

**EPISODE 10**

[INTRODUCTION]

**[0:00:01] AS:** You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

**[0:00:44] JB:** And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[EPISODE]

**[0:00:53] AS:** Hello everybody, welcome to episode 10 of the Insatiable Podcast. Today, we have my dear friend, Amie Valpone. Amie is the editor in chief of [thehealthyapple.com](http://thehealthyapple.com), go there and see all her amazing recipes and photography. She is a Manhattan celebrity chef, culinary nutritionist, professional recipe developer, food photographer, writer and she has a book coming out on March 8<sup>th</sup> but you can order it today called, *Eating Clean: the 21 day plan to detox, fight elimination and reset your body*.

Most importantly, which is the role she's stepping into now is a motivational speaker. Amie recently healed herself from a decade, yes, 10 years of chronic pain including Lyme Disease, Polycystic Ovarian Syndrome, hypothyroidism, adrenal fatigue, leaky gut, heavy metals and much more, exhausting thousands of doctors in the country and Mayo clinic and she will share her story in the book as well as the detoxing recipes that helped save her life.

Amie lives in Manhattan in the West Village, my favorite neighborhood where she cooks for a variety of clients including celebrities and people with busy lifestyles who enjoy healthy, organic

whole foods and Amie's work has appeared everywhere from Martha Stewart, ABC News, Fox News Health, WebMD, Huffington Post, Glamour, Self Magazine, Prevention, PBS and all of it. So Amie, not only are you my dear friend but you have this amazing story. Welcome, thank you for coming on today at the Insatiable Podcast.

**[0:02:34] AV:** Oh, thank you, thanks for having me.

**[0:02:37] JB:** Amie, I'm not worthy, after Ali gave that whole amazing bio.

**[0:02:43] AV:** Oh, come on, please. I don't even think — I mean I hear some of that and I'm like, "What?" It's funny, somebody reached out to me yesterday and he said, "Do you have a media kit?" And I was like, "No, I don't keep things. I just keep going and doing new things. I don't keep track of everything I've done." You just keep going, when you love what you do, you don't even need a portfolio. You just keep doing it.

**[0:03:06] AS:** And I think that's what's so interesting is that when you love what you do but you came by what you love, I think the passion behind it and wanting to help people from your own story. So can we just stop and go back to that day, which this wasn't in your bio but I know this since we're great friends, you were working at Vogue in New York City, living the life and tell us what happened that turned your life completely around?

**[0:03:33] AV:** Yeah, oh gosh, my legs started swelling with about 40 pounds of water weight every day by the end of the day and it was pretty crazy. I was about 90 pounds at the time and I couldn't gain weight and very, very, very long story short, I ended up with steroids, pain killers, water pills, getting bone marrow biopsy at the cancer hospital here in New York which I pretty much lived at and then also I had to go out to Mayo Clinic to get other bone marrow biopsy because they thought I had Leukaemia.

It turned out that after about seven years of dealing with drugs and not knowing what was going on, I actually figured out how to really heal my body and get to the root cause and address the underlying imbalances that were happening within my body instead of just putting a Band Aid on top of them which is what western medicine was doing.

**[0:04:28] AS:** Yeah, but didn't the doctors tell you that you had like a day to live? I mean when I heard that, I would have freaked out.

**[0:04:37] AV:** They did. I had contacted C. diff colitis that means I got it from a hospital for special surgery. I was there getting muscle biopsies because I had Myositis and I was in so much pain I couldn't even function and I ended up having to go down to my parent's house because I couldn't take care of myself and my mother was like, "You're fine, you're fine," and I was like, "No, really I'm not."

We had exhausted every doctor in New York and New Jersey since they didn't have it in Philadelphia and they said, "You had C. diff colitis," so people had to be on gowns. No one could come into my room without a gown on because I was so contagious and I wasn't working and I was on disability. So yeah, they gave me 24 hours to live.

**[0:05:16] JB:** They actually said that you?

**[0:05:18] AV:** Yeah and they said, "If you have waited any longer, you would have been bye-bye." I was so out of it, I'm so out of it. I just remember it being the worst, I've been in some pretty crazy pain but it was pretty intense.

**[0:05:35] JB:** Yeah, that's crazy. Well obviously, you made it more than one day.

**[0:05:40] AV:** I know, right? Somehow I pulled through, that's when western medicine is amazing I have to be honest. I mean there is a place for western medicine but it does not address the underlying imbalances that are in so many people's bodies and so many people that I meet and that I know are on drugs and not getting answers and they have nowhere to turn and they don't understand that there are other ways out. I didn't even understand it.

**[0:06:07] AS:** Yes, that's what I'm curious about. So obviously, you exhaust all the doctors on pretty much the east coast and then where do you go from there? Okay, you come out of C. diff, you get the antibiotics that you need etcetera, but where do you go from there, especially when no one has answers for you? People a lot of times think, "All right, I'm going to heal myself," but it's more a feeling of being lost and confused.

**[0:06:31] JB:** Yeah and did you even think that when you got up like, “Okay, I’m going to heal myself,” or how did you go down that path of self-healing?

**[0:06:39] AV:** Oh my gosh, it was such a long process. I’ve spent hundreds of thousands of dollars. I tried everything from healers to functional medicine doctors, integrative medicine doctors. I mean I have seen over 500 doctors. I have done everything from I.V. Chelation or removing the heavy metals out of my body, getting my mercury fillings removed from my mouth, going through Lyme disease treatment, which is a huge detox, coffee enemas every day for 3 years just because I could barely make it through my day.

Epsom Salt Baths, detox baths, eating 100% organic, cooking all my meals. I mean the different things that I have to do to really keep myself healthy and still today, I mean it’s a lot of work to keep going on and doing what I have to do every day. People look at me and think I’m crazy, they’re like, “How do you do everything that you do?” But you just do it because you realize how bad it was and you never want to get back there and I think part too was, the part about the MTHFR, the methylation, which is I know it is something that we have chatted about before which is a big part of my book.

So methylation is really about how we’re detoxing. So that’s why two people could live in the same house and one gets mold poisoning and one doesn’t and one gets heavy metals and one doesn’t or all these different things that are happening in our environment. So it really comes down to our genes, right? We’re born with this two snips of DNA for this gene called MTHFR.

If you are born without both snips, you actually end up not being able to detox properly. So you have a handicap to detoxing. So you’re not sweating out for toxins, you’re not urinating them out, it’s not coming out in your feces, whereas a person who has both the genes is able to do that. This is what western medicine doesn’t look at. This is why there are so many problems with so many people who are not getting answers, that’s really what it comes down to.

**[0:08:44] AS:** For our listeners, if you read any holistic, complimentary, functional medicine, it’s called the MTHFR gene, that’s how they identify it. So are you absent in one of your snips and was that what was causing a lot of the underlying, the diagnoses were Lyme disease...

**[0:09:05] AV:** Yeah, that was a big, big part of everything, the reason why I have the heavy metals and the mold and all these other toxins in my body that I was not able to process on a daily basis. So I had to learn how to support my body's detox process on a daily basis because normal people they say go on a juice baths or different things like that but that's crazy. That's just recirculating the toxins throughout your body.

Detox, which why I really wrote my book to explain what detox is, is really getting the bad stuff out of your body and putting the good stuff in your body. As basic as that sounds that's really what it is so Epsom Salt Baths and skin brushing and infrared saunas and really working with functional medicine doctors and even nature paths or healers, on getting rid of things like bio film which leads to gut issues.

And a lot of different protocols candida, something that causes chronic joint and muscle pain in my body for years and western medicine thought I had fibromyalgia. So it's little things like that that are not so little, that are really causing such chronic illness. What's interesting Ali is that once we really started to cut down on the candida and kill our candida and the bio film, is when my liver enzymes and my thyroid enzymes started to normalize.

So it's amazing, western medicine doctors would never have said candida was causing high liver enzymes or thyroid enzymes or anything. It's incredible what these different toxins in your body can do like mold and candida. It's like a storm in your body, you know?

**[0:10:46] AS:** Yeah.

**[0:10:47] JB:** Yeah, for sure and I was going to add to the candida thing because I...

**[0:10:50] AS:** Let's define it for our audience because I think a lot of functional medicine terms are really new to people and so Juliet, you want to define candida for people?

**[0:10:59] JB:** Well, I'll have Amie define candida because I feel like she has a much better grasp on it.

**[0:11:05] AV:** I mean I have so much information like if you don't say that I'm stupid but it's really the overgrowth of, I don't want to say dead bacteria but it's more yeast. It's really yeast and the problem is, it's usually not just yeast because usually, you don't just have candida. You have something else with it like pathogenic bacteria and things like that.

But you don't have to have yeast infection or any kind of yeast issue. I never had any kind of any, any, any yeast in my whole life and no sign of yeast anywhere. So I never thought candida was a problem. I thought it was SIBO, which small intestinal bacteria overgrowth which is also you get bloated after you eat. So very, very, very similar symptom but candida, fermented foods, exasperated sugar foods, fruit, grains, beans, they're feeding the bad bacteria.

I just had a client the other day from overseas who actually was doing, she is pregnant and she has really bad candida and her doctor put her on fermented sauerkraut and I said, "Oh my gosh, this is a huge problem," because so many doctors say this and fermented foods are wonderful. They're wonderful, but if you have a candida problem, you're feeding the bad bacteria.

She was eating that and then taking probiotics and I said, "Probiotics are wonderful but it's kind of like you go outside to your backyard and you have a pile of trash, you're not going to put soil on top of it and try to grow flowers for the spring. You have to kill bad bugs on top of the garbage, right?" So you have to kill the bad bugs in your gut before you can even think about putting in the good stuff because the good stuff is not going to do anything.

**[0:12:55] JB:** Yeah and with the candida, it can show us so many symptoms. Most people would think an overgrowth of yeast, they would think they would get yeast infections. But I actually was diagnosed with candida two years ago and it was from me having severe brain fog for a really long time and it was debilitating brain fog and once I treated the candida, poof, my brain fog went away. It was incredible.

**[0:13:20] AV:** Right, yes. It's fascinating. Now tell me, did you do like antifungals, antimicrobials or how did you do it?

**[0:13:27] JB:** I did a really high dose of grapefruit seed extract.

**[0:13:32] AV:** Yes, my favorite.

**[0:13:34] JB:** Yeah, it's twice a day, a ton of that and obviously changing my diet, making sure that I wasn't feeding the bacteria but definitely my diet is a lot more lenient than it was but I don't have it anymore and I haven't had it since so it's great.

**[0:13:54] AV:** Yay? Oh my god, that's amazing.

**[0:13:56] JB:** Yeah.

**[0:13:57] AS:** I just want for the people listening because they might not understand, in your gut, you have about 3.3 pounds of bacteria and in an ideal world, you have 80% good bacteria, the probiotics that when you eat fermented food, help those proliferate. And then you have 20% of, to Amie's point, they're not bad but you don't want them to get out of hand, they're "bad bacteria".

When you have been through several rounds of antibiotics or steroid medication or stress or other co-infections which is what Amie was dealing with, a lot of times, that bad bacteria proliferates and it feeds on sugar and undigested foods and so I don't want everyone to be all of a sudden to be getting paranoid of like, "Oh my God, do I have candida?" But I have seen with a lot of my clients after steroid medication or antibiotics, they do get candida and weight gain too.

Candida feeds on sugar so I just think it's important for everyone too — I want to give them some context for how this happens. We all have bacteria on our gut and we have to keep it in check. So this is one thing Amie that I think is so important about your story too and talking about detox because your book comes out around March and most people are going to be, "Spring break, oh my god, the summer is coming," and they're going to do something that they think is benign like a detox or a cleanse.

They have no idea that they might potentially be harming themselves by doing that because if you have the MTHFR gene or you're not able to detox. So what are some...

**[0:15:29] JB:** It's like opening up a can of worms for some people if they're doing something like that.

**[0:15:32] AS:** Yeah, so I'd love to — I really am curious how you kept going but from a detox perspective...

**[0:15:39] AV:** I don't know.

**[0:15:42] AS:** I know, you're amazing. But you talked about Epsom Salt Baths and body scrubbing but first of all, is there anything if people feel — like what symptoms are there that you're not able to detox properly? What if someone's in their everyday life they may think, "Oh, I'm just getting old," or, "It's because of this." What are some everyday symptoms?

**[0:16:04] AV:** It's anything. The thing is that it manifest differently in everyone. Every single thing, it manifest differently in everyone. You could have joint pains, you could have dark circles under your eyes, you could have insomnia, you could have acne, you could have back pain, you could have joint pain, muscle pains, athlete's foot, you could have yeast infections. You could have gut issues whether it's bloating or not being able to eat certain foods anymore.

It literary it's unbelievable. You could have eczema, you could have acne, the list goes, your hair could start thinning out because it affects your thyroid, weight gain because the toxins are stored in your fat tissue, weight loss because your metabolism just ends up being so screwed up and you're not able to then absorb anything.

It's a vicious, vicious cycle and it really takes — I mean I was on disability and then I ended up just quitting my job because it was a full time job for me to figure it all out. You have to be in charge of your own health and if more people realize that the impact that you have on your own health, I mean you could change your life forever but so many people are really, like I was in the beginning, looking up by themselves for answers from doctors and a lot of these doctors don't even know what they're doing and they don't even understand anything aside from giving you an antibiotic which is just disrupting your micro biome and your entire good and bad bacteria balance in your body, you know?



**[0:17:41] AS:** Yeah, I know for sure. I think something that's useful too, when I work with clients, I look at if they have a bunch of unexplained symptoms that seem disconnected. If you are hearing all of those, what Amie just described and you're thinking like, "Oh my God, maybe I just have joint pain, does that mean I can't detox?" Not necessarily.

Usually, I find when it's at a critical point when you need to get tested for MTHFR gene or really seek out specialist help is when you have a bunch of unexplained things together, like I had a client where you have to talk and ask people about their bowel movements but she was seeing kale in her poop. She said, "I thought I was eating healthy," and then she had some — what's the scalp condition where it's not just dry scalp but I am forgetting it right now?

But she also had athlete's foot that no one could figure out and she had joint pain and so putting that all together and she was gaining weight and all her doctors just kept telling her to eat less but it was those collection of things that I was like, "You're not detoxing properly because you can see food in your stools, because of all these, the hair stuff and the joint pain and the athlete's foot."

Which all what she would notice is when she would have issues with her bowel movements and her system was clean, all that stuff cleared up and she was like, "Now that you say that, when I have nothing in my system, I don't have those symptoms," and I'm like, "That's definitely an issue with detoxing and your gut health in general."

**[0:19:12] AV:** Yeah, and a lot of people don't realize that it's not normal to not feel amazing every day and it's unbelievable. So many people are suffering from health issues and they don't think there's anything wrong because they're just living off of Advil and Tums all day.

**[0:19:29] JB:** And you were listing the symptoms, right? Insomnia, dark circles, joint pain, it's like 99% of America right there would raise their hand and be like, "I have multiple of those symptoms going on in my body."

**[0:19:46] AS:** Yeah, well I think what's interesting too Amie and Juliet, I would love to hear both of you talk about this and this is one of the things that I kind of part with functional medicine in a way. Not part with them, and just for everyone listening, functional medicine is basically this

emerging — I mean it's been emerging for 30 to 40 years but it's a discipline that tries to get to the root of issues.

So if a plant is dying, western medicine will just cut off the leaves and say, "You're done." Functional medicine will say, "Well what's in the soil? Is it getting enough light? Is it getting enough water?" So really looking at root symptoms, and if someone is as sick as Amie was, often times you will need to do a lot of things. But at the end of the day, if you need to — I think the first step for anyone listening and I love to hear about any suggestions you have Amie.

But to detox just to support your body. I mean whole foods is always the first start. No matter what or how complicated of symptoms you have, don't you think that vegetables and lean proteins and healthy fats is always the first place to start?

**[0:20:48] AV:** Oh my gosh, I can't even tell — yes. Healthy fats is number one. Number one is healthy fats. That is so healing and people are not eating in fat and it's very sad. I mean Mark Hyman's new book that comes out very soon is, *Eat Fat Get Thin*. People are not eating enough fat. Everyone is scared of fat from the 80's and that's affecting everyone's endocrine system. It's terrible.

**[0:21:12] AS:** Yeah especially women. Women have extra estrogen and when you then don't eat fat, you eat more carbs which are more affected by, what are your favorite healthy fats?

**[0:21:23] AV:** Oh my gosh, avocado, I'm in love with avocado oil. I just got that at Chosen Foods, I use the avocado oil, I love it. I also use almond oil and every nut and seed except I don't do pistachios or peanuts because of mold but I do every kind of raw nut and seed out there so flax and walnuts and everything like that and then extra virgin olive oil, coconut oil, all of that kind of stuff. That's all really healthy fat for people even full fat coconut milk is great.

**[0:21:54] AS:** Yeah, out of the can though, I've noticed that the kind that you can buy in the dairy section has a lot of additives to it so stick with the cans.

**[0:22:05] AV:** Definitely, definitely, yeah.

**[0:22:07] AS:** So healthy fats and also, one of the things that you struggled with is PCOS which is polycystic ovarian syndrome. A lot of my clients, not a lot but I'd say like maybe 10 to 20% struggle with that. Can you talk a little bit about that and how it affects everything else and what it is for people who maybe listening and may have it and may not even know it.

**[0:22:28] AV:** Yeah, so I didn't find that until three or four years ago and really what it is, is that you have these like, my doctor did an ultrasound and he said, "You have black cysts on your ovaries," and I was like, "Wait what?"

**[0:22:40] JB:** Wow that sounds scary.

**[0:22:41] AS:** Totally scary.

**[0:22:43] AV:** And he called it the Black Pearl because it looks like a pearl necklace because it was a ring of black circles. So what happened was, I was starting, I'm naturally very lean and very thin and I started to put weight on but flab weight and nothing I did was like, "What is going on here?" And it ended up being the PCOS. It makes you insulin resistant.

So even a piece of organic chicken you're eating turns to sugar, even the piece of zucchini you eat turns to sugar. So it's really all about balancing your blood sugar and how do you do that? You do that with adding a lot of fat and protein to everything that you eat. Anything that's an immediate carb whether it's a cracker or a piece of pasta or a piece of fruit, or anything, you always, always, always need to put a piece of fat with it and protein. That's what I learned from this functional doctor and it was really incredible.

**[0:23:35] AS:** So what I love is even though you have all of these separate issues, the healing path was the same when it came to what foods to eat, right? Like healthy fats, clean proteins meaning organic pasture raised and then vegetables. Were vegetables part of it? I know some people struggle with vegetables.

**[0:23:53] AV:** Yeah, vegetables were huge. I eat every kind of vegetable there is. I just couldn't do fruit for a long time but now, I can slowly add in fruit. I put fruit in my cookbook and whole grains but every time you see a fruit or a whole grain, there is protein and there is a healthy fat

with it. That's how I'm able to do it. So I can do — I can't have like a huge bowl of fruit just clean. But I can have fruit like a banana with almond butter or apple with hummus or have some of my grain free crackers in my book with my guacamole or something like that.

**[0:24:26] JB:** Yeah and I have hypoglycemia Amie so I have the same, with my blood sugar it's really hard for me with just eating carbohydrates or even just eating a protein, I always have to have a fat with everything that I am eating, otherwise my blood sugar dips too low and I have insulin resistance as well.

**[0:24:46] AV:** Definitely, yeah.

**[0:24:47] AS:** Has it gotten better Juliet? Like the longer you manage the — now that you're through the candida and all of that stuff, do you find that it gets stronger and stronger as you go?

**[0:24:55] JB:** Yeah, another symptom that I had with the candida other than the brain fog was that my blood sugar was really, really poor at that time. My hypoglycaemia was at the worst that it has ever been. But since I have healed the candida and I really changed my diet a lot with making sure that I eat a lot of fat with my meals, yeah, I have noticed a huge difference.

I still have sensitivity from time to time. I have to be careful with exercise. I can't do too much cardio exercise because that really affects the hypoglycaemia and I work out for a living basically, I teach spin so I have to be careful. I have to make sure I really monitor what I'm eating with all of the cardio exercise or else my blood sugar, I say it hates me.

**[0:25:45] AS:** Yeah and just again for our listeners, this is what worked for Amie and Juliet and I know I am someone who needs a lot of protein and fat but it's really important and we mentioned this on episode three with good and bad carbs to know your metabolic type, if you're a slow, medium or fast burner and that's what my Curb Your Afternoon Cravings program is about but figuring that out so that you know if low fat, medium fat or high fat is good for you because everyone is different and it's important to know that.

But the reason in me asking you that Amie is because I think for people out listening, they think detoxing has to be this crazy or anti-inflammatory, all these words has to be like gearing up, buying all this like expensive supplements, weird foods you have never heard of that you're going to eat once or spices when it's like so simple and food is such an amazing "technology" that when you compare it to what you went through like the Mayo clinic or with all these doctors.

It's like, "Wait, my garden is going to do more than all of these technologies that — bone marrows and all that kind of stuff?" But as someone who is a detox expert I would say, what would you say to people? I mean they should totally get your book because you make it so delicious but I think they'd be surprised at seeing your book and you're like, "Wait, this is a detox? This stuff taste amazing."

**[0:27:04] AV:** It is amazing. I have over 200 recipes in the book that are detox approved. So no gluten, dairy, soy, refined sugar, no white flour, no white potatoes, no peanuts, no alcohol, no caffeine, I bring people through it, 21 day elimination diet and I say, "This is how you need to work to figure out," I am not saying you have to cut everything out but you have to cut everything one at a time to see what is causing the inflammation in your body and what is really — and then you slowly start to add it back in.

I take them through this seven day re-introduction period. I want to show people eating clean, living clean from detox feels amazing not because you should do it but because once you see life this way, you'll never go back. I mean there's not a processed cupcake that I would eat to give up for how amazing I feel right now and when you figure out what makes you feel good, don't you want to do that thing?

I mean everybody wants to feel good every day. I think it really comes down to telling people detox is about supporting your body's ability to process the toxins that you're exposed to every single day and it took me years to realize this and no one will tell you how to detox or how to clean up the toxins of your body because a lot of these doctors only know one way of medicine treating the symptoms.

So until you start to work with the functional medicine or integrative medicine doctor matter perhaps, someone that understands all of these different ways of looking at the puzzle pieces,

that's when you can really learn how to change your life no matter what's wrong with you and that's really why I started my business and I wrote the book.

I want to change people's lives and it's not easy trying to figure out how to be healthy in a real way because every magazine tells you what healthy is. Every expert tells you what healthy is but you are the doctor of your body. I mean you should be telling yourself what makes you feel good and what doesn't instead of listening to low fat or low carb or paleo or whatever it maybe. It's about listening to your body.

**[0:29:16] JB:** Yeah and it's also about not just doing these things to look at a certain way because I think that what people are so attracted to is this detox or this elimination diet or gluten-free or paleo and it is all around them wanting to get a flatter stomach, "You know I'm always bloated. I just want a flat stomach," but they're not actually addressing like maybe there is an underlying health issue here that you need to work at and then the side effect would be that you have a flatter stomach but it shouldn't come from that place.

**[0:29:45] AV:** No, not at all. Not at all, and that's what so many people are — that's what really screwed up in a lot of the mentalities here.

**[0:29:54] AS:** Yeah. I think people want to care about their health and what I think Amie, you brought up a good point when you're like, "Once you experience this, you won't want to come back." I'm gluten intolerant so I've been gluten free for eight years now and there were no choices way back then and people always be like, "That must be so hard," and because I was an emotional eater, it took me eight months to go gluten free because I was binging on like gummy bears and Reese's Peanut Butter Cups because their gluten-free.

I was like, "This is just as bad," but once I got off of it, people are like, "That must be so hard," and I'm like, "Compared to the irritable bowel syndrome, the asthma, the acne," the allergies that I was dealing with, now I had to do other things besides going gluten-free but I'm like, "This is so much more freeing," and so I think we've normalized sub-par health.

Juliet, as you were saying like all the symptoms Amie rattled off, that's 90% of America and so when you look around, getting that taste of health is such a motivator. It's interesting given that I

studied human behavior and motivation in grad school, I have a lot to say about this but I think a lot of us are trained to think that weight loss is our only goal but that actually doesn't motivate people day in and day out.

**[0:31:08] AV:** No, it doesn't. You're right.

**[0:31:10] AS:** Yeah and so if we can start to and this is what I love about your recipes and your approach of like, "Hey detoxing can taste great and feel great," it doesn't have to be, "I'm starving and trying to get these juices in," and then I have to say no to and having dinner with my family and friends like, "Hey, this is actually about freedom and tasting really great food."

I put your mushroom recipe in my clean eating reboot and people are like, "I never knew I like mushrooms until I ate them that way," and they're like, "Now, I'm looking forward to them." So I think really getting out of the idea that health and food is about deprivation. You start to get people not to be concerned with just weight loss because it doesn't have to be this huge sacrifice and you can feel better daily.

**[0:31:57] JB:** Yeah and Amie, I think I was looking at your website and there was a video on there and you were taking people through a tour of what you're eating and your health and you were talking about the FODMAPs diet, was I seeing that correctly?

**[0:32:10] AV:** Yeah.

**[0:32:11] JB:** Is that something that you are still doing?

**[0:32:13] AV:** You know it's so funny, that and the sugar page are the most popular on my website. So I'm going to be starting two programs actually. Well, I have another program that I already wrote. They are already written, but I can't come out of it yet because my book is coming out so I want to wait a little bit but I really want to start, I always get something down the pipeline. I definitely did start focusing more on FODMAPs, candida and sugar because I think those are really, really popular on my site. People are always asking me about them.

**[0:32:41] JB:** Can you tell me about FODMAPs, yeah is that what you're going to say Ali?

**[0:32:44] AS:** Yeah, tell people what FODMAPs are because again, this is a lot of new terminology we're throwing at people. Can you tell us Amie what FODMAPs are?

**[0:32:53] AV:** Yeah, definitely. FODMAPs is really the food that ferment in your gut which so many people don't realize some of these healthy, healthy foods can ferment in your gut and even vegetables. So I mean again, it's different for everyone. Everyone is so, so different. Some people they don't see difference on FODMAPs, some people don't see the difference from going gluten-free but it's something to try.

You are really taking out these foods that can possibly ferment in your gut. So for instance, there's the low FODMAP, they call it the low FODMAP kind of diet. There's anything from baked beans to wheat and rye, you even have fruits like apples and watermelon, cauliflower different things like that that actually sometimes bother people.

It's unbelievable, the different things that people don't realize are actually fermenting in their gut. So a lot of times, you know it's interesting I did the low FODMAP and some of those foods bothered me but some of them didn't bother me like chickpeas bothered me but I could do apples or bananas were fine on me but I could eat avocado. It was very different for me.

It was not like a straight on following this diet and it works for me. Some people do the GAPS diet too and that works for them. So I just feel like it's such a personal approach to your body but it's definitely one thing that I recommend just trying out because I think it's a huge, huge problem for people who are getting the bloating in their large intestines or even their small intestines and it interacts with the SIBO, you know?

**[0:34:38] JB:** Yeah, I was going to ask you what symptoms you would say would be helped out during the low FODMAPs diet? How would somebody know to even give that a try?

**[0:34:50] AV:** Yeah, definitely. I think FODMAPs like I was saying, if something is fermenting in your gut, you're going to have like an IBS symptomatic kind of thing that's going on in your body. You're having maybe diarrhea, constipation, maybe you're having some abdominal pain or gas or bloating. It depends on everyone.



Some symptoms can be debilitating while other people just get a little bit of gas and bloating but really, when something is fermenting in your gut, for me it was gas and I was bloated because your body is filling up with these toxins. So that's something that I think is really, really — if you're having any kind of gut issue, it could be something to try, definitely. But I recommend first before doing fraud map is getting tested for candida and getting tested for small intestinal bacteria overgrowth.

Because, they're very, very similar and they manifest very similarly in terms of symptoms but the treatment of them is so different. You treat candida completely different because it's a yeast, than you treat small intestinal overgrowth because it's a bacteria. And they want to give you antibiotics for both which is the huge, huge issue that's going to exasperate the problem but that's really my first step with clients, get tested.

**[0:36:12] JB:** Yeah and for those out there, how would they get tested? I know we've all have gotten tested so where would somebody go? We know western medicine, they're not testing for this.

**[0:36:20] AS:** Well you can ask your doctor. I mean I have my clients, if they really like their doctor I'm like, "Here's the test you want to ask for."

**[0:36:28] JB:** 'Cause they have access to the tests.

**[0:36:30] AS:** Yeah, they do and some of them, I know SIBO tests are usually covered by insurance, aren't they?

**[0:36:35] AV:** Yeah, usually yes.

**[0:36:37] AS:** Yeah and some of my clients who have younger GI doctors don't work with me. They're like, "Yeah, we'll test for SIBO." One of my client's GI doctors had done a fellowship on SIBO.

**[0:36:48] AV:** A lot of doctors really focused on it. I had SIBO like four times and it was pretty crazy. But it's amazing that they manifest in such similar ways but their treatment is so different and I think that's so key for people to know. That's why you really have to be so in tune with your body. Look, some people can do beans, some people can't.

Some people can do nightshades, some people can't like nightshades have never bothered me. I cut eggplant out of my book because I know it bothers a lot of people but tomatoes I do great on. I had a doctor who could not even touch tomatoes. Once she took them out, her inflammation stopped so some people can't even touch a tomato, they get joint pain. Everyone is so different because our bodies are built so differently.

**[0:37:34] AS:** Yeah, I think that's why your book is going to be so helpful because it will help people eliminate a lot of potential allergens. You have done the curation process for everyone, right? "Here's 21 days of amazing recipes, see if anything improves." I've had clients who didn't realize that they were bloated. They thought, "Oh I just have this belly."

Again, things have been so normal for so long so I think the first step for anyone is definitely get Amie's book and eat clean for three weeks. So if anyone is wondering, you can ask your conventional doctors. Do you think conventional doctors will test for candida? I guess that depends.

**[0:38:15] AV:** They don't believe in candida because what I learned is that for candida, if you had candida in your body in terms and according to western medicine you are dead because they only believe in candida in the blood and candida in your blood you're dead instantly. I wrote this in my book because the doctors looked at me and said I had fairies in my stomach. I mean I wrote that in my intro, you know what I mean?

**[0:38:43] AS:** Who's really in the land of magical thinking? It's like opposite day out here.

**[0:38:48] AV:** I know, seriously.

**[0:38:50] JB:** So most doctors won't, but functional medicine doctors, integrative medicine doctors usually does.

**[0:38:56] AV:** Western medicine doctors understand SIBO but again, they're just going to give you an antibiotic.

**[0:39:03] AS:** Yeah, for anyone listening, if you want to see if there is a functional medicine practitioner. So functional medicine, this field, I mean there's many people; I am familiar with it, Amie is, Juliet, I don't know if you've ever studied it, I know you know the principles but nurse practitioners, chiropractors, doctors, all different types of people who are basically realizing that traditional medicine doesn't work can be trained in functional medicine.

If you go to IFM.org, Institutefunctionalmedicine.org, one of those, Google it, a site will come up and you can type in your zip code and you can see the practitioners in your area that understand functional medicine. There's more and more of them, some of them take insurance, some don't but often, if they don't take insurance, some of the test that they prescribe will.

It may seem like a lot of work but you cannot just expect your doctor to get you well. I think that's one of the big things. You have to be your own advocate and I think that Amie your story is beautiful and it illustrates that. It's a poem of advocacy and I think that's what you keep telling us and realizing that medicine is in the cookbooks. It's in the farmer's market. It is not with your doctors and if your doctor isn't giving you what you want, find a new one.

**[0:40:21] JB:** Yes, if you're not feeling better, if you are just getting more and more prescription drugs assigned to you, if nothing is changing, then yeah, you have to.

**[0:40:30] AS:** But also know that you have to do the work too. I think that's a big thing as well and Amie, one of the things that I wanted to ask you because I know we have to wrap up here but I know you said you didn't know how you kept going and my suspicion is, you just kept focusing on what was in front of you. Versus I think all of us who healed through food or gotten through our relationship with food, it always takes us longer than we think.

That's just life in general, so how did you — I mean and your resilience probably built as you went like the more you get better on your own, the less you really think doctors or anyone else can save you. But it's a gradual unfolding, it's not an overnight process. So when you felt crazy

or maybe you didn't feel crazy but maybe when you're just like, "Oh my God, something else," what kept you going in those moments?

**[0:41:22] AV:** Oh my gosh, you know what it was? When I started to not feel good. I mean had the leg swelling, they were doing bone marrow biopsies, I was at Mayo clinic, I was fine. I was fine. When I started to get really sick and feel sick, I was like, "Something is wrong," and nothing anybody gave me was helping. It helped for a day, a week or a month and that's when I was like, I just kept fighting and fighting and going and going until I started to feel better.

And still, I'm doing a lot of energy work. I am doing something called NAET and reversing a lot of my food allergies and some days I feel really gross and bad and I have to go back to him and be like, "Oh my gosh, I feel awful, we have to redo that." And I mean you really just have to listen to your body. It comes down to what works for you, just stop listening to everybody else.

My book and my website is to really help you get through whatever it is that you're going through and give you ideas and telling you how you can start supporting your body's ability to detox every day because I had to relearn how to eat and how to eat clean but like I said before, you had so much more control than you realize.

I want to inspire people to own their health and I'm not saying everyone needs to be vegan or gluten free or whatever it is but like we said before, when you see life living this way, you'll never go back and it's not about deprivation. It's really isn't.

**[0:42:46] AS:** Yeah, great. Juliet, do you have any more questions for Amie before we wrap up? This packed in a lot but I think everyone should get your book, *Eating Clean, the 21 day plan to detox, fight inflammation and reset your body* and we'll have a link on the podcast page as well as I'll put a link to functional medicine practitioner page and know that you can detox in a healthy wonderful way. And I mean, the recipes in your book, I eat that way every day. I don't even think of it as a detox but it's great.

**[0:43:16] JB:** That's just your diet.

**[0:43:16] AV:** That's how I am. That's exactly how I feel so it becomes your way of life.

**[0:43:24] JB:** And an enjoyable way of life, as you were saying. I actually look forward to eating that way but thank you so much Amie. This is really inspiring for me and I'm sure a lot of our listeners just hearing your story and also, I think it will spark curiosity within people to just scan their own body and their symptoms and just see like, "Am I really in my best health? Is this it or is there more?"

**[0:43:50] AS:** Yeah and kindle that. A lot of times, we say listen to your body and research even shows how when women come into the traditional medical model, they're told they're too emotional, they're told, "Oh it's just your cycle," or whatever and so women have often been dismissed and there is a lot of pain in that dismissal. So there is other systems and other opportunities and other practitioners that will work with you to regain — that intuition grows.

It's like a fire I think of, it starts out and Amie, I'm sure there is something in you, yeah you felt bad but there was something inside of you that said, "Hey, there has to be more." So if that's resonating with you and you are listening, kindle that. Research, try different recipes, consider different options, your doctor is one of many I think is the big message.

**[0:44:41] AV:** Definitely. I agree completely. I love you guys, thank you so much for having me. This was really great. I hope that everyone found some benefit and some information that they could take and help themselves.

**[0:44:52] AS:** Yeah, for sure and we will definitely, Juliet and I have it plan to do, for listeners of Insatiable, a couple of podcast on functional medicine and gut health and blood sugar and all that because you really need to start with your physiology when it comes to weight loss or health otherwise you're just going to run in circles. So Amie, tell us again where we can find you on social media?

**[0:45:12] AV:** Definitely, I am The Healthy Apple on everything, so it's just @thehealthyapple on Google Plus, Facebook, Pinterest, Instagram, you name it, I'm there. That's me.

**[0:45:24] AS:** Yeah and definitely check out the book. It will be a much better spring detox than what you are planning on.

**[0:45:30] AV:** Definitely, it is so true. It is so true. Thank you so much for having me. You guys are amazing.

**[0:45:36] AS:** Thank you Amie.

**[0:45:37] JB:** Thanks Amie.

**[0:45:38] AV:** You're welcome much. I'll talk to you soon. You two have a great afternoon.

**[0:45:40] AS:** You too.

**[0:45:41] JB:** Bye.

**[0:45:41] AV:** Okay, bye.

[END OF INTERVIEW]

**[1:01:55.1] JB:** Thank you so much for listening to the insatiable podcast, we hope you enjoy today's episode, you can connect with us on social media, follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stands for "Marie". Please feel free to also email us any questions, we would love to hear from all our listeners, you can reach us at [ali@alishapiro.com](mailto:ali@alishapiro.com) and [Juliet@unitefitness.com](mailto:Juliet@unitefitness.com). We'll see you next time.

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