

Transcript – Ask the Expert Session with Joel Fuhrman, M.D.
Nutrition for Cancer, Diabetes, Autoimmune and Weight Loss

Nathan Crane:

Of course, we always have this little disclaimer at the beginning of these. This is not medical advice, even though we have a medical doctor here. Obviously he is not diagnosing anything. He's not seen your charts or your labs. This is informational and educational only, so please recognize and do not consider this as medical advice. All right there, we got it out of the way. Let me read Dr. Fuhrman's bio, and then we're going to bring him on and start getting to a lot of your great questions that you've already submitted.

Nathan Crane:

So Dr. Joel Fuhrman, M.D. is a board certified family physician. Seven-time New York Times best-selling author and internationally recognized expert on nutrition and natural healing. He's on our faculty here at the Health and Healing Club and did a tremendous, one of our very first actually, Health and Healing Club, Ask The Expert Sessions a few months back, and you can find that recording in the membership area. It was a really profound interview. So make sure to go and watch that after this one as well. He specializes in preventing and reversing disease through nutritional methods.

Nathan Crane:

Dr. Fuhrman is the President of Nutritional Research Foundation and on the faculty of Northern Arizona University, Health Sciences Division. He coined the term, which many of you have heard of, called Nutritarian, to describe a nutrient-dense eating style designed to prevent cancer, slow aging and extend lifespan. For over 30 years, Dr. Fuhrman has shown that it is possible to achieve sustainable weight loss and reverse heart disease, diabetes and many other illnesses using smart nutrition. In his medical practice and through his books and television specials, he continues to bring this lifesaving message to millions of people around the world. His website is Dr. Fuhrman, that's D-R Fuhrman, F-U-H-R-M-A-N dot com. Dr. Fuhrman, thank you so much for being here again with all of us at the Health and Healing Club.

Dr. Joel Fuhrman:

My pleasure, looking forward to it.

Nathan Crane:

Yeah. So normally, we might get into a little bit about what the Nutritarian Diet is and a little bit of background, a little bit of your history. I think a lot of our members here as part of the Health and Healing Club are somewhat familiar with your work. And I know we're going to get into what the Nutritarian Diet is and lifestyle is, that you've helped so many people to embody in their own lives. And we'll get into that throughout the questions as people ask them. But maybe let's just take a quick two minutes, if you can give us a little bit of background and foundation on what it is.

Dr. Joel Fuhrman:

Yeah. I'm trying to establish the Nutritarian Diet as the gold standard of nutritional excellence, that has a full portfolio of foods with the most powerful anti-cancer effects and stroke dementia preventing effects. And it's almost the same diet to maximally prevent against heart attacks and strokes as it is to prevent against cancer. There's not much difference you have to make. And the diet that most effectively promotes longevity is also most effective therapeutically to reverse disease like psoriasis, fibromyalgia, asthma. It's very therapeutically to aid people to get well from all these diseases. But I

think that we have a tremendous amount of research, scientific research documenting that the foods that protect against cancer, that have the most scientific data to show their powerful protection against cancer like G-BOMBS, greens, beans, onions, mushrooms, berries and seeds, flax seeds, chia seeds, green cruciferous vegetables.

Dr. Joel Fuhrman:

The powerful science we have also shows that when people eat those foods and have a dietary portfolio of these cancer protective foods, when they have cancer, it shows ability of people to prevent recurrence, extend lifespan and in some cases, actually cause cancer to reverse itself. So what I'm saying, there's the same foods that prevent cancer have been shown in scientific studies to prevent cancer deaths in people who already have cancer. So we have a lot of data on that. For example, I gave an example of women who had breast cancer followed for 10 years. If they had some lignin in their diet from seeds, they had a 71% decreased risk of dying of breast cancer, compared to the women who didn't have lignans in their diet. So what I'm saying is, we have a lot of data today and we utilize this data.

Dr. Joel Fuhrman:

It supports the design, the dietary portfolio of a Nutritarian Diet to give us this unique opportunity in human history to blow the blue zones out of the water, because the blue zones don't live that long. They just live six to eight years longer than the average American. We can live 15 to 20 years longer than the average American. So I'm calling this, whatever you want, a green zone, a gold zone, but anyway, it's a Nutritarian Diet for people who want to maximize their life expectancy and health.

Nathan Crane:

Beautiful. Yeah, I think how you describe it, how you write about it in your books, how you teach it, is probably the most comprehensive and profound way of understanding both scientifically as well as practically, as well as you see hands-on with your patients year after year, the diet that it contributes to the best possibility for not only preventing disease, but helping reverse disease, right. I did an interview with you for the Conquering Cancer Summit, which actually turned into a transcript and we created an ebook from it. I call it the Anti-Cancer Diet, which is basically you covered everything about what is most profound in our food and nutritional profiles that we need to help our bodies be the healthiest, right. And you're coming from decades of research and experience and scientific literature, as well as hands-on clinical experience.

Nathan Crane:

So I just want to mention that for everybody tuning in, that this is something incredibly profound and something that I think can help everybody, no matter what's going on. Obviously with some nuances, right, that's why everyone has little bit different things going on, where they live, what they have access to, those kinds of things. So we can get into what some of those nuances are. But thank you for that, kind of opening that foundation. And I think this first question ... We'll go to a few chatted questions, and then if any of you have a question you want to join in, we'll go back and forth between chatted questions and live questions. You can raise your hand by clicking that button down at the bottom. We'll bring you in live as well, but I think this is a great example, Dr. Fuhrman of what a lot of people experience, and it's a long explanation, which I think is actually helpful. So I'm going to share my screen

so we can read this together, so everyone can see it. Can you see this from Elizabeth? Can everyone see this?

Dr. Joel Fuhrman:

Yes, I can.

Nathan Crane:

Okay. So I'll read it out loud and then hopefully, you can help answer, and I think this will help everybody tuning in. So Elizabeth says, "Hi, Dr. Fuhrman. I'm hoping for an answer to food issues that have been pinning me for a long time. I live in Sweden where food is less degraded than in the US. We have no GMOs, no CAFOs, less pesticides, fewer additives, et cetera. But a lot of food stuffs recommended in your diet are not available." She says, "I haven't eaten junk food for about 40 years. I cook real food from scratch. I stopped eating added sugar seven years ago and seed oils five years ago. I eat twice a day in a 10 hour window." So doing a little bit of intermittent fasting. "I'm 67 years old. I have a BMI of 18 and I can't afford to lose weight. I have autoimmune issues and I'm recovering from HER2 breast cancer. I've never had problems with insulin or cholesterol.

Nathan Crane:

My problem is that I find it hard to follow the appropriate anti-cancer diet. If I eat purely vegetarian, I get depressed after three days. When I eat slow baked pork belly and lard, my body says, 'Thank you.' I eat fairly small amounts of meat, about four ounces twice a week, and always combine it with herbs to neutralize any cancer causing substances. I usually don't have gut issues, but if I eat beans, I feel nauseous. I also feel nauseous if I drink green juices. I can manage celery juice three times a week. I don't tolerate fatty fish, cucumbers, kiwis, quinoa, and I seem to react to spinach and arugula. I eat large salads daily due to Hashimoto's. I'm recommended to be careful about eating oxalate containing greens.

Nathan Crane:

I can't eat veggies in the morning, so I eat a small amount of homemade bread, spelt and oat, which keeps me satiated for at least four hours, twice a week. I eat eggs, but they only keep me feeling full for two hours. In the summer. I try to eat fruit, but then I get hungry after an hour. Unfortunately, I'm unable to attend this meeting, so any comments or advice would be much appreciated. Warm regards, Elizabeth Lavold." And before you answer, I know it's a lot.

Dr. Joel Fuhrman:

I could share this-

Nathan Crane:

But I wanted you to spend the whole hour on her question, huh?

Dr. Joel Fuhrman:

I know. And it's important because so many people raise these issues with beans, with greens, with fruits, with meat and having very similar beliefs or issues or challenges with a lot of these things. So anyway, yeah there we go. You got an hour to talk about that?

Dr. Joel Fuhrman:

Well, I don't think we should address every little point, because she has an idiosyncratic and unusual condition on issues that other people aren't going to have. But first thing is, is that thyroid disease and hypothyroidism and Hashimoto's is the major type of hypothyroidism does not mean you can't eat cruciferous vegetables or vegetables high in oxalates. There is no relationship between those issues. So first of all, her thinking is not correct. There's no suppressive of the thyroid effect from a balanced diet, with some soy beans in it, or some cruciferous vegetables in it, or some oxalates in it. Obviously, if you have a diet of all oxalate high foods like raw spinach and beet leaves and Swiss chard, you can get pain when you urinate, but it's still ... Or if you eat an all diet of nothing but bok choy juice and cruciferous, if it's so imbalanced, that's all you eat, it could create a problem. But the minute you go for a nutritional variety, excluding those foods from your diet has no benefit on the thyroid and actually hurts the thyroid.

Dr. Joel Fuhrman:

Having a wide variety of microbiome and a wide variety of fibers and eating cruciferous greens and eating beans and eating soy and eating oxalate containing foods, where you have some spinach, all these things are actual beneficial against cancer and beneficial against thyroid masses and tumors, and has no negative effect on her Hashimoto. So we do restrict oxalate detaining vegetables, particularly parsley, spinach, beet tops, rhubarb and Swiss chard, mostly when a person is a stone ... When they're a kidney stone former, but most of us can have a quarter of our salads made from some spinach, if we want to. I still don't recommend you have most of what you eat from a spinach salad. You could have some spinach in there. So let's put that aside, because it's wrong. It has nothing to do with Hashimoto's there.

Dr. Joel Fuhrman:

The second thing is that, the most important thing is to deal with, is the fact that when you're not eating so healthfully and you switch to a diet that stops eating the things that are hurting you, particularly animal protein and oil and sweets, which she's not eating. Particularly animal protein and oil, because you build up nitrogenous wastes, and the Nitrogenous wastes come from extra protein. And when you eat these high protein foods, it gives the body a lot of work to do, and it's in the mode of digestion for a long, many hours. It stays in the digestive mode for four or five hours. And when it remains in the digestive mode, it's not in the healing and repair mode. It's not in the detoxification mode, and it's the lack of food, it's stopping digestion that this person doesn't tolerate.

Dr. Joel Fuhrman:

As soon as she eats lightly and doesn't have something heavy in her stomach, her body goes into a detox mode and some people are poisoned by protein poison. We're talking here about nitrogenous wastes from animal products. Different people are sensitive them to different degrees. And you produce more ammonia, urea, uric acid. There's actually about 14 other toxins that rise in accordance with higher levels of urea and the uric acid in the bloodstream, that also can penetrate the brain and make a person feel anxious or depressed. But it mostly makes you feel anxious or depressed when they're leaving the brain. It's when you're coming off the cocaine, when you're stopping the crowd of 10 cups of coffee a day, when you're stopping the high nitrogen diet, it's when you're coming off, that when you feel shaky, weak, uncomfortable. And it really makes it so a lot of people can't lose weight, because they try to stop these foods and they feel so ill.

Dr. Joel Fuhrman:

If they're feeling that ill and they're not in a place like my retreat, where we can accommodate them, they might just have to cut back on these foods more gradually and increase the foods they think they're sensitized to much more slowly. But there may be some foods here that she's in a sense, either has a digestive intolerance to, or has an allergy to it. She's a complicated case and also she has a BMI of 18. She also has a very unusual digestion in the fact that she's so thin and is probably not assimilating and digesting food well. So she probably has some digestive issues and ability to assimilate calories and nutrients, that has to be looked at more detail with some blood work and things.

Dr. Joel Fuhrman:

So obviously I can't adequately care for as it's relatively complicated patient, but the point is, if she needs animal protein to feel okay, obviously she should pick the cleanest source available to her, including the use and she should try to put more dried soybeans that are soaked and reconstituted into a soybean dish into her diet or to use tempeh or edamame. Then she should utilize egg whites, as she needs animal proteins and not feel that bad if she can't get her protein ... And she should use a plant protein supplement that includes hemp seeds and probably some pumpkin powder and some pea protein powder, as well as using some egg whites in her diet, to keep her protein levels a little bit more elevated than normal.

Dr. Joel Fuhrman:

She should have a little more plant fats in her diet, with the availability of more nuts and seeds and avocado and low salt olives, more keep her plant fats high because those concepts of using higher plant protein exposure will keep her not requiring as much animal protein to feel okay, and we can get her moving in a better direction. It's a case that needs some individual advice, obviously.

Nathan Crane:

Yeah, I was just going to say that. So for somebody who's having these various issues going on, what are some initial testing that you would look at, if they came to work with you, for example?

Dr. Joel Fuhrman:

Well, I would probably do basic testing first and make sure she's not grossly deficient or not absorbing something well. I'd probably get an IgG level, homocysteine, vitamin D, some basic nutrient levels, just a normal, albumin, liver function, kidney function tests, and possibly consider maybe not the initial test, but consider a test to toxic exposure, heavy metals, toxins, things like that. And also looking at amino acids and nutrient absorption, looking at amino acid profile and a fatty acid profile, just to see her ability to absorb nutrients and her ability to absorb ... So probably just some basic tests, maybe more extensive than I do normally on people because she has these particular unusual problems.

Nathan Crane:

So a couple of the takeaways that I got, and correct me if I'm wrong is one, whether you're dealing with autoimmune disease or cancer, oxalates from specific green vegetable foods, in general, generally speaking are not something that are necessarily bad for you, but actually in smaller amounts are good for you, right? We should have those in our diet. Is that what you're saying?

Dr. Joel Fuhrman:

That's correct. Spinach is a food that's very heavily treated with pesticides and it's the really one food that people get their oxalates from. People eat a lot of parsley, a lot of rhubarb. Swiss chard makes your urine burn. People don't eat beet tops that much. It's mostly the spinach they like in the salad. And when you cook the spinach, you lose three quarter of the oxalates anyway. So it's mostly not eating a big salad of raw spinach, but using some spinach in your salad, which just makes it better because you have more variety of foods. Arugula and lettuces and spinach and different bok choy's, it's what we're striving for, is variety anyway. So I'm not really recommending a spinach based salad, but nor am I thinking a person has to exclude oxalate containing foods like spinach completely.

Nathan Crane:

Got it. Yeah, thanks for clarifying that. So we're going to go to a live question from one of our members. I see Michael Stevenson, you've got your ... Oh, I see a thumbs up. I don't know if that's a hand, a raised hand or a ... Yeah, you have a question? All right, go ahead and unmute yourself and come in there Michael.

Michael Stevenson:

Hi Dr. Fuhrman. I really am impressed with your program. I'm wondering if you have considered getting a co-packer to prepackage your menus, your recipes, because it's a lot of work to prepare them all individually. And I know I would love to be able to order them and just have them delivered, already prepared.

Dr. Joel Fuhrman:

Well, I do make salad dressings and soups and GBOMBS Bars on drfuhrman.com that we sell people. So we do have some, because the reason why I wouldn't do it the way a whole meal prepackaged, I want people to get locally grown, organic lettuces and greens and microgreens and sprouts. And I feel that when you buy that in a packaged meal, it's not going to be fresh enough. So in any case, you can take that salad and make it easy, just by buying the healthy dressing to put on it or a healthy Thai Curry Sauce to throw on your vegetables, you throw in the wok. I'm making it much easier for you and I do have some soups.

Dr. Joel Fuhrman:

I have the super green with a kale sauce and the cashew hemp seed sauce. And I have a whole line of different soups and vegetable dishes, that make it easier for people to have some prepared food, to add to their kumquats, loquats, pomegranate, or some other berries, wild blueberries they could buy frozen. No reason I should pack up wild blueberries for you, and you could just go to the supermarket and buy some and have it in your freezer all the time. So I do have some things to make it easier for people, for those people that want, for want that kind of access to make it quicker, so they have less cooking to do.

Dr. Joel Fuhrman:

A lot of us who have been busy, I've been particularly busy and my wife's been working full time most of our life, is what we did is for the last 30 years, is I put a little index card up at a local community college, like that want to hire a college student to work 10 hours a week for \$10 an hour or something, to come into the house and help prepare some food or make a couple of dishes we wanted, so we didn't have to

go home from work and cook at night, every night. We used to have a little help in the house too, which for some people is worth it because ...

Dr. Joel Fuhrman:

Anyway, just some suggestions and it's not as onerous as you think, because most of the cooking we do Wednesday nights and Sundays and we eat certain leftovers. And then of course, we'll put our heads together as a family. And it's fun to like cook as a family and maybe on Sundays, make a big soup together or make some kind of a sauce or dressing or make a big salad together. So some of the cooking is family time, that's really spent well spent anyway.

Michael Stevenson:

Thank you. There are some services locally in Southern California, such as this one NutriFit, which will design a program around whatever recipes you provide, that could do something like that, if the volume was there in Los Angeles. And there's also providers at farmer's markets that provide whole natural soups and cold soups and ...

Dr. Joel Fuhrman:

Yeah, they don't have or not ... You can't get a commercial soup that doesn't have salt in it and you can't get a salad dressing made with all nuts and seeds instead of oil and salt and sweeteners. So it's almost impossible to get compliant foods, if you're getting prepared foods through the farmer's market. I would stick to the produce there. But Michael, thanks for the question and your suggestion, very appreciate that.

Michael Stevenson:

Thank you.

Nathan Crane:

Thanks Michael. All right, we are going to move on to another question that was submitted via our website from Chris. And Chris says, "Hi Dr. Fuhrman. What's your opinion on taking high therapeutic doses of nutraceuticals? Can they stop and turn off cancer signaling pathways? Or can a normal dose like those listed on the label, be just as effective? In my situation, my integrative doctor wants me to take high doses of things like resveratrol or curcumin, quercetin, ECGC, medicinal mushrooms, berberine. And the concern is that it equates to taking a lot of supplements. I'm at risk for bowel blockages after stomach surgery in 2017. And just last July, had a bowel obstruction, which landed me in the hospital for five days. Are super high doses really necessary? Or is that excessive?"

Dr. Joel Fuhrman:

I'm agreeing with him. I think his advice is excessive, and it's probably contraindicated. Now I can't say for all things, but let's give a couple of examples, okay? We know that the ITCs, the Isothiocyanates in green vegetables are the most powerful anti-cancer preventative substances, like sulforaphane, but there's more than 100 different types of them. Indole-3-carbinol, there's all types of ITCs you get from green vegetables. So even though green vegetables may be and green cruciferous vegetables may be the most protective factor, when you eat more variety, you still get more protection. Adding berries and

seeds and nuts and beans to the diet, adds more cancer protection, even if you're just adding nothing but green vegetables alone.

Dr. Joel Fuhrman:

Now, if you isolate the sulforaphane and you get it in a high enough dose, instead of becoming an antioxidant and putting the cells under stress that then reacts with more anti-cancer effects, it overwhelms the cell to a degree and causes a more toxic stress, that can have a negative effect and turn an antioxidant effect into an oxidant effect. What I'm saying is that when you take too much, you actually get a contra, the opposite effect you intended to get. And we see the same thing when we take certain carotenoids. With high dose carotenoids, people get the opposite effect. But the same thing is true with green tea, for green tea extract has protection against cancer, powerful anti-cancer effects, but in high enough dosages, it has side effects that can be, but there could be a pro-oxidant and be dangerous.

Dr. Joel Fuhrman:

The same thing is true with curcumin and turmeric compounds. You can see that you can concentrate the curcumins and the curcuminoids, then make it an anti-cancer pill with astragalus, mushroom extracts, green tea extract, curcumins and all these turmeric extracts and raw turmeric. We can make this anti-cancer supplement or plan, but then if you overdo it and start to get to higher amounts, you're going to lose some of the benefits. And nutritional variety, it's better to have a variety of some of the things he's talking about than to have a high enough dose. And he is taking too much pills and too many of the capsules of the pills, he's not going to be taking away.

Dr. Joel Fuhrman:

So all the points he's made, I'm agreeing with him. It's better to take the right things and have a full variety. And some things are not toxic obviously in high enough doses like mushroom extracts. He's not going to overdose on mushroom extracts. He's not going to overdose on his astragalus. He's not going to overdose on some of the things that he's mentioning, but some of the things he's being cautious about, and I think his doctor is being too cavalier and that more is better. It's better to give him a variety and not just bump up the doses to high amounts.

Nathan Crane:

Yeah. Thank you for that. I noticed as I was getting more and more into supplements over the years, all of a sudden I was taking like 15 capsules in the morning and 15 capsules at night. And I realized, "Wow, this is way too many capsules in my stomach, right?"

Dr. Joel Fuhrman:

Exactly.

Nathan Crane:

And-

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Dr. Joel Fuhrman:

And if you're going to do that, at least open up the capsules and dump them into a drink or something, or mash it with a banana with and with a little bit of plant milk to make a taste and don't take all the capsules that you're taking. There's too many capsules.

Nathan Crane:

And that's exactly what my wife and I started doing. So she empties her capsules into a drink. I still take some capsules, but I reduced it drastically by 80%, but then I just buy liquid things. Like if it's a supplement, I'm buying liquid probiotics. I'm buying liquid drinks or powders, like mushroom powder tea, right? So it's either powders I'm drinking or liquids that I'm drinking most of the time, instead of so many capsules, which is just going to clog up the digestive system, right.

Dr. Joel Fuhrman:

Absolutely. By the way, I have a mushroom Chia tea that's really good.

Nathan Crane:

Nice.

Dr. Joel Fuhrman:

Powder.

Nathan Crane:

I'll have to check it out.

Dr. Joel Fuhrman:

It tastes really good. It's for mostly mushrooms, but it tastes really good, so try it out.

Nathan Crane:

Good. So Chris, I see you've got your hand up. Do you want to join in here?

Chris:

Yeah. So that was my question you answered. Thank you for answering that.

Nathan Crane:

Oh oh. It-

Chris:

... Question.

Nathan Crane:

Oh here we go.

Dr. Joel Fuhrman:

The point I'm making, it's hard to overdo the ... You can't overdo the Isothiocyanates when you're just eating a well-rounded diet with eating it. You can only do it, if you like took a pill of the Indole-3-carbinol sulforaphane, trying to get those levels really high. You can't eat too much, you know what I'm saying? So you get a rough idea of how much you should be taking in by what an excellent or perfect diet would contain.

Chris:

Sure. And the reason that he wanted me to be on high doses of those is because they're trying to target certain cancer pathways due to gene mutations I have with my cancer. So it makes sense what he wants to do, but I'm just worried about having another bowel blockage. It scares the heck out of me to be taking 40 supplements a day. I could easily have another blockage. So the second question was, if you had any powders or liquids that you recommended. So if I did want to get high doses of resveratrol without taking 30 capsules, do you guys, or do you have another company you could recommend with a good quality powder or liquid?

Dr. Joel Fuhrman:

No, I don't recommend you do what he's saying to you to do.

Chris:

Okay. It's too much?

Dr. Joel Fuhrman:

You activate the NRF2 transcription proteins, which maximize the ability to suppress genetic alterations that could lead to cancer. And the most activating things for that are green cruciferous vegetables. You're better off with a glass of vegetable juice with one third green cruciferous, like bok choy cabbage and kale, one third dark green lettuces, and one third carrot and beet to bring your levels of these substances high, so you can activate the ... And you can still eat the salads, the smoothies, the other foods. I don't think a super high dose of resveratrol ... And resveratrol is not really that absorbable anyway. I know it's not going to hurt you in a high dose, but you're just paying a lot of money for a product that does nothing for you.

Chris:

Yeah.

Dr. Joel Fuhrman:

There's no data. Where's the data to show that high dose resveratrol ... Let's at least have some science here, because obviously there's lots of data on ITCs and activation of the NRF2 transcription protein, and the suppression of genetic alterations that can lead to cancer. Where's the data on resveratrol in that? You know what I mean? So in other words, let him produce some enough evidence to make you feel that it's going to be worth that huge expense.

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Chris:

Is just a normal dose okay then? Like on the bottle it says, "Take two capsules once or twice a day." Is that beneficial?

Dr. Joel Fuhrman:

It's not hurtful for sure.

Chris:

Okay.

Dr. Joel Fuhrman:

But I don't think resveratrol is a pretty effective anti-cancer compound, because it's so poorly absorbed and not really great data on it.

Chris:

Okay.

Dr. Joel Fuhrman:

I don't think it's the one I'm choosing to ... Anyway.

Chris:

Okay. So long story short, don't take all these supplements. It's way too much. Just focus more on the wide variety of a diet.

Dr. Joel Fuhrman:

And you can add the extra supplements. Some of the ones he's commending, the ECGC, the tea extract, the resveratrol, the curcumin. All those things are okay to take, but I'm taking them in more moderate amounts. Don't try to go super high dose on them. Better off adding a glass of vegetable juice twice a day.

Chris:

Okay. Thank you.

Dr. Joel Fuhrman:

You're welcome.

Nathan Crane:

Thanks Chris. And so on that note, Dr. Fuhrman, you said you would recommend just fresh green vegetable juice. You broke it down into thirds, but it was pretty fast. Can you say those thirds again? One third cruciferous vegetables, I heard you say.

Dr. Joel Fuhrman:

Yeah, one third cruciferous vegetables. And as many people know, I'm a big advocate of bok choy, because when you grow ... Number one of juices, you get more fluid out of it. You put kale or cabbage in a ... You spend a lot of greens, you don't get much out of it. But the bok choy when you grow it in your garden, it doesn't get the aphids that the cabbage gets and the kale gets. It doesn't get the slugs and the bugs. It's very resistant to insects and slugs and aphids. So it comes out looking beautiful and you could juice it, you could steam it, more in a wok. You could eat it raw on your salad. You could eat it as a dip with a dip at night. So it's such a versatile vegetable, so I advocate people grow bok choy in their gardens.

Dr. Joel Fuhrman:

So that said, so the first third is cruciferous, bok choy, kale, arugula, cabbages, savoy cabbages, because that's the most powerful anti-cancer substances, but you don't want to drink more than a couple of ounces, like five or six ounces a day of it, because then if you drink huge amounts, even it could have thyroid suppressors effect if you had huge amounts of that. But having a more moderate amount of that could have very powerful effect for what this woman wants to do, which is suppress genetic dangerous, genetic alterations that are not ... Okay, so that's number one. The other third would be the protective effects of leafy greens that are not cruciferous. And that means pick other dark green foods that are not cruciferous like lettuce. And you could put some cucumber and celery in there, but lettuce is more nutritionally dense, and lettuce has more anti-cancer properties than celery and cucumber do.

Dr. Joel Fuhrman:

So if you want to put some celery and cucumber, go ahead, but put some dark green lettuce. And we know that baby greens and sprouts, the younger the green, the more how anti-cancer material is in there. So particularly in that one third, pick some baby greens, baby arugula, baby ... Well, that's cruciferous. You could put that in ... But baby mixed lettuces, spring mix or sprouts, whatever that you're putting in there. So that's your kind of benign lettuces. And then the last third is more for flavor and carotenoid exposure, is to put in your organic beets and your organic carrots in the one third that's left.

Dr. Joel Fuhrman:

What's good about this is that when we have people that have cancer and autoimmune disease, eating right could take them six months to get their levels of ITCs and carotenoids high enough in their tissues to be that protective. They got to eat right, and eat right and eat right and eat right and eat right so many days, but when they add a couple of juices a day with what we're talking about, you can get the levels of nutrients in their tissues higher much quicker. I'm not going to benefit as much from juicing as somebody else would, because I've been eating this way for 20 years. You know what I mean? But somebody else who hasn't eaten this way, I can speed up the time to get these protective phytochemicals in their tissues by juicing twice a day to get their levels up to a high enough level fast enough.

Nathan Crane:

Yeah, it's a good point. So somebody who's adding this kind of juice recipe or regiment to their diet, right. So what would be an ideal amount of this to take each day? How much would you want to make at a time? Like a 16 ounce glass will-

Dr. Joel Fuhrman:

No, no. Six to nine ounces, twice a day. So we're talking about a ... No, because I want to leave room for eating food. And the reason why they're taking it juice form is because you can't eat all extra food. It takes up too much room in your stomach and their appetite, they can't eat enough. So we give it in juice form. Let's say nine ounces twice a day, which would be a total ... A total of eight, it's a lot. A total of 18 ounces, but it'd be three ounce, three ounce, three ounces, and then three ounce, three ounce, three ounce. You know what I mean?

Nathan Crane:

Yep, got it. Which is not, I mean, very difficult to do. I know probably around 11, 12 years ago, when my wife and I, we switched to a completely plant based diet, this kind of Nutritarian type of diet, we did a hundred percent raw food, vegan for a year. We were doing tons of juicing and I noticed such a ... Because I grew up on a standard American Diet and grew up quite sick and on pharmaceuticals and vaccines and you name it. And when we switched to this diet, it was like a lot of issues went away quite quickly, because we were doing a lot of fresh juices every day and a lot of green vegetable juices, not a lot of fruit. And you don't really want to be juicing fruit when you have cancer, right?

Dr. Joel Fuhrman:

Right, yeah. Well that's good. So it quickened the way your body can transition to get your nutrients up faster, because it could get there eventually without the juice, it just takes too long. Yeah, you can juice some of the lower sugar, some really lower sugar fruits. You can put a little kumquat in there, a squeeze of lemon. I grow Meiwa Kumquats. I think they're M-I-E-W-A or M-E-I-W-A? No, it's ... Anyway, the kumquat is not too sour like in a Nagami kumquat, but putting like a passion fruit in there, which doesn't have much sugar in it, is good.

Dr. Joel Fuhrman:

Even you could put a little wild blueberry if you want because it's not sweet, or a little bit of kumquat or a squeeze of lemon if you want to do that for flavor, to counter the sweetness, but you don't want it too sweet or much, because obviously we're trying to keep the glucose curve. We don't want to spike glucose curve, but you see you're taking the juice with a meal and the meal has a low glycemic level anyway, because of the greens and beans and nuts and you're having your juice with it. We're not taking a fruit juice and we're not taking a big glass of carrot juice either. So it's a moderate amount.

Nathan Crane:

Absolutely. Good deal, thank you for that. We're going to switch gears. We have a chat question that came in from Cliffy McComber and they're asking, "What can help with fibromyalgia flare up, after going all vegetarian, when I also have SIBO, Small Intestinal Bacterial Overgrowth Symptoms?" One, what can help with that fibromyalgia flare up, with SIBO symptoms, and then two, "What do you think about Dr. Sarno's mind-body approach or retraining the brain types of programs as well?"

Dr. Joel Fuhrman:

All right. I think that I'm very under-impressed by the SIBO thing with the bacterial overgrowth. I think it's usually misdiagnosed and it's usually the diet's poor and the person is usually not chewing food well, overeating, not eating a healthy diet. So my place to start isn't with that diagnosis. The place to start is

to clean out the diet, to do some juice fasting, maybe even some water fasting to get the body back healthy again, without have to put interventions like antibiotics or things that are putting toxins in the body. And then, fibromyalgia, our success rate in resolving fibromyalgia pain is 95% and we do it, but we add the juicing and we have the person eating a super healthy diet for three months, but then we incorporate body work with it.

Dr. Joel Fuhrman:

Certainly the Dr. Sarno and the mind plays a role in where you hold stress intention and having muscle come into spasm, but sometimes just relaxing and fixing your mind is not enough to get it out of spasm, especially when ... Once the muscle has spasmed and become hardened, now you have a hypoxic nerve and muscle that doesn't get good oxygenation and nourishment. You can't just think the muscle into un-spasming again, because it's been chronically congested that way and hypoxic for too long. So the muscle tissue and the nerve around is already inflamed now. And even eating right is not enough to get it right, because with all the eating and juicing and healthy food, you can't get the nutrients and oxygenation into the tissues that are so tight and have been in spasm.

Dr. Joel Fuhrman:

So what we incorporate that, we use a certain type of massage therapy and those machines that vibrate, the pulsing machines as well, like the Power Plate Pulse on the tissues. But we use a technique where you go from origin insertion, to not in the tissue, maybe in one muscle, but we palpate out the whole origin insertion of that muscle and compress firmly and make it hurt and flatten that muscle down from origin to insertion, spending more time on the particular tender points and the spasm tissues, but moving the whole muscle tissue by not rubbing it. Because you rub it, you irritate it, but by pressing and releasing and pressing and releasing, you use the ability to get circulation back in the tissues, so nutrients and oxygen can get back into the tissues again.

Dr. Joel Fuhrman:

So I'm saying you need body work in conjunction with excellent nutrition to get better. Usually without the body work, whether you have the right mind work, the right food work, the right whatever you're doing, the right nutritional work, you still need some body work to flush the nutrients into the tissues, because the tissue has caused so much spasm. And that body work could be done with extra corporal shockwave therapy, with a vibration gun. But it's so effective when you palpate and have a really trained therapist who can find out exactly where the muscle is off and work on that. Because you know what happens, is people go to a therapist once or twice a week and it doesn't work because the muscles spasm right up again. And if you rub it gets irritated, so you can't massage it again. But if you just press and release and you do that like four times a week, then the muscles start to relax, give up their tension. The nutrients get in, the person makes a recovery.

Dr. Joel Fuhrman:

So our recovery rate is very high, but we have a lot of people come to the retreat with that and they do it because they get a combination, if they need it, they can get the electrol magnetic therapy, the body work and the nutritional therapy at the same time, and the tension, the issues just go away, frozen shoulder, carpal tunnel, fibromyalgia, it all resolves because we're combining nutrition, weight loss with the right type of body work and physical therapy too. You follow me?

Nathan Crane:

Beautiful. Yeah, thank you for that. So we're going to move on to a question that came in from Amis. And then again, if anyone online who's live right now wants to come in and ask a question, just look for that little icon down below, where you can click to raise your hand. So Amis is asking, "I went from pre-diabetic to diabetic after one year of strictly adhering to a WFPB Diet following the Daily Dozen." That's a plant-based diet." Moderate exercise, losing 20 pounds, with that much more to go. However ... So went from pre-diabetic to diabetic. Now have reluctantly changed to LCHF, including animal proteins sadly, but I'm back to the 6.1 HA1C in two months. Please explain what happened. This is an earnest question. I desperately want to go back to the WFPB diet." And then PS, "Why do some experts assert that fat raises insulin blood glucose when it clearly doesn't?"

Dr. Joel Fuhrman:

Is that a peanut butter? PB, a peanut butter based diet?

Nathan Crane:

WFPB, I'm trying to figure out what that is. It's a WF Plant Based, I'm assuming. Whole foods, Whole Foods Plant Based.

Dr. Joel Fuhrman:

I think buying peanut butter at Whole Foods Market.

Nathan Crane:

Peanut butter from Whole Foods. Now that's a good diet for you.

Dr. Joel Fuhrman:

Well, the most important thing, the person didn't supply and that's her height and her weight, because obviously fat on the body causes insulin resistance and yes, fat does impede insulin uptake and especially saturated fat. When you eat animal fats, it distorts the shape and function of the insulin receptor. So even on this animal product, Keto type diet, you're not raising your blood sugars high. But now if you ate a mango, you ate some oatmeal, you ate beans, your fingers would shoot up even higher, because you haven't cleared the fats out of your receptors.

Dr. Joel Fuhrman:

Once the insulin receptors are infiltrated with saturated fats, they don't work as well. So now you have a higher response to plant carbohydrates. So we have to get this saturated fats out of her receptors and her going back on a Keto Diet obviously, or back on a animal product diet gives her a temporary lull in seeing her glucose work a little better, but that's the expense of her ultimate lifespan and health, and she'll be more diabetic down the road and more and more intolerant of eating vegetables and plants, because she's damaging her body with this low phytochemical high saturated fat diet.

Dr. Joel Fuhrman:

So fat does impede insulin tolerance and fat on the body, it's the combination between body fat and the body stores more saturated body fat and the combination of ... So the trick is when you go from pre-diabetic to diabetic, couldn't have happened if she's dropping weight, couldn't have happened if she's

losing a kilogram a week. Two kilogram is 2.2 pounds. Our goal is to have a person get their fat off their body at the rate of at least 2.2 pounds per week. If they're not, they're doing something wrong, eating the wrong foods, overeating, eating too much high glycemic rice and potatoes, using oil on the food.

Dr. Joel Fuhrman:

So she needs a little more guidance here, and it would be better for her long term to be able to control her glucoses and her weight by not having to go on a high animal product diet. Because what she's doing now is, she's staying overweight and trying to control her glucose with animal products, instead of losing the weight. Even if temporarily her sugars run higher, if she keeps dropping the weight, eventually her sugars will go lower when she gets the fat off of her body and a fat out of her insulin receptors, and then she'll be much better off of the long term. If she needs some extra guidance, she can always ... If she comes on to my website, drfuhrman.com, she could join the membership at a level to be able to communicate with me directly in the Ask the Doctor Forum, and if she needs more guidance, but I think she should be transitioned. But we got to know more about her, what medication she's on, if any, and making sure she's dropping weight.

Dr. Joel Fuhrman:

As she goes from a more meat based diet to a more plant based diet, we got to expect the sugars to temporarily rise as she's dropped until she's getting the fat gradually out of her tissues. And within a month or so, she should see good numbers, if she's getting her weight down to body weight favorable. A body weight favorable means a body fat below 25% for a female and a body fat below 15% for male. If your body fat's above 25%, then you shouldn't be talking about anything with diabetes, because you that's the first thing. You got to get your body fat below 25%. Don't modulate your food. Get your weight off and adjust the quality of what you eat, the quantity of what you eat, how often you eat and make sure that you exercise and diet is appropriately dropping at least a pound every three days or you're not doing the right thing. If you're overweight and not losing a pound every three days, then you're not on the right diet. So a lot of this person has to look at and try to address here.

Nathan Crane:

Beautiful. Thank you for that. So that's a good opportunity for you, if you can talk a little bit about animal products, even if we say grass fed, free range or wild caught, organic meat and fish and beef, dairy. Can you talk a little bit about its impact on the body? Are these things actually safe to eat when you have cancer or diabetes? Or should they be avoided completely?

Dr. Joel Fuhrman:

Well, one of the most striking findings of the last decade in nutritional research is that, more plant protein in the diet and less animal protein leads to longer lifespan. It's the most critical factor of new nutrition in the last decade. And that's, we're trying to have people put on plant-based diets that are higher in protein, where they're eating quinoa, hemp seeds, soybeans, green vegetables, Mediterranean pine nuts, sunflower seeds. We're eating high protein foods, peas and lentils and beans. We're eating high protein plant foods, because as we age, the bioavailability of protein goes down. The bad rap these vegetarian diets got was people eating low protein vegetarian diets, with mostly pasta and potato and fruitarian and macrobiotic diets, so on rice.

Dr. Joel Fuhrman:

Then as they age, these people didn't do well. They didn't live a long time. They had more bone fractures, more anti-aging phenomena. And giving some animal products to these people as to get their IGF-1 up, it could improve their immune system, improve their muscle and bone structure and even decrease the risk of cancer with more animal products, if the level of protein was too low because they were getting too far drops in their IGF-1 with aging, as they had less protein bioavailability and less zinc absorption with aging. However, that's not as effective as getting a diet that's more plant protein adequate, where you're not just living on rice and potato and fruit, because a lot of these studies are done on the British vegans. And the British vegans, you know, live on toast and bread and a lot of processed foods, and they're not health nut vegans. They're more like ethical vegans.

Dr. Joel Fuhrman:

In any case, the point is, is that we know that protein does matter and it does matter on a plant-based diet to pay attention to high protein foods, like greens and beans and nuts. And also a lot of these diets, very important to eat nuts and seeds as a source of giving you a more complete protein with the greens and the beans, to complete the protein effect. And then a person can safely come down on animal products and maintain it long term and maintain it into the later years. But the question you asked about how much animal products is safe or unsafe, very difficult to answer.

Dr. Joel Fuhrman:

My looking at this question with lots of studies seem to indicate that the American Diet is about 30% of calories from animal products. And in that range of animal product consumption or higher, everybody gets cancer or heart disease. The genetics doesn't play that much of a role, because everybody gets sick. If we look at a lot of the blue zones where they have 10%, we don't see much of these chronic diseases, but you still get some. Below 5% of animal product consumption, it's more rare and you start to see more predictable disease reversal of heart disease.

Dr. Joel Fuhrman:

So, it seems that the 5% figure to zero to 5% is to strive for. Between 15 and 25%, the mid-range, keeping the American Diet as 30%, vegan diet as zero, maybe zero to five is most beneficial for longevity. In that 15 to 25% range of animal product is where genetics are allowed to play a strong factor, because in that mid-range is where you have a person more susceptible to the damage from animal products, or one person more resistant to the damaged animal products. And then you have a wide bell. The bell is very scattered. A lot of people are okay, but some people are not okay.

Dr. Joel Fuhrman:

As you move towards a plant based diet that's so well designed, that's protein adequate, the bell narrows. So you don't see a scatter. And now almost everybody, even of different genetic backgrounds and tendencies still can live between that 95 and 105 age window, instead of having the average American dying of 80. But some die at 60 and some live to be 100, but it's a big scatter over a 40 year scatter. We want to give the scatter be over a 10 year scatter and shift the graph over 10, 20 years in the future. You follow what I'm saying here?

Nathan Crane:

Yeah, absolutely.

Dr. Joel Fuhrman:

The other issue is, is that when you go to zero on a vegan diet, then we're going to see some issues due to B12 deficiency. So you got to supplement B12, but it's not just B12. It's you have a lot of people develop problems with DHA and shrinkage of the brain and cognitive impairment and susceptibility to brain toxins, due to lack of fatty acid for the brain. So it's also my experience in research and evidence of being in practice, taking care of a large member of the elderly vegans that I have over the years, with probably the most experience of any living person taking care of elderly vegan communities and watching these problems develop, neurologic problems in later life due to DHA deficiency. And zinc absorption goes down with aging too and could increase, and we already have studies showing zinc absorption is much higher when you eat meat. And that as zinc absorption goes down with aging, it increases your risk of other causes of death, like pneumonia and infection.

Dr. Joel Fuhrman:

So if you have a person on a plant-based diet, supplementing appropriately, eating appropriately, using zinc, DHA, vitamin D, K2, then you probably will demonstrate that a totally vegan diet is probably more life spent promoting the one that uses a little bit of animal products. But of keep in mind, the human species through our genetic, We've never had a human civilizations going on for many generations on vegan diets. Primitive humans already always ate some salamanders and worms, snakes, rabbits, frogs, small fishes, and things like that. Small omega-3 containing animals. We didn't particularly eat a lot of buffalo and wildy beast and giraffes on the African Plain, but we ate a lot of small animals, as a small part of the human diet, as a small part to get those nutrients in.

Dr. Joel Fuhrman:

So with wisdom and not the arrogance of thinking that we know everything, we're being a little cautious here in making sure that we're having access to those nutrients, that we would get if we had a small amount of animal product in the diet. And it seems like, doing that, affords us this best opportunity to push that envelope of human longevity and to have the most powerful disease resistance and anti-cancer effects possible. Yeah.

Nathan Crane:

You know what I find really interesting about being on a vegan diet for over 10 years now is that, if we're mindful of these sources, right, of some of these things that often vegans are lacking, whether it's B12 or it's vitamin K or it's vitamin D or it's omega-3, for example, we can actually get all those things from plants, but you have to know where to get them and how to get them, right. And B12, from what I understand, is actually the reason we don't get it today if you're on a plant-based diet is because it's manufactured through bacteria in the gut, and you have to be eating the fresh grown food from the garden every day, not the food that's had all the bacteria washed off. Is that true about B12?

Dr. Joel Fuhrman:

No. That way of thinking is a formula for potential death. You can't let a person think they're going to get their B12 from having their homeroom garden food, with little bugs and little dirt on it. It's true that

you can get scientifically right, that you're going to get some B12 from those sources, but you're not going to get a dependable enough source to cover the majority of people in safety. So by advocating that, you could potentially be putting some people at risk of B12 deficiency, thinking they can do that to get their B12.

Nathan Crane:

Right, because most people are not doing that. Yeah.

Dr. Joel Fuhrman:

Yeah. So for the vegans, they have to make sure they have an adequate source of B12 in the form of a supplement. And you can get K2 from Natto and some fermented soy products too, but it's just easy to take a supplement. So those are the main ones, are zinc and vitamin D and DHA, but they make, vegan, DHA, EPA. I have that one in the blue bottle, that we keep in glass that we refrigerate on my website, but there's other less expensive brands of that, people can get vegan sources of DHA. But in any case, I'm just saying yes, it's what you're saying is true, but it's not a dependable source of B12 to go after those B12 residual bacteria on the food that you're not going to wash, you're going to have dirt or insects on it.

Dr. Joel Fuhrman:

True, a gorilla in the woods doesn't eat much plants, but he's eating insects that go along in the vegetables and bacteria and dirt, they don't take off the vegetables and we kind of scrub and wash things. It's hard to get people to eat more dirt and aphids and insects as part of their diet. There's no been testing of that over the generations and how many people in the study that they can get B12 just from plants. So it's too risky to try to chance that.

Nathan Crane:

Got it. What about omega-3s, for example, from like flax seeds and chia seeds and hemp seeds and walnuts? Can we get enough of the omegas for the brain, the DHA from the plant sources?

Dr. Joel Fuhrman:

Our studies have shown that 40% of people can and 60% of people can't. We did a study on 150 vegans and found that 60% were deficient with the omega-3 index below four. Above five is more ideal, but some of them, like 30% of levels below three, and even levels below two. There's a tremendous genetic variability in the ability to convert the short chain fatty acids, the ALA from walnuts and flax seeds and chia seeds and greens, and to convert that into the EPA and then making less conversion from EPA into DHA, maybe 5% into EPA and 2% into DHA. And that conversion enzymes are genetically dependent. And even if people use dietary and manipulations by getting the omega-6 fat at the diet, losing a lot of weight, getting thin, trying to up the flax seeds and the walnuts or whatever they're trying to do, you still have just the potential of genetic variability and a lot of people trying to do that, do not achieve an adequate omega-3 index.

Dr. Joel Fuhrman:

We know there are numerous studies that show that a low omega-3 index is associated with cognitive impairment and brain shrinkage with aging, and I was telling you my experience with these, my mentors

and people I've looked up to who were healthy, super healthy plant-based vegans, who developed neurologic problems later in life. When I was able to check a lot of their DHA levels, some of them were nonexistent and they were eating super healthy.

Nathan Crane:

Wow.

Dr. Joel Fuhrman:

So I'm saying yes, in some cases, people can eat those foods and convert enough and not have to supplement. But in many cases, they still have to take a low amount of a plant-based DHA or EPA, because even their good diet and even the exposure to those nutrients isn't guaranteeing at a omega-3 index adequacy.

Nathan Crane:

Do you have these supplements that you mentioned on your website, people can go take a look at?

Dr. Joel Fuhrman:

Yes. The reason I started making any supplements, the DHA supplement was the first one I ever made. And the reason why I made it was because, when I was taking people's blood levels and advising so many elderly vegans and seeing these problems, when I had them put them on DHA, a lot of them were complaining about burping and a foul smell or a foul taste. And I would send the supplement in to be analyzed to a laboratory and find out that there was a certain degree of rancidity in the supplement.

Dr. Joel Fuhrman:

So I originally got into making my own, because I had the company that made the vegan supply, send it to us in refrigerated trucks and have it packed in dark glass, and we would store it under refrigeration. So we would keep it fresh, so when a person ordered it, they get a fresh product that had no rancidity or no need for preservatives in it. So yes, I started making my own type. It's the same source. It's just, I'm more careful with taking care of it, so when you get it, you have a product that's fresher.

Nathan Crane:

Got it. And that's drfuhrman.com for everyone tuning in. Also since we're on this question and it's a big topic, for people who want to, one, dive deeper into the Nutritarian Diet, plant-based diet for helping heal and reverse chronic disease, what would be the best book? I know you've written a lot of really great books. I have a few of them. I have your cookbook as well, which I highly recommend everyone tuning in. But what would be a great book everyone should read that can go deeper into this topic? And then, I know you have your new cookbook out as well, which has recipes that are delicious and easy and fast to cook as well.

Dr. Joel Fuhrman:

Well, my latest book is called, Eat For Life. It has to get the most updated recent science, and there's more than 1,000 references in there, probably more than 2,000 in there as far as to collecting all the scientific references and a person who wants to review it. And every chapter is summarized in like one

or two pages. So if you don't want to read all the details of the science and it has a lot of great recipes in there too, and menu plans for different conditions. I think they can just start with that one book.

Dr. Joel Fuhrman:

I think my Eat To Live Cookbook has been my number one New York Times Best Seller, is a great book and it's still been out there for so many years. It's still a great ... Eat To Live Cookbook, a great cookbook with my incredible recipes, but I still think the place to start is just the one book, Eat For Life and try the recipes in there. Then you can go out and get more recipes and look at something else, but at least try those recipes and read that book first. It's a great place for a person to begin with.

Nathan Crane:

Fantastic. You can find all those at drfuhrman.com. Also his Eat To Love Retreat, which I've been to in San Diego, is in a phenomenal place. You can go in person and stay for a prolonged period of time and learn how to cook, learn in depth information, learn hands on how to reduce weight, keep the weight off, help your body heal. So I do recommend taking a look at his retreat center as well.

Nathan Crane:

As we get close to wrapping up here, we have time for maybe just a couple of quick questions. If you've had a question that wasn't answered yet and you're joining us live, make sure to raise your hand on the icon below on your Zoom, but we haven't talked a lot about cholesterol. So I want to bring this question on. It's just a phone number, so I don't know who asked it, but they said, "A 40 year old patient without any significant medical history and is not on meds has been noticing a reduction in total cholesterol from 165 to 125 from 10 years ago to today. Her diet has remained the same, including mini plant-based foods, low glycemic fruit, nuts, grass-fed meats, wild fish and other healthy fats, avocado, coconut oil, seeds, et cetera. Wondered if you've also seen this reduction in cholesterol occur in middle age people."

Dr. Joel Fuhrman:

I don't see anything wrong with the cholesterol dropping. It's better to be below 150 in total cholesterol, and be below 125. So maybe the person's eating healthy, or maybe they lost some body fat. The body fat is less saturated. Maybe the more consistent on the diet. So I think that it's a good thing, not a bad thing, but I don't normally see cholesterol drop in middle ages. But however, we do see a lot of people who switch to a Nutritarian or plant-based diet, we see a lot of their cholesterol doesn't drop as much as you would think it would've dropped, until they get more body fat off. And then it starts to see a real drop when they get thin, because they start to get rid of the source of the saturated fat, which could be on the body they were breaking down.

Dr. Joel Fuhrman:

So even though they're not eating meat and eating meat fats, they're still eating meat fats that are their own fat. And it's keeping to falsely elevate their cholesterol, until they get their own body fat lower. So we see that, but as far as what he's saying, I don't see that. I haven't seen that.

Nathan Crane:

Got it. Okay. Lorraine, I think you had a question you wanted to join us here? Okay, just unmute yourself and then jump in here.

Lorraine:

I recently was diagnosed with a non-cancerous papilloma in a milk duct in my left breast and a non-cancerous cyst in my right breast. My doctor wants to me to see a surgeon anyway, which is booked. I was wondering, can I get rid of that issue or deal with it without having surgery?

Dr. Joel Fuhrman:

Well, two things come to mind. One is, you can't be in super health if you develop those things. And the issue to me isn't the papilloma or the cyst. The issue is your health of your overall body that allowed those things to develop. By cutting them out, you haven't changed your body's biochemistry and your health, and more will develop and more serious disease will eventually develop. Yes, it's possible to reverse them with excellent health, but I'm not for or against you surgically removing them.

Dr. Joel Fuhrman:

I'd almost like you not to surgically remove them, so you have to eat so healthy and lose weight and get me in such great shape, so we can see if your body reverses them. And if it doesn't, you could always have them cut out. But whether you have it cut out now or not, the problem with me having the surgery is that there's no more any motivation to recognize that you're not as healthy as you should be. You're not eating as well as you should be. You're not supplementing correctly. Your body weight's too high. You're eating too late at night. You're doing things wrong. You have to take care of your health better, and let this non-cancerous diagnosis be a great motivational fat tool to have you make a health revolution within your own personal body.

Lorraine:

I'm working with a nutritionist at the moment. Well, I have been for two years ago, because I was hospitalized two years ago with ulcerative colitis and they told me I was going to have my colon and removed, but working with a nutritionist, I didn't even have to go on medication. So I am in that process and I'm eating more and more plant-based and I've been exercising. So I am in the process and have been for the last two years.

Dr. Joel Fuhrman:

I probably would see what that nutritionist was doing and think that it was not aggressive enough.

Lorraine:

Okay.

Dr. Joel Fuhrman:

And think that they're not leading you in a strong enough fashion towards the path for optimal health, because these problems are still developing and you're still overweight, and I'm not sure that you're losing at least a kilogram a week. And I think that what they're advising you is too moderate and you need a more aggressive nutritional program.

Lorraine:

Okay. Thank you.

Transcript – Ask the Expert Session with Joel Fuhrman, M.D.
Nutrition for Cancer, Diabetes, Autoimmune and Weight Loss

Dr. Joel Fuhrman:

Sure.

Nathan Crane:

Thanks for your question Lorraine. So I think that is our last question. Dr. Fuhrman, did you have any kind of final thoughts? Anything to wrap up? Any last inspiration or yeah, just final words for our community here before we close out?

Dr. Joel Fuhrman:

Well, my wrap up as always is somewhat similar is that, my personal pleasure and excitement and personal reward watching people reverse diseases is so powerful to see that. And when you become a role model, when these people with pre-diabetes or with fibromyalgia or psoriasis or tumors, when they get well and get slim and look great and their skin glows and they look younger, they can reach out with rays of light to encourage other people to be healthy. So you really got to have people to try to achieve health excellence, because it makes them a more powerful human to have better effect, to be kinder and have goodwill and more passion to affect other humans more positively, when they're shining example of good health.

Dr. Joel Fuhrman:

When I'm transforming people's lives is what I want to happen and give people the optimism and hope that they don't have that they can get well from these things, that the body is a miraculous self-healing machine, and that when fed optimally, people can achieve this excellent health and an ideal weight and still have good musculature and good brain power to last them for the full 100 years that they can expect to have that happen.

Dr. Joel Fuhrman:

So my last thing is my closes with the optimism, excitement, the enjoyment of watching people get well and saying, "Don't give up. Don't accept being sick. Don't just manage your colitis. Don't just manage your diabetes. Get rid of it. Get rid of your diabetes. Make sure that you're doing what it takes to get rid of disease, and obviously, this excellent health can be yours. Think you can achieve this."

Nathan Crane:

I love it. Yeah, it's so inspirational. And I just want to mention here quickly too, while we're really focused on the Nutritarian Diet today and nutritional excellence. I mean, I know you also approach this from a very holistic viewpoint, right? I mean, you're not only helping people transform their diet, but you're helping them mind, body and emotions, right, exercise all from a very holistic viewpoint. Not just diet, there's more components to it.

Dr. Joel Fuhrman:

Absolutely. And you know, if it was just diet, then people wouldn't be food addicts and be overweight. It's they have emotional blocks and habits and things and more personality flaws that have to be worked on. And we're working on those things to make them happier, to make them more at peace with themselves, to make them more enthusiastic and passionate about their life, and to make them more

loving and kind to other people. And when they get more pleasure out of life, they're not looking for to use food as a substitute for love or use food as a substitute for relating to other people.

Dr. Joel Fuhrman:

So it works hand in hand. When you eat better and think more clearly, and you're getting rid of your food addictions, you become less narcissistic and less self-consumed about meeting your immediate needs for immediate gratification, instant gratification. So yes, we have to deal with the whole person and as you improve one area, it helps the other area. And eating right helps you improve your emotions and appreciation and gratitude, and all these things go hand in hand, absolutely.

Nathan Crane:

Beautiful. Well, thank you so much, Dr. Fuhrman. It's always a treat and an honor and a pleasure to get to learn from you and spend time with you. And thank you so much for being here on the Health and Healing Club and sharing all this great wisdom and practical advice with all of our members. I really appreciate it.

Dr. Joel Fuhrman:

My pleasure, lots of fun. Best of health and happiness to everybody.

Nathan Crane:

Thank you. Thank you all for tuning in here to the Health and Healing Club. Make sure to head over to drfuhrman.com. You can order his supplements. You can learn about his Eat To Live Retreat, get his books and dive deeper into the Nutritarian Diet and Lifestyle. I highly personally recommend it for everybody. Also, please share healthandhealingclub.com with friends, family, anybody you guys know that could benefit from being a part of this great growing collective global community, dedicated to health and healing. Again, I'm Nathan Crane. I wish you all ultimate health and happiness. We'll talk to you next time. Take care.