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Dr. Paul Marik Discusses The Poison Inc.

Drbeen Medical Lectures

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Dr. Paul Marik Discusses The Poison Inc.

This will be an interesting and important talk about the foods we eat and the drugs we take. Let's tune in.

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03

actually there's a lot of echo uh Dr Paul if you can just mute your mic for a

0:09

few seconds all this is with us we have Dr Paul Merrick once more and I think the audio

0:17

will be much better than before this time and we have the presentation to the

0:22

discussion today is about The Experience Dr Marek has for managing

0:28

his own diabetes the role of intermittent fasting some

0:34

role of the foods and various kinds of foods and how which foods benefit the most for

0:44

managing diabetes what health style benefits the most so let's start Dr Paul

0:50

Merrick welcome thank you Dr

0:57

[Music] ill noise was out of my control anyway hopefully we'll be good today so my plan

1:04

is to go through my slide presentation it should take about 35 minutes and then

1:10

after that we can have a discussion so ready we're talking about how processed food and prescription drugs will kill

1:17

you I'm really going to focus on the food section of this talk

1:22

um got it so um important to note I have no conflict

1:29

of interest with anyone or anybody I'm not making any money out of any product that we're not selling any product

1:36

so it's clear to me that education is mainly what we have unlearned and most

1:42

of what I've learned at Medical School is actually not correct and I've already in the last two years had to really

1:49

unlearn a lot of what I learned at the medical school so this is a very appropriate quote

1:56

so what is truly astonishing this is the world sales of prescription drugs and

2:03

although the United States makes up five percent of the world population we

2:08

consume 50 of the uh world's prescription drugs so

2:14

Kenny we are a profoundly over medicated country the problem with medical prescriptions
2:20
is that they treat symptoms largely and not the disease is this all right it's already
2:27
ineffective for the treatment of depression anxiety obsessive compulsive disorders
2:33
statins it's part of the cholesterol hoax and in
2:38
general except for very limited indications do not improve health care outcomes medications for type 2
diabetes
2:47
do not cure diabetes medications for hypertension do not cure hypertension
2:54
ppis which are commonly used for reflux do not cure reflux esophagitis all drugs
3:03
have significant side effects and profound interactions and consequently many elderly patients take in
excess of
3:10
12 prescription medication and this often leads to drug interactions Adverse Events and Hospital
3:17
admissions so moving on to the major problem we are
3:22
facing is that of obesity and type 2 diabetes and these as you can see
3:29
parallel each other and you can see how the increase has already increased
3:35
enormously in 2020 something like 575 million diabetic people and 2
3:44
billion people are overweight the health consequences are truly
3:50
astonishing both economic as well as the personal costs so they're really two big lies about
3:57
diabetes and placing the final outlines very well the first is that diabetes is
4:03
a chronic progressive disease that can't be cured and this is incorrect and that
4:10
lowering blood glucose with medications is the prime would go and
4:15
again that is not true so this is an astonishing slide
4:21
Americans spend about 10 percent of the disposable income on fast food processed
4:28
foods make up close to 70 of the American diet the average American
4:33
consumes about 130 pounds of sugar every year
4:39
more than one in three Americans are obese and about over 10 percent are
4:46
diabetic and about 40 percent have insulin resistance and the consumption
4:53
of soft drinks and sodas is truly out of control so we used to eat at home as you can see
5:00
in the 1900s but with time and more and more people eat fast foods they eat um

5:08

don't eat at home they eat enough carb they eat it but um in the rest in not in the restaurant

5:16

that they eat at fast food places so this has become a major issue so this is

5:23

the so-called USDA food pyramid which actually is high in carbs and a low-fat

5:29

diet you can see predominantly red pasta cereals

5:35

processed foods fruit and lots of vegetables and vegetable oils so this

5:43

this actual food pyramid which was became part of the guideline since 1977

5:49

is completely false and true and really not supported by clinical evidence

5:56

as we can see if you look at the top American foods hamburgers hot dog french

6:02

fries Oreos pizzas soft drinks chicken tenders donuts and potato chips

6:07

so consequently Americans died is predominantly carbohydrate dose base

6:15

polyunsaturated fats mainly can make it six and protein so both the

6:20

carbohydrates and the omega-6 polyunsaturated fatty acids the fats or vegetable oils are

6:26

exceedingly harmful and toxic so we really need to distinguish between real food and processed food

6:34

it is clearly obvious if it looks like food then it's likely food if it doesn't look

6:40

like food it comes in a box has a label on it has a package insert has a food label

6:47

and it's likely processed food and it's not real food

6:53

so there's a problem with processed food and Dr. Eric Rimm and clearly outlines this

6:59

in his book metabolic which really is a very good book basically the urine The

7:06

Lure and lies of processed food nutrition and what medicine so what are the problems well firstly

7:14

fructose of fructose is part of sugar it's high in high corn fructose syrup

7:23

and fructose is metabolized differently to glucose it is basically converted

7:28

fat in the liver it results in a fatty liver insulin resistance it damages

7:35

mitochondrion and is pro-inflammatory also excess of omega-6 fatty acids in

7:42

vegetable oils these are pro-inflammatory and result in oxidative

7:47

injury so the combination of fructose in omega-6 fatty acids in processed foods

7:55

or profoundly toxic and then there's the lack of omega-3 fatty acids which are

8:01

any infamously anti-inflammatory and the lack of fiber which is really
8:06
essential for a normal healthy diet microbiome
8:11
so people eat a high carb diet because they think that's what we require have a
8:16
lower limit of the dietary cover carbohydrate compatible with Life is
8:22
approximately zero so humans do not need carbohydrates and
8:28
as we see carbohydrates are highly toxic provided that you take adequate's amount
8:34
of protein and healthy fats this is from the U.S National Academy of Medicine
8:41
so what we're really recommending is no carb high fat diet which already goes
8:47
against the USDA recommendation it's really upside down so this is low
8:54
in carbs high in saturated fats and monounsaturated fat S as you'll see this
9:01
is the healthiest diet so the 10 worst things to eat and at the
9:06
top are donuts Bagels bread and pretzels these are highly processed these are basically sugar and
fructose that cause
9:14
a rapid increase in blood glucose cookies muffins make products most big
9:20
products affected vegetable oils again high in omega-6 fatty acid chips and
9:26
french fries french fries are toxic basically pure carbohydrate and then
9:32
loaded with a vegetable oil cereal rice and pasta potatoes
9:38
so canned fruits and fruit juices are basically are high in fructose and
9:44
results in a rapid increase in blood glucose and you lose the essential fibers and other nutrients at
present in
9:53
fruits then there's this thing of low low fat yogurt which is obviously sweetened
9:59
which we'll talk about which is unhealthy bananas surprisingly are very
10:04
high in carbohydrates about 15 grams for for one banana
10:10
so one once to avoid seed oils which are high in linoleic acid so this is an
10:17
omega-6 polyunsaturated fat so the seed oils are soy boy soybean corn cotton
10:24
seeds sunflower Sesame grape seed safflower rice bread oil so these are
10:32
these are fats high in highly unsaturated
10:37
fatty acids and the problem is they're pro-inflammatory and they cause oxidant

10:42

injury and appear to play an important role in liver damage and in causing

10:48

malignancy so what one really needs to take is non-seed oils and oils that are

10:55

based on alpha linolenic acid so Alpha linear lenic acid is actually an omega-3

11:03

fatty acid so if it's a healthy plant fatty acid so olive oil which is a

11:10

monounsaturated fat is omega-6 avocado oil again is monounsaturated

11:16

omega-9 coconut coconut oil surprisingly is a medium chain fatty acid

11:23

which is a healthy fatty acid actually stimulates ketosis flaxseed oil which

11:30

again is Alpha linoleic acid ala which is an omega-3 rapeseed or canola oil

11:36

which is a combination of monounsaturated fatty acids and ala

11:42

so the best 10 things to eat and you know we can debate these and the uh

11:49

people who who insist on a plant-based diet May argue with me but as you'll see the human body

11:56

actually is designed to take to be carnivorous so fish especially

12:02

Alaskan salmon or vegetables including avocado beans broccoli spinach

12:08

chicken breast S3 range no hormones no antibiotics so you you can actually have

12:14

a choices where you get your food and nuts or all nuts are really healthy

12:19

peanut butter chia seeds are very healthy so Greek yogurt is good with

12:24

prebiotics and probiotics but you want to make sure it's not sweetened so if it says low fat that is obviously sweetened

12:31

and high in sugar meat is fine grass-fed no hormones you want to avoid processed Meats so

12:39

blueberries and grapefruit have the lowest content of fructose and have a

12:45

high content of plant flavonoids however you want to do limit the volume because they won't cause your blood glucose to

12:52

spike coffee as Dr B has discussed is a very good activator of autophagy so

12:58

coffee is good you can have it with a heavy cream or coconut oil you want to avoid artificial sweeteners

13:06

so we need to talk about the regular diet so there is this concept of most

13:12

dietitians and how to lose weight they say eat less move more calorie in

13:18

calorie out so this approach has failed so this is the woman's health health

13:23

initiative and you can see what they did is they increased carbohydrate intake
13:28
they decreased fat intake um which is what they recommend
13:34
increased energy expenditure you can see that with the normal diet weight stays
13:40
the same with the eat less move more there was some weight gain but it's very
13:45
self-limiting and with time the weight is gained the
13:51
problem with the Woman's Health Initiative as in other studies where they replace
13:57
um fat with carbohydrates especially vegetable fed actually increases the
14:02
risk of cardiovascular complications and increases the risk of death so the eat
14:09
less move more doesn't work and this idea of replacing fat with carbohydrate
14:15
especially you know vegetable oils simply does not
14:20
work so eat less milk or does not work most of the diets have a 99 failure rate with
14:28
regression towards the mean of six to 12 months so if you want to lose weight and get healthy you
actually have to do
14:35
a lifestyle change you're not a diet and we'll see what that entails
14:41
so basically what we're going to be talking about is intermittent fasting and this is a lifestyle change it's
14:48
probably the most effective way of both losing weight and treating obesity
14:54
treating diabetes treating insulin resistance preventing cancer preventing
15:00
dementia so I would strongly recommend this book the complete guide to fasting by Jason
15:06
Fung it is an outstanding book he goes through basically what I'm talking about
15:12
how to do intermittent fasting and the toxicity of the normal human diet
15:18
so it's really simple fasting the other is time restricted eating he's simply
15:25
the most efficient and effective way to lower insulin levels it is very
15:31
important the most effective and efficient way to lower insulin levels
15:37
decrease insulin resistance decrease diabetes decrease
15:44
weight loss so this is just a graph looking at insulin levels on a standard
15:50
diet a low carb diet which we recommend and with fast so you can see fasting is
15:57
the single most important mechanism of decreasing insulin levels breaking of
16:03

those visuals vicious cycle of insulin resistance because what happens as you
16:08
eat more carbs you get more insulin release the more insulin you release causes more insulin
16:16
resistance insulin resistance stimulates your appetite makes you crave carbs you
16:21
eat more carbs so you need to break this the cycle
16:26
of High insulin which actually causes the
16:32
insulin resistance the cells become overloaded with glucose they don't respond to insulin and this is really
16:38
what underlies type 2 diabetes and obesity and insulin resistance
16:45
it's important to know we're talking about type 2 diabetes type 1 diabetes is a different disease
16:52
to which the pancreas fails to make insulin so it's a very different medical
16:57
condition so in terms of intermittent fasting or harm related eating it's very simple
17:04
during fasting no eating you just don't eat you only take water tea coffee and
17:11
if you like bone broth no food no sugar no honey no fructose or artificial
17:17
sweetness so it seems like a Monumental task that
17:23
is actually as we'll see quite simple so the benefits of intermittent fasting
17:29
are truly astonishing you know as Dr Bean has spoken about time and time
17:35
again we've spoken about the book and thank you or apology the intermittent fasting is the most
17:42
effective way of stimulating autophagy burn fat and you lose weight most
17:48
importantly it decreases insulin levels and balances sugars so it's very
17:53
important for insulin resistance and type 2 diabetes
17:58
it reduces inflammation which is really important in patients with chronic
18:03
inflammatory disease most notably as we'll come to it increases growth
18:09
hormone so growth hormone decreases with aging growth hormone is really important
18:14
in maintaining muscle mass and with almost all other forms of dieting when
18:20
you decrease caloric intake we go in a local oric diet we actually decrease growth hormone
18:28
um it it has anti-aging effects and enhances the immune system so the
18:33
benefits of intermittent fasting as you can see go far beyond those of stimulating autophagy
18:40
breaking down fat and losing weight so again in summary these are the benefits

18:46

of intermittent fasting which you do not see with other kinds

18:51

as I said this is a lifestyle change this is not a diet

18:56

so improve mental Clarity you reduce weight and body fat you lower blood

19:02

glucose levels you improve insulin sensitivity very important to increase

19:07

growth hormones that maintains lead body mass and also very important it maintains

19:13

basal metabolic rate so we saw what happened with the big losers what happens is when they go on

19:20

Nissan decreased caloric intake they reduce

19:25

their basal metabolic rate which becomes self-defeating and once they stop they

19:30

have put the wave pool back again it increases your energy level improves fat

19:36

burning it actually lowers blood cholesterol in a healthy way it prevents

19:42

Alzheimer's disease it extends life it reverses aging and it decreases

19:47

inflammation it's truly astonishing that a simple procedure such as intermittent

19:53

fasting can achieve all of these things and obviously there's no medication or

19:59

other Intervention which comes close so the advantages of intermittent

20:04

fasting are opposed to any other kind of diet it's simple three

20:09

it's convenient it still allows you to enjoy life's little pleasure so you can cheat now and then

20:16

it's powerful and most important it's very flexible so you can adapt it to your lifestyle to your family situation

20:23

and you can mix and match to suit your needs and change what you do and it

20:29

works with any so-called diet we obviously prefer the low carbohydrate high fat diet it works with the

20:36

Mediterranean diet and really this is a lifestyle change rather than a diet

20:43

and it's also very important to adopt healthy eating habits very important

20:48

because most Americans don't do this you only you should only eat at the table no

20:54

eating at the computer no eating in the car no eating on the couch you can see this guy sitting on the couch doing all

21:00

the bad things eating carbohydrates chips and diets soda no eating in bed now eating the lecture

21:07

hall no eating at the ball game avoid mindless eating so people just eat for no good reason and that you need to

21:15

abolish snacking there's no place for snacking no artificial sweeteners and no

21:20

sodas so people think about Hunger as an insurmountable obstacle but actually

21:26

it's not a problem because as we'll see and as I've found it actually is very

21:33

easy to do and fasting becomes easier the more you do it so the more you practice and the better you adapt to it

21:40

and you need to overcome the initial insulin resistance as I said insulin

21:46

resistance and high incident levels it inhibits leptin in the brain it is

21:52

what makes you hungry so as your insulin levels Decline and as you become ketotic

21:58

your appetite actually disappears so it gets easier with time as insulin resistance improves uh because insulin

22:06

causes leptin resistance so if you have some resistance or difficulty at the

22:12

beginning you need to persist because once you break through it becomes actually quite simple to do you ketosis

22:19

reduces hunger and it disappears with more prolonged fasting but you need to

22:25

remove yourself from all food stimulus so you don't want to be around food or someone making food because they

22:31

they make more difficult you want to break the habit of eating three meals a day and then snacking and

22:38

eating it at six times and then if you do become hungry you want to drink tea coffee or both broth and if you read Dr

22:47

I find this book in many many different ways of doing it so you can adapt to

22:53

your lifestyle so the most common is time restricted eating so you eat for

22:59

eight hours a day you fast for 16 and then with time with time restriction you

23:06

decrease the feeding period up until where you get to you know what I've achieved now is I eat only once a day

23:13

and it's a very simple thing to the different ways you can do the five two intermittent fasting so five days a

23:21

week five days a week you need to get a normal healthy whole food diet and you

23:27

fast two days a week but there are multiple ways of mixing it so this looks at insulin levels and

23:35

unrestricted Eating so this is the 16 hour fast so you can

23:40

see that we that will eat what happens is you get insulin release insulin

23:46

increases fat absorption and increases that storage eat um prevents

23:55

metabolism of glucose and you see what happens is in between you burn fat

24:01

what's most efficient is when you have one meal a day or you have

24:07

eat for a four hour period you have this prolonged period of burning fat breaking

24:13

down and what's really interesting is that the timing of the meal is the insulin

24:19

response is about 20 to 50 percent increase from the meal is in this evening so you don't want to eat late at

24:26

night you don't want to eat before you go to bed for two reasons firstly it results an increase in

24:32

insulin release obviously incident the more instant you release the greater the insulin resistance the more you store

24:38

fat the hunger you become and the other thing is in terms of autophagy you want

24:44

to have a period of at least four hours before you go to bed so you can maximize

24:49

water energy so the optimal strategy ready is to eat your largest meal of the day between

24:54

movement and 3 pm so you can eat for three or four hours a

25:00

daily hope so there are people who shouldn't fast so people who shouldn't fall to people

25:07

who know nourished or underweight so if you man that rich you're underweight you don't want to bias what you want to do

25:12

is have a diet based on true food real food

25:18

which is a high in saturated fat less and carbohydrates that you don't want to

25:23

test those with anorexia nibosa children less than 80 years of age who are

25:29

obviously still growing pregnant woman and a breastfeeding woman so when should you be cautious and do

25:37

this under the supervision of a healthcare provider probably best an Integrative Healthcare physician because

25:43

most uh classical doctors practicing what we're going to Orthodox medicine

25:49

where they have very little understanding of what we're talking about today at healthy lifestyle

25:57

so it can increase uric acid in patients with gout so one needs to be careful

26:02

patients with chronic diseases taking multiple occasions and obviously in

26:07

diabetics because you may need to adjust your

26:13

life so that kind of leads to my story so I really you know when I started
26:18
reading about approaches to treat the vaccine injured and myself and Dr feed or training
26:25
interested in autophagy pretty expect my interests so to speak spiked again
26:31
intermittent fasting so I was a diabetic type 2 for over 25 years I had
26:37
hypertension you can see the toxic medications I was on Metformin is actually a good medication but I
was on
26:45
an sglt inhibitor an Ace inhibitor a council channel blocker yes I was on a
26:51
terrible Statin my physician was Duke who put me on the Statin and I was duped
26:58
statins really have no place in primary prevention they actually cause diabetes
27:05
they cause vascular calcification they cause lots of they have lots of bad
27:10
effects and have minimal benefits and I was on an SSRI which again is a terrible
27:17
medication so after four weeks of intermittent fasting and real food really this is
27:22
four weeks and actually it was quite easy at the beginning I did struggle a bit but I decided I was
27:29
going to persist with it and with time actually it becomes quite easy you can
27:35
eat once a day so he takes some training and you increase your you decrease your
27:40
feeding interval but actually as your insulin resistance goes so does your
27:46
hunger goes and becomes quite interesting to do so I'm now on Metformin and I don't take it for
27:52
diabetes I take it because metformin stimulates autophagy it prolongs life
27:59
has effects on telomeres so there's actually some data that non-diabetics
28:04
should take Metformin so I did increase the dose I take omega-3 by the acids
28:09
where it's very true and spermidine it's really important for any inflammatory and again stimulating
28:16
autophagy I take melatonin at night very important antioxidant and improves
28:22
mitochondrial function and some vitamin D3 so as you can see I'm completely
28:29
almost completely of all pharmaceutical drugs so metformin actually is very
28:34
cheaper to get a free of charge as from my my Pharmacy
28:39
so what do I eat I eat real food you can see this is salmon beans Chicken
28:47
vegetables I eat nuts mixed nuts are really healthy
28:53

they have healthy fatty acids I do eat some blueberries but one has to be
28:59
careful not to take a high load was uh yeah they were which is rapidly Breeze
29:06
of fructose and high blood glucose it's very high in flavor so you should really
29:12
take the berries with a meal and limit the intake I also do take a Greek yogurt
29:18
but as you'll see this is no sugar added so if it says low fat which is a Ford
29:24
has lots of sugar and lots of carbohydrates this is pre and proved pre
29:31
and probiotic so if you need to I'll take this now and then
29:37
think it has it's reasonably healthy but very important that you take a product with just no added sugar as I
said sugar
29:45
and carbohydrates are no particular benefit and indeed you need to drink water you want to start the day
with a
29:52
glass of water and drink during the course of the day what I did which has really helped me is
29:58
I do continuous glucose monitoring so this provides almost instantaneous
30:04
biofeedback so there's continuous glucose monitoring it's a very simple
30:09
device which just sticks on the skin I got a prescription from my physician and
30:15
it's very reasonable and it allows you to see how you you eat different foods
30:22
what it does to your blood glucose and it's truly astonishing so you can see this is in the last two
30:28
weeks my blood glucose is running less than 100 we have this little spike in
30:33
the morning and this is called the dawn effect so during the morning or early hours what happens is your
come to
30:41
regulatory hormones with your growth hormone cortisol and
30:47
can economies do Spike as It prepares for the day and will cause a small increase in blood glucose so my
morning
30:55
blood glucose used to run about 160 and 70 you can see now it's just running
31:01
over 100 again I have a little Spike you can see it's a tiny Spike at 3 P.M when I eat
31:07
and then after I've eaten it comes down but you can see my profile is is
31:14
complete the mean is less than a hundred and obviously this is the profile of
31:19
someone who has you know normal glucose tolerance and is not diabetic this is
31:25
truly astonishing from where I used to be so in fact in 12 weeks I've now lost

31:32

close to 40 pounds and I did this seamlessly easily it was a very easy

31:37

thing to do I've tried to Diet before it never worked I was frustrated because I

31:42

would try hard to lose weight to move more eat less and it never worked and it

31:48

was extremely frustrating now I've lost 40 pounds ready without trying My

31:55

fasting blood glucose you could see in red was close to 160 170 it fell with

32:02

time my mean fasting glucose is now is 95. and with that my hemoglobin A1c will

32:10

start off with eight it started off at 8 and that's despite being on a whole host of diabetic medications you

32:19

can see it's Fallen consistently my last hemoglobin A1c was 5.2 which is

32:25

completely normal and basically an indicator of non-diabetic

32:30

so basically a fasting glucose and the hemoglobin A1c are probably the most

32:36

important indicators of your insulin resistance and your glucose and of

32:42

course obviously the continuous blood glucose monitoring is an effective way of monitoring look like

codes

32:49

so that's my story knowledge is power knowledge will save your life because

32:57

most people are talk are Poisoned With medications that don't work and diet

33:04

which is toxic it died high in carbohydrates high in sugar high in

33:10

fructose and high in omega-6 fatty acids so with that I thank you and uh Dr Peter

33:18

myself are going to have a little chatty chatty and um anyone have some questions

33:23

I would be happy to answer excellent so thank you so much uh I hope

33:30

that you have stopped the presentation and you can see us both on the screen now

33:36

um so once again thank you very much for the yeah I see you Dr B you're very handsome as usual

33:43

that's why I was beating you to say that's excellent

33:48

imagine we're wearing matching shirts yes we all have similar glasses

33:54

and you know maybe with my diet I'll start looking like people have been saying that you are

34:00

looking younger nowadays so you are reversing your age as well so I wanted to ask you this about the

age

34:07

too this intermittent fasting and autophagy do they have an effect have you read

34:12

that yet about the aging process does it stall it reverse it doesn't do anything

34:18

what's your opinion yes so it does slow aging definitely definitely by multiple

34:23

mechanisms so autophagy is very effective as an anti-aging mechanism

34:29

Resveratrol which activates search one is very effective um

34:35

so these are very effective mechanisms to to reverse aging so it's

34:41

about the combination of your commented fasting ketosis Resveratrol basically through autophagy

34:48

to effect on telomere through effect of cycling bad proteins and it obviously

34:54

what's really important is is the limits and prevents dementia and Alzheimer's disease

34:59

the question really is is it ever too late and so obviously the earlier you do it

35:06

the better but you know obviously you know I'm over a hundred so um it's never too late

35:12

and particularly if people have early Alzheimer's disease or early dementia

35:17

you know this is this is a very effective uh Intervention which can potentially slow the progression or

35:24

reverse the dementia so it's a very important Health intervention

35:30

got it thank you very much for that so I have one more question as you talked

35:36

about your own diabetes um if you are okay to discuss it how bad

35:44

was it before that this intermittent fasting or this lifestyle brought it to

35:49

this almost normal state or normal State yes

35:56

yes unfortunately I was also a sugar addict I was addicted to sugar and

36:01

addicted to carbohydrate I had to admit it I was a food addict and I it's

36:06

because I was insulin resistant it's truly astonishing concept that maybe I

36:11

didn't appreciate I'm sure doctors don't appreciate is that diabetes and insulin

36:18

resistance causes people to be food addicts and you know although I tried

36:24

when I came home I would snack all the time and it's the worst possible thing that a diabetic or someone who's decent

36:31

resistant can do so obviously I I was unhealthy although I tried the best I went to the gym

36:39

and try to eat healthy it just didn't work and truly that's why this intermittent fasting is revolutionary it

36:47

truly is an astonishing way to take control of your health and it sounds

36:52

like it would be a difficult thing to do because you think you'd be hungry so at
36:58
the beginning it does there's a little bit of hunger pains but you know what you've got to break through it
and once
37:04
you break through it it's absolutely a simple thing to do so for example now I
37:10
have not eaten since three o'clock yesterday apart from drinking fluid and having
37:17
coffee I haven't had a single thing to eat in I'm telling you I'm not hungry at
37:23
all so it is a way of metabolically programming the body because we've been
37:30
you know we were hunters and gatherers that's how we evolved we weren't you
37:36
know we didn't evolve with a supermarket around the corner where we eat all the time and that's how we
actually you know
37:44
evolved is we were hunters and gatherers we would eat once or twice a day
37:49
would eat a diet which was mainly animal protein and you know vegetables and nuts
37:55
and that's how we evolved and um got it
38:01
so then I have another question uh this is actually from one of the cool beans here William Goff says in
my experience
38:07
diet low in saturated fats such as vegan or prolonged fasting and even
38:12
weight loss too fast in general can cause gallstones what is the remedy for
38:18
this bile salts so I have heard about that so
38:24
you you know what I I I I I don't recommend a vegan diet obviously some
38:30
people had religious or other objections I think you know plant food is not
38:35
nutrient dense you need to have you know a balanced diet which is really what we
38:41
need much like our forefathers had a diet which we we evolved to which was
38:47
you know healthy Meats vegetables and nuts and I have heard that these kind of
38:52
vegan diets can cause gallstones um which obviously is a problem and
38:58
really has to do with uh would imagine too little fat because you need
39:03
cholesterol and fat to make bile lessons and you have cholesterol in the bile so
39:10
there's this misconception about cholesterol the body makes cholesterol for a good
39:15
reason because it needs it every cell makes cholesterol cholesterol is
39:21

required for the Integrity of cell membranes cholesterol is required for many receptors cholesterol is required

39:28

for many hormones so cholesterol is a normal

39:34

body the body makes it because it needs it and to try and mess with cholesterol as being a universal failure and in fact

39:43

Studies have shown to the Woman's Health Initiative study the many of the dietary

39:49

studies when you actually try and decrease fat and cholesterol and replace it with carbohydrate or vegetable oils

39:56

let me say this again when you decrease healthy saturated fats and you decrease

40:02

cholesterol and you change it to carbohydrates and omega-6 fatty acids you increase the risk of dying

40:09

you increase the risk of cardiovascular disease so what's really interesting is there

40:16

was the Framingham diet study done in between 1966 and 1970

40:23

and that's what they already did they wanted to see what would happen if you

40:28

replace the cholesterol with a low-fat diet

40:33

and low cholesterol and you know what happened the cholesterol stayed exactly the same

40:39

exactly the same because the body makes cholesterol because it needs it but the

40:45

risk of death and cardiovascular disease weather and you know what also happened because of conflicts of interest

40:52

the pub the study was never published the study this Framingham diet study was

40:58

never punished because the vested interest in interest and conflict of

41:04

interest do did not want people to know this because obviously it goes against

41:10

the the fat myth the saturated fat myth and it goes against this false

41:18

cholesterol lipid hypothesis thank you and this is a very interesting

41:24

question uh radmilla says since you are diabetic I think should we say you were

41:31

did you suffer from too low sugar from fasting so that's a really interesting question

41:37

so obviously the problem with diabetes is you have high blood glucose

41:42

glucose and it does take time for you to develop metabolic balance too and I

41:48

don't think I'm there yet I think I'm still maybe three quarters of the way in order to normalize my diet

41:55

so actually I I know this because I monitor my glucose now so I've had two or three episodes

42:02

where my glucose drops into the high 50s which for a diabetic is quite low and it

42:09

seems to be improving so it's happened three or four times but I was completely asymptomatic so I would you know if you

42:17

become hypoglycemic it interferes with your good process so I was asymptomatic

42:22

but I actually was a little bit perturbed or scared so what I did is I

42:27

took blueberries and it's Faithfully the blueberries increased my blood glucose that happened more to you know three or

42:34

four or five weeks ago you know it seems now that black glucose runs a hundred

42:39

doesn't matter what I do so I think that my body has normalized a developed

42:45

normal insulin function so that when I'm when my sugar goes up I increase the

42:53

insulin when my when my sugar goes down I switch it off so I think I'm metabolically approaching normality now

42:59

but it is a good question particularly because I was so insulin resistant with

43:05

such high insulin levels that I think that at the beginning um I I had these episodes of somewhat

43:13

lowish blood glucose that's why it's always useful particularly if you were diabetic to check your blood glucose at

43:21

least four times a day but you know I would recommend if you're a diabetic and you're doing intermittent fasting to

43:27

user continues glucose monitor it's a very simple device it's not expensive and it allows you to

43:35

really metabolically monitor what you're doing so that is a good question excellent so thank you very much one

43:42

more question it's actually interesting I'm I have not read this book nuts and bolts says has Dr Merrick read Dr

43:48

Stephen Davis's classic book nutritional medicine about Foods vitamins and

43:54

minerals have you come across this book no you know I haven't I've been really a host

44:01

of really good books on you know nutrition from our perspective you know

44:07

Tim Knox has written on you know oh

44:12

low carb high-fat diet you know Jason Fung's book is outstanding

44:18

um is outstanding so there are some very good books then that are out there that

44:26

really go against The Narrative of you know low saturated fat low lateness or

44:31

high carbohydrate understood so this is another interesting question and I think as we

44:38

are looking at autophagy and intermittent fasting maybe at some point the microbiome will also be a very

44:45

interesting topic to look into so William Goff says what's your opinion on water our water

44:52

treatment is about purifying water yet it leaves tons of chemicals which have an impact on our gut microbiome do we

44:59

drink distilled Ro or hydrogen water yes

45:04

unfortunately part of Modern Life Is We exposed toxins in the air we breathe the

45:12

water we drink the food we have so to some degree it's an inevitable thing

45:17

that you you just exposed to so you know I think autophagy you know it's a really

45:25

good way of detoxifying the body you know you can add heat therapy or

45:30

infrared therapy which Dr Peter has spoken about so you know I would recommend using filtered water you know

45:37

there are these oh you know you can either put it on your tap or you can actually get a joke which filters up the

45:44

water it's a really good point which removes many of these minerals and elements and heavy metals

45:51

got it so it is a good point just because and I think it varies from you

45:57

know City to city but I think using filtered water does make sense

46:03

got it thank you very much a couple of more questions Lori says word intermittent fasting help in the

46:10

production of T cells as well

46:15

which has good insight and as Dr B knows from his from his lecture autophagy

46:23

autophagy with you know intermittent fasting which stimulates autophagus surprisingly has a very profound effect

46:30

on the immune system increases T cells CD4 cells cd8 cells natural killer cells

46:37

and modulates a team regulatory cells so autophagy is a very efficient it's how

46:44

the body regulates and actually diesel it has a really important effect on stem

46:50

cells and promotes regeneration of T cells would you agree with that Dr B

46:56

absolutely so this is one huge benefit of autophagy is to

47:01

so imagine if a dysregulated cell is just sitting out there and a bunch of them are sitting

47:07

there and just doing incorrect function but our body is still not making new cells because body knows that there are

47:14

a bunch of cells already present so when we do intermittent fasting and autophagy

47:19

starts and either these cells become recovered from their state or they die off the

47:26

result is then our stem cells become stimulated to produce new cells so absolutely there is a

Rejuvenation of

47:34

the whole system and repair as well yeah so in fact intermittent fasting is

47:40

a Rejuvenation therapy it's a you know the more I read about it and

47:46

the more I personally experience and the more I research it I think it's a truly

47:51

astonishing way that the body has evolved to regenerate itself and to

47:58

maintain homeostasis it through this and it's what's what's fantastic it's free

48:04

it's cheap it's easy to do it's not an expensive medical intervention

48:09

correct and and the health benefits are

48:14

at every age group and other than some disease conditions actually for every

48:20

disease condition as well so that's there is no such Universal

48:26

um therapy or intervention as is the intermittent fasting

48:31

so one more question and then we break this question is from logic what are the effects on interleukin-17

48:38

pro-inflammatory cytokine Dr Bean medical lectures and by proxy T helper 17 for

48:44

All patients please yeah so my understanding

48:56

actually kind release so it does balance it has anti-inflammatory properties

49:02

um and you know you combine it with something like Resveratrol spermidine it's a potent intervention in terms of

49:09

you know it's anti-inflammatory properties you've spoken about this Dr P would you

49:15

agree absolutely absolutely so one of the important thing that even in the

49:21

beginning of covert Dr Paul Merrick had talked about it during his math plus protocol that sometimes or in the

49:28

cytokine storm the macrophages become dysregulated so if you think about it for a second why does the immune system

49:34

become dysregulated because there is some funding agent somewhere that is just continually bothering the cells and

49:42

they are just trying to get rid of it by really doing what they can do and what they can do is release cytokines and

49:49

inflammatory mediators and cause inflammation they do not know that they actually have things inside of them that

49:55

are trashy and that are bothering them and they are reacting incorrectly so

50:01

when you do the intermittent fasting all of these cells start becoming cleaned up and as they start becoming cleaned up

50:08

and as they recycle the trash inside of them they reduce the production and

50:14

release of mediators which would reduce the inflammation so absolutely correct yeah what happens is it is intermittent

50:21

fasting Resveratrol spermy melatonin actually reprogram macrophages from M1

50:27

which are active cytokine to M2 which are more in terms of you know cleaning

50:33

up and decreasing inflammation yes so with this we are almost at an hour Dr

50:42

Marek thank you so much it's always great to have you we may have to do something about your mic but the the

50:50

content the insights and then your own situation with the

50:57

type 2 diabetes and here the these are Priceless thank you very much for

51:02

sharing them well thank you Anthony

51:07

um uh hopefully I'll just talk talk now the next time I'm not sure that we had a mic issue but if we did I'm sorry

51:14

hopefully it was clearish what I said thank you for being on this much better

51:19

before than before so thank you very much and thank you for going on this

51:25

journey with me because I think you know people we learn together and we move forward together

51:30

and you've been an enormous inspiration it's it's my pleasure and it's my honor

51:36

so cool beans thank you very much for joining us on a Sunday Dr Marek thank

51:41

you very much for joining us thank you very much for your insights and thank you very much for your valuable work

51:47

and thanks all and I'll see you and see you tomorrow I was gonna see you on

51:52

Monday but Monday is tomorrow I'll see you tomorrow bye bye for now

English (auto-generated)