

**EPISODE 47**

**AS:** Because antibiotics, what they do is they wipe out bad bacteria and the good bacteria. So if you're buying say, factory farmed yogurt, your animals have been fed antibiotics and there's traces of that in there."

**JB:** Good bacteria are feeding off of the healthy, fibrous vegetables and your bad bacteria eating off of sugary foods."

[INTRODUCTION]

**[00:00:30.7] 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.

**[00:01:11.1] JB:** And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

**[00:01:18.0] JB:** Welcome to episode 47, decrease bloating with pre and probiotics. So what are pre and probiotics? Do we need them to be healthy? Are you already consuming them but possibly in the wrong form? Let's find out in today's episode how and why this bacteria army fights for your immune system to be stronger and also for your stomach to look flatter.

[EPISODE]

**[00:01:40.0] JB:** Hello everybody, hello Ali.

**[00:01:44.1] AS:** Hey, hey Juliet.

**[00:01:46.7] JB:** So we're talking about...

**[00:01:48.6] AS:** Never start an episode singing. It's like such a turn off. I was an alto. I was in the Catholic Church choir, Ali Shapiro, the most Jewish name and I was immediately put to an alto when I was six years old and it felt so shaming because it was only boys.

**[00:02:03.2] JB:** Is it shaming when they put you as an alto. I tried to be a first soprano. It's a weird thing, how that's like when you want to aspire to the soprano level when the alto voices are amazing, because I have a deeper voice too.

**[00:02:18.4] AS:** Yeah, so I didn't feel like alto, I didn't put meaning onto that. Alto was like, "ugh".

**[00:02:24.4] JB:** No, I put a lot of meaning into it because I was a singer growing up. I'm like, "Fuck! I can't believe I'm an alto!" All right, so today we are talking about the gut not The Voice, which by the way is my favorite show on TV. I'm obsessed with The Voice, I have to watch it every Monday.

**[00:02:43.6] AS:** But don't you — I just like the battle rounds and in the beginning and then it starts to get not about The Voice.

**[00:02:47.8] JB:** I know, I just DVR it and go from there. I get really into it and then I cry every time someone does well.

**[00:02:57.4] AS:** Oh, yeah.

**[00:02:58.2] JB:** It's like an emotional release for me. So we're talking about the gut, we're talking about pre and probiotics and how they can decrease bloating. Everywhere you turn, you see prebiotics, probiotics, what are they? What are they doing for us? Are they helping us, are they hindering us? We want to get into it today.

**[00:03:16.9] AS:** I know and I have the supplements that I do take. I take probiotics which we'll get into the difference but I have the brand that I like. I use Metagenics. I think they actually do sell them on Amazon now but you used to have to be a licensed healthcare professional to be able to sell them. But I went with a friend or something to help them. They wanted to look at the probiotics in the supplement section and, oh my god!

**[00:03:46.0] JB:** There is so many of them.

**[00:03:48.2] AS:** Yeah. So I was just overwhelmed for them. I was like, "I don't even know how to evaluate all of these."

**[00:03:53.7] JB:** My only evaluation for that and I could be wrong, this might be a little bit outdated you can tell me, is I always wanted to look for the ones that were refrigerated because they were keeping them alive. Because they are alive, active bacteria and so if they're refrigerated, they're fresher and they're a little bit more alive than when they're just sitting on a shelf dry for who knows how long and they have expiration dates because they don't live forever. So that's typically where I would guide myself and my clients would be to find the ones that are refrigerated.

**[00:04:27.6] AS:** Yeah, no that's true.

**[00:04:28.3] JB:** And brands of course are really important too. You just said you take probiotics, so why are you taking probiotics rather than just relying on sources of food?

**[00:04:40.3] AS:** Yeah, well let's go back. I mean, for anyone listening, I definitely recommend listening to our episode number 10, which is why the gut biome negates calories because we give a whole overview of the gut and in that episode, we talk about that your gut has anywhere between 2.7 to four-five pounds of bacteria in it. So that's what we're talking about when we're talking about pre and probiotics and those bacteria, they influence how much nutrition you absorb from your food. I mean, we're still learning about them. They've been here for billions of years and we just now had the...

**[00:05:16.8] JB:** They're revolutionizing the medical community right now in terms of connections with your immune system also with obesity. They are seeing a big connection with the bacteria in your gut and how much good versus bad you have and then what your BMI is. So there is a lot happening right now that they are discovering.

**[00:05:37.6] AS:** Yes, yes and there's a difference between being clean and being sanitized, right? We're realizing with antibacterial soap why even the government agency was like, "We need to ban this." Not only because of the influence on thyroid health and whatnot but you're wiping out good bacteria that's on your skin as well.

**[00:05:58.3] JB:** Good thing I'm too lazy. I've always been such a lazy person. I am not a hand washer all the time, I'm more on the lazy side. So I'm like, "Oh I have been doing myself a favor by building up my immune system by being dirty."

**[00:06:10.2] AS:** Well, right? That's why I tried these Mother Dirt products, they are shampoo and soap that preserve the good bacteria on your gut biome and they say there's a difference between being clean and being sanitized and the metaphor to me I think it's, now I am going off on a tangent but everyone gets a trophy culture. You need a little grit, you need a little struggle in life, right?

**[00:06:34.7] JB:** There's a reason why there's good and "bad" bacteria. So we're talking about pre and probiotics, so what is the difference between pre and probiotics? What do they do?

**[00:06:48.1] AS:** Yeah. So when I lived in New York, I went to a functional medicine. I would go every month to an educational piece on that and one of the physicians there gave this great analogy and we were in New York City and he said, "Probiotics are like the tourists. Okay? They really help fuel the economy, they're wonderful people, they keep the city buzzing. But the prebiotics are the people who do all the work to make sure that the people coming and the tourists understand New York as it is." So they are like the worker bees.

**[00:07:25.5] JB:** Good analogy.

**[00:07:27.8] AS:** Isn't it? I loved it. So probiotics, we need them, right? But I think what they do is they help. They keep our immunity up, like you said 70% of the immune system.

**[00:07:40.0] JB:** Do they exist in our gut naturally or you have to consume them through food to get probiotics?

**[00:07:47.8] AS:** Yes, so that's a great question. It's more about an ecosystem, right? So this is an inner play between the workers and the tourists, right? You need both and so I think anytime you think of the body especially the gut, it's an ecosystem. So it's not one thing, it's not what's more important, you need it all. So we can find probiotic foods in fermented foods naturally. You do not need to take supplements from them. The challenge is, most of us don't eat enough probiotic foods every day. Although fermentation is really super trendy, at least in the hipster culture.

**[00:08:25.5] JB:** Well, this whole probiotic thing is really trendy right now. So when somebody is getting something that says it has probiotics in it that is what's making more fermentation exist with all different products. Also it tastes really good. So like Kombucha Tea for example, that is a fermented mushroom tea and it's really bubbly like soda. So it's a really great way, if you like that, like Seltzer water but something that actually had a sweet flavor to it.

**[00:08:54.5] AS:** Yeah but the challenge is that because you talked about bad bacteria, if you get really sweet Kombucha, you add a lot of sugar. So you're kind of, I don't know if it would be neutral or whatever. But Kombucha is a food, sauerkraut, it has to be raw sauerkraut, which I love eating in the winter, doing a couple of grilled sausages with apple sauce and sauerkraut. I heat the sauerkraut on really low.

**[00:09:22.0] JB:** That's German.

**[00:09:23.7] AS:** I know.

**[00:09:24.6] JB:** I love German food though. You need a potato pancake with that.

**[00:09:27.4] AS:** Well some of it's Eastern European. That comes from my Slovenian side of my family. But you want to make sure when you look at the sauerkraut at the store that it says "live probiotics". There's a brand, I'm totally forgetting it.

**[00:09:39.7] JB:** Bubbies.

**[00:09:40.8] AS:** Yes, Bubbies.

**[00:09:43.7] JB:** They have great pickles, so good.

**[00:09:45.8] AS:** Pickled foods, that's super, like whenever I go out to eat now and they're like, "We have pickled beets," I'm like, "I will order that." Because those are probiotic foods. Then raw dairy, right? People who can tolerate dairy, now most dairy, this is where I would love to see a consumer report study because when dairy is homogenized to clean the "bad bacteria", it also cleans the good bacteria and it's also why a lot of people can't tolerate dairy because the good bacteria isn't good there that helps it.

**[00:10:13.6] JB:** So most people think of yogurt as having probiotics in it or kefir. So are you saying that, do they re-infuse them after the fact then? Are they adding them back in? They're not natural because they homogenize the milk?

**[00:10:31.0] AS:** Yeah, so they occur naturally — in kefir and in yogurt, it will occur naturally. However, each company is going to have a different process and ideally, you want it from grass fed animals and this is where you start to realize the supply chain is so important. Because if you are buying from grass-fed farms, there's a whole different system there that means you're not going to be getting toxic killer bacteria, you're less likely, right? So it's safer to have raw milk, raw dairy, raw kefir. But if you're getting it from a CAFO where the animals are created, they are given antibiotics, it's a shit show basically. It is.

**[00:11:19.9] JB:** It's all very sad.

**[00:11:21.5] AS:** Yeah, I mean when we start to learn when people are like, "Oh so you can't even eat spinach. There's E.coli on spinach." You know how that E.coli got there? It was

downstream on one of these CAFO farms. It wasn't the spinach itself, everything is a system. So some places like Danone or these — a lot of these companies that are owned by, even the Hippie food companies are usually owned by like a Kraft or something.

**[00:11:46.7] JB:** Or a factory farm.

**[00:11:47.7] AS:** Yeah, so they probably homogenized and then they maybe add them back in but...

**[00:11:53.6] JB:** But what about organic farms? Like grass-fed farms for example, I'll just give Stonyfield for an example of organics. They make a kefir and they make yogurt and they say there's probiotics in them but those aren't raw. That's not raw dairy.

**[00:12:09.8] AS:** Right, so they might have added them back in and now we see with coconut as people started to realize they're more sensitive to dairy, actually the opt in on my website in one of the experiments is I have people just do coconut milk yogurt and then throw a probiotic capsule in there and that will ferment. So it's non-dairy yogurt so you can do that. They are probably doing that on a mass industrial scale.

But the challenge is because antibiotics, right? What they do is they wipe out bad bacteria and the good bacteria. So if you're buying say factory farmed yogurt, your animals have been fed antibiotics and there's traces of that in there. It doesn't mean one yogurt is going to wipe out the probiotics but to me, you're kind of paying to just get back to zero. That's how I view it, but I'm not saying that it's exactly zero but I don't know. I also can't really tolerate dairy.

**[00:13:09.5] JB:** My first experience with ever even hearing about probiotics was when I was going through puberty and my mom would say, "If you get a yeast infection then you need to take probiotics," and it would be after you have antibiotics in your system often times it will leave you prone to getting yeast infections because the good bacteria has been wiped out of your system. So I remember my mom telling me, "You have to eat your yogurt."

**[00:13:44.0] AS:** Yeah. Yeast infections are the classic example of bad bacteria proliferating. My mom was actually diagnosed with Lyme, she's okay but she caught it early and they gave her

intense antibiotics and I ordered her a Metagenics. It's called Acute Care, but it's specifically, after antibiotics, it helps replenish the ecosystem in a more targeted way than general probiotics.

**[00:14:06.7] JB:** So now I am going to tell you a really funny story again going back to my teenage years right after my mom tells me this because I didn't eat dairy as a kid. It wasn't until I was in my 20's that I started experimenting and even trying it. I just didn't like it at all. I just thought the taste was repulsive from a young age and so things like yogurt were just not in my repertoire of food. I wouldn't touch it with a 10 foot pole. Like, "Get it away from me it's disgusting."

So my mom tells me that yogurt is the thing that you should have after you have antibiotics. So I think I had strep throat or something, I forget. I needed antibiotics. So I'm in the shower, I take the yogurt and I'm washing myself with it in my crotch, yep, to try — cause I'm like, "I don't want to get yeast infection," and I didn't know any better. Like, "The probiotics! I need the probiotics!"

**[00:15:03.4] AS:** You were super creative.

**[00:15:05.4] JB:** I mean you do what you got to do. So I just have this vivid memory of being in the shower with a thing of yogurt. Just I thought I'd share that. That is not the way for our listeners to get probiotics by the way, just a little lesson.

**[00:15:17.2] AS:** Did it worked?

**[00:15:18.7] JB:** No, I don't know if it worked. I think my mom was like, "What? You're ridiculous! What were you doing? You have to eat it, you can't do that!"

**[00:15:27.4] AS:** Yeah but you know what? One of my favorite cleaners, Dr. Hauschka.

**[00:15:35.3] JB:** Hauschka, with the makeup line? The beauty product?

**[00:15:38.5] AS:** Yeah but they have cream cleanser like the milk cleanser. So you were just ahead of your time.

**[00:15:43.3] JB:** Okay but the milk cleanser is for your face, right? Not for your crotch.

**[00:15:48.2] AS:** What's the difference? It's all skin, we just make it seem like you need something for your face because then they could charge you more. I mean it's all the same.

**[00:15:56.6] JB:** That's very true. So probiotics, yeah we need them.

**[00:16:01.8] AS:** We totally need them. Also though, miso soup is fermented and that's a great way, especially we're heading into the colder months, great way to get probiotics in naturally. I find though that it's hard to remember and I think about three times a week. This is on average for a healthy gut. If you are someone who has autoimmune issues, you've got arthritis, you're getting reoccurring candida or you have arthritis like any of the inflammatory conditions.

Usually I think taking a supplement can be helpful and I'm not a big supplement person especially after — man, that was one of the most mindset shifting conversations we'd had on the podcast for me is Catherine's Vitamania episode about how supplements and vitamins they're just taking a fracture of something but I think probiotics as a supplement.

However, the thing that you have to be careful with is that it really does work for you. My mom gave my aunt the same probiotics that she and I use and they did not work for my aunt. Now she's on some chronic medications.

**[00:17:00.9] JB:** In what way did they not work?

**[00:17:03.6] AS:** She got diarrhea.

**[00:17:05.6] JB:** Oh okay, so she actually — her body rejected the probiotics.

**[00:17:09.8] AS:** Yeah or diarrhea is like heat. It's too much heat in the body. So to me — it was probably too much. But she's on certain medications and I don't think she should give them up. I think maybe she needs to take them on less concentrated forms.

**[00:17:23.2] JB:** Yeah, when you go into the store like you said there's so many bottles of probiotics and they all have different amounts of live active cultures. Some are this amount of billions and then that amount of billions. So I don't know if there's any guidelines that we can give people to help them with that. But I even myself find it very confusing when I go in there. I'm like, "Do I choose the 80 billion or do I choose the 150 billion?"

**[00:17:51.9] AS:** Yeah, I mean...

**[00:17:54.8] JB:** What's the difference?

**[00:17:56.6] AS:** Yeah, can you even have a 150 billion? I think picking a brand, like I really trust Metagenics. They do sell them on Amazon now, I didn't realize that. Like I said, you used to have to be a licensed professional on some level to be able to sell them. I know a lot of people like Garden of Life, they tend to be a really good one but I just tend to note specific brands because I just can't keep up with all the new companies coming out and all that kind of stuff. But I also want people to realize taking a probiotic is not the "be all end all". There is no silver bullet, you have to do everything, you know what I mean?

Now what keeps the tourist coming back and keeps them spending money and going to the Statue of Liberty are the prebiotics and those are really the work horses and those are what the probiotics feed on, okay? So probiotics are bacteria but they need food too and so what keeps them alive and enables this ecosystem to flourish are the prebiotics. So those are just as important, there's not a hierarchy.

**[00:19:01.5] JB:** And those are coming from foods that you are eating.

**[00:19:04.7] AS:** Yes, high fiber foods like onions, garlic.

**[00:19:09.6] JB:** Asparagus.

**[00:19:11.0] AS:** Asparagus, leeks, dandelion greens.

**[00:19:15.7] JB:** I love dandelion greens. I eat them all the time.

**[00:19:18.3] AS:** You do?

**[00:19:18.7] JB:** Raw in my salads.

**[00:19:21.2] AS:** You are hard core.

**[00:19:22.8] JB:** I just like them. I just chop them up finely and then I mix them with a sweeter lettuce like a Romaine and then that will be like my greens in my salad.

**[00:19:35.3] AS:** Interesting.

**[00:19:36.3] JB:** I don't know, I like that there's this combination with the bitter from the dandelion and then you have sweet and crunchy from the Romaine.

**[00:19:43.9] AS:** Yeah, the bitter flavor is so important especially from knocking out sweet cravings. Also chicory root and I know some people will do chicory dandelion combination, it's like a coffee substitute in the afternoon that doesn't have caffeine in it but it gives you some of those prebiotics.

**[00:20:02.1] JB:** So you will find a lot of chicory root in snack bars.

**[00:20:06.1] AS:** Really?

**[00:20:08.1] JB:** I may have even seen it in Kind Bars and also a lot of protein bars have chicory root and prebiotic, and it will say "prebiotic fiber" and then it will say in parenthesis all the different prebiotic fibers that they use and chicory root is often used in a lot of bars.

**[00:20:27.2] AS:** Interesting, the things is it has to be raw for it to be...

**[00:20:30.1] JB:** Exactly, I was just going to say. So for those of us out there who if you are eating those bars and you're like, "Oh look at all this prebiotic fiber that I am getting," that is not

the source of prebiotic fiber that is going to help enable the probiotics in your system. You do want to get them from raw vegetables.

**[00:20:45.8] AS:** Yeah, the cool thing about onions is they can be cooked and they'll still be, and I think especially again, I am thinking of soup season. I don't follow recipes because it's just too much work and I'm super lazy. I'll just on a Sunday or whenever just stir fry some garlic and onion and then I'd put in chicken broth or my mom's been making bone broth and giving me some and then I will just throw in like a squash or something and then just put it all in a vita mix or whatever.

So this is a great season coming up here to get a lot of those in and I think it's important especially because we're also entering the holiday season, which is tons of sugar, which sugar annihilates the gut biome, the health of it. I don't know in that New York...

**[00:21:29.2] JB:** Well bad bacteria feed off of sugar.

**[00:21:32.1] AS:** Yes.

**[00:21:31.9] JB:** They cause them to multiply and they love sugar, that's what they are feeding. So good bacteria are feeding off of the healthy fibrous vegetables and your bad bacteria is feeding off of sugary foods.

**[00:21:44.4] AS:** Yeah and they're in competition. Life is all about survival of the most adaptable and the more that it's coming out about the gut microbiome is how much it controls us even our social preferences. I mean it's really amazing the more that we look at it, it brings up this big question that I love, "Well, who are we?" These bacteria, we can't even see them and they're controlling our lives like, who are we? But they're in competition not because there's not enough but because they want to stay alive and they want to be strong. And so getting those prebiotics helps the prebiotic-probiotic relationship and helps them better support against the bad bacteria.

Also raw jicama, we've been doing and getting Green Chef and they throw a raw jicama here and there and talk about crunch for a salad. If you shave it in a certain way that's really good

and Jerusalem artichoke, I haven't found easy ways to incorporate that. Maybe into salads or something.

**[00:22:42.0] JB:** There's a place that I go to in Philly and it's called High Street Kitchen and they make sushi burritos, so that's what they specialize in. It's as big as a burrito, it's seaweed, rice and raw fish and avocado and veggies and they roll it and it's like a burrito rather than cutting it up into small pieces like sushi.

**[00:23:05.0] AS:** Cool.

**[00:23:05.8] JB:** But I'll go there and I'll get one of their sushi salad, it's just lots of greens and veggies and raw salmon and avocado and they have pickled jicama and it is so good. So getting both into my pickled jicama, pre and probiotics.

**[00:23:20.6] AS:** I was going to say, how elegant is that?

**[00:23:23.0] JB:** It's so good. Pickled, if you ever get a chance to try pickled jicama it's amazing.

**[00:23:26.6] AS:** I will add it on my list, I'd be on the hunt. I'll just connect some when I come to Philly.

**[00:23:30.4] JB:** Yeah, go to High Street Kitchen, I love it.

**[00:23:32.6] AS:** And then one other really easy prebiotic food is under ripe bananas.

**[00:23:37.5] JB:** My favorite.

**[00:23:38.2] AS:** Oh really?

**[00:23:38.9] JB:** I hate ripe bananas. I am a sour girl. So anything that is really tart and sour, I eat raw cranberries every morning for breakfast.

[00:23:47.7] **AS:** Oh my god.

[00:23:49.8] **JB:** I just love them.

[00:23:51.1] **AS:** Oh I got chills thinking of it.

[00:23:52.6] **JB:** Yeah, I'll be that person like sucking on a lemon. I really like sour stuff.

[00:23:57.8] **AS:** Oh my god, hey go with it. Maybe your bacteria are like, "These are the foods we like."

[00:24:05.2] **JB:** This is just a side note, but sometimes side notes are good for listeners out there. But I was just talking to a client that to really listen to your intuition about what your body wants to eat and I'm working with her on just in the morning, rather than just picking the breakfast that she thinks is going to be the right choice because it's easy and it's fast just for her to close her eyes and actually think about what her body wants in that moment.

She's like, "Whenever I close my eyes and think about it, it's not oatmeal its eggs." I said, "Well then eat eggs." So our body really has a lot of the answers.

[00:24:45.8] **AS:** They totally do. I think the challenge is un-normalizing how we feel now. Because I know in Truce with Food, we spend the first month on blood sugar control and we're about to flip to gut health and by the time people we get done with that month, people are like, "I just like that clean feeling I have. I just feel clean inside," and so now there's a mismatch between what they thought they liked before and they don't even have to believe that going in.

It just feels different and I think prebiotics and probiotics are huge and as you start to incorporate those foods, I am actually working on a piece for Motto right now, Time Magazine's outpost about Ayurveda and eastern traditions incorporating sour, bitter, and spicy and as you incorporate more of those, which are the pre and probiotic foods, you start not wanting so much salty and sweet, salty and sweet.

**[00:25:38.5] JB:** Because your body is imbalanced. Everything is about finding homeostasis and when you're incorporating all of those things or even when I make a meal I try to get a little crunchy, a little soft, a little chewy. So I cover all my basis and then I feel very satisfied and I am not craving like, "Oh I need something else," you know?

**[00:25:57.5] AS:** Totally, you need it all. This is where it's good to be insatiable for all these different types of flavors. I was reading an article about how nature is all about diversity and they were saying that because nature itself has no idea what's going to work out and what's not and so it wants as many possible variations so it as a life force itself can continue on and I just think that that's such a great metaphor to think about. Like, "I've got to try it all and I've got to see what works. That's how I know I'll keep growing and learning and stuff."

I also, we forgot one thing that a really easy probiotic food is raw apple cider vinegar. I like to incorporate that into dressings. I know we're getting into the more cooler months and maybe we don't want to do dressings as much or you could steam vegetables like green beans. I get so lazy I steam green beans, I sauté a little bit of almonds and then you can make a dressing with raw apple cider vinegar and something else. Something else flavorful like an orange or something and put it up in a blender.

**[00:27:00.3] JB:** I need to start doing that because I was trying to just drink shots of it.

**[00:27:04.0] AS:** Oh my god.

**[00:27:05.1] JB:** And it brought me back to the days when your parents try to get you to take medicine when you're a kid and you're like, "No, no, no!" You know, when you just can't do it is I would just stand there and I would just look at the shot and I'll be like, "Okay," just gearing up for it and I would do it and I'd be like, "Ah! I can't do it! I can't do it!"

Some people can. Some people can just down the hatch and they're good to go. So if you can tolerate that, go for it. But I think Ali's suggestion of turning it into a marinade or a dressing is a better idea. I'm going to definitely start to do that. I have a huge bottle of apple cider vinegar just sitting there waiting for me.

**[00:27:40.4] AS:** Yeah, when I had really bad ideas and I would wake up in the middle of the night with heart burn, I would go down and take a little bit of raw apple cider vinegar and it would just help with the digestion or whatever was happening there. So I had to do them.

**[00:27:52.6] JB:** Powerful.

**[00:27:53.4] AS:** It is, I think that's why I can't do it now because it brings me back to those horrible days but make sure that it's raw unpasteurized and so Juliet was talking about Kombucha and if you look at the bottom of Kombucha, you will see what's called "the mother". The mother gives all life and how would you describe the mother? It would be on the bottom of raw apple cider vinegar too, it's just kind of a way...

**[00:28:19.0] JB:** I don't want to describe the mother to people because I don't want to ruin it for anybody. So we can have our listeners write on our Facebook page what they think the mother reminds them of. I think we're best off just leaving that a mystery for people.

**[00:28:35.3] AS:** Okay.

**[00:28:36.3] JB:** But one thing that we'll just say is, the food didn't go bad. It's supposed to look like that.

**[00:28:45.9] AS:** Contest if you can describe the mother the best. Let us know on our Facebook page, [Facebook.com/insatiablepodcast](https://www.facebook.com/insatiablepodcast).

**[00:28:55.7] JB:** But I want to go back to this whole idea of bloating for people, which this is the title of our podcast and we don't let anybody down because everything we're talking about, just increasing your probiotics, making sure you are getting prebiotics to feed the probiotics, this is all going to help your gut and when you have all your gut bacteria is in a good balance your bloating is decreased.

**[00:29:24.5] AS:** And those pre and probiotics will work better for you at digesting your food.

**[00:29:28.5] JB:** Exactly. When your body is having a hard time digesting, often times your stomach will become distended. You will have gas, you'll have any kind of indigestion. So that's why pre and probiotics are so helpful for helping your body to just digest at a little bit of a faster more efficient pace and your stomach will feel flatter. I think most times for my clients, I don't know about yours Ali, towards the end of the day like the afternoon to evening is when that distended feeling starts to really set in and the bloating. And because you've had a lot of food from breakfast, snack, lunch, maybe you had another snack.

So there's a lot of things going on in your body, a lot of digestion occurring over the hours and there are food combinations and so if your body is able to really digest those properly and at the right timing then you won't feel that towards the end of the afternoon where your stomach just hurts, you know?

**[00:30:27.6] AS:** Yeah, so what I find with my clients actually is they don't know they're bloated.

**[00:30:33.3] JB:** Interesting. See I would always know that I was bloated, you know?

**[00:30:39.5] AS:** Yeah, well their stomach might be distended but they might think, "Well, I have two kids," or, "This is the size I'm at." Or they don't understand why their pants fit one day and not the other.

**[00:30:53.7] JB:** I guess from my experience, I would have painful bloating that's why it was so noticeable.

**[00:30:59.2] AS:** So not all bloating is painful and so I think that's important to realize is this is the hardest thing and this is what we work on with Truce with Food, like your stories, your bloating isn't plain sight but because it is so normalized, you don't know it's bloating. It's just kind of what you've lived with for so long, you think that is the size of your stomach or that it's hard. I found when I used to get bloated a lot, it was almost like you would press your stomach and bounce back off. I can't explain it in a different way than...

**[00:31:28.7] JB:** Well it's distended, it's hard. It definitely isn't squishy when you're bloated.

**[00:31:34.4] AS:** Yeah.

**[00:31:35.0] JB:** It's pushed out.

**[00:31:36.6] AS:** Yeah, yeah.

**[00:31:37.7] JB:** Think about a pregnant belly. That belly is a hard shell, there's a lot going on. So when you're bloated, it's the same kind of hard shell feeling.

**[00:31:47.3] AS:** Yeah, so I would just encourage people who think, "Well I don't bloat, or whatever, my stomach is it what it is," especially if you also have constipation, diarrhea or you're inconsistent and by inconsistent, I mean you are not going at least once a day and it's easy to push. There's no pain and it comes and that infamous S curve that Dr. Oz normalized on TV for everybody before the Dr. Oz show jumped the shark, right?

**[00:32:19.6] JB:** Yeah, I feel like we should have a mini-sode on poop.

**[00:32:23.1] AS:** Oh my god, for sure. I love when my clients are like, "I feel comfortable with you enough talking about this," but I'm like, "I talk about this with everyone," you just have to be.

**[00:32:33.6] JB:** I just tell my clients, "Are you ready to talk about poop?"

**[00:32:36.1] AS:** Yeah.

**[00:32:37.4] JB:** They're like, "Sure..." I'm like, "All right here we go." I love talking about it but I'm also a Jewish woman I feel like you grew up in a Jewish family you talk about poop a lot more than most than other families so.

**[00:32:49.1] AS:** Oh my god, it's funny that you say that. So coming full circle on this episode of me being in a Catholic Church choir is I wanted to be baptized and confirmed when I was little because I grew up in a very Catholic area and my parents were like, "Okay." I mean, God bless them. They supported me to whatever I was exploring.

**[00:33:05.4] JB:** How old were you when you wanted this?

**[00:33:06.7] AS:** Five years old. My mom thinks I was really social and everyone around me was at church and everything. I think this is a funny story. So my parents were city school teachers. We did not have a lot of money growing up and their summers were like, well teachers get “summer’s off”. They got four weeks off in the summer between in service days and having to go back and then get their classroom ready and so, I had a lot of energy, surprise.

So they had these free religious camps around me. There was, near where I live there were three churches in a row. One was Methodist, one was Catholic, one was Lutheran or something and they would just drop me off at these different camps because they were free and they needed a little bit of a break from me. but then they said that one time I was in the back of the car and I was like, “Jesus is God,” and they were like, “Oh!” And they just pulled me from there because I think they didn’t believe in all of that so they wanted me to stop it before...

**[00:34:07.5] JB:** Who is this child? She doesn’t belong to us.

**[00:34:11.9] AS:** But I got to say, those Lutherans, God bless them, I was at a camp and they asked us to draw a picture of God and the girl next to me drew a woman and that changed my life. I was like, “Why didn’t I think of that?” It changed everything. It was like, “Wo-hoo!” Because the Lutherans are more liberal on the continuum of Christianity. So I was like, “Thank God for the Lutherans,” but why did I get stuck and why am I talking about this?

**[00:34:43.4] JB:** Your parents, school teachers, you wanted to be baptized.

**[00:34:48.5] AS:** Baptized but before that because it was...

**[00:34:50.9] JB:** Your choir, I am going back for you.

**[00:34:54.3] AS:** I can’t remember, it was something about probiotics and prebiotics.

**[00:34:57.0] JB:** Really? I mean, my funny story was washing yogurt on my hooch but I think it’s funny that your parents let you, did they let you get baptized?

**[00:35:07.0] AS:** Yeah, they supported me and the point is they know that it is such a metaphor, if you look at my first communion picture, the veil is upside down. My mom didn't know that it was upside down, I was like, "There's the metaphor that we clearly were a little bit off." Who doesn't belong? But it was something about going to CCD. Oh well, I don't even remember, whatever.

**[00:35:34.0] JB:** Your story is funny to me anyways. I didn't know that about you.

**[00:35:37.7] AS:** Yeah, I think that's why I've always been philosophically curious. I was exposed to a lot of different ideas early on. But yeah, it was about coming on full circle but oh well.

**[00:35:48.0] JB:** Well I'm going to come full circle.

**[00:35:49.8] AS:** Yes.

**[00:35:50.1] JB:** I'll come full circle for everybody. So if you are curious about getting more into adding in pre and probiotics and you want to challenge yourself to actually make these changes, I'm actually hosting what I call an eating challenge. I do them throughout the year and I host them through Unite Fitness but they're all online. So you receive everything online and I'll coach you through it and this is going to be a pre and probiotic challenge.

It starts on Monday, November 7<sup>th</sup> and you'll get a PDF of what you should be eating for the week and the purpose of eating this way and everything that we spoke about today but in greater detail on why pre and probiotics are important and it just challenges you to try something new and helpful for you. So if you want to opt into that, you can just reach me directly on my Facebook page. You can also go to [unitefitness.com](http://unitefitness.com) and direct message me any way through there and I think it would be great if we get a lot more people getting on more pre and probiotics.

**[00:36:54.9] AS:** Yeah and I think everyone should join the challenge especially if they are curious about "am I bloated, am I not?" Right?

**[00:37:03.7] JB:** Sometimes you knew you read things, you listen to the podcast, it all sounds great but then we don't necessarily make those changes. We don't go out and actually buy the foods or try them. We have the knowledge but we don't put it into practice. So this challenge will allow you, if you want to take it on, to put this into practice. So just reach out to us, if you go to our Facebook page just direct message me or if you go to unitefitness.com, you can opt-in to the newsletter and then we'll send you everything through that.

**[00:37:33.2] AS:** Are you going to have recipes for people?

**[00:37:35.5] JB:** Yes and everything will have recipes, we'll have a grocery shopping list. Yeah, it will be a big PDF for you.

**[00:37:42.2] AS:** Yeah and I think this is another thing we didn't talk about but this is really important to boost your immunity, especially as we're going into the holiday season.

**[00:37:49.8] JB:** Yes, we did purposely right before Thanksgiving time when we start eating a lot of sugar, pie.

**[00:37:57.6] AS:** Yeah, if you could go into the holidays feeling really good, imagine the difference. You're starting almost at a 10 rather than negative 10. So, oh my god, that is so exciting. Anything else about the challenge? Will there be group support?

**[00:38:12.7] JB:** Yes, there will be group support. You will have me as your coach for the week to support you and like I said, it will be a big PDF of recipes and a grocery list and a philosophy of why you're doing the things that you are doing for the week and with the outcome, what the outcome should be and just how you should be experimenting with all of this and that's really what, I call them challenges but really they're experiments.

It's a weeklong experiment just to better your health and to try something new and to push you out of your comfort zone.

**[00:38:43.5] AS:** Yeah, do it people. Do it. All right and again, Facebook page let Juliet know you're in. Direct message her or sign up with the unitefitness.com newsletter.

[END OF DISCUSSION]

**[00:38:56.7] 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 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](mailto:ali@alishapiro.com) and [juliet@unitefitness.com](mailto:juliet@unitefitness.com). We'll see you next time.

[END]