

Paleo Solution - 332

[0:00:00]

Robb Wolf: Hey folks, Robb Wolf here with another edition of the Paleo Solution Podcast. I'm super excited for today's guest, Dr. Dr. Drew Ramsey. Dr. Ramsey is a practicing psychiatrist. He's the author of *Fifty Shades Of Kale* and also the recently released, *Eat Complete: The 21 Nutrients That Fuel Brainpower, Boost Weight Loss, and Transform Your Health*.

Dr. Ramsey, how are you doing?

Dr. Drew Ramsey: I'm doing great, Robb. How are you? You can just call me Drew.

Robb Wolf: Okay Drew, I'm good but I'm not as good as you are because I'm actually sitting in the office of a medical clinic recording this and you are sitting outside on a deck at your farm recording this. So I'm 50 shades of jealous currently with how you're able to do this.

Dr. Drew Ramsey: Yeah, we switched roles. You're in a medical clinic and I'm on a farm. So yeah, that's right. I'm dubbed my farm Sabbatical in August. Most New York City psychiatrists go to Maine or to France and we pack up our family and come back to Southern Indiana where both my wife and I are from Indiana but also we still have our family farm. I'm seven days into tilling every day and weeding the garden and a lot of chanterelles out of the forest.

Robb Wolf: Oh nice

Dr. Drew Ramsey: And watching you know. I think the whole paleo crew knows what happens when you stick kids out in nature. They get naked, run around and look incredibly happy.

Robb Wolf: That was kind of our main goal for moving out to our little 3-acre plot. We call it the Lazy Lobo Ranch. I mean the girls are covered in dirt and goat poo and chicken feathers. I mean they go feral rather quickly when you give them a chance so that's fantastic. How many kids and how old are they?

Dr. Drew Ramsey: We've got two kids. Our daughter Greta is 5-1/2 and our son Forest is 2 about to be 3.

Robb Wolf: Okay.

Dr. Drew Ramsey: How about you? How old are yours?

Robb Wolf: Two and 4 and two girls so we're right in the same strike zone that you folks are.

Dr. Drew Ramsey: Exactly. We get this very contrast of going from living Upper West Side New York City, full on urban existence, nice farmers' market. I think New York is better than it's ever been in terms of food and livability but boy, it's nice to get out here to the country and recharge.

Robb Wolf: I bet. We used to do a lot more traveling just to get out into nature and even though we're located in Central Rhino, it's kind of interesting feel. You really feel like you're out in the country even though we're really smacked in the middle of everything but we really don't travel all that much anymore like going to the mountains and trying to go hiking and everything because we just kind of go out our back door and we have nature right there like we have humming birds and prairie dogs all the native stuff and then the goat and chickens and sheep and everything that we brought in there so it's definitely a ton of fun for us. You guys have a much larger operation than we do. You're on about 120 acres you said?

Dr. Drew Ramsey: Yeah, we got 127 but it's-- Yeah, so there's more trips through the woods and a little more land. I find that there's just a little bit nature and some fresh food and some dirty playing and that's a great playground for kids.

Robb Wolf: Absolutely. Well, Drew what brought you into medicine and then psychiatry specifically and then how did your background having a family farming clearly have a really profound interest in nutrition and kind of optimized performance? How do all those things dovetail together?

Dr. Drew Ramsey: I got into medicine. I really love science and I like that role of helping folks with science. That just always really appealed to me and then the more I got into it in medical school and then in residency at Columbia. I don't know I just really enjoyed being a physician. I think it's really nice besides being to wonderful location I think it's a nice role to play and to have with the public in terms of its obligation and kind of commitment to health and helping folks. It's funny, Robb. Initially, I really saw these two words as quite separate. I mean I went to medical school in Indiana and back then I was a low-fat vegetarian. In my personal life, I've always been an athlete. I played basketball and was a pole vaulter in college. As I did medical school and then residency, I mean I was definitely trained very much even with my integrative interest in kind of conventional medicine and I never really thought about coming from a farm and knowing how to grow food is I guess much of an asset, which is weird now looking at it

years later where these two worlds just meshed together for me in a way that I never imagined and has brought me a lot of happiness and also just been a lot of fun.

[0:05:20]

We've seen kind of a parallel movement where we're all getting more interested in our food and where it comes from and spending more time in nature and understanding I think more of the value of some aspects of world living. So I guess it just come together of the last five or six years. And I told a story a little bit incomplete that after residency, I was working as a psychiatrist. I've been running a bilingual day program for patients with severe mental illness so schizophrenia, severe bipolar disorder, psychotic depression. I mean a lot of patients who are struggling.

We had a great clinic. We fed people lunch every day. I had this wonderful fellow come to work with me, Christina Mangurian who's now a psychiatrist out of UCSF. We got interested in sort of how we can change food and it just kind of struck me as much as I was interested in nutrition in my own personal life that I hadn't been taught those skills and I hadn't applied that knowledge to my patients. So I started to and it's just been wonderful. It's been both good for I think my clinical practice and helping people. But also just a really interesting way to get to know folks and then I guess this most recent phase has increasingly than feeling like to feel those pain a lot more attention. I mean, we just have a nutritional psychiatry is a thing like Medscape psychiatry has a video blog that Dr. Emily Deans and I do, a great psychiatrist, Paleo psychiatrist that I get to work with a lot. So that just I don't know it's been a really nice evolution that kind of-- I think one of those basic lessons when you relax and embrace who you are and where you're from and what you know like good things happen.

Robb Wolf:

Right. How did your food orientation change with time particularly in your kind of getting that feedback mechanism of your clinical practice because clearly it seems like your orientation has shifted a bit from that of a low-fat vegetarian to kind of where you are now really focusing on nutrient dense foods and glycemic control and that whole story. How did that process occur?

Dr. Drew Ramsey:

Yeah, it's weird and now I feel like I'm almost have to be careful, I sound kind of anti-vegetarian a lot of times. I'm certainly a friend of fat. So I think what happened is I shifted as a lot of us have from kind of typical sound bite that we were taught to give patients and I think I also heard of the public health message, avoid calories. Most calories come from fats so don't eat fat and don't eat dietary cholesterol and that's how you

protect yourself from heart disease. I think the shifting really occurred for me and that's what I was telling patients. And a few things struck me about that. One, totally ineffective. I mean you told somebody not to eat cholesterol, most people know that means don't eat eggs or meat. It doesn't really give them a way to fill their plates. And also not easy or useful from most patients for this set of the guidelines. So that really struck me.

And then I guess the other thing was as I learned more. My interest in nutrition probably started with omega 3 fats and there's more sciences coming out about those. I get very curious obviously where do they come from in food and that led me into-- My first book working on *The Happiness Diet* which is how food had changed starting in the 1900s like what do we do with the food supply? How do we mess it up and end up so sick? And then really looking at that as opposed to just what like the obesity, diabetes and heart disease lens that we often see in the health world and looking through that as a psychiatrist at mental health, brain health, depression, anxiety, dementia, looking at all the data around those illnesses. So I think the real shift where I moved away from the vegetarian low-fat world was understanding the importance of fat as many of us did. I'm very influenced by Gary Taubes and Peter Attia. Gary, I'm sure everybody is listening to your podcast knows who Gary Taubes and Peter Attia is.

Robb Wolf: Right.

Dr. Drew Ramsey: If you don't, Gary is just a great science journalist who wrote *Good Calories, Bad Calories* and then follow up book, *Why We Get Fat*. Peter Attia is just one of the smartest dudes in medicine, really interesting trauma surgeon who left medicine and became a McKinsey consultant and now blogs at The Eating Academy. Actually, Peter now has a clinic that he's setting up. But I really use the data and sort of great writing by those gentlemen to understand more about fat and cholesterol. And there's other nutrient that just the data is very clear about and that's really where *Eat Complete* came together which is looking at, okay, what are the nutrients that are most important for mental health in the scientific data. Let's translate that into what makes more sense, what foods contain those nutrients and then how can we help people eat more of those? So instead of just telling patients, hey you need more iron in your diet, which for most people means go take an iron supplement. The way that we work with patients is to say, all right, what foods have the most iron? Here are some great recipes. Here are the foods you need to focus on.

[0:10:38]

Robb Wolf: Drew, what are some of the other-- I don't want you to give you away the whole list here but what are some and maybe 5 or 10 of the primary nutrients that you feel are really critical for optimized brain health?

Dr. Drew Ramsey: You know, Robb. We can give away the whole list. That's okay with me.

Robb Wolf: Okay.

Dr. Drew Ramsey: Big secret. I mean at the end of the day I'm a doc and I want people to have this knowledge so you can get all the nutrients on my website. But the ones that I really-- There is a corset so in the book, *Eat Complete*, I divided this up. There are 21 nutrients and the promise of the book is that they're going to fuel brainpower and these are nutrients many of which people are missing. Long-chain omega 3 fat is a good example. Zinc is another good example. I'm talking 50, 60, 70, some of these nutrients 95% of Americans don't meet the recommended daily allowance and so you can argue whether that numbers with the right number but it's just a temporary low intakes. So in the book I divided up into the nutrients you need really for foundation of the brain, the building blocks of the brain, vitamin B12, long-chain omega 3 fat, DHA and EPA that you find in oily fish, salmons, sardines, anchovies, but also oysters and mussels which I think surprise a lot of people.

The seven nutrients then for protection, if you build a brain, very, very inflammable in some ways, fat deposit, lots and lots of polyunsaturated fats, how do you protect that brain. Things like vitamin E and phytonutrients that are fat soluble so it protect brain tissue. And then the final seven is how do you ignite? They are seven for ignitions. So these are nutrients that are involved in energy metabolism because one of the perspectives that I hope eaters are going to add to how they think about their food is thinking about this brain as your most, your best asset really and also your most energy intensive organ. So as you think about wanting to have more energy and more vibrancy in our life focusing on those nutrients that the brain needs to create energy I just think as a kind of simple basic step.

So all right so down to the nitty-gritty. The nutrients that we really want to most folks getting more of. There are few that surprised people like magnesium, vitamin E, very, very low and so that guides people towards more almonds and avocados. I think that zinc is something that a lot of people can use more of. I think that's one of the interesting arguments for where meat and some meats make sense because you get such a more observable form of the zinc. So those are a few that come to mind.

I'm sure, Robb, you have also some favorite nutrients that you think about as related to your mental health. So I'm happy to talk about some of your favorites.

Robb Wolf:

Yeah. I mean choline is an interesting one which seems to be maybe not specific like we can manufacture choline but it seems like it becomes conditionally necessary if we're under a lot of stress or it becomes a big factor in methylation and that's when did both Chris Masterjohn and Mat LaLonde really helped to put on my radar which was probably low for a whole lot of people and that folks would likely benefit from organ meats are just phenomenal source of choline and they seem to-- Everything that you listed I was kind of thinking, wow! Organ meats are organ meats are pretty darn good for a lot of that stuff particularly if it's pastured and what not. So I guess that would be the big one that I would maybe throw in there additionally. And then we get all kinds of interesting stuff from pastured meat and dairy products-alpha-lipoic acid and conjugate linoleic acid that maybe aren't vital to life but it seems like if we get more of them then we seem to live better by just about any standard you could think of so those might be two that would immediately come to mind.

I'm curious where are you on the high carb, low carb spectrum in brain health? This becomes a super contentious topic. For me, I think where I've arrived at these days is if you have someone that's very insulin sensitive and they do really well with carbs then we probably don't need to be as fastidious in that area. But if you have someone like me who maybe didn't pull the genetic lottery from their parents, maybe have some epigenetic considerations like early antibiotic use and what not that may have changed the gut microbiome then I've got to eat in a way so that my blood glucose looks the way that a healthier person's blood glucose might eat and respond to food. Where are you in in that whole story?

[0:15:30]

Dr. Drew Ramsey:

I don't like fake foods and so I think I said in that story is that I think high blood sugar is bad for people and I think that I probably sit in the slow carb realm. I also think about carbs as like brain food delivery so it's my vehicle. So I'll eat pasta, brown rice, whole wheat bread. I mean, big no, no is in some ways in the health world. I really enjoyed those foods and they are part of my diet. But I think part of the issues of glycemic load and glycemic indices is-- My whole wheat that's topped with an avocado and some fresh kale from the garden and some egg salad from our chickens that overall meal and matrix is a much-- I'm not sure that the glycemic index to the piece of whole wheat toast makes a lot of sense because you eat it in that matrix.

Robb Wolf: Right.

Dr. Drew Ramsey: I totally agree with what you're saying around individuality when it comes to insulin sensitivity and that we all get dealt with set of genes and that's just like poker, right? Great poker players, they win no matter what hand they get dealt. I think all of us have our challenges of like, okay how we're going to be a better poker player? And so for me I tolerate carbohydrates pretty well. I found that my challenge is really were eating more seafood. Also, I think getting which was a big challenge, I really didn't eat fish or seafood through my 20s. In terms of weight gain, it's interesting I weighed the lowest I've ever weighed in my life which has been-- I'm over 40 now so I'm constantly worried that I got health problem actually because I think we tend to gain a little weight that's healthy. But I think the reasoning behind that is I really gotten rid of all of the simple carbs and starches of those. I'll enjoy pasta once a week but most of our meals were really a lot of plants, a lot of this low carbs, lots of beans, a lot of really simple meals. People are often surprised when they eat with us that our food is really simple, delicious but simple. And that's kept us healthy and I think I really do-- What I've also noticed I think just eating a little less over the years. It's not that I'm hungry all the time but I feel like my microbiome has shifted to a spot where, I don't know, it's not raving as much anymore and I feel like I'm in a very fun and healthy relationship with food. I'm very thankful for that and I think also having kids. There is the practical, there's the reality of parenting where I also like you I'm sure, occasionally, have what I call the daddy vacuum cleaner diet where, okay, since we all eat the same thing and it's all healthy. I'll be cleaning up a bit after my kids.

Robb Wolf: Exactly. Yeah, I feel like the family dog because there's like a have chewed rib and there's a little of this and so I've noticed that I usually-- My portions were about half what they used to be because both girls will kind of gnaw on this and gnaw on that and like well, I'm going to compose what I can but most of that I'm going to try to eat. Yeah, that's hilarious.

Dr. Drew Ramsey: Yeah, it's something we all we end up with and I think just the practical of having kids and there's certain things kids like and they don't like and kids taste really change. They start to understand how they control and manipulate us with their diets and their hunger. So I don't know I think it's really fun. It's probably the biggest shift with my diet I think probably in years and most parents. Just having kids change I think, cooking for four, it changes everything, cooking for 4 and as an adult you can be a little I don't know less mindful, skip breakfast or have a light lunch or catch up later. Well, when you've got too little creatures to feed and

depended on you that there's a need for more consistency and more planning and I've actually enjoyed that. Being a parent has actually made me a much healthier eater as I think about it.

Robb Wolf:

Interesting, interesting. Because I think lots of times people will argue the opposite because they will-- Well, the kids will only eat Goldfish and Graham crackers and stuff like that and we've had-- We've generally been gluten for because I have such gluten reactivity and we're going to do some genetic testing on the girls. That just seem like some kind of low-hanging fruit like we do some rice and corn and the beans.

[0:20:04]

Dr. Drew Ramsey:

We're in the same place, Robb. I think I actually question for switches. I mean, our son is 2-1/2, 3 and we have some significant gluten sensitivity and autoimmune disease in our families and so there is this eating a piece of bread and you're thinking I should really test this kid and the fact that lines with that. He seems healthy. But yeah it's challenging I think these days for parents because there's so much information and there's so much fear. It's hard to remember like it's fun and kids actually eat-- They love Goldfish. They always will but they eat a lot of other stuff. I mean I'm sure you noticed these with your girls. Kids try a lot of different food and like a lot of different foods and I don't know.

Robb Wolf:

There's not much that the girls don't eat like Sagan, the 2-year old eats incredibly spicy foods. Zoe, the 4-year old not as fired up so we all eat a lot of kimchi and Sagan and I will eat like 5-alarm kimchi and then Zoe has to eat the really mellow kimchi but both kids are like, dada, where's the kimchi this morning? And we're having some like eggs and bacon and avocado and blue berries for breakfast.

Dr. Drew Ramsey:

I think kimchi is impressive. Robb. My kids don't do kimchi. That's an impressive one. I'm proud of mussels. I don't know, I think so many parents are in our shoes though and are really in a bad frustrating spot with their kids. I'm trying to think what are some of your top tips for those parents who are just in a rougher spot really, a lot of struggles around food and their kids only eating bland food? What are some of your top ideas on what they can do?

Robb Wolf:

I've kind of tackled this a little bit, thinking about kind of the neuro regulation of appetite. If we oversaturates our-- And this is true for kids or adults but if we're used to eating refined foods then simple meals maybe aren't as-- They don't spin that kind of dopamine response in the brain quite the same way but we will shift over time and so I've just really encourage folks to try to shift to less processed foods and something that we've used. I call it the speed-bump technique. Both girls will eat greens

like broccoli but like if-- We do ribs fairly frequently and like the girls will just destroy a plate or ribs. So I'll say, well, you've got to do your broccoli before the ribs. So they'll plow through the broccoli and then I do the ribs and I actually what kind of what I'm doing is what I would avoid doing in someone who's an overeater which is we start with the least palatable, least enjoyable thing and then build palatability as we go. And so it would be broccoli and then the ribs and then some sweet potatoes with coconut oil and ghee mashed into it. So it gets progressively more palatable maybe even a little sweeter as the meal goes on but I kind of use this speed bump method. And instead of throwing all the food on the plate all at once, oftentimes, I will kind of dole it out one item at a time and then I'm like, well if you want the ribs you've got to finish the broccoli. And then as they're bogging down the ribs, well if you want some of the sweet potatoes you've got to finish the ribs. And that's pretty been effective. I'm able to keep them on course and also we never make the girls eat anything that they don't like but we insist that they try everything and then we'll give them multiple exposures to a particular food to see if maybe their palate changes over time.

Those are really about the only things that we do and occasionally I will do something kind of sneaky where I'll pull out a new food and the girls will say, dada, what do you have there? I'm like, oh this is dada food. You guys can't have any. I'll do that for a while. Then eventually I'll put down some theatric saying, well, I guess I'll give you some. And then usually they're super fired up about it and so I'll actually do that too.

Dr. Drew Ramsey: This is a special food the unicorn gave me in the forest only for daddies.

Robb Wolf: Exactly, yeah.

Dr. Drew Ramsey: Those are all great tips. I think that the things parents oftentimes get hang up is the word meat's unhealthy and I think that as you know like a good pasture-fed animal, the nutrients we're mentioning earlier about the choline and the organ meats or eggs and then also conjugated linoleic acid is really interesting nutrient. People are surprised to hear about the fat that pretty good data shows fights cancer. So yeah, I think also just your engaged and involved and that multiple exposure thing. I find a lot of parents gets frustrated and kind of give up. They worry about wasting food and that's why I think it's really important to kind of eat the same things your kids are eating or have them eat the same things as you and all the foods-- I haven't found a kid that won't eat a sweet potato, right?

Robb Wolf: Right.

[0:25:23]

Sometimes I get really frustrated when there's this notion that healthy food is not flavorful and not tasty, not kid friendly because I just don't think that's true. I mean that's not my experience with kids. That personally you made about palate adaptation that's so important which is if your kids are eating Cocoa Puffs, they're not going to like enjoy oatmeal with honey the first out of the gate probably, right?

Robb Wolf: Right.

Dr. Drew Ramsey: It's a different sensory experience. So we've talked with a lot of eaters about palate adjustment where there's this initial phase like assessment. Often times people will be stuck, there's a lot of sugar cravings, a lot of carbohydrate cravings and not a lot of the foods that really combat those.

Robb Wolf: Right, right exactly,. We know at some point the girls are going to hopefully grow up and find their own way but we're just trying to set up the best habits that we can. And I guess one thing also is we've never used food as a reward. We don't even really couch it so much as a treat like there's a little plays literally right up the street from us that makes all their ice cream from scratch and we'll hit that place maybe once a week and it's just, hey, we're going to do ice cream. It's not a reward. It's not a treat. We will make some caveats that if the girls are whining and being terrible to be around that we're not going to go there. So I guess there is a bit of reward for good behavior but we've never really attached emotional content around the food and I've tried to be really pretty consistent with that. Sometimes we have other things. Every once in a while we have some ice cream but it's not a reward. It's not even necessarily like a special event. It's just something that we do sometimes. Trying to be a little bit cognizant of not setting up really I guess kind of emotional triggers around food one way or the other for good or ill and again I don't know if at some point they're going to do some tell-all story where I ruined their lives but I'm hoping that that will not be the case.

Dr. Drew Ramsey: They will for both of us. They'll be there for you. They will. That's also spot on. I think it's just a real challenge of how do you-- It's hard not to use ice cream as a reward. It's hard when-- We try and get them involved and my wife makes these really wonderful, healthy delicious cookies. We try and get them involved with that but there's a reason the sweet stuff taste delicious, right? Because I always to tell everyone, I spoke with the Monell, they have an institute in Philadelphia for smell and taste. I speak with one of the researchers there and she's talking about that the sort of sweet cravings with kids are both evolutionary eating safe calories but also it correlates with the periods of bone growth. So to tell my wife after

maybe we haven't been good as we'd like and there's been more simple carbs than we would like and sugars, I think they're turning it into bone.

Robb Wolf:

That's a really important piece to keep in mind too and I don't know what the balances there but clearly the needs of a growing human are very different than the needs of middle-aged male humans. There's lots and lots of data that's indicating that childhood obesity is skyrocketing and even atherogenic plaque development in kids and adolescence so we could go too crazy down that path but then at the same time like there are some really compelling reasons to have some nutrient dense but not necessarily like just kale and broccoli for growing kids so that's a really important point.

Dr. Drew Ramsey:

I mean our kids love broccoli. They're okay on kale. I'm not sure they feel they have a choice with like *50 Shades Of Kale* and National Kale Day but they definitely enjoy the kale chips and I think the real-- The phrase I keep using that I love and it's really a focus of *Eat Complete* is not nutrient density. So again if we're going to have a simple starch, a pasta that's covered in pine nuts and anchovies and heirloom tomatoes. It's hard not to argue but that's really a very healthy food. So it's about increasing nutrient density and that's really where *Eat Complete* focuses on this 21 nutrients that the science is pretty clear and I think that's why I focus on nutrients which is, okay, we're going to argue forever about vegetarianism or veganism or cholesterol. But let's just all agree since we all do agree, vitamin B12 is a good thing. Great. Where do you find different food? And it's really kind of get back to that nutritional basic and help people increase the nutritional density in their diet because that's really the way to I would argue the only way to fight weight loss and the obesity epidemic that we've been seeing. You got to get more nutrients for fewer calories.

[0:30:43]

Robb Wolf:

Right. Somehow evolution and thermodynamics ends up winning the day at some point no matter how you want to spin it differently.

Dr. Drew Ramsey:

Yeah, that is all with the case. But I think easier or more straightforward than sometimes people think especially folks who are in a bad place with their food and their eating. It seems like a very big list sometimes but I will be trying and help the patients and help people focus on it's about your next choice and it's like when I deal with that it's not drinking today, not worry about five years from now. The same thing with food which is it's about getting into a more fun and pleasurable and enjoyable place, the less fearful place and making that better decision for yourself today of keeping a little time and effort and eat something that you really

enjoy that's absolutely delicious and great for you and your health and your mental health.

Robb Wolf: Right, Drew-- Go ahead, go ahead.

Dr. Drew Ramsey: I just feel like I'm little negligent in telling your listeners later in the interview just of all the amazing good science coming out and what we're calling nutritional psychiatry where we're going to have two clinical trials come out this year not my group but the overall community led by Felice Jacka and Natalie Peralta, the Australian colleagues. The first trial with food as the treatment for clinical depression like straight up randomized controlled trial. We've had now a number of repeated trials looking at the risk of depression, how it correlates to food pattern dietary pattern so people who eat more whole foods diet or Mediterranean diet or Japanese diet or what they call "traditional diet," real foods. Those are protective from depression that a got a 40% to 50% decreased rate of depression and the same thing is true with the western diet in reverse that when you eat the western diet, you have processed foods, your risk of depression and dementia greatly increased almost doubled the risk.

So sorry not to frontload that for everybody still listening but I just think it's an exciting time because there's so much new sciences that such focused on brain health as it relates to food and I'm bias. I'm a shrink. But really where we want to focus because that kind of leads the way. If your brain is in a good nutritional environment generally your body is going to be in a better state.

Robb Wolf: Right. Funny enough that was actually leading into my next question which was if someone suffers from depression or anxiety what are your general recommendations from a nutritional standpoint that they tackle and I'm also curious because I do love this evolutionary template. How much are you addressing things like circadian rhythm, social connectivity like all these pillars that seem woven into being a healthy human? In addition of the food, what other factors are you helping your patients whether you would recommend folks look at to kind of get this holistic approach?

Dr. Drew Ramsey: Yeah, it's a great question Rob and it's really about the holistic or integrated treatment of depression where traditionally we've used talk therapy and medication and I used both of those and I hope effectively and safely. But I state with patients and I think about what makes people happy and what makes them fulfilled? The same themes come up. I work with a lot of young men and I talk about the young men trifecta which is if you're young, a guy in their 20s, having a job that you like, a girlfriend

and your own place, your own apartment like those are some of the important steps that contribute to happiness. So I really looked at people in terms of where they find their where they get in life into by folks and a lot of people in terms of social connection folks are more introverted for example, they take pleasure in the social connection very differently or folks who are shy or anxious or depressed. We can all say like you need more friends to be more social but that can be really hard thing for folks to connect how they do that? So it's been a lot of times in terms of assessment of really moving beyond what people think make them happy, to really understand what actually does make them feel more fulfilled and content personally and professionally.

[0:35:21]

It's kind of go all the way back to Freud's or Freud's classically said this psychoanalysis which is our original treatment in psychiatry. Psychoanalysis is a treatment that cures problems of work and love. And if you would end the DSM-5 still today to meet a diagnostic criteria, your symptoms have to be so bad that interfere with your ability socially to be in relationships and be close with people and professionally to be successful in something, to have ambition and execute.

So I really like to revolve around those goals or kind of keep those as kind of the pillars of my outcomes that I think patients have gotten better when they've come to me in a bad spot whether disconnected and down and depressed or anxious and they emerged or come out of the treatment really feeling a much better sense of themselves, feeling socially connected. So food relationships have worked in professional skills. I really where I kind of focus a lot of my work and in terms of other holistic methods I used, I used a couple of supplement. I'm not big on the supplement and they just tend to be really overused in integrative world, a lot of falls hope and a lot of wasted dollars. But I've used some. I think the data with St. John's wort is absolutely excellent and heralded. Currently, if you look at the scientific data of St. Johns wort is the treatment with the most evident that actually combat depression and it has few side effects. So omega 3 fats, now there's three meta-analyses saying that they have a clinically insignificant but statistically significant role on depression.

For me I'll take that and in the sense that you're not a fish eater and you're depressed, I want you out there eating fish or on a fish oil pill for a little while to see if that can help. For some people it doesn't. You mentioned genetic testing. That's again also something that it's coming out. It's exciting. We're using it. To be very honest we don't know entirely what it means yet and there are a lot of people expertise in methylation pathways and this and that. We're learning more but I'm very excited

what that's going to yield for us. I'm already for some patients who have methyltetrahydro-- MTHFR reductase, folate reductase mutation. Some of those patients who have done incredibly well getting L-methylfolate because it bypasses that enzyme.

In terms of the circadian rhythm, I'm big on sleep hygiene probably a little traditional like in my views and also a little challenge being in New York. I treat a lot of people where part of their work is going out in the evening and drinking. I guess it goes to your question earlier like what are the things I love about medicine is probably coming from a farm that at the end of the day they need to be practical, right? Of having to adapt the evidence in your clinical experience to somebody's unique and personal situation. I think that's really fulfilling and really creative work and when you get to a good sit with the patient really just an incredibly fulfilling work to see people really transform their lives and there's nothing like the feeling when you get a card in the mail from a patient who you saw years ago who now sending a picture of her child saying, I'm really happy thanks. I see medical students all the time Robb who tell me like, all these doctors are telling me like don't go into medicine, it's horrible. I was like, that's totally ridiculous. That's not the right person to be talking to you. Medicine is an absolutely wonderful profession and full of a lot of meaning and a lot of joy still even though the environment in which we practice is really complicated and challenging. The basics of it is still the same as it always has been which is taking pleasure and finding skill and helping people improve their lives.

Robb Wolf: That's fantastic. You're the first doc I've talked to a long time that both happy and pragmatic about that. That's very heartening. That's fantastic to hear.

Dr. Drew Ramsey: Well, you've got me sitting on-- Maybe if you get me in the midst of a busy clinical day in New York City with your taxis on my bike you might get a different answer.

Robb Wolf: Right.

Dr. Drew Ramsey: Getting my arm with dirt under my fingernails about to go pick the garden and see if the chickens give anymore eggs to make a frittata or something fun for dinner.

Robb Wolf: Nice. You and I get to meet in real life. This podcast is going up a few days after we will be at the Farm-to-Consumer Legal Defense Fund Food Freedom Fest and this was the fourth year I'm going to that. I believe this is your first year participating in this?

[0:40:11]

Dr. Drew Ramsey: Yeah, this is my first year. I'm really excited. Diana Rogers asked me to join you guys. It's funny all the farmers out here, a couple of them noticed that and they've got great respect for Joel Salatin. They're going up to Polyface, huh? It's been pretty funny. One of my buddies is-- I'm really looking forward to that to hang out with you guys and with Dallas. I met Dallas in New York a few months ago and it's nice to-- Like I said it's an exciting time, right? We're really seeing a shift. It feels like it harken back all the way back to the 70s and there was this kind of first initial push back towards the land and back towards farm fresh food and really honoring the folks who grow our food and knowing where our food comes from. So I'm really I'm just thrilled to be able to go out and give some support and also if they told you go through or preparing for the call, I'm also excited to go and like see a real functional farm.

Robb Wolf: Right.

Dr. Drew Ramsey: I mean you have animals. It's a challenge and a real art that we need to hang on to and pass down. It is not easy growing food.

Robb Wolf: It's not and I mean that Polyface operation is just amazing and that the back story like I don't know if folks really-- All that many people know the deep back story of how the Salatin family arrived there. That's a whole interesting thing like they were living and I want to say Venezuela, and they had to flee in the dark of night during a coup and arrived in the US with basically dust motes in their pockets and managed to get this piece of land outside of Staunton, Virginia. I don't know if the area had been mined or just overgrazed but they literally couldn't find a better grass anywhere and there weren't trees like it just looked like a desert and they have rehabbed that land to a point where it is just incredibly productive and seems to get more and more productive each year as they figure out their systems and these systems are basically trying to mimic nature. Trying to mimic complex ecological interactions and the better that they get that the more food they produce, the better the animals, lives are and the more money they make and it's really an amazing process and just such a wonderful family that Salatins are just wonderful, wonderful people.

Dr. Drew Ramsey: Well, I'm really looking forward to it. I have read a little bit a about how they rehab the land and I find that to be really-- For me what happened on our farm as I think is similar story. We moved here that been logged for about 20 years prior. So Indiana is known for our kind of at least down here in South, kind of clay soil or very cavernous area, a lot of limestone, very wet and so it's been over 35 years just seeing how the land got

shaped, how it gets being as I say steward of the land and how our forest are now covered in past and the land is always teaching you something just for harvesting our honey crop that I do with a guy I've known. Actually I have known Ian since he was 3 years old and I was 5 years old and so just getting together now 35 years later and harvesting our honey together and kind of thinking of the land now supporting 9 hives and in the middle of harvesting we take a walk **through the woods and all it's** been through and gosh I've never really picked take the chanterelle mushrooms on my land. I don't know why. Then there they are. We come back with pounds of chanterelles and it just feels like these are gifts from a mature forest. I don't know. It's one of these lessons as I've been scratched my head trying to think, well, what shall we produce that's a value? It's kind of one of the most valuable foods you can grow as this is already out there in the forest waiting to be picked.

Robb Wolf: Right.

Dr. Drew Ramsey: So as you see in nature, see the land heal itself and you see the biodiversity that exist in a farm. As I was thinking recently with the rain forest and these biodiverse places and of course they are but the number of mushrooms and lizards and salamanders and all the different plants just the diversity on this small American farms. It's just incredible. So I'm really looking for the same Polyface and seeing a really productive and functional small farms and learning from Joe's wisdom and from everybody else that's going to be there.

[0:45:00]

Robb Wolf: It's going to be a great time so I really looked forward to seeing you just here in the couple of days. Drew, it has just been incredible pleasure having you on the show. Remind people where they can track you down on the interwebs and then also the books that you've written.

Dr. Drew Ramsey: Yeah, sure thanks so much, Robb. So folks who want to get involved. I'm @DrewRamseyMD, everywhere. My website is drewramseymd.com. I'm no Twitter, Instagram, Facebook and Snapshot always DrewRamseyMD and then my books, I've got three books out and I appreciate it if folks who want to take a look. My first was *The Happiness Diet* which is really about how food changed and then a nutritional prescription for anxiety and balanced moods and more energy. The *50 Shades Of Kale* which is a kale cookbook but kind of my send up to kale. I did this with the great chef book. I noticed that lots of people wanted to eat more kale but didn't know how so we wrote a tribute to kale with J Jennifer Iserloh. And my most recent book is *Eat Complete* and that's really the culmination of the six years work on food and mental health looking as *The 21 Nutrients That Fuel Brainpower, Boost Weight Loss, and Transform Your Health*.

Robb Wolf: Fantastic.

Robb Wolf: Around those nutrients. And the last reminder, Robb, is October 5th is National Kale Day this year.

Robb Wolf: Okay.

Dr. Drew Ramsey: People ask what to do. I said, we'll celebrate, eat kale. Ideally post something on social media with the #kaleday2016. But the really exciting partner we have this year is the Department of the Defense actually which is really fun for us so we're going to-- About 170 military commissaries around the world and US military bases are going to be celebrating National Kale Day selling kale, giving away kale. So we're really excited to have our...

Robb Wolf: Oh fantastic. Okay before we go you've got to give a little bit of the backstory of how that came together.

Dr. Drew Ramsey: I think it came to like a lot of these things. We wrote a kale book and we're sitting around and we're talking about what to do with all these knowledge and there is national cheeseburger day and national pie day, national cookie day and brownie day but there was no international kale day and I just felt-- This is back in like 2012, 2013. I guess 2012, May of 2012 and we thought this vegetable has done incredible things already. Let's create national day and so we did and have had just really wonderful response and success. Last year we had two of the largest public school systems in America both in New York City public schools and LA public schools all served kale like hundreds of thousands of kids are getting offered kale in public schools. We'd had a few hospitals who've just had this wonderful big kale celebrations and the idea is just use kale as a guide, not that you'll only eat kale. The point of national kale day to celebrate something that's healthy and learn these lessons of kale. The lesson of nutrient density, culinary flexibility that you can do a lot of things with kale and accessibility that everybody can afford kale. It's the 2 or 3 bucks for an organic bunch and full of nutrition. So I'm going to bring a national kale day T-shirt for you this year.

Robb Wolf: Awesome.

Dr. Drew Ramsey: I hope everybody else will celebrate and get your communities involved and again, it's October the 5th and the website there's NationalKaleDay.org.

Robb Wolf: Fantastic make that one a grande for me so I really wear that with pride. Fantastic.

Dr. Drew Ramsey: Great. Robb, thank you so much. It's been really fun watching you lead Paleo move that and just to get people so excited about reclaiming their health and so it's really an honor to be on the podcast and I really look forward to hang in out and getting some in person time this weekend.

Robb Wolf: Me, too. I can't wait and this thing is so exciting for me because even very, very early in the development of this kind of paleo concept which I guess I've been in almost 20 years now but from the beginning of it I knew that this sustainability regenerative food production piece was going to be a major factor and really important and I guess just kind of putting on my systems thinking evolutionary biology hat, I was kind of like well this food is healthy and so the way that we get it is going to be really important too. And so I'm really excited to meet you with this Food Freedom Fest. I just love these events and really excited to see you in person.

Dr. Drew Ramsey: Thanks, Robb. Yes, it's going to be-- it's really at the quote you said, spot on which is there's something regenerative that's happening to our health and one of the nice things I get in time on the farm is it always reminds me this is where it starts in a lot of ways and we have to pay some tribute to that and use that as a way I think also to get back to our own health so I'm looking forward.

Robb Wolf: Absolutely. Drew, take care and enjoy the rest of your day and I will talk to you soon.

Dr. Drew Ramsey: All right. Take care, Robb.

Robb Wolf: Okay. Bye, bye.

[0:49:50] End of Audio