# Three Foods Worth 13 Extra Years Transcript

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## Life Extension Through Diet

13 years—that's how much, according to, according to data modeling, a young young man can add to his life simply by man can add to his life simply by changing his diet.

For women, about 11 For women, about 11 years. And if you're 60 and years. And if you're 60 and think you've think you've missed your chance, you haven't missed your chance, you haven't. Starting at 60 will. Starting at 60 will still add still add about eight about eight years to your life. This is data from Fatnes years to your life. This is data from Fatnes and colleagues, and colleagues, published in PLOS published in PLOS Medicine in 2022. And if Medicine in 2022. And if you break down their numbers, you break down their numbers, three product groups three product groups do the main do the main work. I'm Dr.

work. I'm Dr. Ergin, an endocrinologist Ergin, an endocrinologist from Port St. Lucie, from Port St.

## Legumes and Their Metabolic Benefits

Lucie, Florida. Let's go. The. The first product is legumes. Beans, legumes. Beans, lentils, chickpeas. lentils, chickpeas. They alone add They alone add about two years to your about two years to your life. This is the only life. This is the only product that is available in product that is available in every "blue every "blue zone" on Earth.

Okinawa, Sardinia, Okinawa, Sardinia, Nicoya, Loma Linda. Different cultures, but the same Different cultures, but the same beans. beans. beans. Legumes are the Legumes are the densest source of densest source of fermentable fermentable fermentable fiber that people fiber that people actually eat. This actually eat. This fiber feeds fiber feeds your your your butyrate-producing bacteria.

butyrate-producing bacteria. Butyrate improves insulin sensitivity, and fermentation insulin sensitivity, and fermentation stimulates the release of stimulates the release of GLP-1 from your own L- cells. You are acting on the cells. You are acting on the same mechanism same mechanism as injectable as injectable drugs. Soft. For a drugs. Soft. For a dollar a can. The second product is whole grains. Two more whole grains. Two more years to live. And this is exactly the years to live. And this is exactly the product that they are arguing with me about.

arguing with me about. Let me clarify. I Let me clarify. I don't mean bread don't mean bread labeled " multigrain." I multigrain." I mean whole mean whole grains.

grains. grains. Oatmeal, barley, Oatmeal, barley, spelt, quinoa. Grains spelt, quinoa. Grains whose shape can still be whose shape can still be recognized. This is a recognized. This is a food matrix. When food matrix. When the grain is whole, the the grain is whole, the starch is hidden starch is hidden behind the fiber and behind the fiber and cell walls. Therefore, cell walls. Therefore, your glucose level your glucose level rises smoothly, rises smoothly, not in sudden spikes.

not in sudden spikes. Grind it into flour and there is no more protection and there is no more protection. Now this acts like. Now this acts like sugar. Same sugar. Same wheat, different wheat, different metabolic effect.

## Whole Grains, Nuts, and Blood Sugar Control

The third product is nuts. Again, nuts. Again, about two years. And about two years. And this group has this group has randomized data behind it. In the randomized data behind it. In the PREDIMED study PREDIMED study, in the group consuming a, in the group consuming a Mediterranean Mediterranean Mediterranean diet with added diet with added nuts, major nuts, major cardiovascular cardiovascular cardiovascular events occurred events occurred in approximately 3.4% of cases over 5 years, cases over 5 years, compared with 4.4% in the compared with 4.4% in the control group.

control group. One person in a hundred One person in a hundred avoided a heart avoided a heart attack or stroke. attack or stroke. Not much, but real— thanks to a handful of thanks to a handful of walnuts.

walnuts. walnuts. Nuts also Nuts also correct a mistake correct a mistake I see most often I see most often in in in diabetic diets. diabetic diets. Consumption of "naked" Consumption of "naked" carbohydrates. An apple carbohydrates. An apple by itself causes a by itself causes a sugar spike. Apple sugar spike. Apple with almonds—no. I must with almonds—no. I must warn you: 13 years is the result of the entire is the result of the entire regimen, not just regimen, not just three products three products separately. But these three separately. But these three play the biggest play the biggest role, and they are the easiest to role, and they are the easiest to start with. Now about the start with. Now about the comprehensive reduction of comprehensive reduction of sugar spikes. This is an sugar spikes. This is an objection I objection I often hear. Doctor, often hear. Doctor, beans and oats beans and oats still raise my still raise my sugar. This is true. But sugar. This is true. But how you eat them how you eat them changes the curve more changes the curve more than most people than most people realize. Five realize. Five levers, all levers, all free. The first is consistency.

consistency. consistency. Vegetables and Vegetables and protein first, carbohydrates at the end. Shukla and at the end.

## Five Practical Ways to Reduce Glucose Spikes

Shukla and colleagues show that colleagues show that identical meals identical meals eaten in this eaten in this order reduce peak order reduce peak glucose by about glucose by about 30% and reduce 30% and reduce insulin levels. Same food, same insulin levels. Same food, same calories, calories, calories, different order. Two— acid. A tablespoon of acid. A tablespoon of vinegar in a dressing vinegar in a dressing before a meal inhibits before a meal inhibits disaccharidase enzymes and disaccharidase enzymes and slows slows slows stomach emptying.

Minus 20–30% from the peak. Minus 20–30% from the peak. This is why Italians This is why Italians add vinegar to add vinegar to salad and why beans salad and why beans and vinegar taste good and vinegar taste good together. Culture together. Culture understood this before understood this before physiology. Three— cook and cook and cool. Boil cool. Boil the beans, barley, and rice, the beans, barley, and rice, then leave in then leave in the refrigerator overnight.

Starch retrogrades Starch retrogrades into resistant starch, which into resistant starch, which you can no longer you can no longer fully digest. When heated,. When heated, it is preserved it is preserved almost completely. You almost completely. You just converted just converted some of the carbs some of the carbs into fiber right in into fiber right in your refrigerator.

Four—a walk. 10–15 minutes 10–15 minutes after eating, after eating, muscle contractions pull in glucose muscle contractions pull in glucose via GLUT4 without the need for via GLUT4 without the need for insulin. This is a completely insulin. This is a completely different way of accessing.

different way of accessing. This is the most effective This is the most effective item on the list, and it item on the list, and it doesn't cost you anything.

Five— use the " second second second meal effect." meal effect." Jenkins described this a Jenkins described this a decade ago. decade ago. Eat legumes for lunch Eat legumes for lunch and your glucose and your glucose response to dinner response to dinner will be lower a will be lower a few hours later thanks to the few hours later thanks to the short-chain short-chain short-chain fatty acids from fatty acids from fermentation. Beans fermentation. Beans affect not only affect not only the dish you the dish you eat them with, but also the eat them with, but also the next one. And one next one. And one note about time: note about time: you are most insulin resistant in the morning you are most insulin resistant in the morning.

## Berberine, Cinnamon, and Supplement Caveats

.. Cortisol takes care of that. The Cortisol takes care of that. The same bowl of same bowl of oatmeal causes a

oatmeal causes a bigger spike at 7:00 bigger spike at 7:00 AM than at 7:00 PM. If your. If your fasting levels are poor, fasting levels are poor, postpone carbohydrates postpone carbohydrates to a later time and to a later time and eat eat eat protein and fat for breakfast. If you protein and fat for breakfast. If you already have already have insulin resistance insulin resistance, that's the problem.

, that's the problem. If you already have If you already have insulin resistance insulin resistance, food is still, food is still the solution, but it's a the solution, but it's a slow process. And slow process. And your cells are not your cells are not responding well right now. This is where responding well right now. This is where I use I use supplements, and form is of supplements, and form is of huge importance.

Regular berberine is a wonderful molecule with a wonderful molecule with a terrible terrible terrible delivery problem. Oral delivery problem. Oral bioavailability bioavailability bioavailability is less than 1%.

is less than 1%. Your intestinal P- glycoprotein glycoprotein glycoprotein excretes most of it excretes most of it back. That's why the back. That's why the standard dose is 500 standard dose is 500 mg three times a day, and that mg three times a day, and that 's why people stop 's why people stop taking it. Cramps, taking it. Cramps, diarrhea, constipation. You diarrhea, constipation. You put a huge put a huge dose in your intestines to dose in your intestines to only get traces in your only get traces in your blood.

blood. Dihydroberberine Dihydroberberine solves this. This is a solves this. This is a restored form. It is restored form. It is absorbed and then absorbed and then converted back converted back into active berberine into active berberine in your body.

in your body. Approximately five times Approximately five times higher higher higher plasma concentration at a lower plasma concentration at a lower dose. Less in dose. Less in the intestines, more where needed. In Sugar MD where needed. In Sugar MD Super Berberine, I combine Super Berberine, I combine it with Ceylon it with Ceylon cinnamon at a cinnamon at a concentration of 20:1.

concentration of 20:1. One capsule contains One capsule contains what is in about 3 what is in about 3 tbsp. l. cinnamon. And it should tbsp. l. cinnamon. And it should be Ceylon be Ceylon cinnamon, not cassia.

cinnamon, not cassia. Cassia is a cheap Cassia is a cheap cinnamon cinnamon cinnamon sold in sold in most supplement stores and most supplement stores and supermarkets. It supermarkets. It contains a lot of contains a lot of coumarin, which is coumarin, which is hepatotoxic when hepatotoxic when consumed daily for consumed daily for years.

years. years. It is It is practically absent in Ceylon cinnamon. If practically absent in Ceylon cinnamon. If you use cinnamon every day you use cinnamon every day and no one and no one has told you what has told you what kind, check kind, check the label. Be honest about the label. Be honest about the shortcomings. Berberine the shortcomings. Berberine has its effects. And has its effects. And anyone who says anyone who says otherwise otherwise otherwise is trying is trying to sell you something. It's to sell you something. It's antimicrobial, and that's antimicrobial, and that's part of its action, but part of its action, but long-term daily long-term daily use changes use changes the microbiome, and I don't the microbiome, and I don't think we know the think we know the long-term long-term long-term effects 10 effects 10 years from now. It inhibits years from now. It inhibits CYP3A4, so it interacts CYP3A4, so it interacts with statins and with statins and other medications, and with other medications, and with insulin or insulin or sulfonylureas it sulfonylureas it sulfonylureas it can cause can cause hypoglycemia.

hypoglycemia.

## Lifestyle, Training, and Closing Advice

Prohibited during Prohibited during pregnancy. I pregnancy. I prescribe prescribe prescribe courses for patients and check courses for patients and check tests. The main thing to tests. The main thing to remember. And remember. And this is what you need to this is what you need to hear. The goal hear. The goal was never just to was never just to lower lower lower blood sugar. Blood sugar is smoke.

Insulin resistance is fire. Berberine is fire. Berberine acts through AMPK, the acts through AMPK, the metformin pathway. Therefore, it metformin pathway. Therefore, it improves sensitivity, improves sensitivity, not just masks not just masks the numbers. But no the numbers. But no capsule will defeat capsule will defeat visceral fat. 5 visceral fat. 5 hours of sleep and hours of sleep and no strength no strength training. Muscles are your training. Muscles are your biggest biggest biggest glucose sink. Develop glucose sink. Develop them, otherwise you them, otherwise you are demanding the are demanding the impossible from the supplement.

Legumes, whole grains, Legumes, whole grains, nuts—eat them in the nuts—eat them in the right order. Take a walk after Take a walk after dinner. Train 3 dinner. Train 3 days a week. And only days a week. And only then add then add berberine.

berberine. If you have diabetes or If you have diabetes or prediabetes and prediabetes and want to be want to be treated by specialists, treated by specialists, contact us.

Visit sugarmds.com Visit sugarmds.com for for for supplement purchases and training, supplement purchases and training, but we are happy to help but we are happy to help you wherever you are in you wherever you are in Florida, especially in the Florida, especially in the Stuart, Vero Beach, and Port St. Lucie areas.