you have a peanut allergy, peanuts are definitely not good for you. Um I talk a lot about food sensitivities in How Not to Hurt. Um and that's because there are some pain conditions that are worsened by certain foods. Um and certain healthy foods, too. So, some people are, you know, they eat citrus and their joints hurt. Or or nightshade vegetables and their joints hurt. Um and so, you're really saying, "How do you test for that?" By it end of one study, uh which is basically a fancy way of saying, "You test it." Right? No one can tell you about your pain except you. No doctor can assess whether you're how much pain you're in, whether pain is going up or down. Only you can, by definition, right? So, um you need So, if you have a sense that wait a second, every time I eat some food, you know, keep a food diary and find out and be like, "Oh my god, anytime I eat peppers, tomatoes, eggplants, whatever, my knees really hurt, right?" And so, how do you find out if it really is the problem? Cut them out and see if your knees feel better. And then you're like, "Oh my god, I'm sensitive to nightshades." Which is many as you know, one in 20 people which your own pain is. Oh, great. Okay, well, there's also these other wonderful vegetables out there.

But that would be an example. how do you test it? You test it yourself. And I talk about some details about how you can do, you know, legit interval trials and, you know, but yeah, that's how you do it. Um you You are the the, you know, the the you are the subject of your own experiment. Okay, Vaness Neshi says, "My grocery store sells living lettuce." As opposed to dead lettuce? It's packaged the same and next to regular lettuce. It still has a little root and soil dug up and still attached. Is it really more alive? No, it's all alive. I mean, plants, you know, when you buy a carrot, it's an alive carrot. Um or any I mean, uh yeah, no, so it's just got Yeah, there's no uh there's no difference. Um uh I mean, maybe it lasts longer, I don't know. I mean, like you can get, you know, the basil with a little, you know, clump of of dirt that you keep wet and it lasts longer probably than, you know, picked basil in a bag or something, but yeah, no, no. Um They're both alive and who cares if your lettuce is alive? I mean, you can cook your lettuce and then it's dead. And it's I mean, who would cook lettuce? But I mean, when you take a a vegetable, like when you take carrots, a live vegetable, and you cook it, now it's a dead vegetable. Um it's actually more and and you're like, "I want my beta carotene." Well, you actually get more beta carotene from that cooked carrot than that raw carrot um because it's more absorbable in your system. Actually, you get more in your bloodstream eating um uh cooked carrots than raw carrots. So, in that way by killing it, um you just got more nutrition for your bang for your buck. Okay.

Um Oh, this one's not showing up. Show up. Show Oh, there it is. I just got to give it a second. Um oh, uh Vanessa, uh blood type diets. Um uh yes, I have a video on blood type diets. Um and so just type in blood type diet, it'll pop right up. Spoiler alert, it's bogus.

But if you want to see why it's bogus, check it out. Can I please already show Well, oh, can you please already share something exciting for managing ankylosing spondylitis? Well, I guess I can. Um so, I talk about all sorts of inflammatory arthritis, um including the spondyloarthropathies like ankylosing ankylosing spondylitis.

Living lettuce, blood type diets, and ankylosing spondylitis

It's an autoimmune condition where your body attacks your spine. It can be very painful, very disabling. Um so, I'm sorry you're suffering from it. But yes, there's things we can do. One trial I remember in particular was a dairy-free trial. They took uh folks with ankylosing spondylitis um and removed dairy from their diet and saw significant improvements. I forget if it's a randomized control trial or they just did a before-and-after study, but um that's the the one thing that comes to mind from the book. And if you want to know more, if you're have any pain condition or know anyone who has a any pain condition, let me throw this back up again cuz I'm so excited that it is now available for pre-order. How Not to Die Heart. My book on uh diet and lifestyle approaches to pain management is going to be out this December. You can pre-order now to make sure um you are among the first to get it. And of course, all proceeds I receive from all the sales of my books go directly to charity. Um and should be coming out um uh by mid-December, like December 15th. So, what a perfect gift for anyone with pain in their lives. Okay, let's see who I think we have a maybe time for one or two more questions. Let's see what we got.

Pom pom pom. We got Yuri Petrov again, I think. That sounds familiar. Okay, he made Dr. Greger's Portfolio Plus powder. Oh, taking it with orange juice.

Oh, gross. Uh I this is the same guy who tried the artichoke stuff. Dude. Okay. First of all, okay, for those who

aren't familiar, what is this Portfolio Plus powder? I Oh, I did this video. This Dr. Greger in the kitchen video. Where just a few days ago, definitely this month, or maybe yeah, it was a few weeks ago. This month, it's just one of the recent videos on NutritionFacts.org where I do this crazy concoction. Um where, you know, there's like a dozen different things that lower your actively lower your LDL cholesterol.

Portfolio Plus powder and closing remarks

So, I say, "Okay, first you got to apply base diet, you got to reduce your saturated fat, dietary cholesterol, trans fat intake, you know, meat, dairy, eggs, and junk down, and then add foods to your diet that actually pull cholesterol from your body." And there's just like a dozen of them, man. And I was like, "Well, I want them all." Now, you can pick and choose, like, you know, apples are one of the things you eat a certain number of apples um and you significantly lower your LDL cholesterol. Oh, great. But if you don't like apples, then don't eat apples, you know, whatever. Um but so but I go through and I was like, "Can we put them all together into one mixture?" So, I made this mixture. Um and uh and so I I Now, I imagine just kind of sprinkling it on food. Um but I guess you could just down it with juice.

Um the sticking is probably cuz it has psyllium powder in it, psyllium husk, which has this viscous fiber that helps lower your cholesterol. Um but people take psyllium with like beverages all the time. And I don't know if they have the sticking thing, maybe it's the ground flaxseed in it. Um Yeah.

Uh so, I just sprinkle it on food and I don't have the the tooth problem. So, yeah, I don't know. But if anyone has any good ideas, let me know and maybe I'll do another video. All right, I think we are out of time.

Thank you so much everyone. I'll see you next month. Answer any questions you may have. Have a fantastic week.