Uncover High Carb Foods That Fight Inflammation Transcript

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Introduction to High-Carb Foods

Hey, Dr. David Jockers here today. I'm talking about the best high carb foods to include in your diet. Now, here's the caveat. If you're very metabolically inflexible, if you're really overweight, very insulin resistant, you might need to go on a very low carb, ketogenic style diet for a period of time in order to get more metabolically flexible in order to get more metabolically, insulin sensitive.

However, if you're already very active, you're taking good care of your body, then consuming these foods right here from time to time, perhaps every day can be extremely beneficial for your body.

In fact, I consume some of these foods almost every single day.

Fruit as a Carb Source

And so number one is fruit. Okay? And I know fruit really gets a bad rap in the low carb community because you're like, well, it's high in sugar, high in fructose.

However, there's incredible benefits to fruit. And I'm going to break down fruit into four different categories. Number one are berries. Berries are the lowest sugar and the highest nutrient density.

They have the highest amount of polyphenols, which support your gut microbiome and help create a really strong, healthy microbiome in a healthy gut lining.

So berries are powerful. They're also very good for reducing oxidative stress and inflammation in the system, so berries can be really helpful. Number two is astringent fruits.

Astringent is kind of like the the drying bitterness that you might get when you consume certain fruits. For example, think about pomegranate. If you've ever consumed a pomegranate or cranberry, it's very drying.

Most kids, you know, if you give them the choice of consuming a Concord grape versus, you know, a Granny Smith apple or cranberry, they're going to choose, you know, the high sugar fruit they want the, you know, the Red delicious apple versus the cranberry because they like the sugar, they want the sweetness, but the astringent fruits, the ones that have that bitterness, that drying effect, are very high in compounds like ellagic acid and quercetin and, anthocyanins in some cases that really benefit the microbiome, that are very good for liberty talks vacation.

And they help really strengthen the mitochondria within our intestinal cell membrane. For example, oligarch acid gets metabolized by something called Akkermansia muciniphila within our gut, and it produces your olefin egg and your olefin A really dramatically increases the amount of healthy, stress resilient mitochondria within the intestinal cells called the anti parasites.

In our in our intestines.

Root Vegetables for Nutrients and Circulation

It creates a stronger, more stress resilient gut lining and keeping inflammation under control. Really the foundation of that is keeping our microbiome healthy and keeping our intestinal cells really strong and stress resilient, so that a link acid consumption is really beneficial there.

We're going to get that from those astringent fruits. Some some of the good examples there are going to be cranberries. They're also very rich in quercetin.

Quercetin is a zinc iron a four which helps move zinc into cells. We know zinc is antiviral. really, really powerful for balancing hormones. keeping progesterone, testosterone, all of our sex hormones up, really helps with thyroid hormone conversion.

So we get enough active thyroid hormone to activate our mitochondria. Zinc is just needed for so many different functions. Quercetin helps get in the cell is also very anti-inflammatory and and buffers oxidative stress.

So we find the quercetin and the acid in things like cranberries in muscadine grapes. So it's a different type of it's not like the sweet grape that you buy at the grocery store.

You can find muscadine grapes. We grow them in our backyard. We have tons of muscadine grapes, in the fall. And they're very, very tart, right? They have that astringent kind of, flavor to them.

Pomegranate is one of the best ones when it comes to a legit gas. And one of the most well researched ones. I already mentioned cranberries. Granny Smith apples. Right.

Kind of the sour apples. So good there. And so that's the astringent fruits. Hydrating fruits. One of the best benefits of consuming certain types of fruit is not necessarily the nutrients.

Although they do come with good nutrients. It's actually the structured water that's in them. There's a type of hydration that's in them, where it's this structured form of water that interacts with our cells in a very unique way to really enhance cellular hydration, about ten times better than just drinking normal filtered water that, you know, we can get from our from the store or that, you know, if we have a water filtration system we get in our house.

Fermented Drinks and Hydration

So consuming things like watermelon in for example, pineapple, apples, pears. Right. These are all very hydrating fruits that have this structured water.

Now some of them also have some key nutrients. The apple skin we mentioned, you know, has quercetin particularly like the green apples are going to be higher in that quercetin.

You know, you have citrus fruit, oranges very high in vitamin C as well as the structured water. you also have bio flavonoids that are in the citrus. Pineapple is very rich in proteolytic enzymes like bromelain that help break down inflammatory proteins in our system.

So there's a lot of other benefits that come in these hydrating fruits. Watermelon is very rich in vitamin C potassium. However, one of the best benefits is the actual structured water, which again is a unique form of water that really deeply hydrates the cells, helps detoxify waste out of the cells.

And this is why I love getting fruit in my diet on a daily basis. For that structured water benefit. And then the fourth category is the prebiotic fruits.

This is going to be things like bananas. You know, bananas really have very little water in them. They're not providing the structured water. They have very little nutrients.

And we talk about potassium, but they're not even a great source necessarily of potassium. They're primarily providing prebiotic fibers that really help support and benefit the gut microbiome.

So they can be really helpful for bowel consistency, right. Helping improve your bowel movements. If you're struggling with constipation, diarrhea, things like that, and just supporting the overall health and diversity of the microbiome.

So that's where bananas, what else is in that category that's going to be like plantains are going to be in that category, you know. So those are going to be more of that prebiotic nature fruits, again, less hydration in them,

more of just kind of a prebiotic fiber.

that's, that's in there. So those are fruits. Fruits are really probably my favorite way, you know, personally that I'm getting carbohydrates in my diet on a regular basis.

Number two is going to be root vegetables. Root vegetables. And some are more nutritious than others. My top ones are going to be carrots and beets, carrots and beets, very rich in, prebiotic fibers.

Carrots are also very rich in beta carotene. They have a lot of different minerals in them. So they can be very, very good source of nutrients. Beets are very high in nitric acid and nitric oxide, basically nitric oxide compounds, that help improve circulation in your body.

Beets are also very, very good. They've got compounds that help support bile flow right. And help open up and dilate the bile ducts in your liver to help support overall bile flow.

Also very, very good for, blood flow as well. Right. So like the deep red you know, we got to think about hey, you know, helping with blood, right. blood building in general.

I mean, there are certain compounds that are in plants that, you know, we can almost recognize based on the color or the nature of the plant. So tomatoes have lycopene.

They also have the, structured water, which helps support circulation. Beets also have certain compounds that really help support circulation as well.

So root vegetables again some are better than others. My favorite are carrots and and beets. But also you things like sweet potatoes and regular potatoes that have prebiotic fibers that support the gut.

Sweet potatoes also have beta carotene, and so it gives them that orange color. and you can find red sweet potatoes, which have more anthocyanins in them that are powerful compounds that help support, and help buffer oxidative stress.

Right. So root vegetables are good and then fermented drinks. So you're going to find like for example coconut water has a the perfect electrolyte balance.

So you know again it's a structured form of water we talked about like watermelon. Coconut water is also structured water that helps deeply hydrate our body.

And you get even more benefits when you ferment it and create something like coconut water keeper.

Lifestyle Tips for Better Carb Tolerance

Because of the fermentation process, the bacteria go in and they break down some of the sugar and they turn it into B vitamins, enzymes and enzymes. And there's also probiotics in there. Right.

Good symbiotic organisms that help support our gut. So and there's also short chain fatty acids. There's different acids that help with blood sugar stability.

So coconut water keepers great beet kvass is another one word. Yeah. Fermented beets. So again it's lower sugar because the beets beets in general higher in carbs.

The bacteria breaks it down, lowers the carb content still higher in carbs. But now it also has the b-vitamins. It also has, all the post biotics, right?

And post biotics are basically byproducts of fermentation. And these post biotics really great anti-inflammatory compounds. So we're getting that in the coconut water kefir, the B kvass, the kombu.

Again, bacteria are eating sugar producing post biotic compounds that support and and reduce inflammation. Our systems support our digestive health support, just overall vitality and deep hydration within our cells.

So these are the areas if you're looking for the best overall health, obviously you can get carbohydrates from grains. You can get, you know, even sprouted grains, which are going to be better than regular grains like Ezekiel bread and stuff like that.

And that can be fine, you know, for a certain percentage of your calories. However, I would recommend, if you're looking for carbs, the best sources are going to be different categories of fruit.

Your root vegetables, and then your fermented drinks. So that's what you're looking for. Make sure you're exercising regularly. Make sure you're practicing some form of time restricted feeding where you're condensing your eating window.

Exercise, along with time restricted feeding and good sleep habits are going to give you more carbohydrate tolerance, meaning you're going to be able to consume more carbohydrates without developing insulin resistance and chronic inflammation.

If you do those things properly. So you condense, you're eating window, you really prioritize good quality deep sleep, and you get regular exercise, regular sun exposure, I should add in there as well, will all enhance your ability to metabolize carbohydrates in your system.

Keep your insulin levels down, stay metabolically flexible so you're able to burn fat for fuel, and you're able to tolerate a little bit more of these kind of great tasting, right, enjoyable, nutritious foods in your diet.

So this is a great training, guys, please share this with anybody that you know and that you care about. And if you have not subscribed to our channel, now is the time to do it and hit the bell button.

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