Why Your Salad Might Be Hurting Your Gut Transcript

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The impact of celebrity diets

In my over two decades of practice, I've In my over two decades of practice, I've seen thousands of patients obsessing seen thousands of patients obsessing over celebrity wellness trends. Last over celebrity wellness trends. Last week, I noticed something disturbing in week, I noticed something disturbing in my charts. Three different women in my charts. Three different women in their 40s, all religiously following their 40s, all religiously following celebrity health routines. One looked me celebrity health routines. One looked me straight in the eye and said, "Dr.

straight in the eye and said, "Dr. Benote, I eat salad every single day, Benote, I eat salad every single day, just like Jennifer Aniston, but I feel just like Jennifer Aniston, but I feel absolutely terrible. My gut is a absolutely terrible. My gut is a disaster. My skin looks awful, and I'm disaster. My skin looks awful, and I'm aging faster than my mother." That's aging faster than my mother." That's when it hit me. Not all salads are when it hit me. Not all salads are [music] created equal when it comes to [music] created equal when it comes to gut bacteria. Today, I'm analyzing the gut bacteria. Today, I'm analyzing the exact salads that Jennifer Andison, exact salads that Jennifer Andison, Gwennneth Paltro, and Courtney Gwennneth Paltro, and Courtney Kardashian eat [music] every day to see Kardashian eat [music] every day to see whose gut microbiome is actually whose gut microbiome is actually thriving. The results shocking. And by thriving. The results shocking. And by the end, you'll know which celebrity the end, you'll know which celebrity approach is secretly aging them faster approach is secretly aging them faster and how to build the perfect gut healing and how to build the perfect gut healing salad using my # cellcare framework. Hi, salad using my # cellcare framework. Hi, welcome back to my channel. I'm Dr. Dr.

welcome back to my channel. I'm Dr. Dr.

The importance of gut health

Manisha Venote, a longevity lifestyle Manisha Venote, a longevity lifestyle physician, and today we're diving into physician, and today we're diving into the microscopic world that controls your the microscopic world that controls your longevity, your mood, and your health longevity, your mood, and your health destiny. Before we get to the salads, I destiny. Before we get to the salads, I need to share a story. Two patients, need to share a story. Two patients, Sarah and Lisa, both 45, came to see me Sarah and Lisa, both 45, came to see me in the same week. Sarah walked in in the same week. Sarah walked in vibrant and full of energy. Lisa looked vibrant and full of energy. Lisa looked well exhausted and said she felt like well exhausted and said she felt like she was falling apart. Here's the she was falling apart. Here's the fascinating part. same exercise routine, fascinating part. same exercise routine, same stress levels, even lived in the same stress levels, even lived in the same neighborhood. But their gut told same neighborhood. But their gut told two very different stories. Sarah's gut two very different stories. Sarah's gut looked like a thriving rainforest, looked like a thriving rainforest, diverse and resilient, where Lisa's look diverse and resilient, where Lisa's look like a barren wasteland with only a like a barren wasteland with only a handful of species struggling to handful of species struggling to survive. How do I know? I tested them.

survive. How do I know? I tested them. Here's the thing. We obsess over skin Here's the thing. We obsess over skin care, supplements, and fitness, but we care, supplements, and fitness, but we ignore the 39 trillion microbes that ignore the 39 trillion microbes that control everything: energy, clarity, control everything: energy, clarity, immunity, and aging. And here's the key immunity, and aging. And here's the key insight. Sarah wasn't doing anything insight. Sarah wasn't doing anything complicated. Sarah was simply feeding complicated. Sarah was simply feeding her gut bacteria what they needed to her gut bacteria what they needed to thrive. The same principles I teach in thrive. The same principles I teach in my hashtag selfcare. Here's where things my hashtag selfcare. Here's where things get interesting. Before I reveal which get interesting.

Five rules for gut health

Before I reveal which celebrity is accidentally destroying celebrity is accidentally destroying their gut health, I need

you to their gut health, I need you to understand something that will understand something that will completely change how you look at your completely change how you look at your next salad. You see, most people think a next salad. You see, most people think a salad is just lettuce plus stuff. But salad is just lettuce plus stuff. But your gut bacteria, they're like a your gut bacteria, they're like a microscopic city of 39 trillion microscopic city of 39 trillion residents, each with very specific residents, each with very specific dietary needs. And when you don't feed dietary needs. And when you don't feed them right, well, they start dying off them right, well, they start dying off one by one. So, let me first give you one by one. So, let me first give you the five non-negotiables that separate a the five non-negotiables that separate a gut healing salad from a gut destroying gut healing salad from a gut destroying one. The first rule, plant diversity.

one. The first rule, plant diversity. Here's what shocked me when I first Here's what shocked me when I first learned this. Your gut bacteria need at learned this. Your gut bacteria need at least 30 different plant varieties per least 30 different plant varieties per week. 30. Most people eat maybe five.

week. 30. Most people eat maybe five. And research shows that people hitting And research shows that people hitting 30 plants have microbiomes that look 30 plants have microbiomes that look like thriving ecosystems. The second like thriving ecosystems. The second rule, prebiotic fiber. Think of this as rule, prebiotic fiber. Think of this as premium fuel for your good gut bacteria.

premium fuel for your good gut bacteria. We're talking chickpeas, artichokes, We're talking chickpeas, artichokes, garlic, onions. Without this, your garlic, onions. Without this, your beneficial bacteria literally starve to beneficial bacteria literally starve to death. The third rule, resistant starch.

death. The third rule, resistant starch. This one's fascinating. Found in cooled This one's fascinating. Found in cooled potatoes, green bananas, and beans. It's potatoes, green bananas, and beans. It's like a rocket fuel for specific like a rocket fuel for specific bacterial strains that control your bacterial strains that control your metabolism and inflammation. The fourth metabolism and inflammation. The fourth rule, fermented foods. These are like rule, fermented foods. These are like sending reinforcement troops to your sending reinforcement troops to your gut. Think sauerkraut, kimchi, miso.

gut. Think sauerkraut, kimchi, miso. They deliver live beneficial bacteria They deliver live beneficial bacteria directly to that battlefield. And directly to that battlefield. And lastly, the fifth rule, lastly, the fifth rule, anti-inflammatory compounds, polyphenols anti-inflammatory compounds, polyphenols from colorful plants. These create the from colorful plants. These create the perfect environment for good gut perfect environment for good gut bacteria to flourish while suppressing bacteria to flourish while suppressing the harmful ones. Now, here's what's the harmful ones. Now, here's what's about to blow your mind. I analyzed each about to blow your mind. I analyzed each celebrity's famous salad against these celebrity's famous salad against these five rules. And the results, let's just five rules. And the results, let's just say one of them is accidentally aging say one of them is accidentally aging faster than they need to. One is faster than they need to. One is starving their microbiome while thinking starving their microbiome while thinking they are being healthy. And one, well, they are being healthy. And one, well, she stumbled upon something that could she stumbled upon something that could change everything. Ready to see which change everything.

Analyzing Jennifer Aniston's diet

Ready to see which one it is? Let's start with America's one it is? Let's start with America's sweetheart, Jennifer Anison. Now, this sweetheart, Jennifer Anison. Now, this woman has looked virtually unchanged for woman has looked virtually unchanged for 30 years. So, you'd think her daily 30 years. So, you'd think her daily salad ritual would be pure genius, salad ritual would be pure genius, right? Here's the thing that fascinated right? Here's the thing that fascinated me. Jennifer ate the exact same salad me. Jennifer ate the exact same salad every single day for 10 years on the every single day for 10 years on the friend set. Every single day. Her friend set. Every single day. Her co-star Courtney Cox spilled the secret.

co-star Courtney Cox spilled the secret. Iceberg lettuce, chopped tomatoes, Iceberg lettuce, chopped tomatoes, garbanzo beans, salami, crunchy turkey garbanzo beans, salami, crunchy turkey bacon because it's healthy, and

pecarano bacon because it's healthy, and pecarano romano cheese. 10 years, same salad. And romano cheese. 10 years, same salad. And here's what's wild. From a gut here's what's wild. From a gut microbiome perspective, of course, this microbiome perspective, of course, this salad is likely a perfectly designed salad is likely a perfectly designed experiment in contradiction. Let me experiment in contradiction. Let me break this down for you because what I break this down for you because what I discovered will shock you. The good discovered will shock you. The good stuff first. Those garbanzo beans, pure stuff first. Those garbanzo beans, pure microbiome gold. They're packed with microbiome gold. They're packed with prebiotic fiber that feeds your prebiotic fiber that feeds your beneficial bacteria like premium fuel.

beneficial bacteria like premium fuel. Every single bite is feeding strains Every single bite is feeding strains like bifidobacterium that control like bifidobacterium that control inflammation and boost your immune inflammation and boost your immune system. The tomatoes, they're delivering system. The tomatoes, they're delivering lycopine, a powerful polyphenol that lycopine, a powerful polyphenol that creates the perfect environment for good creates the perfect environment for good gut bacteria to thrive while suppressing gut bacteria to thrive while suppressing harmful ones. But here's where it gets harmful ones. But here's where it gets troubling. That salami and turkey bacon, troubling. That salami and turkey bacon, they're what I call longevity killers, they're what I call longevity killers, disguised as protein. When you process disguised as protein. When you process meat at high temperatures, which is meat at high temperatures, which is exactly how bacon and salami are made, exactly how bacon and salami are made, you create something called advanced you create something called advanced glycation end products, ages for short.

glycation end products, ages for short. And here's the scary part. Ages And here's the scary part. Ages literally accelerate cellular aging. literally accelerate cellular aging.

They're like rust particles coursing They're like rust particles coursing through your bloodstream, damaging your through your bloodstream, damaging your arteries, your skin, your organs. Every arteries, your skin, your organs. Every bite is adding years to your biologic bite is adding years to your biologic age. But wait, it gets worse. That age. But wait, it gets worse. That pecarano ramano cheese, it's promoting pecarano ramano cheese, it's promoting the growth of inflammatory bacterial the growth of inflammatory bacterial strains that can disrupt your entire strains that can disrupt your entire microbiome balance. And the iceberg microbiome balance. And the iceberg lettuce, well, nutritionally, it's lettuce, well, nutritionally, it's basically crunchy water. Zero diversity basically crunchy water. Zero diversity points for her gut bacteria. So, here we points for her gut bacteria. So, here we have it. Jennifer religiously eating a have it. Jennifer religiously eating a salad that's simultaneously feeding her salad that's simultaneously feeding her good gut bacteria and accelerating her good gut bacteria and accelerating her aging process. It's like taking a aging process. It's like taking a longevity supplement while drinking longevity supplement while drinking poison. I would love to take a look at poison.

Gwyneth Paltrow's salad review

I would love to take a look at her microbiome to see how it matches up. her microbiome to see how it matches up. Now, if Jennifer's salad is a Now, if Jennifer's salad is a contradiction, Gwennis approaches, well, contradiction, Gwennis approaches, well, let me put it this way. It's what let me put it this way. It's what happens when perfect becomes the enemy happens when perfect becomes the enemy of good. Meet the salad that launched a of good. Meet the salad that launched a thousand cleanses. organic kale, sweet thousand cleanses. organic kale, sweet potato, olive oil, red onion, cilantro, potato, olive oil, red onion, cilantro, pumpkin seeds, chickpeas, all topped pumpkin seeds, chickpeas, all topped with her signature miso dressing made with her signature miso dressing made with fresh ginger, lime, and with fresh ginger, lime, and extra-virgin olive oil. Now, when most extra-virgin olive oil. Now, when most people see this, they think, "This is people see this, they think, "This is what peak health looks like. Clean, what peak health looks like. Clean, green, Instagram perfect." Gwennneth green, Instagram perfect." Gwennneth built an empire on this aesthetic of built an empire on this aesthetic of wellness. But here's what I discovered wellness. But here's what I discovered when I analyzed this from a gut when I analyzed this from a gut microbiome longevity perspective. The microbiome longevity perspective. The brilliant parts first. That miso brilliant parts first. That miso dressing, pure genius. Miso delivers dressing, pure genius. Miso delivers lactobacillus bacteria directly to the lactobacillus bacteria directly to the gut. We're talking beneficial probiotics gut. We're talking beneficial probiotics that support immune function and reduce that support immune function and reduce

inflammation.

inflammation. inflammation. The sweet potato provides resistant The sweet potato provides resistant starch when cooled, which is like starch when cooled, which is like premium fuel for your microbiome. Those premium fuel for your microbiome. Those pumpkin seeds, they're delivering zinc pumpkin seeds, they're delivering zinc and magnesium that your gut bacteria and magnesium that your gut bacteria need to thrive. The red onion contains need to thrive. The red onion contains keratin, a powerful polyphenol that keratin, a powerful polyphenol that creates the perfect environment for creates the perfect environment for beneficial bacteria. And the chickpeas, beneficial bacteria. And the chickpeas, same prebiotic fiber gold that we saw in same prebiotic fiber gold that we saw in Jennifer's salad. But here's where Jennifer's salad. But here's where Gwennneth's perfectionism becomes a Gwennneth's perfectionism becomes a problem. The salad is missing something problem. The salad is missing something crucial that most people, including crucial that most people, including Gwennneth, completely overlooked.

Gwennneth, completely overlooked. Where's the protein? I'm not talking Where's the protein? I'm not talking about a sprinkle of hemp seeds or a about a sprinkle of hemp seeds or a handful of nuts or just a little bit of handful of nuts or just a little bit of chickpeas. I'm talking about substantial chickpeas. I'm talking about substantial protein that supports muscle maintenance protein that supports muscle maintenance and metabolic health. From a diversity and metabolic health. From a diversity standpoint, this single salad gives us standpoint, this single salad gives us six to seven different plants, which is six to seven different plants, which is actually a solid contribution towards actually a solid contribution towards that magic number of 30 plant varieties that magic number of 30 plant varieties per week. That research has shown per week. That research has shown creates optimal microbiome diversity.

creates optimal microbiome diversity. Remember, we're not trying to cram 30 Remember, we're not trying to cram 30 plants into one meal. We're building plants into one meal. We're building variety throughout the week. And here's variety throughout the week. And here's where the subtler issue, even with all where the subtler issue, even with all these whole food ingredients, if someone these whole food ingredients, if someone eats this exact same combination eats this exact same combination repeatedly without rotating other plant repeatedly without rotating other plant varieties throughout their week, they're varieties throughout their week, they're still missing the microbial diversity still missing the microbial diversity that separates good health from that separates good health from exceptional longevity. But here's what exceptional longevity. But here's what really surprised me. When I scored this really surprised me. When I scored this against our five gut health against our five gut health fundamentals, Quinn's plant-based fundamentals, Quinn's plant-based approach actually outperformed what I approach actually outperformed what I expected. Yet, there's still one expected.

Courtney Kardashian's salad

Yet, there's still one celebrity who accidentally discovered celebrity who accidentally discovered the missing piece that could change the missing piece that could change everything. Now, here's where things get everything. Now, here's where things get really interesting. Courtney Kardashian, really interesting. Courtney Kardashian, the least wellness focused sister on the least wellness focused sister on paper, accidentally stumbled onto paper, accidentally stumbled onto something that could revolutionize how something that could revolutionize how we think about gut health. Her famous we think about gut health. Her famous push salad, romaine lettuce, carrots, push salad, romaine lettuce, carrots, Persian cucumbers, avocado with a simple Persian cucumbers, avocado with a simple dressing of lemon juice, mustard, dressing of lemon juice, mustard, extravirgin olive oil, and rice vinegar.

extravirgin olive oil, and rice vinegar. But here's the plot twist that even But here's the plot twist that even surpris surprised me. Originally, surpris surprised me. Originally, Courtney was adding grilled chicken Courtney was adding grilled chicken breast to the salad, half a cup every breast to the salad, half a cup every day. And from a longevity perspective, day. And from a longevity perspective, that was sabotaging everything good she that was sabotaging everything good she was building. See, when you grill was building. See, when you grill chicken at high temperatures, you create chicken at high temperatures, you create heterosyclic amines and polyylic heterosyclic amines and polyylic aromatic hydrocarbons. These are aromatic hydrocarbons. These are literally inflammatory compounds that literally inflammatory compounds that accelerate cellular aging. Plus, animal accelerate cellular aging. Plus, animal proteins can shift your microbiome proteins can shift your microbiome towards inflammatory

bacterial strains towards inflammatory bacterial strains that work against longevity. But then that work against longevity. But then there's something fascinating that there's something fascinating that happened. Courtney recently removed the happened. Courtney recently removed the chicken entirely. Whether she knew it or chicken entirely. Whether she knew it or not, she just transformed her salad from not, she just transformed her salad from gut damaging to gut supporting. Let's gut damaging to gut supporting. Let's break down now what she's created. The break down now what she's created. The Roma, it provides folate and vitamin K Roma, it provides folate and vitamin K that supports beneficial bacteria. Those that supports beneficial bacteria. Those Persian cucumbers, they're delivering Persian cucumbers, they're delivering silica and hydration that creates the silica and hydration that creates the perfect environment for the microbiome perfect environment for the microbiome balance. The carrots bring betaarotene balance. The carrots bring betaarotene and prebiotic fibers. The avocado and prebiotic fibers. The avocado provides monounsaturated fats that help provides monounsaturated fats that help absorb fat soluble vitamins and support absorb fat soluble vitamins and support the gut lining. And that simple the gut lining. And that simple dressing, pure genius. The lemon juice dressing, pure genius. The lemon juice provides vitamin C and citrus provides vitamin C and citrus bioflavonoids. The mustard contains bioflavonoids. The mustard contains selenium and sulfur compounds. The rice selenium and sulfur compounds. The rice vinegar adds beneficial acids that vinegar adds beneficial acids that support digestive health. But here's support digestive health. But here's what really blows my mind. By removing what really blows my mind. By removing the chicken, Courtney inadvertently the chicken, Courtney inadvertently eliminated the one element that was eliminated the one element that was creating inflammation and bacterial creating inflammation and bacterial imbalance. She's now eating what I call imbalance. She's now eating what I call a clean slate salad. Simple, a clean slate salad. Simple, plant-based, and perfectly designed to plant-based, and perfectly designed to support rather than sabotage her support rather than sabotage her microbiome. So, when I scored all three microbiome.

Building the ultimate salad

So, when I scored all three salads against our five gut health salads against our five gut health fundamentals, the results were fundamentals, the results were absolutely shocking. So, here we have absolutely shocking. So, here we have it. Three celebrities, three different it. Three celebrities, three different approaches, and yet none of them are approaches, and yet none of them are quite hitting all the marks for optimal quite hitting all the marks for optimal longevity. Jennifer is feeding good gut longevity. Jennifer is feeding good gut bacteria while accelerating aging.

bacteria while accelerating aging. Gwennneth on the right track, but Gwennneth on the right track, but missing key diversity. And Courtney, missing key diversity. And Courtney, well, she's getting closer than anyone well, she's getting closer than anyone expected. But what if I told you by expected. But what if I told you by combining the best elements from each combining the best elements from each approach and eliminating what's approach and eliminating what's sabotaging them, we could create sabotaging them, we could create something extraordinary? Ladies and something extraordinary? Ladies and gentlemen, let me introduce you to what gentlemen, let me introduce you to what I call the ultimate longevity salad. A I call the ultimate longevity salad. A complete microbiome feeding, age complete microbiome feeding, age reversing powerhouse that incorporates reversing powerhouse that incorporates everything we've learned today. This everything we've learned today. This isn't just another salad recipe. This is isn't just another salad recipe. This is a scientifically designed longevity a scientifically designed longevity system based on the latest microbiome system based on the latest microbiome research and my plant-based medical research and my plant-based medical approach. So, using the five component approach. So, using the five component formula, let's create a salad that you formula, let's create a salad that you can recreate in so many varieties.

can recreate in so many varieties. Component number one, the diversity Component number one, the diversity rainbow foundation. Think of this as rainbow foundation. Think of this as painting with plants. We need every painting with plants. We need every color of the rainbow in our bowl. Deep color of the rainbow in our bowl. Deep greens uh might look like spinach, greens uh might look like spinach, arugula, and kale. Rotate weekly for arugula, and kale. Rotate weekly for different min mineral profiles. Next different min mineral profiles. Next comes purple power, red cabbage, purple comes purple power, red cabbage, purple carrots, purple kale, anthocyanin carrots, purple kale, anthocyanin powerhouses.

powerhouses. powerhouses. Don't forget your cruciferous champions, Don't forget your cruciferous champions, broccoli sprouts, radishes, the broccoli sprouts, radishes, the sulfurophane for cellular detox. Think sulfurophane for cellular detox. Think orange and red from bell peppers, orange and red from bell peppers, carrots, beets. They provide the carrots, beets. They provide the keratenoids for antioxidant protection.

keratenoids for antioxidant protection. white and tan uh onions, garlics, white and tan uh onions, garlics, mushrooms, feeding your longevity mushrooms, feeding your longevity bacteria such as acromensia. And then bacteria such as acromensia. And then the golden crunch, pumpkin seeds, the golden crunch, pumpkin seeds, walnuts have omega-3s and plant protein.

walnuts have omega-3s and plant protein. This rainbow approach ensures we're This rainbow approach ensures we're hitting multiple plant families in every hitting multiple plant families in every single bite. Remember, the blue zones single bite.

Recipe for a longevity salad

Remember, the blue zones populations average 30 plus different populations average 30 plus different plant foods regularly, and we're plant foods regularly, and we're building that diversity systematically.

building that diversity systematically. Now, component number two, pre-biotic Now, component number two, pre-biotic powerhouses. These are the VIP foods for powerhouses. These are the VIP foods for your beneficial bacteria. Think legumes, your beneficial bacteria. Think legumes, chickpeas, lentils, cool cooled from chickpeas, lentils, cool cooled from maximum resistant starch, fiber heroes, maximum resistant starch, fiber heroes, Jerusalem articho carts, regular articho Jerusalem articho carts, regular articho carts, resistant starches such as green carts, resistant starches such as green plantain slices, cooled sweet potato plantain slices, cooled sweet potato cubes. Next up, component number three, cubes. Next up, component number three, fermented champions, your probiotic fermented champions, your probiotic delivery system. Korean magic, kimchi, delivery system. Korean magic, kimchi, spicy bacterial diversity from the spicy bacterial diversity from the German end, sauerkraut, German end, sauerkraut, literally lactobacillus.

literally lactobacillus. Japanese wisdom, that miso paste in the Japanese wisdom, that miso paste in the dressing not only gives you an umami, it dressing not only gives you an umami, it also gives you live cultures. Component also gives you live cultures. Component number four, polyphenol, your cellular number four, polyphenol, your cellular protection.

protection. protection. Berry brilliance, blueberries, goji Berry brilliance, blueberries, goji berries, all of these berries can add berries, all of these berries can add anthocyanins to help with brain health.

anthocyanins to help with brain health. Then think about herbs as medicine. Then think about herbs as medicine. Fresh cilantro, parsley, mint, your Fresh cilantro, parsley, mint, your natural cellular detox herbs, golden natural cellular detox herbs, golden spices, fresh turmeric or turmeric spices, fresh turmeric or turmeric powder. And then purple magic, fresh or powder. And then purple magic, fresh or dried herbs like basil, oregano, once dried herbs like basil, oregano, once again giving you more polyphenol again giving you more polyphenol density. And lastly, component number density. And lastly, component number five, the perfect dressing. either five, the perfect dressing. either extravirgin olive oil to help provide extravirgin olive oil to help provide the moffas or monounsaturated fats for the moffas or monounsaturated fats for nutrient absorption, fresh lemon juice nutrient absorption, fresh lemon juice to give you vitamin C, and citrus to give you vitamin C, and citrus bioflavonoids, or tahini with calcium, bioflavonoids, or tahini with calcium, magnesium, and a creamy texture with a magnesium, and a creamy texture with a pinch of black pepper, which increases pinch of black pepper, which increases the turmeric absorption by about 2,000%.

the turmeric absorption by about 2,000%. Optional, you can even add some apple Optional, you can even add some apple cider vinegar, which is known to support cider vinegar, which is known to support digestive gut health. I want you to digestive gut health. I want you to really learn this from a perspective of really learn this from a perspective of looking at the foundation of these five looking at the foundation of these five things. You can pick

whatever you want things. You can pick whatever you want to put in your salad as long as they fit to put in your salad as long as they fit into these five categories. I'm going to into these five categories. I'm going to give you one example of a longevity give you one example of a longevity salad that if you just want to start salad that if you just want to start with that and then start creating and with that and then start creating and getting more um uh diverse throughout getting more um uh diverse throughout the week, that's also another way to do the week, that's also another way to do it. So, for my longevity salad, I'm it. So, for my longevity salad, I'm going to recommend two cups of mixed going to recommend two cups of mixed dark leafy greens. Yes, I do them mixed dark leafy greens. Yes, I do them mixed so I can get the whole variety uh in so I can get the whole variety uh in every single meal. Half a cup purple every single meal. Half a cup purple cabbage shredded. A4 of a cup each of cabbage shredded. A4 of a cup each of carrots, bell peppers, and cucumbers. 2 carrots, bell peppers, and cucumbers. 2 tablespoons of red onion diced. Half a tablespoons of red onion diced. Half a ripe avocado sliced. 1/3 cup cooled ripe avocado sliced. 1/3 cup cooled chickpeas or lentils. 2 tablespoons chickpeas or lentils. 2 tablespoons hemps. 2 tablespoons each of kimchi and hemps. 2 tablespoons each of kimchi and sauerkraut, one on each end of the sauerkraut, one on each end of the salad. 1/4 cup blueberries. two salad. 1/4 cup blueberries. two tablespoons pumpkin seeds, fresh herbs, tablespoons pumpkin seeds, fresh herbs, cilantro, parsley, mint, unlimited, and cilantro, parsley, mint, unlimited, and then a pinch of turmeric powder.

then a pinch of turmeric powder. Here's the thing, timing is a secret. Here's the thing, timing is a secret. Eating this salad at the same time Eating this salad at the same time daily, and I generally recommend lunch daily, and I generally recommend lunch because having a big salad at lunch is because having a big salad at lunch is great. Your gut bacteria have circadian great. Your gut bacteria have circadian rhythms just like you do. Consistent rhythms just like you do. Consistent timing helps them prepare for optimal timing helps them prepare for optimal digestive enzymes and creates a feeding digestive enzymes and creates a feeding schedule that maximizes nutrient schedule that maximizes nutrient absorption. This formula is based on absorption. This formula is based on Blue Zones research. The longest living Blue Zones research. The longest living people on Earth average 30 plus people on Earth average 30 plus different plant foods in their regular different plant foods in their regular rotation. Their incredible microbiomes rotation. Their incredible microbiomes show incredible diversity and resilience show incredible diversity and resilience that directly correlates with their that directly correlates with their exceptional longevity. When you eat this exceptional longevity. When you eat this rainbow of life every day, you're not rainbow of life every day, you're not just feeding your body. You're just feeding your body.

Celebrity salad scores

You're cultivating a thriving ecosystem of 39 cultivating a thriving ecosystem of 39 trillion microscopic allies that will trillion microscopic allies that will support your health, energy, and support your health, energy, and longevity for decades to come. All longevity for decades to come. All right, this is the moment you've been right, this is the moment you've been waiting for. I've analyzed each waiting for. I've analyzed each celebrity salad against our five celebrity salad against our five fundamental gut health principles, and fundamental gut health principles, and what I discovered will completely change what I discovered will completely change how you think about celebrity wellness how you think about celebrity wellness trends. But before I reveal these trends. But before I reveal these scores, I need you to understand scores, I need you to understand something crucial. I'm not just rating something crucial. I'm not just rating these salads on taste or Instagram these salads on taste or Instagram worthiness. I'm scoring them based on worthiness. I'm scoring them based on their ability to support the 39 trillion their ability to support the 39 trillion microscopic beings that literally microscopic beings that literally control your aging process, your control your aging process, your energy levels, and your longevity. Each salad levels, and your longevity. Each salad gets points for plant diversity, gets points for plant diversity, prebiotic fiber, healthy fats, fermented prebiotic fiber, healthy fats, fermented foods, and anti-inflammatory compounds.

foods, and anti-inflammatory compounds. The maximum score is 10, representing a The maximum score is 10, representing a perfect microbiome supporting longevity perfect microbiome supporting longevity enhancing meal. So, where did Jennifer's enhancing meal. So, where did Jennifer's Cobb Salad land? Well, I ended up giving Cobb Salad land? Well, I ended up giving it a score of four out of 10. Here's it a score of four out of 10. Here's why. Yes, she gets points for chickpeas why. Yes, she gets points for chickpeas providing prebiotic fiber and the providing prebiotic fiber and the tomatoes delivering polyphenols, but tomatoes delivering polyphenols, but that salami and turkey bacon, they're that salami and turkey bacon, they're literally creating advanced glycation literally creating

advanced glycation end products, aging accelerators that end products, aging accelerators that damage your cells. The processed meats damage your cells. The processed meats and cheese promote inflammatory and cheese promote inflammatory bacterial strains that work against bacterial strains that work against longevity. It's once again like taking a longevity. It's once again like taking a longevity vitamin while drinking poison.

longevity vitamin while drinking poison. Now, Courtney's evolved push salad, Now, Courtney's evolved push salad, shall I say? Seven out of 10. Now, this shall I say? Seven out of 10. Now, this one surprised me. By removing the one surprised me. By removing the grilled chicken, Courtney accidentally grilled chicken, Courtney accidentally transformed her salad from a gut transformed her salad from a gut sabotaging to a gut supporting. The sabotaging to a gut supporting. The Roma, lettuce, the carrots, cucumber, Roma, lettuce, the carrots, cucumber, and avocado provide solid plant and avocado provide solid plant diversity and half healthy fats. That diversity and half healthy fats. That simple lemon mustard dressing delivers simple lemon mustard dressing delivers beneficial acids and antioxidants. It's beneficial acids and antioxidants. It's clean, plant-based, and supports rather clean, plant-based, and supports rather than sabotages her microbiome. Now, than sabotages her microbiome. Now, Gwennne Salad, the plantpowered Gwennne Salad, the plantpowered creation, actually got a eight out of creation, actually got a eight out of 10. Here's the plot twist. Gwenna salad 10. Here's the plot twist. Gwenna salad scored the highest. That chickpea miso scored the highest. That chickpea miso dressing delivers both uh probiotics and dressing delivers both uh probiotics and plant protein. The sweet potato provides plant protein. The sweet potato provides resistant starch. The pumpkin seeds adds resistant starch. The pumpkin seeds adds healthy fats and even more protein.

healthy fats and even more protein. We're looking at six to seven different We're looking at six to seven different plants contributing to that weekly plants contributing to that weekly diversity goal. It's a masterclass in diversity goal.

Conclusion and challenge

It's a masterclass in whole food plant spa plant-based whole food plant spa plant-based nutrition that accidentally hit almost nutrition that accidentally hit almost every longevity marker. But here's what every longevity marker. But here's what absolutely blew my mind. The celebrity absolutely blew my mind. The celebrity who gets mocked most for her woo who gets mocked most for her woo wellness approach actually created the wellness approach actually created the most scientifically sound longevity most scientifically sound longevity salad. Meanwhile, America's sweetheart salad. Meanwhile, America's sweetheart unknowingly accelerated her cellular unknowingly accelerated her cellular aging with every bite. But this is what aging with every bite. But this is what excites me about where we're headed.

excites me about where we're headed. We're already moving beyond generic se We're already moving beyond generic se celebrity copying to more informed celebrity copying to more informed nutrition choices. Right now, we can nutrition choices. Right now, we can test your microbiome and get fascinating test your microbiome and get fascinating insights into your bacterial diversity insights into your bacterial diversity and which strains you're missing. The and which strains you're missing. The research is rapidly expanding. We're research is rapidly expanding. We're learning more every day about how your learning more every day about how your unique bacterial signature influences unique bacterial signature influences your health, but we're still in the your health, but we're still in the early stages of translating that into early stages of translating that into specific dietary recommendations. While specific dietary recommendations. While we're not at the point of making a we're not at the point of making a precision salad prescription, what we do precision salad prescription, what we do know is that it is incredibly powerful.

know is that it is incredibly powerful. We know that plant diversity matters. We We know that plant diversity matters. We know that fermented foods support know that fermented foods support beneficial bacteria. We know that beneficial bacteria. We know that processed foods can damage your processed foods can damage your microbiome. And that's why understanding microbiome. And that's why understanding these principles, the ones we've applied these principles, the ones we've applied to analyze these celebrity salads today, to analyze these celebrity salads today, is so valuable right now. You don't need is so valuable right now. You don't need to wait for futuristic technology. You to wait for futuristic technology. You can start optimizing your microbiome can start

optimizing your microbiome today using the science we already have.

today using the science we already have. Here's your challenge for the next 7 Here's your challenge for the next 7 days. Build one # cellcare longevity days. Build one # cellcare longevity salad daily using my five fundamental salad daily using my five fundamental gut health rules. Pay attention to how gut health rules. Pay attention to how you feel, your energy levels, your skin you feel, your energy levels, your skin clarity, and your digestion. I want you clarity, and your digestion. I want you to experience firsthand what it feels to experience firsthand what it feels like when you stop accidentally like when you stop accidentally sabotaging your microbiome and start sabotaging your microbiome and start supporting those 39 trillion microscopic supporting those 39 trillion microscopic allies. And here's what I'm curious allies. And here's what I'm curious about. Which celebrity eating habits about. Which celebrity eating habits should I analyze next? Should we dive should I analyze next? Should we dive into someone's morning routine, [music] into someone's morning routine, [music] their smoothie recipe, their dinner their smoothie recipe, their dinner preferences? Drop your requests in the preferences? Drop your requests in the comments below. I read every single one comments below. I read every single one and the most requested celebrity and the most requested celebrity analysis becomes our next [music] deep analysis becomes our next [music] deep dive. Remember, your gut bacteria are dive. Remember, your gut bacteria are working 24/7 to support your health, working 24/7 to support your health, your mood, your energy, and your your mood, your energy, and your longevity. The least we can do is feed longevity. The least we can do is feed them the rainbow of nutrients they need them the rainbow of nutrients they need to keep us thriving. If you want more to keep us thriving. If you want more evidence-based gut health and longevity evidence-based gut health and longevity insights that separate the science from insights that separate the science from the hype, hit that subscribe button.

the hype, hit that subscribe button. Until then, go build that longevity Until then, go build that longevity salad and I'll see you [music] in the salad and I'll see you [music] in the next