Episode 008 - February 18, 2021

INTRO: I'm Jamie, and I'm Lo and welcome to another episode of Try Saying That Out Loud: a podcast where we talk about weird, hilarious, and only sometimes consequential things. It's our lives and our truth: unscripted and uncensored (sorry kids).

Lo:

TSTOL Moment: riding + conversation with Alex about how that is me getting back to a simpler life but it is like beyond simple and something only rich people can access

Other Topics:

- Friendship in the time of COVID

Wellness Topic:

- Gut health follow up: **"Lo, I wanna know… how I know if I have problems with my gut and what I do if I do have issues?"**
    - If you are asking, you probably have an inkling that something is off… trust your body! Listen to it. Seems like that is something you are doing so give yourself all the credit for that.
    - The following can also be a sign your gut is unhappy (and these are just a few… I believe that the science is going to even further support the gut being the root cause of most all chronic disease in the years to come):
        - Obvious ones: you have been diagnosed with irritable bowel syndrome (IBS or IBD) or have localized reactions to food… i.e. gut reactions like diarrhea, nausea, bloating and even constipation… even gas!
        - You find your are sensitive to a wide variety of foods, almost to the point where it is hard to pinpoint… or you even react to foods that everyone says are healthy
        - You have skin issues like eczema or rosacea
        - You have an autoimmune disorder or other chronic illness (even emotionally like depression or anxiety)
        - You are constantly on antibiotics (which are great and necessary for some things but literally wipe out *all* of your bacteria in your gut, even the guys you need!)
        - Hormonal imbalances that you KNOW are there… cycle/period issues
    - What to do:
        - 1) Talk to your doctor about your concerns.. Advocate for yourself! I have learned this first hand and it has been incredibly empowering. If you feel like your doctor isn't hearing you, consider finding a different practitioner… a doctor with a functional medicine background can be a great route to explore since the functional medicine route tends to spend more time on nutrition and a lifestyle-first approach.

- 2) Consider doing an elimination diet -- they aren't only great for seeing what you are sensitive to! They cut out foods that can be damaging to your gut and give your gut lining and your liver a bit of a cleanse. Then you can get yourself into a habit of understanding how food affects you and also into the habit of eating whole, unprocessed foods.
- 3) Relax -- stress can actually change the composition of the bacteria in your gut so taking time for yourself to do activities you know relax and ground you can have more than just an emotional benefit
- Foods that are supportive of the gut microbiome
    - Cooked foods will be easier to digest
    - Fiber (and not the fiber that is fortified or added on… whole foods fiber!)
    - Broth! << bone broth has a high gelatin content (aka collagen) which is what our gut lining uses to grow and strengthen but even vegetable mineral broths are packed with minerals we often do not get enough of in our bodies like magnesium
        - You can make it yourself or even buy it at the store if you have access to that… Bare Bones is one I love and keep in my pantry and I use it as a sipping snack! It's like a savory tea :) They have it at Whole Foods if that is near you OR you can even shop online.
    - Coconut oil is super supportive of the GI tract… start by cooking with it, it also has a higher smoke point than olive oil so if you are roasting vegetables or sauteing at a high heat it is an even better alternative
    - Warm or room temperature water with lemon (and the pulp!) -- studies have shown that lemons are really high in a fiber called pectin which are good for your good gut bacteria. I have warm lemon water with as much of the pulp as I can + ¼ tsp of turmeric every morning and I am straight up addicted, especially if you are like me and like tart things.
- Resources:
    - Dr. Will Cole has a great article on gut health including links to all of the science. I have been known to use studies like this with my doctors in a past life which was probably very annoying for them but so, so powerful for me. He also has a great podcast.
    - Dr. Jolene Brighten has been a godsend to me for women's health resources. I've talked about her book "Beyond the Pill" constantly but she continually is someone I turn to for hormonal health but also her gut healing and liver cleansing protocols.
    - Dr. Mark Hyman is a darling of the functional medicine world and I adore his podcast + his books. Dr. Cole definitely has more online resources, though, that don't require purchasing physical material.

        - And all of this can be overwhelming so a friendly reminder to start with one thing you think is manageable and build up while you create new eating habits. If you ever need help, shoot me a DM and I can help you figure out what may be the most impactful (and realistic) option.
- **"Lo, I wanna know.. about keto diets. What are they, should I do that? Please tell me more."**
    - So, I have feelings about all diets but I'll try to focus as much as I can on purely answering the questions:
        - Let's start here: there are a couple of ways our bodies create energy to sustain us throughout the day. The most common is through our food (carbohydrates turning into **glucose**). There is also the storage form of glucose which is **glycogen** -- our bodies turn excess glucose into glycogen for storage in our liver and muscles and then can access that glycogen and convert it back to glucose as needed. But there are also **ketones** which is when our body basically goes into fat burning mode. Spoiler: this is part of the reason why I am fascinated with intermittent fasting because that helps you get to this state of ketosis and I have general interest around what our brains prefer to use as their fuel -- glucose or ketones? I am leaning towards ketones but I DIGRESS
        - Keto diets are basically based on this idea… that you can have a diet that encourages your body to burn fat instead of glucose. And since most of our dietary glucose comes in the form of what we know as carbohydrates, keto diets essentially eliminate all carbohydrates and replace it with healthy fats (meat, fish, nuts, seeds, healthy oils). The idea is that you are training your body to burn fat instead of carbohydrates.
            - Encourages metabolic flexibility (greater efficiency.. Takes a few weeks)
    - Now for my soapbox:
        - 1) diet fads are REAL and just because they are touted as having all of these wonderful benefits doesn't mean they will be good for YOU and YOUR body.
        - 2) Eliminating carbohydrates also means eliminating some very healthy and good for you whole foods (fruits almost entirely and some vegetables like carrots and root vegetables) -- these foods are carbohydrates, yes, but they also have fiber and tons of important minerals and antioxidants that our bodies require for prime functioning
    - If you are considering a ketogenic diet, I would encourage you to adopt some of the more impactful aspects of them -- like eliminating or cutting out added sugar and staying away from refined grains and overly processed ANYTHING. Staying on a whole foods diet is the secret to success and I am not sure I am on board with *so* much restriction when it comes to eating since our foods cannot just be taken as MERELY a protein/fat/carbohydrate -- there's more to them than their macronutrient status.

    - Mostly: listen to your body. If you feel great doing it, great! But also know that that may change over time.. Nothing has to be permanent
        - Resources: dr. Hyman's The Doctors Pharmacy - Nov 6, 2020 "What is the best approach to the ketogenic diet?"

J:

TSTOL Moment: Traveling while white

Other Topics
→ Enneagram Type 8 "Deep Dive"
→ WORKING. A routine. Life-changing.
→ Decision making being crippling (maybe next episode after I discuss w/my therapist lmao)

WHAT ARE YOU WATCHING & READING
-Bach (racism)

Feb pick reminder: Detransition, Baby
-Finished ACOMAF. Lol.

OUTRO: & until next time, try saying THAT out loud. BYEEEE.