Introduction to Histamine-Friendly Cooking

Welcome back to our Reversing Mast Cell Activation Syndrome and Histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today I'm joined with celebrity chef James Barry.

He's going to help us navigate some of the dietary challenges that we experience when we're trying to navigate a low histamine diet or other food sensitivities that show up.

James has 16 plus years in the culinary field and actually started as a private chef for celebrities like Tom Cruise, George Clooney, Barbara Streisand and many other big names.

And maybe he'll give us some dirt on some celebrities too, which would be fun. But first, we're going to start with the food. Thank you so much for being here today, James.

Thank you for having me, Dr. Meg. Absolutely. Well, you know what? Why don't we just start? Because your background so interesting. And with your background, how you became a celebrity chef and got to really get to be a expert in this field.

Yeah. Well, I, I came to I was always passionate about cooking since I was a little boy and but I didn't realize it was a career. you know, back in the day, it was really.

You had to own a restaurant. I think there were maybe two celebrity chefs on TV, back then. So it was like, you know, the Frugal Gourmet, which was one of them, I remember.

And then, Julia Child, that was kind of it. So there was one track have a restaurant, and I just assumed, well, restaurants, you have to have late nights.

And I just didn't see it as a career. So I for, for many years it was just a passion. And then, in my 30s, I realized, it was actually after nine over 11, I realized, you know, I only want to be doing things that have heart and that I'm passionate about.

And I did in my life. And, and realized cooking was one of those passionate things for me, and I, I shifted gears, went to culinary school in New York that really focused on health and cooking.

We talked about how to properly cook, grains, how to properly cook legumes. how to kind of fuze that nutrition into the food, because I think we assume that food is just naturally nutritious.

And, and sometimes how you cook it is what probably get into really can damage it, or how you prepare it.

James Barry's Culinary Background

So I went that course and and fortunately the school I went to was a go to for, celebrities looking for healthy private chefs and I immediately started finding work, and it was pretty amazing.

Like, it I, I got a lot of positive feedback. People who had struggled to lose their baby weight, for example, for years, couldn't lose it. And then I started cooking for them.

And immediately started just coming right off. And they were amazed. And you know what? The secret though? The secret to the sauce, it was just simply cooking with real food.

I everything I made was from scratch. I didn't give any ultra processed food to these people and the weight just,

you know, just melted right off. So that is ultimately the trend I'm pushing is eat real food as well.

That is yeah, we should all be eating real food. I totally agree. And I actually have used you and I talk last year on my podcast a little bit healthier and you told me that you eat.

I love how you said it. So I've used it. I'm I stole it. But you eat ingredients, not products. And and that's just a really simple good way to put it.

Can you get into a little bit of that? Because I think it was such an, enlightening way to hear like, yeah, you know, I explain it to people all the time, but, you know, you eat the ingredients, not the product.

Yeah. I think the way I, where I say it was like, pick things that are ingredients versus things that have ingredients, which is it's just another way of saying the same thing of what you said.

And, and then whole concept too is like, don't fall asleep at the cart. That's another one I say a lot. Is that, you know, the outside of a package, the, the, the part that we're reading when we walk by our scene that's really like a billboard.

It's, it's it's not necessarily regulated. It's, something where they can make claims that aren't necessarily true. Like they can say it's made with olive oil on the outside, but then you turn it around and it's actually not extra virgin olive oil.

It's olive oil with a blend of sunflower and soy or something like that. Like they they can pick and choose the things that are going to draw you in, but not until you till you read the back of that package.

Do you really know what's in it? And even then, you still don't always know because there's certain, industry that are not regulated by the government, they're regulated by themselves.

And one of the most notorious industry is the flavor industry. So artificial, all natural flavors not regulated by the government. So they we we don't always know what's in them.

And sometimes they're can they can have hidden ingredients in them. So that's just even more so I wish I could say, oh, trust, you can trust our government.

You can trust the food and our grocers and you just can't. You just don't know. So best practice is look for things that don't have ingredients and and even then it can get even more granular because now they have that coating they're putting on top of fruit. Right.

Because fruit would be something you'd be like, well I, I can eat that. That's an ingredient, right. It's not doesn't have tons of ingredients. But then you now have to be careful of what are they spraying that fruit with.

What what are they putting on the outside of it to help it not, decompose as fast as it normally would. So all to say, I'm more and more I'm trying to recommend that people go to trusted sources like their local farmer's market.

Talk to the farmer, get to know the people, go visit the farm. Like really ask questions because we no longer live in a world where we can just assume that it's for our health.

It's it's just not the case. I know, I feel like sometimes I get grocery store anxiety because you are, you're looking and you just lose that trust whenever you're even with, you're trying to buy organic as much as you can.

You're trying, you're trying to do all the right things. But it can feel overwhelming, especially when you don't have that background knowledge, something that very interesting I thought of whenever you were saying that, and it's just the perfect example.

So I noticed whenever people started, whenever being gluten free became more mainstream, whenever people

started to really learn more about gluten sensitivity, all these products that had just been sitting on the shelf were suddenly gluten free.

Oat gluten free, even though they were the same. Literally, it wasn't like they changed the product and really had the gluten free version. It was just that they were advertising as a gluten free product.

And I thought, oh, that's so interesting because for years they've been saying, sitting there, not saying it, and now they're trying to draw it in. So it's the perfect example of what you're saying of, okay, they're picking what they want to dry you in, but if you're not really paying attention you can kind of be trapped.

Yeah. And there's a lot of entrapment words like all natural. What does that really mean? It's not regulated. sometimes you'll see on eggs, you'll see hormone free, but they don't typically give hormones to eggs.

Ingredients vs. Products in Food Labels

So that's like that's like saying, I don't know, just saying something obvious about something or like you said, highlighting something that was already like saying, this candy's gluten free.

It's like when it was gluten free before we before we were even thinking about it. It's like, so yeah, there's lots of tricks to the trade. and, and really, that is the difference.

You know, we talk about, we hear catchphrases like, oh, don't eat processed food. Well, that's not the best articulation of it, because the truth is, if I take a carrot and I cut it, it's now processed, right?

So it's still a carrot, but just the cutting of it can mean process. So what we're really saying is we don't want ultra processed foods, foods that have been processed to a, to a state with multiple steps to a state where that they're now unrecognizable from where they came.

you know, minimally processed foods are okay. And I think that's one thing we have to remember is we can we can be so ultra sensitive to everything. We can be.

So, like, I got to be perfect. I gotta I kind of do it just right and have this pressure that we put on ourselves. And we might put this, this pressure on ourselves around ingredients.

We might put this pressure on ourselves around, like, I need to be the best chef. Like we just in general, we were so hard on ourselves. And the reality is, even when you think you know what it is, you still don't know.

And I'll just use this as an example. So our organic grains organically grooms, we are under the impression that if it's if it's certified organic, that means that it doesn't have any glyphosate because you can't use GMOs when it's certified organic, you can't spray synthetic chemicals on them.

But what they don't tell you is that after they've grown it and pulled it, what a lot of the industry does is they then spray it with glyphosate to dry it, and they do not have to.

They can do that to organic or non-organic. They don't have to claim it because it wasn't grown. It was grown organically, but they don't have to claim what it happened to it after it was grown.

So it's really it's just a a faulty and it's just, just a, it's an industry that is out of integrity. That's kind of the best way I could say it. So that then becomes, you know, that becomes the question for us is how do we a Alyssa change is we change.

We we can only support change with the the money we spend. So you, you, you vote with your dollars. That has been consistent for the last 50 years and it hasn't changed.

the other thing is, is that maybe we have to stop worrying about being perfect and more about what state of mind I

in when I'm eating a food. Like, am I stressed out?

Am I overwhelmed, or am I, you know, hopeful and joyful and thinking the best about what I'm doing and eating and seeing how that changes are, you know, helps us be in a parasympathetic state and are we putting joy into the food as we cook it?

You know, I think we have to start looking holistically versus just, granularly, if that makes sense. Yeah. And, you know, you're bringing up a good point because when we're talking about people with histamine intolerance, you really it's a complicated list and a lot of them are healthy foods.

So we're you know you're told okay you have histamine intolerance and I can't stress enough I keep saying this through the summit. But that really the low histamine diet isn't the cornerstone for histamine tolerance.

Finding the root cause of why you're having histamine intolerance is the root is really what you need to do to resolve the histamine tolerance. Because once we do that, you can eat more of these foods.

But and this a it's. Like an it's like an elimination diet really. Right. It's like you're just figuring out what's going on. Yes. Yeah. You, you you're using it as a tool to figure out what's going, you know, what's going on.

So when you're doing that though, you get this list and we'll go through some of those foods. But it feels like, oh wow, a lot of these are healthy foods.

A lot of these are foods I eat. What do I do? And so I like to tell people, you know, really pay attention to how to be a sleuth, basically, like be your detective and pay attention to if I eat this food, how do I feel after, you know, am I getting flushing?

Am I getting a runny nose? Am I getting symptoms? Do I have any of these things happening that are changing so that you really do have to pay attention?

So can we dive a little bit into the mindset things you can do to really evaluate how you feel with food and not feel like the list? Oh no. I have to manage the list.

Yeah, I think so. There's a great quote by Bill Schindler. He's a professor of archeology, wrote a book called Eat Like a Human, and he says, you know, we are the only species in the world that looks to someone else to tell us what to eat.

And every time I say that, it kind of hits me, you know, like, gosh, there's I mean, there's a lot of species on this on this planet. And they all know exactly, you know, instinctively what they need to eat.

And we are the ones that lost track, you know. So I think that there's hope in that. And I'm not trying to make anyone feel scared or worried about that.

Hopefully you're finding good people like Doctor Meg. You're finding people that you can trust that can help to guide you. But ultimately, the hope is that we have it in ourselves to know what our body needs.

But we have to honor our biological process. And one of the other things in the industry is fighting us on this. Right? So they're they're picking produce before it's fully ripe and they're as we said already, they're packaging things with lots of colors and copy that, that persuade us and dissuaded us from what, what it is, you know, so you do have to navigate a lot of that noise.

But what you get to do as well is just honor your process. So I always kind of talk about when we're when we're looking for food, you want to honor that.

There's a process of when you see it, you know, the color whatnot that your eyes we eat with our eyes. We can never forget the senses of how we finally put that food into our mouth.

So the process starts with the eyes, though, and then when we bring it closer to our mouth, the smell of it.

Mindful Eating and Trusting Your Body

Right. You can tell if a food is ripe when you when you go to smell it, if it doesn't have a strong smell, it's probably not that ripe, you know, things like that.

so smell is a part, and then you're putting it into your mouth. That process of mastication, a saliva, there's immediate communication that happens as it touches, you know, your taste buds and in your body, it's literally going, oh, this has flavor.

That means it has nutrition. Because historically, flavor in nature meant nutrition. Now our current, you know, industry, food industry does not represent that because as we mentioned, the artificial flavors and natural flavors those throw throw that off because you can have something as extreme flavor, but no nutrition, which is not true in nature that it wouldn't there.

You would never find that nature. It's only in our grocery stores that we find stuff like that. So, so, so kind of genetically or kind of structurally ancestrally.

We we we, we connect flavor with nutrition. But that kind of talks to you about like, okay, if it's something that's ripe, if I'm, if I'm putting in my mouth, there's, there is a communication that happens when we put we put salt on our tongue, we get an immediate communication of, do I need more or less of this?

Your body knows what it needs, right? And most people can't do more than three dips of their finger in that salt before their their their system says no, no more.

It doesn't taste right anymore. Let's stop. But if I were to take like, let's say a salt tablet and I swallow that, I'm bypassing the whole process, this biological process, 15, 20 minutes later, why am I bloated?

Oh, I got too much salt. So one is kind of guesswork. So the more, you know, feeding this like that, this conversation of the more real food we can eat, the more real food we can actually put through that process of.

It's a real ingredient. It's not something that has tons of ingredients, but it's an ingredient that we can identify. Right? So because that's the other issues, if you're eating tons of the processed foods and you have an outbreak or something happens, which which part which ingredient was it. You don't know because it has too many.

You. So you don't actually know. so ideally you're, you know, you're trying to keep it simple when you're making these recipes you're following, you're you're eating them.

You're you're putting your, you know, some of these very these practical tips. But once we've been told for many years now, but like you're chewing slowly, allowing the time, the communication time between your brain and your, your, your basically your stomach communicating.

Am I full yet? Is this enough food? Am I getting what I need? There's a communication that happens there. You're, putting your fork down in between bites so that you slow down because a lot of us are eating so fast, particularly at lunchtime.

We're standing up, we're doing other things, we're on our phones, and it's just there's still like a separation, complete unconsciousness about what's this state I'm in as I'm eating it is the food, the quality of what I want to put in my body.

And am I breathing? Am I taking my time? Am I kind of just allowing my body to relax into the process? I think these are all things that are very, very important when we're talking about health and it has little, it has less to do with what you're putting in your mouth, but more of the state you're in, it as you do it.

yeah. Being in that parasympathetic nervous system and in that rest and digest place when we're eating is making all of our enzymes optimal for digestion, giving us enough stomach acid, all of those things.

So you're setting yourself up to feel relaxed, and then you're able to see how that food is actually affecting you a lot easier. Yeah. And then and then when, of course, when we get into histamine intolerance or issues, then, then we need to get more.

You know, we do want to get a little bit more granular about how ripe is this food. How long has it been? you want to make sure you're not overcooking your meats, things like that.

You can't eat leftovers. So then we're being more mindful of, like, the time line of the food chain. and really, using your biological processes is going to help you with that.

You know, you're going to you're going to if something doesn't is feels too hard or something doesn't smell right, you need to trust that. Like it's just that is your body communicating not this doesn't this is this is off.

Like can you tell me how many times people will smell like fish, for example, and they'll be like, this doesn't smell right, but I think I need to eat it because I bought it in, you know, it's like or it's just, I mean, and I and I'm a culprit or that myself, you know, like, oh, I paid $26 for this even though it doesn't smell right.

I gotta eat it because I don't want to waste food, you know? But the reality is, is that it's it's probably off, you know, and you're going to probably feel some discomfort if you eat it.

I as a chef, I also think about the state I'm in when I'm cooking it, not just when I'm eating it. That's another thing. there's those movies many years ago, like water for chocolate.

And I think chocolate is another one. they really emphasize that idea of, like, what? What state? Like, what are you thinking about? What's in your heart as you're preparing this food?

And then that kind of manifest in the movies, at least it manifested those people feeling whatever you whatever state you were in when you were cooking it.

Well, I actually do believe that. I really do believe that that is a, that cooking with intention, eating with intention. These things will positively affect you if you're in a good state of intention.

And more. I want to get into a little bit like you were mentioning about the Leftovers because that's a, that is a big thing for people with histamine intolerance.

And you really have to have the fresh foods and cooked in a certain way. You know when you're buying your, your fish let's say have it flash frozen before you're eating it.

And some of those things we don't have complete control over. But I have a lot of people who are busy and like to meal prep, and they run in to a lot of problems because they're trying to, you know, let's say you're a working mom who is at the office all day and has to come in and, you know, make a meal for a family and you have to cook at that time, or you like to meal prep, but you can't do that because you're now not able to eat leftovers.

So we get in this balance of like in a busy world where we want to cook healthy. We want to have the full ingredients, but we also don't have that option of necessarily prepping food beforehand.

Yeah, it's a really it's a real challenge for people that are, having issues with histamine because it's the exact opposite of what I would normally say, because normally I would tell people when you meal plan, you want to make more than what you're going to eat.

So then that way you can have it for leftovers. What? We can't say that for this group. And so how I would really recommend kind of looking at it is kind of doing the opposite.

So so let's just say if you're making something with ground meat, normally you would probably cook all of it and then you'd have leftovers and you make it the next day.

So for what we want to do for for people listening is we want to only make what we're going to eat. And then you keep the leftover that, that you have not cooked.

So you only, you know, you're basically portioning out what you have. So if you have a pound of me, but you know, you only need eight ounces of that, then you're going to only pull eight ounces of that pound.

Cook that, eat that. And then now you have so this uncooked that you're going to then use tomorrow. Because obviously we don't want to leave it in our frigerator too long, but at least we know it has not been cooked because it's the state.

It's the act of cooking it that's going to start to increase the histamine. Well, it's, it's, it's the, it's of course it is also that how long it is exposed to air that's going to expose it, you know, and increase the histamine.

But cooking food also degrades it. So for us we want to focus on only cooking what we're eating and then keeping as much of what we're going to use the next day is still uncooked.

I think that's going to help out a lot. another way of looking at it too, is like you're just ordering smaller amounts than you normally would. You know, you the one thing that people forget is when you go to a butcher, you can you can have them if you see, let's say that salmon and you're like, I can't eat all that in one sitting.

And, you know, I'm sensitive to history. I got to be careful of that. then you can ask them to cut it, cut it to the portion you want. You know, you don't have to take a whole pound of meat.

You can go to the butcher and you can say, I only want a half a pound. You know, you can control those amounts. And I and I think we really have you really have to think about that when you're when you're dealing with histamine issues.

Yeah I also will have people. Do you ever have people cook it and then freeze it right after. Yes. but I still find that that can be an issue if you've overcooked it.

Managing Freshness and Leftovers for Histamine Intolerance

So that would be something that you want to be aware of is when you go to cook it. how I previously used to do this when I had a meal delivery service and I knew people were going to be reheating the food is we would undercook it.

So if let's just say there's someone that like their meat, well done. We would we would only kind of like cook it to medium. And then knowing the fact that when they went to heat it up, that would get it to the the standard that they wanted it to be.

and so I think that I would recommend that if, you know, you're going to freeze it, then slightly undercook it. So that way when you defrost it and reheat it, you're not, you know, it's not even worse, if that makes sense.

Because because like we talked about the the histamine count, it's going to increase the more you cook it. and that's a great tip. So that might be something to think about.

the the other thing is, you know, we you really need to ensure that you're getting as fresh as possible. And that's one thing that a lot of people don't realize, too, is you can also when you go to your butcher, if you if you're not clear how long things have been out and you can ask them, of course, say, hey, when was this round or when was this pulled?

And they can tell you, but if you're still concerned, you can actually have them make fresh cuts or fresh grinds right

then and there. And many times they will do that.

Now another option is doing what we talked about earlier, which is getting your meats from your, from your, your farmer's market. because, well, I was going to say in more cases are not that's pretty fresh.

But the reality is when a for at least around animal products, the reality is, is that they are taking their animals to slaughter and it's seasonal in I mean, so everything it's not always fresh fresh.

You know what I'm saying. It's like it's seasonal. And then what they do is they immediately freeze it, and then it's held there until they sell it out.

And then they would do another slaughter. So you might what you really want is a farm or ranch that has a lot of turnover, because then, you know, at least you're getting stuff that has not been, slaughtered, you know, six months before.

But maybe it's only two months before that makes sense, or even a month before. so it's really beneficial to do some research and find out, you know, a really have these, you know, having these conversations where you're building that relationship, you're asking some of these things and getting to know, okay, when when has it been slaughtered?

Where can I go? And it takes a little bit more work, but then you get the benefit when you're feeling, you know, when you start to feel better because you're making some of these decisions.

Absolutely. And going back to the trust, trusting your instincts. If the meat looks nice and ready and you know it doesn't look gray or old, like you can trust that trust.

Trust how something might look as well. Trust how something might smell, if you touch it and it's not slimy things like that, that's that's important.

Those are just as important. and will be beneficial because, I mean, I really there is there are, there are studies. I don't know if you ever talk about this, but there are studies that show, you know, the whole placebo effect.

You know, it's very powerful. So if you go to purchase something and you believe it's good like that, this will meet your needs, then it very well might because you believe it.

So. So it really is important to I'm always trying to encourage people to get back to their own innate knowledge and instincts around something. It's like, you know, it's like a mother with a child, right?

You never question a mother's instincts around her own child, because they will always be more, accurate than anyone else's because of their biological connection to this child.

Yes. Yeah, these are all great points. So, James, now we're let's talk a little bit about recipes and ideas and things that because this is people, want to know what to eat and what not to eat, I know, and I know, so we're talking about intuitiveness and, you know, really focusing on that feeling.

And so, you know, you're taking that list that you have, you know. So when we taught let's I guess just review a little bit. We talk about high the histamine foods.

We're talking about foods that are high in histamine and foods that release histamine and foods that block our Dao enzyme. Then that the DEA, the Dao enzyme is the enzyme that processes histamine.

So, you know, people can have it. You know, where I see histamine intolerance, like I said, being the biggest issue is really underlying gut infections.

So we're working on you know, I'm always actually and you were talking about the chewing the food and all of that.

I'm always working on both healing the gut and regulating the nervous system, because I see the combination of those two things.

We need to heal the gut. We also need to regulate that nervous system. So we're in the parasympathetic nervous system while, you know, while we're eating and and all the time.

so then we're, you know, but but we're looking at a lot of different foods when we're looking at those things. So and some of those can even be healthy like spinach or tomatoes or bananas or.

So do you know, we don't want to lose that nutrient value either. So do you ever, you know, have recommendations or where people can get started? Yeah.

I mean, I think once again, like, anything you're doing that the lower heat, you can do it. If it's something that needs to be cooked, the better. I love, I love like, I think smoking, like if you are doing any grains like quinoa rice or something.

I recommend soaking them first. Those those will help. So, for example, if you're doing rice, you don't have to soak it overnight. But I find that that helps.

It's kind of the easiest is right before I go to bed, I just put it in a bowl and you cover it so that there's still enough water over it for if in case the grain or the if anything expands a little bit, that it still will be covered under the water.

I think that helps a lot. And then once and then when you wake up in the morning, or you could do it, let's just say you could do it in your morning and then you could use it later that night.

So you just drain it and you rinse it again. And then if in the case of, sometimes you can even then, toast it in the pan a little bit to dry it out before you cook it, or you can just right away stick it in and and cook it as you normally would.

but I find soaking grains, nuts and legumes if you, if you're eating those, obviously, cooking oils, I love making things from scratch. So something that I really, encourage everyone to do because you really can't trust them is to make your own dressings.

If you're going to be using, let's say, extra virgin olive oil. one of the ways I recommend you do that is you follow a ratio. And the one I typically recommend is a 3 to 1.

So it's three parts olive oil or fat to one part vinegar or acid. And lemon juice for example, would be sort of acid or lime juice.

Low-Histamine Recipe Tips and Dressings

and then we're you're probably keeping away from vinegar as if you're, you know, if you're dealing with histamines. But, you can find and I guess you are kind of keeping away from, you know, citrus fruits, but so you can still kind of get creative, though.

You can you can, for example, let's just say, you know, you can eat some raspberries, for example, or you can use those in your, your dressings, for example.

you can typically people can have do, do we can you being the extra do we count lemon juice as something that people have to avoid? Yeah. Some people can have an issue with lemon juice.

I do find that often people will, be okay sometimes with apple cider vinegar. So. Okay, so there you go. That's a good one. Yeah. We, Do that. There. So if, let's say you can't do citrus, but you want something that's a little lemony, there's a spice called sumac sumac.

It has a natural lemony taste. But it's not citrus. It's a it's a spice. so you might try that as well. If you're just someone who wants to. Can't do lemon juice or anything like that.

But I, I usually get I try to be as creative as I can with sauces and dressings, but it's really important to me to make my own. I think that's really key because, you know, when we buy things in a grocery store, they're they are designed to be shelf stable.

So they have lots of ingredients to prevent them from spoiling in the grocery store before they're sold. And those are the things that are usually causing havoc in our body.

So, the more you can make something from scratch, the better. I find using whole Foods to make things like I previously, I would use, like for example, butternut squash to make sauces, cauliflower to make sauces.

And I know some of these foods, some people might not be able to eat. But the point being that you can actually get creative with these foods if you are eating apples, for example, that you can even use that in a dressing, you know, you can chop them up.

And I find even just adding all of straight olive oil. But as long as that what you're adding it to has lots of different textures and different flavors to it, then you don't miss the the vinegar or the, citrus or whatever else you might add.

Yeah. There's are I actually have went to a health food grocery store and looked at all the labels before of the salad dressings, just because, you know, all these salad dressings that are labeled healthy, the additive ingredients and what oils they're actually using are, it's really enlightening.

I advise anyone to go do that because you think you're getting something that's healthy. And I think you're making a great point to just make we make our own, too.

Yeah. And and I should probably follow through with this. So the ratio as I mentioned is 3 to 1. So if you're if you're using straight olive oil obviously just pour some on.

But but if you are making your own dressing you are able to add something to it. Some kind of acid or citrus vinegar or something like that. Then what you do is you do three parts of that oil.

So that means like let's it, it doesn't really matter what the, the parts are. So it just means that you have to use the same vessel. So let's say a tablespoon the ratio is 3 to 1.

As long as I use the same vessel that that's that will work. So a tablespoon three tablespoons of extra virgin olive oil one tablespoon of the of the acid or whatever you're using.

And then I just throw it in a mason jar and I mix it together. you know I just shake it and then I pour it over. And if I want to, I add salt or something like that to kind of help, help the taste a little bit.

But for the most part, it's that simple. I mean, I think we, we, are so trained to just think it has to come from a bottle and be and be a certain texture and certain look, but it really doesn't have to.

It can be very, very simple. The key, there's a famous chef that actually said this is that 85% of cooking is, is is what you pack to eat, like, like so the sourcing of the actual ingredients.

So if you get ingredients that are ripe or that are in season, they're going to have lots of flavor. You really don't have to do much to it. And and if we're talking about histamines, the less you do it to it, the better anyway, right?

So it's even more important to buy foods that have either been fresh, frozen when they were ripe, or that are currently right, so that that will do wonders, for for your flavor, for you to not feel like you're missing out or you know, that you're that everything's bland or something like that.

You don't have to live like that at all. Yeah, well, thank you so much. You've been so helpful and giving us such great information today. Can you? I know you have Pluck, which is an organ meat that is low in histamine.

So can you tell us a little bit about that and where everybody can find you. Yeah. Pluck. So Pluck is a we basically take the freeze dried powder organics.

And what's beautiful about that, is that they are raw when they're first called, they're frozen and then processed to a uniform size and then and then freeze dried.

And that's maintaining the nutrition to the highest degree, as close as you can to, to anything really. And then we combine them with spices and herbs.

So we're combining them with Redmond real salt and then spices, other spices and herbs. And we make organ meats just easy and delicious to get into your diet.

We have found that they're either very low in histamine and or virtually don't have really anything, that people react to. So we have had good response for people that are histamine, intolerant. So, or histamine sensitive. Sorry.

So, so, it's just a great way to, to get those organized. It's got five of them liver, heart can you spleen and pancreas. And then New Year we're going to be adding lung and, bone marrow to the mixes as well.

but we're trying to support people in getting whole animal. It's something that I feel very strongly about, that we have become a society that is mostly focusing on muscle meat.

And we, we have chronic illness that's just increasing year upon year.

Pluck Organ Meat Supplements and Closing Remarks

And yet our ancestors who were eating whole animals, who are eating all the animal, every part of it, we're we're doing a lot better than us. And I know that it's become a bit of a toxic world, but but, I have to think that if we are eating more of the whole animal, which means that we're getting more of those micronutrients that the animals are getting from the sun, or whether from the grass which the grass is getting it from the sun. Right.

That, that basically we're going to get these this like supports light going on. So the idea being that if you're eating that organ, you're getting the nutrients that is in that organ to help your organ, of the same organs.

So liver is going to support your liver. Brain's going to support your brain, things like that. So I just, I just I'm a firm believer that will help, will help offset the issues that are going on and on world toxicity level wise by eating some of these very nutritious, nutrient dense organs.

Yeah. Well that's great. Yeah. And everybody we can we'll put that. We have a summit resource page so we can put Pluck in the Summit resource page so anyone can check it out.

I've had it. It's delicious. So it's worth it's worth it to give it a try. So thank you so much for being here with us today. Absolutely. Yeah. You you'll have you'll have the links, but we'll also make sure you get a, a recipe booklet as well.

I'll make sure you have access that the 20 recipe, booklet that will help people kind of in start to get some of these organ meats and get this into their diet because, I do think it can help, we're very nutrient deficient.

So this will help to offset and get that mother Nature's multivitamin into our diet. Wonderful. Thank you so much. I will put that. And so everyone will.

You know, it's it's a great place. Everyone loves recipes I love recipes, you know, you we don't all have the ability like you to just think of what to do.

I I'm always like, okay, I need that guide of what I can put together. So I appreciate that resource too. Absolutely. Well, thank you for being here with us today, James.

Thank you. Have a great day, everyone.