

EPISODE 39

AS: But first you have to figure out what percentage of fats, carbs, and proteins work ideally for me? Because I found, until you do that, you don't even feel good enough to know what would make you feel bad because you're just kind of feeling fatigued, kind of crappy.

JB: Often times, for those people who need a little bit of grain or a little bit of starch with their food, if they don't have that and they're just eating a protein and a vegetable, I hear it all the time, they just had fish and vegetables for dinner and then at night I just crave so much sugar. I want to have a bowl of cereal or I want to have an apple with peanut butter, I need something else."

[INTRODUCTION]

[0:00:43.5] 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.

[0:01:24.0] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[0:01:33.6] AS: Welcome to episode 39 of the Insatiable Podcast, *What works best for weight loss? Mediterranean, vegetarian or paleo?* In today's episode, we're going to get in to figuring out first what is the best diet for you, for health and for weight loss. Two, how you can start to figure out immediately what works for you and finally, why you need to experiment if you ever want results that are going to last. Join Juliet and I today as we get into metabolic typing.

[TRUCE WITH FOOD MESSAGE]

[0:01:33.6] **AS:** Hello Insatiable listeners, it's Ali here. If you tune in here, you get that diets are a losing battle but are you equally afraid if you give up, you'll blow up? Fortunately, there is a better way and it's called A Truce With Food. Because here is what you already know. When you struggle with food, you struggle with life, as Candice from Pennsylvania, a past Truce With Food participant said, "Truce With Food is not just a plan but a lifesaving journey."

Here is what we do in the program, which starts, this September, we stop the sabotage cycle. We get to the root of bad eating and most importantly, we figure out what food combinations work for you. Get the first lesson free and find out which is the better diet for weight loss, Vegetarian, Mediterranean or paleo. Log on to Alishapiro.com and find out.

[EPISODE]

[0:02:54.6] **AS:** Hey everybody, it's that time of year where we're coming back from the summer and all the frozen yogurt and alcohol and we're like, "All right, I'm going to do this health thing," right Juliet? The gym gets crowded this time of year?

[0:03:05.7] **JB:** Yeah, it's nuts this time of year. Yeah, everybody's back.

[0:03:10.0] **AS:** I know, it's awesome, I love it. Fall is my favorite season too so yeah. So Juliet and my, our birthdays are coming up. Today we're going to talk about one of my favorite subjects, is this concept of I guess bio-individuality or the fact that not one diet works for everyone and we want to kind of guide you through today how you can start to figure out what diet works best for you; vegetarian, the Mediterranean, or the paleo. I have seen this, I've been practicing, I can't believe this, 10 years, a decade now and I have always seen like different diets work for different people. Like this is not, and Juliet, I'm assuming you see this too.

[0:03:51.1] **JB:** Definitely. You know we talked about like how to exercise for your body type, we're talking about metabolic typing here and there's definitely different ways of eating that are better for certain individuals as well as exercising. So this is what you talked about with your clients, I talk about with my clients all the time.

[0:04:08.3] **AS:** Yeah, what's really fun because I'm also, I love science even though I know it's an unfolding enterprise is that science is starting to catch up or I would say confirm what I have

seen and I think what we all know intuitively is that not everything works for everyone and this ground breaking study came out of Israel and what they found is that different foods, elevate people's blood sugars differently.

So we've talked about blood sugar a lot on this podcast and we're going to kind of really dedicate a lot of our conversation today will revolve around this because it determines what diet is best for you and that's what metabolic typing is about. But basically, a lot of people think only diabetics need to worry about blood sugar and I'm just going to repeat again, no, we all do because it controls your hunger, your cravings, your energy, your moods, your emotional resilience. Your capacity to deal.

When Carlos and I, if we're like getting snippy with each other, we're like, "Someone needs protein." It's like this funny joke because our blood sugar is imbalanced. So what Israeli researchers found was that in traditional nutrition, you will refer to, a lot of nutritionists refer to the glycemic index. They'll say, "Even apple, it's really low on the glycemic index and what they're saying is it won't raise your blood sugar very high, and it has a lot of fiber, it's a whole food." But what this Israeli researcher has figured out was the glycemic index actually makes no sense because everyone, an apple is going to affect different people differently.

[0:05:38.1] JB: What the glycemic index is, just to give you context out there if you're not sure what we're referring to, is how fast those carbohydrates absorbed into your system, the rate at which they're absorbed.

[0:05:49.1] AS: Carbs and fat and protein, everything that your cumulative meal.

[0:05:53.1] JB: Something is lower on the glycemic index, it's slower to burn if something's faster, up on the glycemic index or higher I mean, it is faster to burn.

[0:06:03.8] AS: Yeah, wine is super high on the glycemic index.

[0:06:08.1] JB: It just goes right through you.

[0:06:09.9] **AS:** Yeah, probably be more medium or chips and the carbs and cookies and all the processed food is super high on the glycemic index, an apple is relatively low. Even natural sweeteners will have varying degrees of glycemic index.

[0:06:24.0] **JB:** This is how the food companies get you a lot of times because they'll say, "This is very low glycemic," and you're like, "Ah that sounds great. I'm going to choose coconut sugar instead of honey."

[0:06:34.1] **AS:** Exactly, but what we're finding is different things work for different people and the research keeps unfolding and mounting that this is the direction that we need to focus on. I have, and this is, actually metabolic typing is one of the first nutrition theories I learned as I pursued my holistic nutrition through check school. I took a bunch of different training. In the beginning, you're just trying to get context.

So before we get into metabolic typing, I do want to explain to everyone, this is one way of looking at nutrition. Every way that you look at nutrition is going to have its strengths, its weaknesses and be incomplete. But I found this one to be the most foundational and most useful so that people can start to figure out what works best for them. They can start to really clean up their diets because they start to feel better with understanding this.

Then they could tweak more fine-tuned in terms of specific foods, but first, you have to figure out what percentage of fats, carbs, and proteins work ideally for me? I found, until you do that, you don't even feel good enough to know what would make you feel bad because you're just kind of feeling fatigued, kind of crappy, wouldn't you agree Juliet?

[0:07:39.6] **JB:** For sure. This is a place to start.

[0:07:41.5] **AS:** Yes, and metabolic typing's been around for decades. A lot of medicine people use it, a lot of nutritionists use it but I also find that a lot of people make it more complicated than it needs to be. So we're going to talk about today how you can really start to use this at home.

[0:07:57.6] **JB:** Simplify it and just be able to pinpoint okay, ask yourself the right questions to figure out, are you a slow, medium or fast burner, which in the beginning of the episode, when

Ali referred to does a Mediterranean, vegetarian or paleo diet work? That not just the three diets we're referring to here. We're just using those as examples to describe a slow, medium and fast burner.

[0:08:21.2] AS: Exactly. Just before we get into, I think a lot of times, when we are learning about something, we kind of get in this black and white camps but this is a continuum. So think of vegetarian, like veganism on one end of your continuum, vegetarian, then like paleo vegetarian, right? Then Mediterranean, then Mediterranean or paleo with people who do well with some grains and then paleo and then on the other end keto, which is you've been higher fat, lower protein, and carbs than paleo which helps a lot of people with autoimmune issues.

So think of this as kind of like the sliding scale, but I think thinking about it and so before we get into which one is best for you, I want to explain the biology behind this because this is really important. So metabolic typing determines what button gets pressed on your blood sugar control. I always tell clients to think of your blood sugar as a kind of like an ivy drip like when you go to the hospital and if you need fluids or whatever.

You want that drip to be slow and steady, right? You don't want to get fluids all of a sudden, you'd be really sick or you don't want to not get them fast enough because then you'd be sick. The whole idea is to press the support button on that ivy, which means slow and steady drip. When you eat out of alignment for your metabolic type, you press the stress button on that ivy drip so you're not getting enough, you're getting too much and how that feels every day is the inevitable hangry, you feel like you have to snack a lot.

[0:09:56.4] JB: Craving things all the time.

[0:09:58.1] AS: Craving things, you're fatigued, you're foggy, emotionally you feel up and down, up and down. Those are the symptoms that your blood sugar is this stress button has been pressed on that ivy drip and you are not being fueled properly. I often hear people say, "You know, I tried Whole30 but I can't keep that up." Or, "I feel really good on this kind of diet but then I can't stick with it."

Often times, to me that's a sign, you're still not eating correctly. I mean yes, there is an emotional component for sure but if you feel like you can't stick with something or you've

developed health conditions. I have a lot of clients who try to be vegetarian and they've developed polycystic ovarian syndrome or that stress cortisol weight around their belly because they're not eating in alignment for their metabolic type.

So all of the stuff that I often think we think is part of us and just who we are, especially the snacking people. So many people who I work with think, "Oh my god, I really just thought I was a snacker," and I just wasn't eating correctly, do you hear that a lot Juliet?

[0:10:58.6] JB: Yeah, for sure and that was me because having hypoglycemia, I always figured I just need to eat more frequently and the truth of the matter is, I don't have to eat as frequently as I did. Yes, I still need breakfast, sometimes a snack in between if I have a really early breakfast, lunch. Definitely always a snack between lunch dinner because it's a big gap for me. But before I would eat every couple of hours and now that I'm really more aware of the foods that keep me feeling full and satiated longer, I don't have to be that grazer all day long, which is always meaning that your body's digesting constantly and it can be kind of exhausting, both mentally and physically, to be eating that often.

[0:11:39.9] AS: My client's find too, especially those that are like on the road or have to travel or prepare their meals. They love when all of a sudden they don't have to think of two extra snacks to pack, it's like, "Oh my god, this is just less prep." And I will say as someone who used to have hypoglycemia as well, I can now, even when I can't get to dinner or I have to delay lunch, I don't end up wanting to make like a super carby choice because I'm so hungry. I have more resilience around how long I can go for eating.

[0:12:06.8] JB: But also you know the choice that's going to make you feel the best.

[0:12:10.0] AS: Oh for sure. That's something I think what I love about when people start to realize the right amount of fats, proteins, and carbs that work for them or the right metabolic type is it's like, "Oh my god, I do feel better." It may take a couple of times, you may still make a bad choice here and there and it's like, "Oh my god, my afternoon is just going to be a lot easier," and you arrive at the next meal wanting to make the healthy choice versus being like forget it, I'm going to get sandwich and pasta, you know?

So I want to explain, that's really important because your metabolic type influences your blood sugar, which is what researchers figured out, is really what determines what foods are good or bad for people. But before you can even get into the minutia of that, you need to know what percentage. So as Juliet said, vegetarian, Mediterranean, paleo, they're just kind of — they have different percentages.

People who eat vegetarian and thrive on that diet are what I call slow burners. They really thrive on like 60% carbohydrates, which includes healthy carbohydrates, episode three, we did good and bad carbs, whole grains, fruits, vegetables. Regular vegetables. Well, what's interesting is yeah, for a slow burner, beans will act like a protein whereas...

[0:13:23.3] JB: That's their protein, that's where they're getting protein from. Because if you think about vegetarian, they have to derive protein from certain things like beans.

[0:13:30.2] AS: Yeah, exactly, but because — so I always tell clients, think of when we talk about slow, medium and fast burners, think of it like a fire. A slow burner is like a candle and I think people need to realize too that slow burners do not mean you have a slow metabolism. In fact, actually, people who are the slow burners who tend to thrive on carbohydrate diets, people tend to think they have the faster metabolisms.

But everyone's metabolism works when you work in alignment with your body. They have this candle like metabolism. You put some beans in there and that kindles the fire, right? Versus if when you're a fast burner and you've got this raging forest fire, you throw a bean in there and it's like, that's a carbohydrate for a fast burner, they're like, that went up in flames, give me more. The slow burners thrive on this 60% carbohydrate diet, which is veggies, fruits, and alcohol, all that kind of stuff.

[0:14:24.7] JB: And alcohol. "They're all alcoholics!"

[0:14:30.3] AS: And alcohol. That's still a category for them. Then about 20% protein which can be beans, some people do need a little bit of animal protein, even if they're a slow burner, some people do not and then 20% healthy fats and they tend to do better on the plant based fats as well. Your avocados, your sesame oil, like nuts and seeds, quinoa acts like a protein for them. So they do really well on this more vegetarian, I think of it as, what's the kind where you have to

cook everything? Macrobiotic, they do better on that kind of diet and they can thrive really well there.

Then, Juliet, you mentioned exercise. These tend to be, and again these are general themes, tend to be the people who love long distance running and thrive on a lot of cardio and the tend to be longer and lean and have those yoga type bodies that a lot of people like.

[0:15:16.4] JB: Those fuckers, I'm just kidding. I just think we should bring some humor to it. Everybody's great.

[0:15:23.3] AS: "Superstars, all of us." Then moving down, if we kind of move down the continuum, you have the Mediterranean diet which is the medium burner. These people, if you think of a fire, this is like a fire in a fireplace, right? You need some paper, which is your carbs but you still need more proteins and fats. They thrive on about 40% carbohydrates, 30% fats, and 30% protein.

[0:15:48.6] JB: The zone baby.

[0:15:51.0] AS: Yes, it's the zone diet and things like beans or quinoa, I find with them, one of the biggest things that a lot of my clients find as a game changer is adding animal protein at lunch because your metabolism peaks from 12 to 2. So your fire, whether it's a candle, fireplace, fire or raging forest fire is like the height is at lunch.

Even my medium burners do really well, they find it a game changer to add animal protein. So this is where it gets more individual like more nuanced on the continuum but most Mediterranean people will thrive with like a hearty, animal protein at lunch but then at dinner, they can do okay with like a more vegetarian or grain based meal. But they do need the fats and they do well with plant and animal fats.

I always am jealous of them actually because I find they have the most options all the time. When they go out to dinner, they don't have to make sure that they can get like grass fed meat or something like that. I find that they have a lot more flexibility than those others. Especially with breakfast. They can do well with yogurt and those instant quick on the go breakfasts. So that's the medium burners.

They tend to be people who, I would say from an exercise standpoint, Juliet, I love to hear your thoughts, they do great with like a mix of like weight lifting, some high interval intensive training and of course some longer cardio, they really can choose from whatever based on where they are in the season of their life. Do you see that?

[0:17:11.1] **JB:** Totally. I think they have a lot more flexibility.

[0:17:14.3] **AS:** They're who I'm jealous of because I love options and choices.

[0:17:19.1] **JB:** Wait, so what are you?

[0:17:19.2] **AS:** That's really interesting, it's a great question. When I was first healing my body, this brings up the question, "Can your metabolic type change?" And it can, but don't worry about that, first just figure out what you are right now. When I first figured out that counting calories was pointless, although I fought that very hard and started looking at food more as information, nutrition is information with my body. I did much better on a paleo diet.

But now, I need grains at lunch, I definitely needed animal protein at lunch, that's a huge game changer for me but I can't, I don't thrive on a paleo only diet anymore. I still am gluten free, right? That's kind of one of those nuances I'm gluten intolerant but at dinner, it's interesting, sometimes if I'm lazy, I will eat like sprouted cinnamon, gluten free cinnamon raisin toast with peanut butter on it and I wake up in the middle of the night hungry or I don't sleep as well.

It's not enough to balance my blood sugar so depending on how I've exercised or how stressed out I am. How much stress I'm having, I often need animal protein which I usually do fish at night. I usually can't get by with a veggie burger, so that's kind of a little nuance but how about you?

[0:18:24.9] **JB:** I definitely thrive on the 40, 30, 30.

[0:18:29.4] **AS:** Oh yeah. Oh, so you're medium?

[0:18:32.1] **JB:** But, I used to be low carb, high protein all the way. That was what first got me to my journey of leaning out a lot but then I found that my hunger was insatiable and I needed to add in more carbohydrates. I started — I hit a hard plateau and actually started to gain some body fat as the years went on and it was a lot of it was because I had changed the kind of exercising I was doing to a bit more intense cardio and wasn't just lifting as much anymore. So for me, it kind of would depend on my goals with working out.

But right now where I am, with teaching a lot of flywheel, getting a lot of cardio. I need to have a lot more carbohydrates than I used to. The 40, 30, 30 but I can't just have carbs, you talked about carbs, you talked about the apple being a low glycemic food on the chart but for me, an apple is like poison. I'm very dramatic about it but if I haven an apple, I'm dizzy, I need to lay down, I need to eat some protein and fat immediately.

[0:19:29.7] **AS:** Yeah.

[0:19:30.1] **JB:** It's not immediately, about 45 minutes later I start to feel shaky, dizzy. Now if I ate that apple after I ate a lot of food, that would be different but I can't just have an apple as a snack or something.

[0:19:42.2] **AS:** Yeah, and that's a great example of how we're just so different right? "An apple a day keeps the doctor away."

[0:19:47.2] **JB:** I know people who can have just an apple as a snack and they feel great. I cannot do that.

[0:19:50.9] **AS:** Yeah. What I love about metabolic typing so much is it's so foundational and it helps you clear up a lot of things so that you could really start to see what affects you, right? Because like most people are just like, not tuning in or again, have normalized fatigue and cravings and always being hungry or always wanting to make the bad choice or the unhealthy choice.

So when you really get these percentages down. It becomes intuitive too. I always tell people whether they're taking Curb or Truce With Food, we're going to focus on this now but after a

month, you start to just, "No, I need a little bit more fat or I need a little bit more carbs." You can just sense it, don't you think?

[0:20:25.8] JB: Yeah, definitely. I start to feel like it's not complete if I don't have, if I'm just having like a single macronutrient, this isn't going to do it. I need to have something that's going to be a little more balanced.

[0:20:37.6] AS: Yeah or I can tell, especially if we don't have any rice or quinoa made, if I just have like a couple of corn chips with like a salad that I'm eating quickly, I can already intuitively, because my intuition is based on pattern, intuitively tell that I'm going to be tired and needing something a couple of hours later and it happens all the time. That's how I really figured out, I need carbs at lunch because when I wasn't having them, I was like, "Oh I want to have chocolate at three, it's just who I am."

Then I started adding like, I just make this big, I call them Buddha balls, it's like tons of veggies and animal protein, some rice or quinoa and then avocado in it or spiced nuts or something, that's pretty much what I have every day and I try to have with the vegetable soup, raw or hot based on the season but if I don't have those grains, it's like man, three to 4 o'clock comes around and I'm just tired, I hit a wall.

[0:21:28.3] JB: We've talked about this before but often times, for those people who need a little bit of grain or a little bit of starch with their food, if they don't have that and they're just eating a protein and a vegetable, I hear that all the time, "I just had fish and vegetables for dinner and then at night, I just crave so much sugar, I want to have a bowl of cereal or I want to have an apple with peanut butter. I need something else," and I say, why don't you try making your dinner a little bit more complete and having some grain with it or some potato with it?"

[0:21:56.7] AS: Or fat?

[0:21:57.7] JB: Well fat too. But when you have a complete meal like that then you feel like, "Wow, I feel good, I'm not missing anything."

[0:22:06.7] **AS:** the fat is so important especially if people are having trouble with sleeping or fat really cools off the body and the body needs to be cool to be able to sleep. So that's another symptom that you're not eating right for your metabolic type if you're struggling with sleep.

[0:22:19.4] **JB:** So how do you figure this out for those listening?

[0:22:22.2] **AS:** Let me explain paleo.

[0:22:24.0] **JB:** Oh yes, we forgot.

[0:22:25.3] **AS:** The fast burner.

[0:22:26.2] **JB:** We were like, "No, let's just talk about us because we're medium burners."

[0:22:31.2] **AS:** I want to talk about it because I find the most people who struggle with their weight the most tend to be the medium to fast burning spectrum because we all went low fat for so long, which the little carb or the slow burning people, they thrive on that, no blip in their lives but I find that most people who I see and again, I probably see a skewed sample because of who I work with but they are the ones who are have been hardest hit by the low fat craze.

Paleo people, these are the people they call fast burners and they have those raging forest fires. They're the ones who they thrive their percentages are 20% carbs, 40% protein, and 40% fat. They do better on the animal proteins. The animal fats as well. Grass fed butter, ghee, I'm trying to think like lard.

[0:23:17.8] **JB:** Beef that has fat in it.

[0:23:19.3] **AS:** Beef that has fat in it and obviously grassfed or pasture raised but I don't think these people can be vegan or vegetarian. A lot of times, and that can be a conflict for some people but these people need the organ meats. They need those heavier meats because it helps slow down that fire, it keeps that fire going rather than basically consuming them so that they always feel insatiable.

They tend to be the ones who do really well with heavy weight lifting, really thrive on that and they still need to be active but I don't think that they benefit from tons of long cardio or what not but you can confirm that for me, Juliet.

[0:23:57.5] JB: Yes, for sure. Well, that will just create an imbalance of craving more carbohydrates and sugars, which their body doesn't thrive off of.

[0:24:06.9] AS: You bring up such a good point because I think so many of us have such a hard time because everyone's big on listening to your body and when we get to how to figure this out, I'm going to say the same thing. You have to experiment. The challenge is when things are so all over the place, you don't know what's in reaction to an imbalance or what's really, how your body works. That's a really tough nut to crack for sure.

[0:24:28.6] JB: For sure. That's where your intuition plays a huge role, you have to ask yourself this questions and you have to — I always ask my clients, "What do you think is the thing that you need to change in order to see a result?" Often time, they know. They know what it is. "I just don't want to admit it, I don't really want to admit that but I think it's this and then it's that." Why don't we try dealing with that? If it's some saying, "I think I work out too much and then this working out is making me really hungry." I'm like, "Well why don't we try working out less and see what happens?" Or something like that, it's all different things

[00:25:02.4] AS: Yeah, I'm curious about because you said someone joined Curb Your Afternoon Cravings and they're vegan and they asked me for a vegan substitution for the fast burning type. So I answered, here are some alternatives but in this conversation is outside the scope of the program.

[00:25:20.1] JB: The answer is, eat meat. I'm just kidding.

[00:25:23.1] AS: Well, but it's such an interesting, I don't know because then you get into this I think sometimes, I don't know it's just a question.

[00:25:30.3] JB: But if it's really morals for somebody, you know what I mean? It's religious, it's morals then it's not as easy as just saying like, "Well why don't you just experiment with a little bit of egg or something like that and go outside your vegan norm?" So if someone's really

morally doing this for a reason then I would say tempeh, tofu, I would not say ten but in just experimenting with making sure you're having that at lunch at that period where you are burning the most and having that with avocado and maybe add some edamame.

Really focusing on your proteins. It's not perfect. It can't be and there's no perfection but that's the one I struggle with when I do have clients who are vegan to get them the right protein if they are fast burners. It's not easy. It's effort and then you really have to go by how you feel and I am not a big proponent of saying like, "Oh just eat a lot of soy," you know?

[00:26:21.9] AS: Yeah, I also find though it requires a deeper, and this is for a completely different episode but it's a different philosophical inquiry that you have to ask like for example a lot of people say, "Well it's for the environment." When you look at true sustainability, research and studies we actually know that you need some animals. We shouldn't be the amount of meat or in cathos or in industrial farming that is obviously immoral. But the reality is, the planet could not survive if everyone is on a vegan diet the way that agriculture works. It just wouldn't happen.

And I just think back to this book that I love, it's called *The Vegetarian Myth* and her name is Lierre Keith who's hardcore vegan and she just started getting injured and wouldn't recover. Her spine was disintegrating and she got to that point after years that she had to accept that she needed meat and it sent her on this really big "moral quest" and what is true and what she discovered was that life needs death, that's part of the cycle and so it's still a tougher nut to crack but I just found it interesting.

[00:27:25.1] JB: And you would find vegans who are saying the opposite to us right now, that the world would be better off if none of us were eating any animal products.

[00:27:34.2] AS: But the sustainability research just doesn't show that. I mean that's the thing when you get so militant that you're not willing to look at — I mean I'm not an expert in environmental science but I trust some of the people who are asking these questions when they say, "No, we need animals. We need them to cull the land and we need their manure and we need all of this stuff to replenish the soil." So I don't know.

I'm just not into dogma in general but anyway, that's a side but note. It brings up this interesting question because a lot of people in the placebo and the nocebo effect and not connecting often that these other issues like breaking bones a lot and not healing or migraines or cravings are because you are generally not eating what's right for you when you've convinced yourself that you have. I think it's the same thing as "I love carbs, I know I do" or "I have to snack", right? It's this identity piece that is really interesting to me.

So how do you figure it out? Well, here's the thing: You experiment. Your body knows. No expert, no nutrition guru can tell you and I think the challenge in our climate today is that people are really experts at their diets but not in helping people experiment, right? You go onto the Whole30 website, they have a fantastic plan. They know the Whole30 inside and out, they know how to do Whole30 vegan. They know how to do Whole30 vegetarian, but do they know how to help you?

And this is what they're claiming to do either so that's another issue but if you struggle with any of these diets, you have to start to experiment and I will also plug on my website now is a free mini course that gives you specific breakfast experiments based on if you're slow, medium or fast and it tells you what to look for specifically because a lot of times the challenges is it's an absence of symptoms.

You don't feel headache, you don't have cravings, you feel optimistic, your bad mood is gone but you have to experiment and so I would tell people if you don't want to get the exact experiments that offered in the opt in, have a vegetarian breakfast one morning. What would they eat and what do the Seventh Day Adventists eat every morning? But don't have any animal protein, that's the key because vegetarians do better without it like even eggs. I know some vegetarians eat eggs.

What do they eat in the Mediterranean? Yogurt with some granola and then paleo people, sweet potato hash or get a paleo breakfast. The challenges with those though is that, and this is why in my experiments, I make them allergen-free because sometimes, meaning allergen free what I would recommend to everyone is make sure that none of what you're experimenting with has dairy, gluten or soy not because you have to be gluten, dairy or soy but because a food

sensitivity or intolerance will stress your body that will signal a stress response, which gets your blood sugar out of whack.

[00:30:27.0] **JB:** So then no yogurt with granola.

[00:30:29.1] **AS:** Right, well you'd have to do like the one recipe I gave is a coconut yogurt.

[00:30:33.4] **JB:** Got it.

[00:30:34.3] **AS:** So making it with some probiotics or something and the other challenges, I always really recommend you home cook all of these meals because you could go out and buy a yogurt even a non-dairy one. I was looking at those almond yogurts, they're filled with sugar.

[00:30:48.3] **JB:** They are, I know.

[00:30:49.2] **AS:** Oh my God, even the coconut.

[00:30:50.7] **JB:** And the plain ones are really bad.

[00:30:53.3] **AS:** Yeah, I was like, "Wait, why, why, why?" So you know to start that. I think another great experiment for people is, don't have animal protein at lunch and then have it and then see how your afternoon goes.

[00:31:07.5] **JB:** Yeah I think the idea is that's great. You don't know what works for you unless you try because if something is working right now, you feel great then no need to be doing these experiments but if something feels off or you just want to know, you can play around. There's no harm in doing this.

[00:31:25.7] **AS:** Right, one meal, one experiment, oh it didn't work.

[00:31:29.8] **JB:** A lot of people fear that it will make them gain weight. We have so much fear around food often times in what we're doing, we hold onto it so tightly. Like we're afraid of fat or we're afraid of carbohydrates. But one, two, three, four, five meals is not going to affect your body in that way.

[00:31:50.7] **AS:** I think and I know if I was listening to this of me 15 years ago, I'd be afraid to do it because I think it would set me off on a downward spiral. I wouldn't be able to get back up. So if that's you, I would start with dinner because if you go to sleep, your blood sugar resets itself. So imagine if you do this in the morning and you eat improperly for your blood sugar, you've got to see all of these temptations or feel like temptations.

You have all these choices, you have to work, you've got to get the kids but if you're eating dinner then you're just going to bed. So while your blood sugar is imbalanced, you may wake up in the middle of the night. A lot of my clients think they, I always ask, "Do you get up to go to the bathroom?" And they're like, "Yeah." Often times, it's your blood sugar dropping and then you think why am I awake, why is there a stress response in my body and then you go to the bathroom.

But unless you are drinking 36 ounces of water before you go to bed, you should be able to get through the night without having to go to the bathroom. So you can start to test. I really recommend you going to my website, alishapiro.com because I created three type of experiments. It's a very fast and easy way to figure this out without having to say, "Well does this count because it has sugar?" Or, "I don't know if I am getting it right." I did all of that for you.

However, you don't want to do that, start with dinner because it should be the smallest meal of the day anyways and try eating vegetarian. Do you wake up in the middle of the night? Do you feel like you have to go to the bathroom? Do you sleep deeply? Do you want sugar? Do you feel that tired or wired feeling after that meal?

[00:33:19.2] **JB:** Do you think you have to try it a couple of times to really know? Because I think that psychologically sometimes we can psych ourselves out.

[00:33:25.5] **AS:** Oh my God totally and the challenge with starting with dinner, now that I am thinking about it is you may be completely off from the day. So you may be rebalancing what you've done but I would still if it were me I would still start with dinner.

[00:33:37.6] **JB:** But I would say give it a couple of tries, though. One try is great but I think I would say about three, four.

[00:33:45.6] **AS:** For sure and try to do it during the week too because the weekend, people's stress levels are very different even though life may still be as hectic like you're on your own schedule a lot of people got an extra hour of sleep in, which all of these can affect the readings of things. So yeah definitely try and I think definitely try over like a week. Like a traditional work week not like a vacation or anything because it's amazing what stress will do to influence.

[00:34:11.2] **JB:** It's so different. Now I have a question for you Ali and it's about how often to be eating and if it's different based on the slow, medium, fast burners, how often they should be feeling hungry? If you're hungry every hour or two or whatever is that, that's just imbalance. You should not be hungry that often. Is it three hours, four? Is there some general kind of thing that will help people figure out how to balance their blood sugar more?

[00:34:39.2] **AS:** Yeah, great question and it's actually independent of their metabolic type. So I really think it's important for everyone, you always have to be where you are. So if you need snacks right now, you eat them but you want to work out to three meals a day. If you are constantly snacking, you're never giving your body a chance to not digest. It's constantly digesting, which is great when you need to digest but it's never getting to that strategic work.

You know how at work you're always trying to put out fires and you're like, "Oh if I could just continue this project." Your body will detox, it will repair if it's not always digesting. There's also the psychological component of always thinking you need to eat a couple of hours because then you get, especially if you struggle with food, it's like, "Do I have what I need? Am I going to have healthy snacks?" It's this whole mental build up.

So what I look for when it comes to snacks or whatever, I really want to see someone's health condition. I tell people to look at their A1C numbers, which is six weeks, it should be on your blood work and it basically tells you how resilient your blood sugar is over a six week period. A lot of people who are hypoglycemic or pre-diabetic, they're going to need snacks.

[00:35:42.7] **JB:** I think it's a three month A1C.

[00:35:44.5] **AS:** I thought it was...

[00:35:45.1] **JB:** At least mine was, mine was three month.

[00:35:46.7] **AS:** Oh and I thought most of them were six weeks but that could be. The point is that it measures it over time. That's interesting to know and it's one piece of data.

[00:35:55.3] **JB:** Yeah, for sure. I mean when I was measuring my blood sugar I was actually doing finger pricks every morning. My fasting blood sugar was really high but my A1C was within normal range.

[00:36:06.8] **AS:** Interesting. So that's more indicative of hypoglycemia, though, right?

[00:36:12.5] **JB:** Yep.

[00:36:13.4] **AS:** Because you're just dropping all of a sudden versus you're okay.

[00:36:17.5] **JB:** I'm okay, by the time I can stabilize my blood sugar throughout the day.

[00:36:20.5] **AS:** But it just drops.

[00:36:21.7] **JB:** Yeah.

[00:36:23.3] **AS:** That's the hangry. When you feel hangry, that's usually hypoglycemia but you also have to make sure that eating the right food, because sometimes that will clear up right?

[00:36:31.2] **JB:** Yeah, definitely. Hangry also like light headed. The kind of hunger where you feel light headed, it means your blood sugar has dropped a lot.

[00:36:39.3] **AS:** Or if you're starting to crave chips or cakes or even teetering that like, "Oh I want the sandwich instead of the lean protein." You want something that's extra carby that's usually a sign that your blood sugar is out of balance. So you have to be where people are, so if people need snacks then by all means because of medical conditions but I really think people want to look to only eating three meals a day and some people even with intermittent fasting or whatever, when they get super healthy then they can revisit it and maybe they only need two meals a day.

[00:37:13.3] **JB:** Yeah we're going to definitely have an episode soon coming up about intermittent fasting because it is such a hot topic. Watch out for that because it's really interesting to me, I know Ali, I know a lot of listeners out there so.

[00:37:27.7] **AS:** I was reading this funny article that talked about when a woman does something versus a man does something and they're like, "Okay when people don't eat for a woman it's like, "Oh she's dieting." But when a man does it, "It's intermittent fasting".

[00:37:41.9] **JB:** Right, she's starving herself.

[00:37:43.8] **AS:** Right or SlimFast is a woman's drink but when it's a muscle shake, it's "technological breakthrough and muscle building", you know what I mean?

[00:37:54.1] **JB:** All marketing.

[00:37:55.5] **AS:** But it always demeans women, that's why I'm like, [thumbs down]. I'm sorry, with this election it's just hard. Regardless of how you feel about politics, it is just hard not to see the gender biases so clearly. It enrages me.

[00:38:15.2] **JB:** Anyways getting back to blood sugar.

[00:38:18.5] **AS:** My blood sugar is dropping.

[00:38:19.9] **JB:** Her blood sugar drops when she thinks about politics.

[00:38:22.1] **AS:** Yeah, no. I've actually just ignored it, not ignored it but I can't handle it at all anymore.

[00:38:28.7] **JB:** So you think even three meals a day to get to that eventually or even less, and we'll talk about fasting another time. But even with exercise, like someone who's exercising in one hour, three to five times per week just for health purposes like not an athlete?

[00:38:45.4] **AS:** Well that's a great question because I talk about there are four different factors that often times you will need a snack for. Or that will kind of, it doesn't change your metabolic type but it changes the stress response and that is extra exercise. I think extra exercise because hopefully, people will start to exercise right for their body type. So that's important. If you don't get enough sleep you're most likely going to need a snack in the afternoon.

Your hormones, ghrelin and leptin, which control satiation and hunger, basically go the opposite direction when you don't get enough sleep. So you feel less satisfied from food you feel hungrier as a result and so you will definitely need a snack. Also after big stressful events like if someone gets the presentation or they're traveling, something that really is out of their normal routine that requires a snack.

[00:39:33.9] **JB:** School used to make me so hungry, when I was in class.

[00:39:37.5] **AS:** Really?

[00:39:37.8] **JB:** Yes, using my brain maybe makes me very hungry. When I am really focused or I'm at a seminar or I'm really listening and I am burning a lot more calories when I am using my brain like that, when I am really dialing in and trying to learn new things.

[00:39:56.0] **AS:** Yeah and you bring up a great point because your brain, I always call it a glucose hog, it needs carbohydrates and sugar. That's why they feel so tired or brain dead or they hit a wall.

[00:40:07.4] **JB:** You're digesting information.

[00:40:09.3] **AS:** Yes, exactly and then the fourth reason I think people often need to harmonize. Balance is this idea that it's the same every day where harmony is more like what situation has occurred and how do I balance that situation instead of it always being the same thing? So for women the week before their periods, things hormonally change and often people will need a little bit more carbohydrates that week, women will need a little bit more carbohydrates and to slow down.

And if you don't slow down then you probably need to add a little bit more fat because you are stressing your body. So those are the times where I think snacks or a little bit of an extra eating out of your metabolic type can be really important to harmonize those situations.

[00:40:52.5] **JB:** Dark, dark chocolate, low sugar high fat.

[00:40:55.4] **AS:** Yeah and it has antioxidants.

[00:40:58.0] **JB:** It's my favorite food ever.

[00:41:00.5] **AS:** So I actually went to Whole Foods this weekend, but this is any dark chocolate isle, and I was amazed at the difference in fiber and sugar content even between 55% to 75%.

[00:41:14.2] **JB:** Yes, it's the ratio of actual cacao to whatever else they're putting in there.

[00:41:19.2] **AS:** Yeah but it totally changes the makeup of the chocolate.

[00:41:22.7] **JB:** I only look for the chocolate that has five grams or less sugar per serving.

[00:41:28.8] **AS:** Ah per serving.

[00:41:29.6] **JB:** Per serving, yeah.

[00:41:31.3] **AS:** How big's a serving.

[00:41:32.7] **JB:** Half a bar specifically a serving of a regular dark chocolate bar.

[00:41:37.7] **AS:** An entire bar, half a bar is a serving?

[00:41:40.4] **JB:** Yes.

[00:41:42.8] **AS:** What? I thought it was around...

[00:41:43.1] **JB:** It is around 200 and something calories, four to five grams of sugar.

[00:41:48.8] **AS:** I thought it was one row of squares or like a square kind of.

[00:41:51.3] **JB:** It depends on the bar that I get. I don't eat a whole...

[00:41:53.5] **AS:** Oh my God, I'm going to start changing myself.

[00:41:55.2] **JB:** I don't eat a whole serving just because it says that's the serving doesn't mean that's what I should eat. That's just how they're measuring the bar.

[00:42:04.5] **AS:** Well I think that brings up a really — actually I'm glad you said that because we depend on the food manufacturers to determine what a serving size is. But if you really know your metabolic type, you know that, "No, this is how much I need of this," which shows you how little I look at it, how intuitively I eat now because I had no idea.

[00:42:22.4] **JB:** Yeah, well half a bar of really, really dark chocolate for me is going to, theobromine which acts like caffeine, is going to shoot me up like crazy. Depending on the day, I might feel a little shaky from it or my sleep will be affected. So half a bar is a lot.

[00:42:38.1] **AS:** Yeah, totally.

[00:42:39.7] **JB:** Not to say I haven't eaten half a bar especially around my period but it doesn't always make me feel the best.

[00:42:45.0] **AS:** You need more carbs then it sounds like.

[00:42:47.2] **JB:** Yeah.

[00:42:48.0] **AS:** Well this is kind of like a tangent, not a tangent but it is circling back to what we talked before. With fast burners, they need to know that beans and lentils and quinoa act more as a carbohydrate. It counts more as a carbohydrate for them so I just wanted to make sure because while that feels like a protein to a slow burner, fast burners are going to be like, "Woo that was carby and delicious." I don't know if they'll feel the same but it is going to register in your body that it's that.

[00:43:13.4] **JB:** Definitely.

[00:43:14.8] **AS:** So this is a continuum, I always, always in Truce With Food start here because your gut health also matters and will influence how you feel but once people really understand what percentages they need, so many of their cravings clear up, so much of their energy clears up. Half of what they think is emotional eating clears up and it really feels empowering and another plug for experimentation is that for those of us who have struggled with food a lot, or all the self-doubt and confusion around it, you lose a lot of self-trust and confidence.

And when you start to experiment, the medium is the message. You start to realize, “I can do this, I’m the one who is figuring this out,” and that restores a lot of sense of control and confidence and hope that, “I can tackle the next thing.” And so it’s really a great foundational place to start and I’ve seen, I can’t even express how many “miracles” I’ve seen when people really start to figure out what their metabolic type is.

And, the great thing about this is it’s not a plan. It’s just a structure so you can go out to eat and then you know, “Okay, this is what I need to order,” right? “I need to make sure I get a protein,” whatever protein means for you. It could be fish, it could be chicken, it could be beef and then I need to get a grain or this is my carbohydrates or vegetables. “Oh I feel like zucchini tonight or just grilled vegetables, well that sounds really good.”

There’s pride in that flexibility that you’re not boxed in. But enough structure that you actually get results and feel good. This is why I just love this way of looking at nutrition and always start here. If you’re going to a potluck or social event, you can always organize your plate in a way that is going to balance how you feel.

[00:44:55.3] **JB:** If it fits your macros.

[00:44:56.8] **AS:** Oh yeah, it’s a little different than — that’s a really great point though because it’s different than macros. We’re looking at macronutrients but it’s not the same theory and macros are for body builders, right?

[00:45:09.5] **JB:** Yeah. I always like to make jokes about just like the trending things you know?

[00:45:15.3] **AS:** No, I think it's a great point.

[00:45:16.7] **JB:** #iifym — if it fits your macros. I see that all over people's Instagram accounts.

[00:45:25.5] **AS:** Is that what that is? Oh, my god, I feel like I've been living in a cave.

[00:45:28.9] **JB:** If it fits your macros, yeah.

[00:45:29.4] **AS:** Half a bar, a serving of dark chocolate is half a bar, iifym is "if it fits your macros". I'm like ninety years old. I'm going to be the grandma host from now on.

[00:45:38.7] **JB:** That's good, that's why I'm here now. We balance each other out.

[00:45:44.5] **AS:** But yeah anything else you want to add to that Juliet?

[00:45:47.7] **JB:** Just not to be afraid. I think that's the biggest thing when you're experimenting is to be excited and curious and if you eat something and it makes you feel like shit that's amazing, there's some data there for you to take away. So don't beat yourself up, just, if for example, you have a really carby breakfast and your blood sugar is like holy shit and is out of whack then the thing, just know the thing that's going to make you feel better is eating some protein and fat. So you can make yourself feel better.

[0:46:18.5] **AS:** I was just going to say, that's kind of the stop gap for everyone. Slow burners will do better with getting like an apple or something but if you feel shaky after experimenting, what Juliet said, fat and protein, which is like a tablespoon of nut butter or some hard boiled egg with the yolk, you need the yolk.

[0:46:35.7] **JB:** Yes.

[0:46:36.3] **AS:** Avocado, what's some other ways that people could, "Oh my god, I'm spiraling." Nuts, seeds.

[0:46:43.1] **JB:** Smoked salmon.

[0:46:44.9] **AS:** Smoked salmon.

[0:46:46.3] **JB:** I was spiraling a few weeks back, I ended up going into this fast Asian place, I don't know if what — it was called High Street Kitchen, they make like sushi burritos and sushi salad bowls but I asked them for a side of raw salmon and a side of avocado.

[0:47:03.9] **AS:** I love that.

[0:47:05.8] **JB:** It was great, it was a couple of dollars and I felt like I could continue on, it was like between the late dinner I was supposed to have and I had eaten lunch a long time ago and I was like, "Oh my gosh, I'm not going to make it to dinner." It's the last thing you want to skip to dinner and be so hungry that you can't concentrate, you can't make a good choice, you can't relax. So just a little protein, a little fat and I was good to go.

[0:47:31.1] **AS:** Yeah, you bring up a great point, every menu that you look at is negotiable. I never order what's on the menu, Carlos is like, "Can you ever just order exactly what's there?" I'm like, "No, because restaurants aren't in the business of being healthy and they don't know what I need and nor should they know."

Every time you see something like a lot of my clients, once they really get their metabolic type, they have to ask for double protein on their salads at lunch because restaurants give you like three ounces, which isn't enough if you are a medium or fast burner. So really remember that menu is...

[0:48:02.4] **JB:** You made me think that the menu at this place, if you want double protein, they call it "Godzilla-style" and I always found that so amazing. I had gotten a salad there prior and I asked for double protein so I was like, "Can I have that Godzilla style?" It just made me laugh. I'm just like a big dinosaur, I need a lot of protein.

[0:48:24.5] **AS:** They're like, "You have to pound your chest and be like Rawr! We'll give to you for a half off." All right, as you know, again, if you think that something you've tried something like vegetarian, macrobiotic, Whole30, the zone and you're like, "I can't keep this up," it's

because it's not in alignment with your body usually. Yes, there is an emotional component and we get into that too in Truce With Food, which starts next week. Shameless plug again.

[0:48:52.3] **JB:** You're allowed to do that you know? This is your podcast.

[0:48:58.1] **AS:** Thank you for giving me permission, I never liked to be overbearing. But yeah, just get into the mode of experimentation and realize that you didn't fail, you just haven't found the right model. It's not about fitting yourself into the model, it's about finding what works for your body versus some expert who came up with like, "Hey, this works for me," and that's great.

They're an expert at their body and you need to become one of yours. Experiment and again, log on to alishapiro.com and you can get more information about metabolic typing and also three really tight breakfast experiments so you can start to figure out pretty quickly what you are without all the uncertainty of this recipes are slow, fast or medium. So that's it.

[0:49:38.7] **JB:** Experiment.

[0:49:40.0] **AS:** Yeah, go experiment.

[END OF INTERVIEW]

[0:49:42.8] **JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com.

We'll see you next time.

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