

Nicki: It's time to make your health an act of rebellion. We're tackling personalized nutrition, metabolic flexibility, resilient aging, and answering your diet and lifestyle questions. This is the only show with the bold aim to help one million people from the sick care system. Welcome to The Healthy Rebellion Radio.

Nicki: The contents of this show are for entertainment and educational purposes only. Nothing in this podcast should be considered medical advice. Please consult your licensed and credentialed functional medicine practitioner before embarking on any health, dietary, or fitness change.

Robb: Welcome to The Healthy Rebellion Radio. Happy New Year to you all.

Nicki: Happy New Year. Hope everybody had a fabulous holiday and a safe new year. We're 2020.

Robb: Who would've thought. I thought I'd be dead by now.

Nicki: It went by fast.

Robb: I didn't plan well. I didn't plan on lasting this long.

Nicki: Just a reminder, folks: Next Friday, January 10th, we're doing the kickoff call for the community-wide 30-day reset and seven day carb test that we're starting inside The Healthy Rebellion community. So if you're not yet a member of The Healthy Rebellion, now is the time to join. We're going to be doing a lot kickoff calls, Q&As, tons of ongoing support, we're super excited for this. So you can go to [join.thehealthyrebellion.com](https://join.thehealthyrebellion.com) and sign up.

Robb: Awesome.

Nicki: Yeah. What do you got for us today, hubs?

Robb: Well one thing, I just turned off our heating unit so that hopefully the background noise isn't overwhelming us. But today, for most people listening to the show, is probably a kind of, possibly from the "No shit" files.

Nicki: Are you going to be singing to the choir today?

Robb: A little bit, but it's one of these things that kind of rankles me, just the way all of this rolls out. It's JAMA network, ultra-processed food consumption, risk of type two diabetes among participants of the NutriNet-Sante prospective cohort. So this was an observational prospective cohort study of over 104,000 people. For this type of thing, pretty well designed, but again, I think we said on a not too far gone show, it's like, well you beat up on the epidemiology when you hate it, and then you sing its praises when it's not ... But whatever, human nature.

Robb: Anyway, this thing made the point that ultra-processed food intake is a massive modifiable factor in the perpetuation of type two diabetes. Basically it was a linear association. The more ultra-processed foods that people ate, the worse off they are. From the low-carb jihadi world, the insulin hypothesis world, then people would say, "Clearly it's just because these people are eating carbohydrates." I think we've moved beyond that level of understanding with this whole story.

Robb: But I guess the thing that really chaps my ass with this is, and particularly in the climate that we've had of late, with the whole appeal to authority, like only doctors should be the ones talking about nutrition or health or whatever, like there's been a lot of bullshit like that, from my perspective. Then the thing that, again really makes me crazy about this is that folks in the evidence-based nutrition scene will crow about similar studies to this, which have been done in metabolic ward settings, and you don't induce type two diabetes in these folks, so long as they don't overeat. That's all well and good, but in a free-living group of people, which is what most of the world is-

Nicki: Where your food is not pre-measured and put in front of you with no ability to get anything more.

Robb: We overeat! Yeah. We were sent some really good, yummy, kind of grain-free chips a couple of weeks ago, and our family descended on it like a pack of vultures, and the stuff was gone in no time. The ultra-processed food is designed to be hyper-palatable, it bypasses the neuro-regulation of appetite. If you can daisy-chain multiple things together then you know you've got that much more of a problem. So this is just, again, one of these things that ... For these folks in the evidence-based nutrition scene, it's just kind of like, what the fuck? Like what are you guys up to?

Nicki: Well Robb, just staring at the title of this is reminding me of ... You had some sort of a screenshot of a conversation where a woman, I think ... Actually it was an article that she wrote, and it was basically like, she was pushing for the banning of the word processed food and ultra-processed food.

Robb: Right.

Nicki: She was thinking that those are unfair terms to be used.

Robb: Yeah, that person is going crazy. And it's funny that even in this scenario, within the scientific community, there's become a need, perceived or real, to define ultra-processed food. Not just processed, but ultra-processed. And I think that the hair-splitting that this person was making is that everything is processed. If I kill a deer and cut a piece out and cook it, then I've processed it to some degree.

Nicki: So there's no degree to distinguish between the deer and the Doritos.

Robb: It's one of those just so unhelpful distinctions. I remember one of the folks that I'm thinking of from the evidence-based nutrition scene was going on and on about how whey protein is technically a highly processed food, but is arguably beneficial. It's like, okay, fuck, he got me. Yep, you've got one exception there, okay, great. Now what does this mean for the rest of the world? Anyway, I don't want to belabor this thing, but we'll have a link to this in the show notes.

Robb: Again, it's kind of like, okay, eat hyper-palatable highly processed foods and bad things happen. But we need to ... I don't know exactly how to tackle all this stuff from an educational perspective. I still think that if we got in and gutted farm subsidies, that that would be a major move in the right direction, because all of this processed food would get comparatively more expensive, and there would be less of an upside for these food manufacturers to continue doing this.

Robb: I was listening to an interview on Peter Attia's podcast, and I'm forgetting the guy's name, but he made the point that, pre-1970s, the food industry in general, they ran at

about a 1% profit margin. It was pretty tight margins. But with the development of our changes in the food guideline policies, and then also the development of the industrial food system, and the real doubling down of sugar, and ... Nicki's freezing in here.

Nicki: I'm freezing, we might have to turn the heater back on.

Robb: The doubling down of emphasis being put no sugar basically, being added to food, it increased the profit margins to almost 10%.

Nicki: Wow.

Robb: So this is where the profit margin comes from for these folks, and this is not your local farmer. This is not White Oaks Pastures. This not Eazy-E farms here in the hill country of Texas. It's Cargill and Monsanto, and-

Nicki: Didn't you relate to me, there's something like only nine companies?

Robb: There are nine companies that control 90% of the calories consumed on this planet.

Nicki: Which is a scary thought.

Robb: Yeah. So that's possibly topics for other days. But yeah, it's a interesting paper, and again, most people that have read it, they're like, "Yeah, big shock, no surprise here." But I guess this is kind of my rolled-up newspaper to the backside of some of the evidence-based nutrition people, where it's like, what the fuck are you guys offering the world? Okay, you work with fitness competitors, you already-

Nicki: I think one of my upcoming trivia questions is going to be, "Robb, evidence-based nutrition crowd: fan, or not a fan?"

Robb: Fan, or knock their teeth out? Yeah. It's just like, okay work with fitness competitors, great. And then either help, or shut the fuck u and get out of the way, because these folks are not really moving the ball forward. So yeah, that's what I got. And now we really are down to six listeners.

Nicki: All right, let's move onto our podcast review T-shirt winner of the week.

Robb: Something positive.

Nicki: This week it goes to Elena Yaya. She says "I never knew a rebellion could be so good for you. I've added this show into my podcast rotation that I listen to during my morning commute. I love the new layout of the show and the explanation of all the gray areas of nutrition and health. I'm learning that health is far from black and white, and our positions need to pivot as more research and information comes available." Elena Yaya, thank you for submitting our review. We'd love to send you a Healthy Rebellion Radio T-shirt, so shoot us over an email to [Hello@RobbWolf.com](mailto:Hello@RobbWolf.com), that's with two B's, with your T-shirt size and your mailing address, and we'll send that out to you.

Robb: Cool.

Nicki: All right, this episode of The Healthy Rebellion Radio is sponsored by Vital Farms. Vital Farms has been making pasteurized butter for years, and they've recently launched their

pasture-raised ghee. Robb, I'm guessing most of our listeners are probably familiar with ghee, but some might not know what ghee is. And by the way, for those of you listening, it's spelled G-H-E-E. So Robb, what are some of the benefits of ghee?

Robb: Ghee is hippy butter. Basically it's clarified butter. It can be useful for different cooking scenarios, where even though butter only has a small amount of protein in it from dairy sources, if you're trying to make specific items like that, the ghee just has some different characteristics.

Nicki: And it has a high ... You can cook it with really high temperatures, it has a high smoke point.

Robb: It has a high smoke point, it has an amazing flavor, it's remarkably sweet yet savory kind of at the same time. For folks like Vital Farms where this is all pastured, you're actually getting appreciable amounts of carotenoids in it, which is why this stuff is orange without something like red dye number five.

Nicki: Super yellowy-orange, yeah. It's beautiful. Beautiful, and so tasty. We've been putting it on some sweet potatoes, we put it on broccoli, some meat, it's really really good. And easy.

Robb: Yeah, it's super handy, and not for everyone. But for folks that are maybe intolerant to dairy because of the protein content, they may be able to use butter or maybe not. And again, this is a spectrum, but some people who do not do well with butter do fine with ghee. So it's another one of these options in that story.

Nicki: Awesome. And Vital Farms pasture raising ensures that its four-legged ladies are free to roam and forage open pastures on the American family pastures they call home. This makes for contented cows, better butter, and now greater ghee. Visit [VitalFarms.com/ghee](http://VitalFarms.com/ghee) for a chance to win a year's supply of Vital Farms ghee, for free. That's [VitalFarms.com](http://VitalFarms.com) forward slash G-H-E-E.

Robb: Cool.

Nicki: Right Robb, we have a live call-in show today.

Robb: What could possibly go wrong with that?

Nicki: Are you ready for this? Should we jump to the hotline?

Robb: Let me drink my Element margarita and be really dialed in for this.

Nicki: Awesome, here we go. All right, our next caller is from area code 225, welcome to The Healthy Rebellion radio. Tell us your name and where you're calling from, and your question.

Christy: Hi, this is Christy Soche I'm calling from Baton Rouge Louisiana.

Nicki: Christy, hey.

Robb: Oh hey, the second person from Louisiana today. Louisiana's winning it.

Christy: Hi!

Nicki: Yeah, I know. Thank you for calling in.

Christy: I'm calling in, I know I've posted on Robb's stuff, but I'm calling to talk about body odor. And we can laugh about it, but this is serious.

Robb: Well you have some experts around here.

Nicki: Well you've got the perfect expert on the line.

Robb: You have an Italian woman as my copilot right here.

Nicki: But we always joke that my super power, like some people have different super power things, and mine, if I had a weapon, it would be stench bombs. I know that's TMI.

Robb: She would basically be skunk girl, and just flip her elbow up.

Nicki: Just have to raise my arm.

Robb: And it would almost like a Thai boxing elbow, but it would be a blast of super stench. And the irony here ... See, you're going to get way more than what you bargained for on this. The irony here is that somehow, either God or the universe or something put us together, because Nicki's funk is like the most pheromone-y assortment of goodness-

Nicki: I'm like, "Babe, I need to go take a shower," and he's like, "No"-

Robb: And I'm like, "Yes you do, and I need to be in that shower with you."

Nicki: Oh my gosh.

Robb: Anyway, sorry, that's way more than you needed.

Nicki: Okay Christy.

Christy: Y'all sound like my husband and I, that's so hilarious. I have tried everything, and I just smell. I live in Louisiana where it's really hot and sweaty, I work out all the time, I cannot find a solution. This has been almost two years. I have hundreds of dollars worth of natural products that don't do anything. So, what do you got? Or just shower every day?

Robb: What have you done nutritionally? Or, what are you doing nutritionally?

Christy: I actually did carnivore for like nine days, and I loved it, and I found it was a bit better. I do keto most of the time. I really cut out vegetables about three months ago, just playing around, because what the hell else do I have to do except for play around with my diet and reach goals. So I'm doing meat, I do a little bit of starch every now and then. When I wasn't playing with carnivore, mostly sweet potatoes and butter. So I'm eating pretty clean, and I don't do a lot of sugar, so I don't really know what else to do.

Nicki: How's your stress levels?

Christy: Well I home school my two kids and I run a small business, so I'm going to go with a little bit high.

Nicki: So there you go.

Robb: So you're freaking maxed out, yeah.

Nicki: I feel like I notice in myself that I have far more body odor when I'm stressed.

Robb: Yeah.

Nicki: And we run a business and we're also home schooling, so I feel you on that. As far as actual products that have worked for me, I am in love with Native deodorant. We have no affiliate ties to them, but that product, I really like.

Robb: It really works, yeah.

Nicki: I don't know if you've tried them before, but it's all-natural-

Christy: I have.

Nicki: Does it work for you at all?

Christy: I loved it. It worked for a little while ... Just a little bit. I find if I use it two and three times a day, to fit better. I like the activated charcoal by Native. It's the one I like the most out of everything that I've tried.

Nicki: Got you.

Robb: A couple of things-

Christy: I do think it's my stress, but I didn't know stress to do that, but yes, gosh, stress is the worst.

Robb: Yeah. So what the mechanism is there is that elevated glucose levels, either from stress or from a diet that's maybe not well matched up for folks, some of that glucose actually gets pushed out in the sweat glands, and then it can feed the bacteria in our armpits and elsewhere. So I've noticed the same thing, stress level can be a big deal in whether or not I need to use some deodorant. I have noticed, knock on wood, and we're going to have Emily Fletcher on The Healthy Rebellion here in a bit interviewing her, but her book, Stress Less, Achieve More ... Is that ...?

Nicki: Accomplish more.

Robb: Accomplish more. Since I started doing that, I've effectively had no body odor at all. And this twice a day, 15 minutes in the morning, 15 minutes in the afternoon, meditation that she walks you through, and it's like, I've tried everything meditation related, and this was the one thing that really worked. And I've noticed that I literally-

Nicki: Have you noticed that mine is any better? Because I've been doing it the same.

Robb: Yours is definitely better, yeah. I mean we've been under so much stress, with moving-

Nicki: Cross-country.

Robb: Cross-country, and we started home schooling, and we launched The Healthy Rebellion, and Google decided to make our website disappear from the interwebs.

Nicki: Not dissapear, just plummeted traffic.

Robb: Thank you for splitting hairs on that.

Nicki: Yeah, I'm a hair splitter.

Robb: But we've been really stressed, and I actually commented to Nicki, I'm like, "Not only are we handling it, like just not losing our marbles like we normally would," but I was like, "I don't really feel like you've got the same body odor stuff." So I would check out her book, and maybe give that a shot.

Nicki: Highly recommend it.

Christy: Okay.

Nicki: Yeah, highly recommend it.

Christy: I heard you all talking about it on one of the last Paleo Solution podcasts, about the meditation. I am big into meditation, my husband's way better than I am, about taking the time, especially away from the kids, to have that 15 minutes of peace. But I do agree that it helps with everything, and I will apply it to see if it helps with this situation also.

Nicki: Awesome, Christy. Thank you, yeah.

Robb: Yeah, give it a shot and then circle back with us, and let us know how that goes.

Nicki: And let us know how it helps. Thank you so much for calling in.

Christy: I will. I'm always bothering you guys on your stuff, so I'll comment to let you know how it goes in a couple weeks.

Robb: Awesome. Looking forward to it.

Nicki: Sounds great. Thanks, Christy.

Christy: Awesome. Thanks so much.

Robb: Bye-bye.

Nicki: Bye. Our next caller is area code 304, and I just want to let the caller from 562 know that you're right behind this next caller, so hang on for us. All right, caller from area code 304, welcome to The Healthy Rebellion Radio. Can you please tell us your name, and where you're calling from, and your question?

James: Hi, my name is James. I'm calling from West Virginia.

Robb: Hey, glad to have you.

James: Thanks a lot. I really appreciate you having this open forum. It's great to interact with you after listening to the podcast for so many years.

Robb: Awesome.

James: I've got a two-part question related to eggs. Eggs is a big part of my diet. It seems like I'm having it almost for every breakfast. So I'm wondering, number one, if people can develop a sensitivity to eggs over time by eating it too frequently. Like if I'd maybe be better off having eggs one day, and then a different thing for breakfast the next day. So that's the first thing that I've been wondering about, maybe over-worrying, on my egg breakfast.

James: The other thing is related to the soy content in egg. I'm wondering if you have any information about ... I have my own chickens, and I noticed on the feed that almost all the commercially available feed has, a pretty big fraction of the feed is soy. So I know that we're supposed to be avoiding soy, but I'm wondering if whatever's bad about soy gets into the eggs, and whether that's something that you can give us some guidance on.

Robb: Man, really good questions. So the first one, yes, you can develop a egg sensitivity from consuming it too often, and I did it to myself, and it took me a while to figure it out. But a lot of what I was ascribing to be blood sugar issues, kind of foggy-headed, not feeling really crisp and focused, was actually an egg sensitivity, and so I have to really, really watch ... If it's in kind of a keto baked good or something like that, that Nicki makes, I can have a little bit of it, but eggs will make me not feel great, and I'll actually get a little bit of GI upset from it these days. So we try to rotate eggs with the girls so that they don't develop that problem.

Robb: Then on the, can the feed impart negative characteristics to the eggs, yeah, it definitely can. I think it minimizes it a lot. Like birds are pretty good at processing all that stuff and whittling it down and making it very usable, but again, if somebody has a gluten or a soy allergy, sometimes the feed can affect what's going on at that consumption side. And it's tough, because we looked around to try to find better quality feed when we had chickens, and even the good stuff wasn't that great. It was kind of underwhelming what they had.

Nicki: There must be something available though, because you can buy eggs from farmers that say soy-free, like the feed is free from soy. So there must be something, maybe, maybe we'll-

Robb: One thing we noticed, though, is that the eggs that come from the people that say it's soy-free, the eggs glow like they're from Chernobyl. They look totally different than everything else.

Nicki: They're a bright orange, yeah. I think a lot of it has to do with the amount of bugs, and the time of year that the eggs are collected, and how much bugs the chickens have access to affects the color too. But I don't know, that's a tough one. There's got to be something out there though.

James: Yeah, that's really useful. Yeah, I appreciate that. The main thing I was worrying about with the soy wasn't necessarily a soy-specific sensitivity, but the estrogenic effects that soy can have. I know that fermentation of soy is supposed to bring that down.

Robb: Yeah. I would assume that any estrogenic effect of soy, or even things like flax seed, would be a non-issue once it's gone through the chicken, and you get to the egg. So in that case I wouldn't even be worried about it.

James: Well that's great news, I'm glad to hear it. I'll keep eating eggs then.

Robb: Awesome.

Nicki: Awesome, thanks.

Robb: Keep us posted, and thanks for calling in.

Nicki: Yeah, thanks for calling.

James: All right, thanks.

Robb: Bye.

Nicki: All right, our next caller is from area code 562. Welcome to The Healthy Rebellion Radio, please share your name and where you're calling from and your question.

Jason: Hey Robb and Nicki, my name's Jason. I'm calling from Los Angeles. I just kind of caught on on the tail end, but whoever, I didn't catch the name, was talking about the body odor, I appreciate that. And I think you bring up a good point about [inaudible]. I'm going through a graduate degree program and active-duty military, so stress is pretty high right now for me, and I've just recently been battling the same symptoms, and trying to go the natural route as far as deodorant, and that seems, I can't really find one that's working for me. So I appreciate that, I'm going to throw that meditation in and see if that works, and we'll go from there.

Nicki: Awesome, yeah. And I would check out Native if you haven't already. Again, no ties to them financially, but it's one that I love that has worked really well for me.

Robb: It really works for year, yeah.

Nicki: So I would definitely give that a shot. Then, trying to think if there's any other ...

Robb: If you really need to strafe-bomb things, then the higher concentration rubbing alcohol is a good way to just kind of get in there and agent-orange your armpits and knock everything back. It's a good reset that will work in a pinch.

Jason: Okay. Good to know. I'll put that in the top pocket for later.

Robb: Perfect.

Jason: My question is, unfortunately I don't always have access due to my schedule and military responsibilities for Whole Foods, so I didn't know if ... I know you kind of sway away from shakes and all that stuff, but I just want to make sure that I'm getting the nutrients when I don't have access to whole foods. So do you have a recommendation, maybe, of something on the go, whether that's a whey protein, or if it's a plant-based protein, or maybe just some snacks that you would recommend, to make sure that, one, I'm getting my calories, and two, I'm getting the nutrients?

Robb: Yeah, I've always been a big fan of the whole jerky and nuts shtick. Epic Provisions has some really interesting offerings, where it's like a beef and liver combo, and so you're getting some of the vitamin A and the other nutrients that you get out of the liver. Those are fantastic options. And then my main reticence around the liquid food shakes is that so many folks that are struggling with weight issues, when they overuse those items, the fact that they're not chewing the food, it just doesn't satisfy them as well. That doesn't sound like your scenario at all, and so I would just find some kind of a good quality whey protein, maybe add something like an athletic greens, or a really good mixed green vegetable extract into it, so long as it doesn't ruin the flavor. I could also make the case to just do a vanilla whey protein and then put a bunch of raw cacao powder in it. That's super nutrient-dense too and has a bunch of great stuff in it.

Robb: My concern around the liquid food is more with folks that are struggling with weight gain, they've struggled with maybe problematic eating in the past, and not so much with a hard, charger like you, that is burning the candle at both ends, the middle, the sides, the whole deal.

Jason: Right. Yeah, it seems like there's many days that I'm not getting enough calories, and that's why I'm trying to figure out, how do I get them in a pinch, you know what I mean, and take care of those needs.

Robb: Yeah, and given military service, grad school, that is just going to tax you so much. Chris Masterjohn had a great piece talking about this, where he got to a spot where he was overweight from where he wanted to be, but he was in the tenure track professor ecosystem at that time. He ended up extracting himself out, but he had to go through a bunch of stuff before he even addressed the nutrition, and the main thing that he made sure to do was to not undereat. Because both weight loss and weight gain is a stress, and he was so maxed out that any additional stress was just not going to finish off well for him. So really shoring that up and making sure that you're adequately fueled will probably help everything else immensely.

Jason: Absolutely. Do you have, in regards to a protein supplement, do you have a brand, as far as a whey powder or anything like that, or a specific type of whey protein that I should be using?

Robb: Oh man, I'm really not a good person on that, just because I'm such a infrequent user. There is a product out there called Bucked Up Protein, and it's a really good dose of whey protein, you get about 25 grams, and then you get a good amount of MCT powder with it. So whether you're on the low-carb side or not, it's really a good product. Then even if you wanted to put some mixed berries or something like that in there, it really tastes good. I make that for the girls every once in a while, in addition to the regular breakfast. If they want something a little sweet, a little treat-y, then I'll mix up something like that. And it's called Bucked Up Protein.

Jason: Perfect, I'll take a look at it. I just wanted to wrap up and tell you that I really appreciate what you guys are doing. I did sign up for your Healthy Rebellion. I haven't had time to really get out there and peruse and see what's going on, but I definitely wanted to support you, and let you know that I do appreciate you guys.

Robb: Well hey man, thank you.

Nicki: Awesome Jason, thank you.

Robb: And thank you for your service to our country. So thanks for everything you are doing.

Nicki: And we'll see you in the healthy rebellion.

James: Outstanding. Thanks for the support guys, have a good one.

Robb: you too. Take care.

Nicki: Okay, we have a caller from 617 area code. Please tell us your name and where you're coming from. Welcome to the Healthy Rebellion Radio.

Elizabeth: Hey, it's Elizabeth, and I'm calling from Kentucky actually, at the moment. I am stuck on dentistry at the moment. Kind of just thinking about how often we really need X-rays done. It seems like every time I go to the dentist they want to take X-rays and do some sort of work. So just wondering first, how often, in your opinion, do you need X-rays done. Then, dental work like crowns, cavities, and all that kind of stuff, are there better, more natural ways to deal with them once they've kind of popped up? I know that there's definitely a lot of work out there about how to prevent them, and diet growing up, to have better dental care, but I think if you find out a little bit too late about how to take care of yourself on the inside [inaudible] how best to treat them without going to a conventional dentist, and going that route.

Robb: Yeah, we have a great guy, Matthew Stanbridge, who's a dentist ...

Nicki: He's one of the Healthy Rebellion members, so he's in the group, so he would be a good one to ping.

Robb: Yeah. We'll shake him down. This is definitely not my area of expertise. The X-ray deal is a really good question, because it kind of comes down to risk tolerance. So what are you okay with tolerating from a risk perspective, both with looking versus not looking? So I guess the tradeoff there is the potential that we might get an unfavorable event from X-ray exposure, although they've developed that technology to a shocking degree. The amount of X-ray radiation that we get exposed to today is just so tiny compared to what it used to be.

Robb: It seems like a pretty tiny thing in the grand scheme of things, but again, there's a risk associated with everything, but there's also kind of a risk associated with not looking into this stuff. We do know that, if folks have some oral health issues, like inflamed gums, gingivitis, it clearly elevates their likelihood of cardiovascular disease, it worsens insulin resistance. This is likely due to some systemic inflammatory problems that are initiated from the endotoxins that are released by the bacteria into circulation. So we do want to be on top of that stuff, but as to what a reasonable cadence is for that X-ray exposure, I really don't have a good answer on that. Again, I think it kind of goes back to a little bit of just, what thing are you willing to risk, not looking for stuff versus looking for stuff.

Robb: Then, as to the actual interventions, like crowns and fillings and stuff like that, I do get the sense that there's a massive difference in the way that some dentists go after that ... What is the germ that they use?

Nicki: I think it's holistic dentist.

Robb: They call it holistic, it's like bio ... It's not bioidentical, but there's something like that, where they don't really use mercury in the amalgams, even there's a bunch of controversy as to whether or not that is a bad thing ultimately. But there definitely does seem to be a difference in the way that things are tackled by these folks.

Robb: I know one area, like things like root canals, there's one way that it's done that appears to just about guarantee that there's going to be infectious agent left in your mouth, and it ends up being a problem for years or your whole life. And then there's a different way of doing it in which it really minimizes the likelihood of infection getting down in the bone and all that type of stuff. Matt Lalonde had a not-good version of it, and had a lot of problems, and then it needed to go back in. Then they did the right version of it, and I apologize, I don't remember what the distinctions are on this stuff.

Robb: There definitely does appear to be differences, traditional dentistry versus this more holistic approach, but again, I'm not super well steeped in this stuff. There might be something where we could get Dr. Stanbridge on, and maybe do an AMA with him within The Healthy Rebellion, and folks could shake him down for that.

Elizabeth: I think that's very interesting, and it's just, like I said, I think a lot of us, probably, who even listen to you, maybe caught on a little later in life. [inaudible 00:35:08] younger and that we're paying for now, and so trying to get a handle on that. One of the things I had heard about was oil pulling with coconut oil, with kind of swishing around for 10 or 15 minutes. Sounds like it could help with some treatment [crosstalk 00:35:29]

Robb: I was super skeptical.

Nicki: Yeah, a lot of people swear by that.

Robb: And some really good papers came out on it, and it's actually something I'd fallen out of the habit of doing, but yeah, using the coconut oil ... Now there is a little bit of woo out there where they will claim that you're able to pull toxins out of the body by oil pulling, I really don't agree with that, but as far as improving oral health, it looks super legit. There's actually good anecdote, and some really good studies that have been done on that, that bear it out to be really favorable.

Elizabeth: Would you be willing to share, maybe, some personal approach that you take to this? Do you go to the dentist every six months for cleaning? Do you get a [crosstalk 00:36:14]

Robb: Oh man. I'm a terrible example of this, because even though I was near-sighted, had acne, a terrible haircut, flat feet, I had really good teeth generally. Like I had a couple of them that got chipped doing some Thai boxing when I caught an elbow in my grill, but I think, because I've eaten reasonably low carb for like 22 years, when I go to the dentist, which is really infrequent, I'm almost embarrassed to say how infrequently, they're like, "When was the last time you had your teeth cleaned?" And when I tell them, their eyes get huge, because I have virtually no plaque buildup. I use an electric toothbrush, brush twice daily, I floss once daily, and I used to do oil pulling pretty regularly, but we're actually really terrible at being consistent on-

Nicki: We haven't found a dentist here yet in New Braunfels, but in Reno, we were going every six months.

Robb: It was like once every six months, yeah.

Nicki: The girls were going, once they started going they were every six months too. I had a bunch of sealants as a child that were starting to degrade, so I had to go and get those all removed and redone, I guess is the ... I don't know what the proper terminology is. But I haven't had any new decay or cavities since eating this way, which is great.

Nicki: You don't want to mess with your teeth. If you have something going on, I would get it fixed. You don't want to leave ... I don't know. Another person, Eva, would be a great one to call, although she's still recovering from her accident, but if you can't eat, if you have some sort of infection in your mouth, it's not good for your overall health, so you definitely want to get anything that's existing dealt with, in my opinion. My mom was a dental assistant, so I grew up, every six months you get your teeth cleaned, and through all of that. So I don't know, I would ... If you have something going on, I would definitely get it dealt with.

Elizabeth: I think when you start to question a little bit of conventional approach to medicine, and dealing with systems instead of root cause. It starts to expand a little bit, and so you start kind of with your general practitioner maybe, and then you start questioning other practitioners like you're dentist. Then you're like oh God, who can I trust?

Robb: Right.

Nicki: Yeah, totally. Even the vet, we moved here and we took our animals to the vet to get established, and we got this new kitten. He was already vaccinated from the Humane Society, and the vet tech was telling me that they really like to just re-vaccinate them again, even though he has this shot record. It's better to just give them the same shots all over again. And I'm thinking, why, so that I can pay you to give him vaccines that he clearly has already had? So I totally get it, it makes you question, is there really value here, or is this just to make money? And do I really need this?

Elizabeth: Right, exactly.

Nicki: Thanks for your question, thanks for calling in.

Elizabeth: Thank you guys, have a great day.

Nicki: You too.

Robb: You too, talk to you soon.

Nicki: Bye.

Robb: Bye.

Nicki: Looks like we have a caller from 864. Please tell us your name and where you're calling from, and your question.

Trent: Hi, this is Trent from South Carolina.

Robb: Hey.

Nicki: Hey, Trent.

- Trent: I wanted to ask about hyperbaric oxygen therapy, if you happen to have any experience with that, or know much about it?
- Robb: A bit. It ranges in the application, like neurodegenerative diseases, cancer, Lyme disease. It's interesting, because it's been kind of relegated to the ... Oh man, I'd guess you say the alternative medicine scene, but the problem with it is that it's not a patentable pharmaceutical type deal. It just happens to be a really effective methodology that can help people under a variety of circumstances. Like within cancer treatment, some of the case that's made is that fasting, or a ketogenic diet, can set people up such that they can handle the hyperbaric oxygen, and be at much higher oxygen levels without inducing that kind of seizure potential under those circumstances.
- Robb: But it also induces more of an oxidative stress on the person, which, when they're dealing with cancer, could be just the ticket. It could be the thing that they need, and often times they'll use an IV vitamin C, plus the hyperbaric oxygen, plus a ketogenic or fasted state, to facilitate the hyperbaric oxytocin. And although preliminary, the results look really, really promising. And the thing is, the person, once they decompress them and pop them out of there, there's none of the side effects that we get from standard chemo and radiation.
- Robb: And that's not to say that you couldn't also add this to that kind of standard treatment package, but the short list that I'm familiar with, that we've seen good efficacy for hyperbaric oxygen, different types of cancer, different neurodegenerative situations, including traumatic brain injury, the post-concussion syndrome type stuff, and then also Lyme disease. So these chronic, infectious, blood borne parasites seem to not do well under the hyperbaric oxygen kind of environment.
- Trent: Yeah, I was reading an article on Dr. Amy Myers' site about it, and she was saying that, I think she's used it for various patients she was treating with autoimmune diseases and some different things. Then, I know it's used for crush injury, and like you said, different neurological conditions, PBI and wound healing and things like that. We have a hospital or two around here that has the hyperbaric chambers that they use for certain treatments I guess, but then there's also some of the places popping up that do the hyperbaric oxygen therapy, and some of the infrared sauna things, and cryotherapy. They have all those types of new treatments, and I was wondering if it was worth trying.
- Trent: I was talking to a guy that said he was having some gut issues for a long time, and tried a ton of different things, and he started using hyperbaric oxytocin therapy, and he said that it's funny ... After he's been using it now, it was like the one thing that started making him have good quality bowel movements and solid stools and stuff, instead of having really messed up stuff for a long time.
- Robb: Yeah, it makes sense, because some of these really nasty gut pathogens are completely anaerobic. Like they die almost immediately from any type of signing oxygen exposure, and that's exactly what hyperbaric oxygen does. You get such a remarkably high partial pressure of oxygen that it not only saturates the hemoglobin, but it begins saturating the blood itself, which is actually some of the potential problems. You can limit the disassociating of the oxygen off of the hemoglobin when you get a partial pressure in the blood that is very very high, but this is where some of the things, like ketogenic diet or fasting, plus the hyperbaric oxytocin, can be really beneficial. And I had forgotten about the gut application, because it's a way of basically getting oxytocin exposed to the gut environment, but without opening the person up.

Robb: I've heard of some things also where folks will use hydrogen peroxide, which will, not only do you get the kind of free radical activity from the peroxide itself, but then there's some oxytocin left over, and there might be some benefit there. So yeah, I'd forgotten about that application too.

Trent: Doing what with the hydrogen peroxide?

Robb: Capsules, or even a tube up the hoo-ha, and then releasing some into the wild, yeah.

Trent: Like trying to introduce it into your intestines or something?

Robb: Yep. Well cool, thanks for calling in.

Nicki: Awesome Trent, thank you so much for calling. And if you do check it out and notice any difference, please call back and let us know so we know how you're doing.

Trent: Definitely. Thanks guys, I appreciate it.

Robb: Okay, thanks. Bye-bye.

Nicki: Awesome. Take care.

Nicki: That's a wrap. Thanks for joining us. Remember to check out Vital Farms, the sponsor of this week's episode. Visit [VitalFarms.com/Ghee](https://VitalFarms.com/Ghee) for a chance to win a year's supply of Vital Farms ghee for free. That's [VitalFarms.com](https://VitalFarms.com) forward slash G-H-E-E. Robb, what else? What else do we have?

Robb: Please share the episode. If something in the show helped you, please share it with your friends, family, coworkers. Don't be super annoying, but there's some good stuff in here. And definitely subscribe and leave us a review. This helps get the show out there to folks. And hey you, if you do that, then you're in the running for a damn fine T-shirt.

Nicki: That's right. Then lastly, remember now is the time to join us in The Healthy Rebellion. We have our rebel reset starting here in a few short days. Rebel reset and the seven-day carb test, and you can join at [Join.TheHealthyRebellion.com](https://Join.TheHealthyRebellion.com).

Robb: Thanks, wife.

Nicki: All right, hubs.

Robb: See you all soon, take care.

Nicki: Bye.