



Transcript of “Dr. Amy Shah: Western Medicine, Intermittent Fasting & Vegan vs Low Carb – #257”

Bulletproof Radio podcast #257



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Dave: Hey, it's Dave Asbury with Bullet Proof radio. You probably don't know that on the bullet proof website we have a bunch of ambassadors. These are people who are well known, who are using bulletproof products to kick more ass in their own fields and I have asked them to put together a kit that says here is what I do every morning to perform better. It is not just bulletproof stuff but what is my routine? You can see what John Baker who is a baseball start as or Crosby Ware it makes a lot of fat-free desserts and works as a celebrity trainer in LA, or Bree Shaff who is an Olympic champion bobsled racer. These people are putting together different performance programs and they just give that information away for free on the bulletproof website.

If you want to read that stuff do it but if you are also a high performer and you are influential in your community and you want to be a bulletproof ambassador send an email to me at ambassadors@bulletproof.com and let me know who you are and why you should be an ambassador and I would love to have a chance to chat with you. Today's cool fact of the day is that Arabian camels, also known as one hump camel's, are probably one of the original bulletproof first. Their humps can hold up to 80 pounds of fat that they use for water and energy on treks through the desert up to 100 miles. Talk about

intermittent fasting, that is how to do it. It turns out those humps aren't all water, they are fat. If you are going to be a camel, which I actually have done, never eaten an entire camel but have certainly had some really good camel meat, the hump is a nice fatty part.

Today's guest on bulletproof radio has nothing to do with the cool factor of the day and Amy, if you are used to this you know that I have been trying my very best to link the cool factor the day with the guest and I just couldn't do that today because I was so fascinated with camel humps that that's just the way it came out. I hope that is all right with you. Today's guest is Dr. Amy Shah who is a double board-certified doctor trained at Columbia University Medical Center, Beth Israel Deaconess – Harvard and Albert Einstein College of Medicine. She studied nutrition and graduated magna cum laude. How do you say that?

Amy: Laude.

Dave: There you go. See I actually studied Latin like in seventh grade and I forgot it as soon as I was done. You studied at Cornell see you are one of those few double board-certified doctors who also actually studied nutrition which is why it is so interesting to chat with you and welcome to the show by the way.

Amy: Thank you, I'm so honored to be here.

Dave: You have a large online private practice and you're about to come up with a health coaching program so you are pretty well known and just doing stuff that is different than what you normally see from medicine but you are coming at it from the background of someone who is very well trained and well entrenched in medicine which is why I'm so excited to pick your brain.

Amy: Awesome, let's do it.

Dave: For people who are at work in listening to the show if you want to look at Amy's website amyshahmd.com. Shah is S-H-A-H. Now where do we begin? Talk with me about what it was like before you became a doctor

because you are over credentialed even for a doctor. Double board-certified physician, what the heck made you do all of this?

Amy: Yeah, well okay so I was always really, really interested in nutrition and that's why I decided to major in it, just how the body response to food and minerals and vitamins and all of this stuff but I found the traditional tracks for nutrition enthusiasts were basically a dietitian or some kind of hospital type of nutritionists. That is what most people got jobs doing and it wasn't what I wanted to do for the rest of my life. I was like I don't want to be prescribing plans for people in the hospital. I really wanted to help a larger audience so I thought that going to medicine I can help them with their health and can help them with their nutrition and it will be a great marriage. Little did I know that Western medicine has very little to do with nutrition at least natural food-based nutrition. They taught us a lot about chemistry and organic chemistry and molecules and carbohydrates but we didn't learn what to do, what foods we should eat, what foods we should be putting into our bodies.

It seems like that was kind of overlooked. Even the food they serve this was processed. We got pizza and noodles from these Chinese restaurants. That was what they were feeding us and then they were telling us about these little facts about nutrition and it just didn't match for me. I kept searching and I thought well maybe general medicine is not where it's at. Maybe I have to specialize. Maybe I should do immunology because the immune system and nutrition and health go hand in hand and I did that and again I found that the focus was on disease and very much helping people sure or manage their diseases rather than what do you do to maintain your body and prevent disease? I thought that was so sad so I wanted to incorporate a part of that into my background.

That's why I basically kept on getting trained because I thought at some point I would be doing exactly what I thought and then I realized I had to just do it myself. There was no track that was going to get me there. Thank God for online, Internet medicine because, and I really applaud you because a lot of the things you talk about in your book, that's the things that people should be doing every day, eating the vegetables and doing exercises. That is what you should be doing to prevent a problem

from happening. We shouldn't just be dispensing medications for people who already have a problem.

Dave: One of the reasons I became a bio hacker is that at the very beginning of this I had already started paying attention to diet and why exercise wasn't working and when my diet was working but then I started feeling really crappy and I went to this doctor and it was at the Palo Alto medical group and I am like look, I know this didn't actually happen but I feel like I have been poisoned. Everything is hard, my brain doesn't work, I am fat, I lost all the sweet and in the coming back and I feel like the only thing that I have noticed make the difference is I take vitamin C and I feel a little bit better. He goes how much? I go I take 3 g a day. He goes stop, it will kill you. I'm like what about Linus Pauling? For people listening Linus Pauling, two Nobel prizes, took 90 g of vitamin C a day and this doctor looked at me and those who? He didn't know who Linus Pauling was in it just occurred to me that we are on different planets and I was kind of offended.

My brain was very toxic at the time and I was kind of a jerk at the time so I told him he won the Nobel Prize and took 90 g a day, by the way you are fired. I walked out of his office and I never paid the bill. They sent me to two credit collection agencies. I am like no services rendered, not okay and this is a guy that told me maybe you should lose weight. I am like no shit Sherlock, you think I don't know that? You don't think I have tried everything on earth here? He goes eat a healthy diet. I am like what's that? It wasn't his fault in retrospect, he just didn't know. He wasn't trained and I expected him to be trained. This is my expectations and he wasn't a bad doctor by a long shot, he was the doctor. He wasn't a nutritionist. I am seeing a major shift in medicine where this is, almost 20 years later, I am old, but what is happening now is you go to the doctor and some of them will say what the American Dietetic Association says which is poison yourself with whole grains and nothing else, I am paraphrasing, I might have missed some details about omega-3's or something.

Then there is this other side were in thing doctors who are like okay, maybe you should eat Paleo. Their doctors that are like hey, here's the bullet proof diet and hand out the infographics. It's such a wide thing.

How do people know when they go to the doctor, how do they know if they are talking to someone like you who has studied nutrition and is a position versus a physician who is like eat healthy and have a muffin?

Amy: You are completely right. It is so impossible. Most doctors don't know that much about nutrition. I don't want to write on my profession that it is true. They don't have interesting nutrition. They don't have the training in it. Frankly that is not their focus and that is not what they want to be doing. They want to save lives, the focus of Western medicine is the antibiotic principle like you cure someone with a pill and that is what it's all built on. The basic way you know is if they're only prescribing new medications without lifestyle measures or without a diet plan for your problem, like most 99% of problems will require all three. If it requires medication it should require some lifestyle and diet then you know you might be dealing with someone who may not know.

You can ask them like oh what kind of diet should i.e. with this or what kind of lifestyle measures should I take? If they are like I don't know or I don't have time that is probably a bad sign.

Dave: Got it, see you can look at credentials and you can look at reviews but you go in and you ask them. What I am finding, and this may be a selection bias because of the kind of physicians that I talk with but I talk with a lot of physicians and some of them are very close personal friend and others it is just professional interests. I go to medical conferences for fun because that is what I love even though I am entirely uncertified and unlicensed bio hacker. There is a change where every physician, at least the majority of them, is about helping people. There are a few that are like I'm just going to make money, money, money but they don't stay in the profession. They become administrators or something.

I just ripped on hospital administrators in a major way. I did used to work in a hospital, people don't know that. I worked on computers at a hospital but I did. Anyway, what I'm saying here is that the physician desire to help is there and saving a life, fixing a broken bone, acute trauma, burns, infections, that is amazing skills and I am married to a doctor but there's something else there and I'm seeing a shift in the profession of medicine where doctors are pushed by the field of

medicine to be even more pills prescribed but their desire is to be like no, I need a half hour to get the story. I need an hour. As a matter of fact screw the insurance company, I'm not even going to take billing anymore. I'm going to charge what I am worth but it is way less than my billing rate to the insurance company and people are just going to write me a check and I'm going to provide focused, dedicated service. What is going to happen? What do you see in the future of that model?

Amy: I completely agree with you. If you need to get life-saving surgery or God forbid you are ever in a car accident we have the best care, techniques, surgical techniques, emergency techniques, life-saving techniques, I mean the Western world rocks at saving people from death's door but what we are horrible at is I hate to say the word preventative care. What is going to stop you from having cancer? Not a pill, it is going to be the way you live your life for the next 10 years or how you modulate your genetic predisposition so I definitely think there is going to be a shift in the way we deal. People are so educated now with the Internet and people that they follow on the Internet they have so much knowledge that now they are seeking out physicians who have the knowledge or at least can partner with them for that.

I think there is like a dichotomy. There is still a part of Western medicine that I think is amazing. We can have people that survived these burns from burning buildings and from drowning and things that you would never even think of but then on the other hand we are really bad at preventing diabetes and cancer and autoimmune problems and allergies and mold toxicity. We are bad at basically everything else but that life-saving stuff.

Dave: By shining a light on that the way you just said it in with the work I'm doing part of my not so secret goal at bulletproof is to change demand. I am changing demand for quality food, changing demand for the kind of medicine that they used to call preventative medicine or integrative medicine or functional medicine, whatever you want to call it, but when everyone says I won't go to the four minute per patient model and I don't care if the insurance company will pay because I can pay actually less to my doctor and my doctor will spend enough time with me to actually know my case I think we can change demand of medicine and in

that will change at least the actions of doctors even if med schools still keep torturing us 90 hour residences and all that weird crap.

Amy: Yeah, I think that is where the shift is. Nobody goes for their yearly physical anymore because it's a waste of time honestly. What do you do in your yearly? I went for my first yearly physical when I was in college, not with my pediatrician but with an adult doctor and I came out of there in five minutes and they were like oh, you are fine. They checked my heart but it was speeding and my lungs were... It just seems so ridiculous I never went back because this was such a waste of time. We have to change how we do things.

Dave: Maybe it is impolite to ask this but are you a Doogie Howser because you look like you are 19?

Amy: Thanks very much but I am old.

Dave: You're just doing something right. When do you need a physical? Obviously you are well enough trained you can be 19 but ...

Amy: I'm Indian and I think Indian people tend to look younger. It doesn't bode well when I come in to see patients because they will say like you are so young and I am like no I have 20 years of training I swear.

Dave: I was amazed, I was like why would you need a physical? People who are watching on YouTube, you really look like a young doctor but based on your credentials and training I know very well you are not. That is also something I look for by the way in a position. If your doctor looks healthy that's a good sign. If your doctor is 80 pounds overweight maybe there is something that they haven't looked at on themselves. It is okay to have a doctor who is sick as long as they know why they are sick and they're working on it but if they are like oh I don't follow my own advice that is because you can't follow your own advice because it is bad advice.

Amy: I have to tell you that all those years of training if you looked at what people eight and how they slept and how they treated themselves and what kind of stress it is enough to aid you like 20 years. I cannot believe

that they are doing this to themselves. It is not them, it is like the pressures of the system and then you are supposed to tell people not to do it. It doesn't even make sense because it is very hard to reverse those bad habits. I know that my doctor friends, most of them still really love process. Because it's like years of ingrained tendency is. It's like quitting smoking, it's really tough.

Dave: Yeah, it is. Let's switch gears because there two areas I really want to dig in with you. One is that you are one of the I'd say minority of physicians who really understands toxic mold and clearly people who listen to this know I just did the documentary. Go to moldiemovie.com and you can check it out.

Amy: I heard your interview with the doctor who was on there, I forget his name.

Dave: I have like a dozen of them on there. Probably the guy in Roswell, Scott?

Amy: No, it was the other one. Anyways, go ahead.

Dave: Doug Kaufmann maybe?

Amy: Yeah.

Dave: There's a bunch of different mold people. There's Richie Shoemaker.

Amy: Oh, Richie Shoemaker is the one I saw.

Dave: Yeah, Richie is like it is all about inflammation and autoimmunity from old but he doesn't pay a lot of attention to the mycotoxin story and then there's another group of doctors who are like okay, inflammation, we all understand autoimmunity that if you directly poison the mitochondria in the cells with these things, I am finding even within the mold community there are people saying it's this, it's this, it's this and I think it is all of them depending on your genetics.

Amy: Yeah, I do too.

Dave: That was one of my first questions for you.

- Amy: I see so many people because I am in the allergy, inflammation, asthma that come in with all kinds of symptoms from toxic mold or just environmental mold that they don't know what's causing and they will say all kinds of inflammatory symptoms but then they will also have profound fatigue and brain fog so it seems like it is a combination of everything. I know as soon as they tell me their symptoms I can almost predict that it is a mold sensitivity.
- Dave: It is often that you said that. I have the same experience with some of my clients on the phone. I am like did you by any chance have water damage? They are like yes because everything went to hell all at once for them, right?
- Amy: Yes, and it's pretty quick and it's pretty profound and you don't get that with a lot of other things. You often will say you should look around. Sometimes people will not know about their water leak or they will check behind their washer, dryer or they will be in an apartment in a will say when I go to the beach I feel like 1 million bucks and then I come back home and that is why I know that it sounds like mold.
- Dave: I mentioned earlier that I felt like I had been poisoned when I went to the doctor. It turns out that I had moved into a condo and I didn't know this because I didn't understand the water damage mattered but I pulled out the carpet in the bedroom and it was soaking wet and I tossed it and then I put into new flooring because the floor dried up and it turns out there was a leaky water heater on the other side of the wall in the back of the wall is covered in slimy, black mold which is almost certainly stachybotrys, the worst one based on my whole life went to hell and I just moved to Silicon Valley and I'm doing all the stuff and it was like every day someone is putting more rocks in my backpack. I was like I don't know if I can keep doing this. It took several years, probably seven years to unravel what had happened and what it did to my brain but my brain on and FMRI of spec scan looks like someone who is doing street drugs. I had complete holes in my brain.
- Amy: Oh, my god.

Dave: The thing is that Doctor who didn't know that vitamin C wouldn't kill me if he had been trained to recognize that a patient with recent weight gain and brain fog and fatigue and joint pain and pneumonia and chronic sinusitis and all these other things that it's not a crazy person but it is something you might have an environmental thing, he would have saved me seven years and hundreds of thousands of dollars of experiments and all this other stuff and that is one of the reasons I made the documentary but how do you know all this stuff and many of these other physicians don't know?

Amy: I think you're right about raising awareness. I think that people just don't know how to put a lot of these unrelated, seemingly unrelated symptoms together but I think the biggest thing, I think you mentioned it to me when we had gone to the mind, body, green conference how you can walk into a place, people that have mold sensitivity they can just walk into a place and feel so horrible for days that you know if you have it's because you can remember that. You can know when you've been to a place that has mold. I think you're right. There's just so much to know in medicine just like there's so much to know in bio hacking. There are some people who are specialists in certain areas of the people who are not and they may know really well some other part of medicine and just not know anything about environmental allergens or toxins.

It is unfortunate. I wish I could say that I probably don't know everything there is to know about pancreatic surgery. In the same way I feel bad because general physicians are bombarded with so many different topics that it's almost difficult to know what you know. They are still working in the old days where they are taught to recognize a bacterial infection or how to figure out if you have a bad infection that requires hospitalization. They are not really good at this stuff so it is good that you are raising awareness about that. I think it is necessary.

Dave: It's one of the things where it may not be possible for a doctor to know all of that stuff and even so you and I are pretty well-versed in this, I had one client who had all of the symptoms of mold toxicity, just all of them and it was correlated with where they were living and it turns out that it was the apartment that was underneath them was using natural gas cooking and all of the cooking fumes including the natural gas are being

ventilated in their apartment. There was actually combustion byproducts, not mold, but I would have bet 100% because they had all of the symptoms. I didn't know and I have never heard of that set up in an apartment either. There's all kinds of stuff for everyone will know but recognizing that people aren't crazy when 15 symptoms happen is like the first step, right?

Amy: Some of the sinus specialist and allergy and asthma specialists think that everything is caused by mold now. Sinusitis, pneumonia, bronchitis. They basically think anything in the airway that's always in flames that keeps coming back is mold related and there's a whole school of people who believe that it has nothing to do with bacteria.

Dave: I want to hug them. My story, I had strep throat every month as a kid. I lived in a basement that have mold behind the wood paneling in the walls. It had been a flooded basement. Nosebleeds 10 times a day, bruising, obesity, arthritis at 14, rashes, asthma. You could predict this. Mold tests or allergy test they said I was allergic to cockroaches and nothing else. Skin tests don't work. I was on antibiotics every month for years and when they took my tonsils out at 16 I got my first sinus infection the next week.

Then I was on antibiotics for another 10 years for sinus infections and it was mold the whole time, it was mold. I took buckets of antibiotics and I'm still paying that costs. It is amazing what 20 years of antibiotics will do to your body but it is not good.

Amy: You trashed your gut, your micro biome. That's why this is good, you are in the perfect, you are repopulating your micro biome. I always tell parents all the time, parents will always ask and it is unbelievable what people ask me for antibiotics because they just don't know any better, all the time for symptoms like what you are having and I will say to them no, it is not going to work. In fact, it is going to make things worse in the long term and so sometimes it is a hard sell. Let's put it that way.

Dave: Let's say someone walks in the door and they don't know that they have mold. How are they going to present? How would they know?

- Amy: The very, very obvious story would be someone like you. Someone who is getting chronic sinus infections, chronic bronchial or lung infections, fatigue, headaches, skin rashes, autoimmune type symptoms, joint pains. Just unrelated things that seem to have started all at once. The kicker is if you say sometimes they can tell, but the kicker is when you say okay, when you travel somewhere or you go somewhere else or somewhere in the history, a beach is a classic story. I went on vacation to the beach and on the ocean I feel so great story went to this other country and I feel amazing. That is pretty much the giveaways of the classic, we don't have to do any testing, nothing. You can pretty much say you need to look for this. Like you said, sometimes it turns out to be something else but most of the time it turns out to be environmental toxin, mold.
- Dave: In your practice, in your experience, and this is something asked everybody in the movie to but how prevalent is this?
- Amy: Oh my God, I see it every day.
- Dave: That says a lot. About 25% of people have genes that make them more susceptible to this and everyone gets oxidative DNA damage from exposure to mycotoxins. That is how it works and it is permanent damage and everyone can excrete mycotoxins at some level or another, otherwise we would be because we will constantly raise those levels. What does chronic exposure to mycotoxins due to us? Every day somebody is pouring a little bit in your food?
- Amy: Definitely know that it can cause like you mentioned some permanent damage, mitochondrial damage. It's really obviously not something that you want to be doing on a chronic bases without having a way to release them or get rid of them.
- Dave: Some of the principles behind the bulletproof diet are around increasing excretion of all fat porn toxins, whether they are man-made or nature made, I don't really care. If it is Lipo for Eric, a fat porn toxin you've got to get that out of there because if you let it sit and percolate and recirculate it will get into your brain and it doesn't matter if you are one

of the sense that people are not, you get the things in your brain you're not going to perform the way you could.

Amy: There are so many toxins, exactly what you said, there are so many thoughts toxins that gets stored in your fat that don't get out of their very easily so yeah, definitely.

Dave: What do you recommend for patients who want to lose weight quickly?

Amy: Lose weight quickly?

Dave: Yeah like I have 100 pounds of fat and I want to lose it in the hundred days. What would you say to somebody who wants to do that?

Amy: I don't know. I don't have any suggestions for that. 100 pounds in 100 days is very, very quick and I don't think I know, do you know of a way of doing that?

Dave: I had one client who was 75 pounds and 75 days.

Amy: What?

Dave: Yeah, it's doable but here's the thing, all we did is we just cut off his legs. No, I'm kidding.

Amy: I thought that is what you are going to say. That is what I would say is my answer.

Dave: I wrote this up, it is called the rapid fat loss protocol and it is subtitled how to lose weight faster than you should and that's where I was going with my question. It's to be like the biggest reason I am like don't do this unless it is two weeks for a wedding or something because of the toxins stored in our fat. If you lose the fat that fast you will get brain fog because all of the crap that your body was sequestering in the fat so it didn't go into your brain, it will get released and if you are not dieting and excreting when you lose the weight you are going to mess up your brain. It is so bad to lose weight too quickly but you can do it.

Amy: Yes, what is that protocol may ask?

- Dave: Sure, it was one of the things behind the bulletproof intermittent fasting idea where you force yourself into ketosis and what you do is you basically go on a fat only type of thing, it is a bulletproof coffee twice a day without protein and you will experience some hunger, you take amino acids to stop weight loss but you do a ton of detoxing like the bulletproof activated charcoal, glutifion, and some other things, vitamin C.
- Amy: It will help release all the toxins.
- Dave: Every toxin binding agent you can get and you go into a really deep ketosis really quickly with relatively limited calories and you turn off hunger using ketones see don't fat and it is worked for almost everyone except a few people, one woman with post-pregnancy just jacked hormones. She currently is we know matter what she did and I have never had somebody not lose weight on that. It is actually not healthy for you. You can lose weight the healthy way using the normal bulletproof intermittent fasting using a protein fast once a week and just eating healthy and quality stuff.
- Amy: I love intermittent fasting. I think it's a really, really great way for both information purposes, longevity. There are so many health benefits to the site just the weight loss benefit and it is very doable. I think people are so scared, anytime I mentioned that to someone there are so many people so scared because so many trainers and nutritionists and all these health experts are still telling people to eat every two hours. You have to carry Tupperware with you everywhere you go to follow these crazy plan of keeping your metabolism activated or whatever they call it. I am a huge fan of intermittent fasting because there are so many health benefits. I feel like that's the way maybe it should be. I'm not telling people to go on 24, 48 fast regularly I'm saying more like a stretched out fast between an early dinner and a late breakfast or whatever.
- Dave: This is a question, one of the start questions on my list but I want to ask you today, I have a lot of women, in fact believe it or not there are more women on bulletproof in a lot of categories and men because it is something that women want to do. Women want to kick more ass as

much as men do and with intermittent fasting there is plain intermittent fasting where you eat nothing in the morning and I've had a lot of women complain of adrenal fatigue from doing that and I even wrote a blog post about women and intermittent fasting so then at least at some fat in the morning so you don't get the hypoglycemic effects but you still don't have protein.

Whether it's the bulletproof intermittent fasting or plain intermittent fasting for women given edge renewals and monthly fluctuating hormones and the fact that this is kind of obvious that you are women and you practice intermittent fasting what should women know about intermittent fasting?

Amy: Yeah it is totally different than for women than it is for men. Not all women because I know there are tons of women who will say I have been doing it for years and I have no problems for most women their hormones are very, very sensitive, especially our hunger hormones because we were made, are required to carry fetus and so when your body sense starvation it is going to turn on all these hunger hormones and all the adrenal, all the cortisol and you are basically, I think every woman can attest to this because every woman has died at some point where they completely under ate without having fat or amino acids or whatever and they noticed that the next couple of days or maybe the next day at least they are tired, they have adrenal burnout and then they are hungry like nothing satisfies their hunger. It is the body's response because they don't want you to starve yourself. Women's bodies are just wired to be much more sensitive, the pituitary, the ovaries.

I always tell women that most of the time you want to start with a shorter, more gentle fast and you want to do it maybe every other day in the beginning. It is just going to jack up your hormones and you're going to end up hurting yourself adrenally and some people, some women stop having their menstrual cycles. They will have all kinds of rebound symptoms. Their thyroid, their adrenals, everything gets messed up. I call it like a crescendo fast so basically you do 16 to even less than 16 hours if you want like 14 to 16 hours three nonconsecutive days a week and on those days I tell them not to do high-intensity, you know how women are. A little is good but more is better. They will be calorie

restricting themselves and intermittent fasting and doing CrossFit every single day. That is a recipe for adrenal burnout for sure.

Dave: That will break you.

Amy: Yes, and I think that is the concept because everybody wants to go in all or nothing and it is really hard to say okay, back up. Let's start a little bit slower and then let your body get used to it and then you can move up to something like almost a daily fast if you want.

Dave: What about guys? I've seen this phenomenon were guys who practice intermittent fasting every day for a while, even some of the big proponents of it, it's kind of like they're pissed off all the time. What is going on hormonally in that case?

Amy: It is a little bit of a stressor. It is a hermetic stressor. If you can imagine that anything that stresses you a little bit, a little bit of stress is good for your body but chronic, low-level cortisol they stress is not good for your mood, for your energy levels and sometimes you will see people really burning out on that. Sometimes you kind of have to do a break from it and let your body kind of reset and restart then.

Dave: That's one of the reasons why I even recommend people to cyclical ketosis in the bulletproof diet to give yourself a little break from it, although there are some people like Bree Shaff who I mentioned, one of our ambassadors, who is like I can go into ketosis for months and she is happy as a clam but that is the exception I find, not the rule. Is that what you have noticed in your practice or are there rules for that?

Amy: Intermittent fasting is a little bit different because I think if you find a comfortable amount that you can fast then I think you can do it for long-term and given natural breaks for example at your daughter's wedding for that kind of thing and having some natural breaks the way it should be I think everything is fine because if you find a balance for yourself then it's not such a stressor. Then you are okay as long as you're not doing it every day like these people and doing it for... There's people out there on the Internet that are doing it for three, 48, 72 hours at a time. I'm sure it's working great for them but I'm not a huge fan of that.

Dave: One of the problems I found when I was first playing around with intermittent fasting like that was that I have pretty demanding job, especially when I was working in Silicon Valley. I am in meetings all day long and rushing from one thing to another and you are going to have dinner and then no breakfast and no lunch and all the sudden at 1130 even if I can hold it together, even if I can still do it I'm not at my peak performance in the middle of my workday and I am more likely in a way to be a little bit cranky, little bit angry and you go to any of the pure intermittent fasting programs and you will see the kind of anger that happens when you are constantly challenging that. It is a problem. I was like alright, what if I still want the ketones. What happens if you do something that is unnatural which is bulletproof coffee only in the morning?

You would never do that except it has is the fact on hunger and I found my energy was up. It was that feeling that you are talking about that okay you can do it by are you at your best? If you have a life or you can take a break and say I'm going to do a 48 hour fast I don't think that's a bad thing that if you're going to work a busy job and work out and you're not going to, if you're doing a meditation retreat and you want to fast say here by the waterfall and will drink some tea. One is a recovery purity thing and the other one is maybe a little bit abusive on yourself.

Amy: There are women and men who will say they are so hungry at night before bed that they are like starving and they can't sleep and so I tell them don't do that to yourself. You are basically beating your body up. I will say go and have a spoon of coconut oil or something to hold you over through the night because otherwise you will get very poor sleep and the next day you can't really function like a normal human being with tons of responsibilities and things and still not even eat until lunchtime. That makes no sense.

Dave: Let's talk about some other things. Excessive intermittent fasting makes you weak. Let's talk a bit more about toxins. What about chemicals in food dyes in food? How important are those in your medical experience?

Amy: Oh my God. This is unfortunately such an unregulated area. It is so hard for doctors like me who I know when someone tells me that tartrazine or a

food additive or certain food products cause problems and there is no test available to prove it so that we can go back to the companies and tell them I'm seeing all these patients having problems with your this additive. Of course they don't want people to be able to test and identify that except for a few things, like targecene is one of them.

Dave: Targecene by the way is yellow number 5. It's the dye found in Dorito's right?

Amy: Yeah, and they took it out of medications but they have not taken it out of food. It is just so sad and it is a known cause of asthma attacks and allergies and so many different things, MSG. The list goes on and on but there is no good test to prove it and so still we are going by history. We are basically saying okay, when you feel like this or this happens to you when you eat these foods I think it's sulfites or I think it's MSG or I think it's targecene or I think it is this additive. It is so, so rampant in our food supply. When I read the packages of things that my kids pick up from the store that seem kid friendly and reread what kind of additives they have it is just shocking. It is really sad.

Dave: My kids go to parties and there's a piñata full of these chemical candy things in my kids are like this is great and last time I think my daughter had 14 lollipops and there like corn syrup in red food coloring in some sort of acid thing to make them taste fruity and they just know there's a standard deal. They can trade them in for pieces of dark chocolate. My kids like dark chocolate because they learned to eat it as that for chocolate is so they are like dancing like yeah, I get it. People are like you give your kids chocolate. Unlike you give your kids pop tarts? My kids can eat chocolate bars all day long before they can have a pop tart.

Amy: We are totally on the same wavelength. We have dark chocolate chips, like really dark chocolate chips in our freezer at all times because I do the exact same thing. There desert is a cup full of 13 chocolate chips and that is the best dessert they could ask for. You're right, people are like why do they like dark chocolate? That is so weird. It's because it actually tastes really good if you get used to it. I'm sure you feel the same way because you do the same thing that they actually look forward to that.

- Dave: My kids, we were at a restaurant the other day and they put some sort of balsamic reduction on the meat that we didn't want and my daughter is like this meat is too sweet, gross. We teach or not to say gross about food but okay, don't criticize food but say I won't eat this because it is too sweet. That is what happens when you training kids palette right?
- Amy: Yeah, that's awesome. I think we should all be doing that. It is so enticing. I see my kids when they get Capri Suns there like this is the best thing I have ever... It is not perfect. I am not by any means perfect but I don't bring it into the house and they try to educate them on what they should be choosing. We talked about this. In the lunch room if you have a cookie what do you think the child is going to pick without the parents telling them what to do? They're going to pick the cookie. You have to make it enticing for them. You have to educate them the I know the cookie taste better that there are so many benefits in eating the fruit. We're not having that cookie option. If you give them those options they are never going to pick it.
- Dave: It's a constant struggle for a lot of parents and part of what made it easier for me is that we have known this since before birth but also I understand the benefits of intermittent fasting and I also know that it takes about 30 days to starve to death. My kids know that to so about twice both of them said I'm not going to eat that and I said okay. It's not willful, that's good because it turns out you won't die if you won't be. You can go a long time without food. It is totally okay not to eat that we will just put it away now and then they are like I want that. Yes you want that but that is not what we're having for dinner. You will be eating tomorrow morning and they are like I think I will have what's for dinner. It's no skin off my nose because my kids are not going to starve and I think for women it is harder because you are genetically wired to make sure your kids don't starve but if you can just internalize that kids will not starve if they skip a meal and they don't like skipping meals anymore than we do, all the sudden a lot of this fighting about food it turns out it's actually an internal dialogue in the parents about my kids will die if they don't eat their whatever that you are having for dinner.
- Amy: I think if you make it really cool for them they always want, kids are always trying to impress their parents. Maybe not when they are

teenagers but when they are younger and my kids are always like look I put spinach in my smoothie. I really praise him for it. I am like I am so impressed because it doesn't taste as good as the fetid sugar in the smoothie so I want to reward them for wanting to show initiative for that. I think if you show them that you really care that that really meant a lot to you than they will make more effort to do that and then of course after a while there palette is trained to like that stuff and it just goes from there.

I'm just horrified at schools and school lunches. I just can't get over how they basically whatever training we are doing at home they are basically taking that and turning it all around. Thank God my kids go to a charter school where there really is no school lunch cafeteria. You have to basically pack their lunch but it is a blessing.

Dave: Yeah, my kids are in a Waldorf school which is that hippie as it gets. Part of the tradition is making bread. I don't want to say poor kids because it is a pretty amazing school that every kid is like here have gluten in the morning and then some kids get a piece of fruit for breakfast and then they are hungry attend to every kid has to have a snack 10 even if they are well fed. If your kids have bacon and eggs they don't need a snack at 10. That whole thing, how do we feed our kids without chemicals? That is going to take generations to solve anything.

Amy: It is. It is really, really sad. They can start with schools, hospitals. They have a lot of work to do, that's for sure. They need to already copy of your book.

Dave: There's something else that drives me nuts and it is breakfast cereals because a new study just came out and 42% of them have okra-toxin A which that ...

Amy: Oh yeah, I read that study.

Dave: By the way, that's the number one toxin in coffee that's so common that is illegal in most countries except the US where we have no limits for the amount of coffee but OTA is also found in chocolate and it's on and a lot of grains. It is the one I was talking about that flattens the inner

mitochondrial membrane which is the power plants in the cells. Question for you. Clearly we both agree serial is not an optimal breakfast for any human, maybe for chickens is okay. How important do you think, by the way I don't know how you are going to answer this but how important do you think okra toxin A and other toxins like that are when they are just omnipresent in the food supply?

Amy: Yeah, it is omnipresent in this food supply. You are exactly right. Anything that is stored in bins, especially grains like that are going to have that. I think it is a huge problem. I think we're not supposed to be eating foods that are stored for months if not years. If it doesn't go bad for a year that is probably not good. Even if it doesn't taste side there's all these toxins on it and it is really that for you. I am in agreement with that for sure.

Dave: One of my rules is really simple, don't eat food that's spoiled and don't eat food that won't spoil.

Amy: Yeah, that never spoils.

Dave: What it means is eat fresh food because if you store for a long time those things happen and 5 ppb is enough to cause symptoms in people. That is the European limit for coffee. Parts per billion. It's not like you need a tablespoon of this toxin and it's not like it's the mold. I think it's one of those things that makes people act like jerks without knowing it because it's slowly poisons you in a built-up levels and it is not enough to be dangerous by certain government standards but chronic exposure I think is whittling away at our epigenetic safety. Throughout history we never did that and now constant exposure means that we have weaker and weaker successive generations and it is one of the things along with targecine, although with all the other stuff we're spraying around, it is total toxic burden.

Amy: Yes, total toxic burden. I think total toxic burden is really a great way to put it because I think it is the environmental stressors, the food that we are eating, all of these things and people are wondering why is there so much autoimmunity, leaky gut, all of these things. It is because were inflammatory factors, your IO-1 and TGF-beta. All these signals in our

body are sensing all this buildup so it's not just one thing or the other thing it is all of those put together. That's why I think the total body reboot is so much better. Meaning fixing the way you eat but also fixing the way you handle stress and the way you exercise in the way you sleep in putting it all together is going to make you feel so much better because it's all those things put together that's causing the problem in the first place.

Dave: Yeah, the total burden there. It is hard to express the people because it is like death by 1000 cuts. All these little things and you can avoid all the cuts. Even if you live in a bubble there's probably still some bad EMF or something. What you can do though is choose to have less cuts. It is kind of rational but you get some of those people who are practicing daily intermittent anger fasting who will be like I can take it, it doesn't matter. If it is not the government level it has no effect on me and that doesn't match the studies.

Amy: I think you're exactly right. Less cuts is what we're going for. We're not going for living in some kind of utopian environment. We're trying to minimize. What you have control over you should control. The food that you eat, the activities that you do, the things that you do at home. Control those because you can control everything.

Dave: That's totally true. Let's switch gears a bit and let's talk about diets. There's actually some commonalities, people love to put people in camps. This is a low-carb, these are the vegans, these are the gluten-free and all that. Believe it or not I am not that dogmatic about this stuff. I have been on all those diet and I just want less cuts. Given that there are some commonalities between the recommendations, even be good recommendations, I wanted to go through a couple diet and tell me what you like and don't like about them. As they trained nutritionist and as a physician let's talk about the vegan diet. What's good about it and what's not so good about it?

Amy: I think the vegan diet, I feel like a vegan diet can go wrong really fast just like a vegetarian diet can go wrong really fast. I am of Indian descent and people have been vegetarians for thousands of years but the modern vegetarian diet and the modern vegan diet can go awry very

quickly because it is very green have the, it is very of omega six heavy and so I think sugar heavy. You look at the modern vegetarian diet and I think that just because you're a vegetarian or vegan does not make you healthy by any means they think that is a big concept. Like I said a lot of my relatives I have to kind of retrain them. You are not healthy just because you're not eating red meat. You are also unhealthy because you are eating the sweet, fried foods that are omega six heavy and tons of greens. It is really killing them.

Dave: You are telling me that Naan and Roti aren't health foods?

Amy: Yeah, exactly. When they talk about it they say in history, especially in countries like India and the Middle East sugar was very, very expensive. Especially white sugar so there was no sweets on a daily basis, only a few are very, very rich would you would be adding white sugar to your foods. It was actually pretty helpful because they didn't eat a ton of sugar and grains and all that stuff. It wasn't until people started to have more money and farming started becoming very popular they kind of steered the wrong way. There is many, many benefits to eating lots of vegetables but just because you say you are a vegan or vegetarian does not mean that you are eating a ton of vegetables.

Dave: Got it and agreed. That is where vegans and I are in alignment. Tons of vegetables, foundation of your diet. Also the other thing is in terms of animal welfare I will go up against be given any day of the week. I kill less animals than they do if you count mice and grasshoppers and turtles and all that because that's part of the system of making vegan food. It's one of those things where I appreciate animal cruelty, I am against it, lots of vegetables I am for it. I feel like there's actually more commonality between begin and bulletproof than lack of commonality because the environmental impact is a huge part of it.

Amy: People always ask me, they are like what is the best way to eat? I say to them that there are concepts of what you should be eating but whether you want to enjoy a little bit of meat with that because that is what you grew up with her you would rather because of whatever reason stay away from that as long as the foundation is lots and lots of vegetables and very clean fat you basically can do whatever you want with that

little whatever's left with that percentage. They really try to minimize grains. I'm not like a Nazi about it but I say that most people should minimize the amount of grain if they are having problems, especially autoimmunity, fatigue, brain fog. Any kind of bloating, G.I. issues, that kind of thing.

Dave: The problem is for many of the things that gluten does you don't even know if you are having autoimmunity. It takes 10 or 20 years. Whoops I got lupus, sorry about that. I wish I would have figured out autoimmunity 20 years ago.

Amy: The brain fog, all that stuff you want sometimes know that until you stop having it and then you're like wait I feel so much better so I'm sure you do to but you really have to stay off of it for a little while to see how good you can feel and then decide what you want to do with it.

Dave: After nine years my father-in-law's in his 70s and he walks around until the moose and throws it over his back, he is a very healthy seven-year-old, he is like I have been eating bread all my life. You and your gluten-free mumbo-jumbo. He finally went 30 days without gluten and he's like I have a lot more energy, I feel a lot better. Even though he was already kind of bulletproof and of course after that he was like I like bread so he went back to eating bread and more power to him and he probably doesn't have autoimmunity from it but it was still affecting his performance. Let's talk about low-carb diets. Just the traditional plain low-carb versus what is not going to happen the way you want it when you go low-carb?

Amy: Very low-carb diets are fine for short-term. Let's put it this way, there are groups of people who can tolerate very, very low-carb diets for a very long time, ketosis, but if you are doing long athletic feats such as triathlons, marathons. I was never able as a young, even now because if you do a lot of activity it is very, very difficult to maintain that no carb. I think that low-carb is good but no carb for energy and performance may not be ideal.

Dave: I did no carbs like one serving of broccoli a day and nothing else, just meat and fat for the rest of it for three months and it trashed my gut, it

gave me a food allergy, and he ruined my sleep. I was trying to replicate the Eskimo thing. I still have some of those food allergies. They are almost gone but it was kind of ruinous. I don't know, Jimmy More pulls this off. He lives in ketosis all the time.

- Amy: It's really difficult if you are very active to do that. Like I said, if you're busy and you want to perform and you're not just getting ready for a movie premiere you pretty much will have a difficult time maintaining zero carb.
- Dave: Even if you're on just a low-carb, not a very low-carb diet, one of the problems I found when years ago I started experimenting with the stuff was if you look at a traditional Atkins plan you can eat low-carb that you're eating a lot of low-carb junk food and pork rinds are going to be inflammatory because they are deep-fried and you put NutraSweet which is low-carb and everything. What is going to happen to people but NutraSweet or aspartame on their low-carb food?
- Amy: It's worse for you then eating the carbs.
- Dave: Exactly, you sugar, don't use fake sugar. There are some safe sugars.
- Amy: Yeah, I am a stevia fan also. I definitely think that you can be really unhealthy because people will find ways around, can still feel tired and feel hungry and then you will find if you can maintain that and you have very low activity levels and you can function and your brain can function more power to you. I found from my experience and most people's experience that they can't maintain that.
- Dave: You're totally right. What is good about going gluten-free versus what is not so good about going gluten-free?
- Amy: Well being in the immunology, allergy, inflammation fields, and going gluten-free tends to be really a good idea for most people. I hate to be so brought about this but I am really finding in my experience that most people benefit from going gluten-free. I know people will say it's just a hoax and God knows it's just up for a by these gluten-free companies and I am like no but it actually works. It actually helped as long as you're

not replacing it with gluten-free junk food you're pretty much going to feel better, most people.

Dave: That is exactly why the bulletproof diet is a gluten-free diet. I put gluten in the kryptonite food because there is probably 5% of people who can equally and it just doesn't matter but that's 5%. 95% of people, there's 20 different reasons why it's not going to make them feel good and I love my pizza like anyone else and I can make a pretty good one with the rice crust and whatever else and I like my cherry turnovers. They used to be my favorite dessert foods but it's not okay.

Amy: It's not worth it for you.

Dave: No, and it's probably not worth it for almost anyone unless you're in the 5%, even if you tell yourself a story like I'm going to eat it is going to be good for me and I needed the carbs, whatever. The bottom line is if you need at the carbs e-cards that aren't gluten.

Amy: Exactly. You won't even believe it but I was just talking to a friend and acquaintance the couple of weeks ago and she said how can you go gluten-free because what about if you're really active? She was like I play soccer with my adult soccer league and if you don't have carbs, if you don't eat bread you won't have energy. I was like oh what about eating a sweet potato or a potato or rice or something? She didn't even realize that that was an alternative option for getting energy because people have been taught that we need to eat bread and that is where we get our energy from. It has been ingrained for so many years it is hard to change that.

Dave: It sure is. I find that when people go gluten-free that sometimes they just go to the gluten-free section at whole foods and find something in there that is not full of canola oil and high fructose corn syrup. Just because his gluten-free doesn't mean it's not full of crap.

Amy: Especially those snack bags with gluten-free chips and gluten-free crackers. I tried to tell people and myself to, I try to stay away from those aisles because there's nothing good that comes out of those boxes.

- Dave: You could take gluten-free dog food and you could package it up with a pretty label that says gluten-free and people would buy it. It's gluten-free, it must be good for me. It was dog food, it is not okay.
- Amy: That's why it's so hard, that backlash against gluten-free stuff. I understand what they are saying. They are saying that people are just reading gluten-free and buying it thinking it's better when it's not which is true. You have to think a little bit like processed food is still processed food. Even if it's gluten-free but it's full of sugar it is not going to be good for you.
- Dave: We have had a chance to talk about different diets, the pros and cons, not just can't so we're really clear on that. We talked about toxic mold and food toxins, autoimmunity, all kinds of cool stuff. We are at the end of the chat and I feel like I could talk to you for another hour because you are my kind of doctor. It is so cool. There is a question that you have answered yet and it is the one that comes at the end of the show and it is given all the stuff you know I'm just your whole life, even your car accident and other things like that that we didn't really get into, if somebody came to you tomorrow and said I want to be better at everything, I want to kick more ass at life, what are the three most important things I need to know?
- Amy: Health and otherwise?
- Dave: Anything from your life.
- Amy: I think the biggest shift that is going to change people's lives like what has really changed mine is embracing and abundance mentality so what that means for people who don't know it's that just because somebody around you is doing really well doesn't mean you are doing really poorly. If someone gets a raise that doesn't mean that you just got a demotion, if someone is doing really well, like if you're doing really well it doesn't mean that somebody else is not in the best example is there is enough money to go around for everyone, enough food. Rising tides raises all boats. Think if you embrace that mentality you become a happier person because you are not always competing with everyone

around you about exercise and health and you also become more satisfied with yourself and friendlier to the people around you.

I think that embracing that mentality and really trying to think about that all the time can really upgrade your life in all different ways. One of the other things is know your self, know your own food sensitivities, know what your limits are. When we talked about diet we always said there's 5% of people who can do this and their 65% and so know your own body, know your self. That is one of the other things. And you wanted three?

Dave: Yep.

Amy: The third thing I would say is it all starts is food. If you are like you guys talked about 1 million things and I'm supposed to check my house for mold and I'm supposed to do this and do that and I always say to people the first thing you could do is start with your food. If you could fix your food so many things start come into place.

Dave: That is some amazing advice. Yeah, starting with food. It is not that hard but it just feels overwhelming for some people and I wish someone had told me that when I was 16. It would have changed everything.

Amy: Exactly, same with me. It took me so many years of looking around and searching to find that it always starts with the food.

Dave: Well, Amy, where can people find out more about you and what you're writing and your new program that you're working on?

Amy: You can go to my website, www.amyshahmd.com, which is A-M-Y-S-H-A-H-M-D dot com. I do have a new online health coaching program that I'm in the middle of the launch right now. It is going to close its doors in about a week from now and then we will have our first class and then it won't open up until the new year.

Dave: For people listening this is going to be Evergreen so it's a week from October 15.



- Amy: It's going to be October 20 we're closing the doors. We will reopen in the new year, sometime in January.
- Dave: By the time we edit this and get it out in my be after the doors are closed that people will still know about it.
- Amy: Exactly.
- Dave: Awesome. Thanks again for being on bulletproof radio. I'm so glad we got to meet at Mind, Body, Green.
- Amy: It was awesome. Thank you for having me. It has been awesome.
- Dave: Of course, have a great night.
- Amy: You, too.
- Dave: If you enjoyed today's show head on over to Amy's website and learn some cool stuff. That is what this is all about. If you want to check out the bulletproof coaching program or just head on over to iTunes and tell somebody that you like this. Basically share something useful or share something good with someone else and you might actually change your life and if you don't at least you tried. Have an awesome night.

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