

**EPISODE 87**

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[INTRO]

**[0:01:18.9] AS:** You know battling food in your body doesn’t work. You want to love and accept yourself, and because you’re insatiable, you want results too. You bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on our beautiful and wondrous planet Earth. Fair warning, it will be a rollercoaster. But for those insatiable, this is your primetime to thrive. Here is just saying yes to the hunger of wanting it all.

I’m your host, Ali Shapiro, who is dedicated to pioneering a saner and more empowering approach to health and weight loss.

[EPISODE]

**[0:01:36.1] AS:** Welcome to episode 87 of the insatiable podcast. I’m going to review the documentary, What The Health on Netflix. What The Health is an inspiring documentary on the power of nutrition to reverse chronic disease. There are wonderful points to this movie, makes and some key points that would have made this documentary stronger.

In today's episode, I'll share what I loved about the documentary including more resources if you're interested in the conflicts of big food in our health, how I felt this documentary missed the marks saying veganism is the answer and sugar isn't a problem and tips to become a better consumer of health media so you feel empowered not overwhelmed every time a new study comes out or a new documentary.

Alright, today I'm going to do a review of the documentary on Netflix, What The Health. But before I get to that, just a couple of things that I'm going to continue to mention because they are important. I have an event coming up in New York with Melany Wilding, who was on the show that got an amazing feedback about turning your emotions into power. We're going to be joining forces together on Saturday September 16<sup>th</sup> in New York.

For a no bullshit approach to self-care so if you're interested on that, get on my list at [alishapiro.com](http://alishapiro.com), we're keeping it small because we're in to transformation not just teaching. I mean, there's both there but it probably will sell out. Also, I am going to be doing a fall program about freeing you from night time overeating. It's going to be six weeks, it will have some of the intellectual property from Truce With Food in it so it will address the physical and emotional aspects, night time overeating so get on my list there as well.

Truce With Food has sold out the last two rounds and I expect this to as well. Would love to work with some of you guys, we have a lot of insatiable listeners in my programs now and it's awesome, you guys know what you're getting in to. Also, if this show has benefited you, I'd really appreciate if you can leave a review on iTunes, it really helps the show and really appreciate it.

**[0:03:45.7] AS:** I want to review, it doesn't have to be super long or involved, it just has to be honest and explaining why you like the show. I'm going to read a review we got from Jenifer Lawrence that gave us five stars and it says, a totally different approach to health. She said, I've taken several values classes and I can't say enough good things, she has an amazing ability to cut through the usual dieting distractions to the real truth.

Yes, which is the radical truth why I added that, of why we over eat and it's not what you think. If you're looking for a fresh and different approach to health, check out this podcast. Jenifer Lawrence, thank you Jenifer for the review and all of you who have left reviews, it means a lot you know.

You guys are basically, I don't have a boss so you're my performance review so thank you. Okay, the other night, I was chilling out and it was a documentary on Netflix that came out in March called What The Health. I wanted to give you some of my thoughts about it, the things I liked and the things I would have liked to see.

Overarching I didn't really know what the documentary was going to be about because what they described, what people described it as like secrets to chronic disease you know? That gets people to click like there's something we haven't heard of before. However, there were certain things I liked, the basic premise was that chronic disease is driven by meat and dairy, right? It didn't come out and say it was a vegan movie but they had all pro-vegan doctors and it really looked at factory farming and the effects of that. There was definitely a lens being brought to this.

A biased lens, all of us are biased, that's okay. It's just important when you're trying to simplify what works for you which is a complicated process that you start to understand where people are coming from. That's going to be part of what I would have liked to see in the documentary but here's what I loved about the movie. First of all, it chose very – it does a good job with graphics and tying industries like dairy and meat to the health organizations.

**[0:05:44.4] AS:** Like the American Cancer Society, the American Diabetics Association, The American Heart Association. I am so glad more people are realizing this. When I first stumbled upon this about 15 years ago, it was so devastating to me as someone who obviously had a near death experience with cancer, it was traumatizing in a way to realize that all the people I thought I should have trusted for getting me healthy.

It's not that I couldn't trust them completely, it's just that their outlook was compromised by industry. No one was really talking about this at the time and I mean, some people were but not

like we are today. I love that this movie is making that very explicit for people and it's really important to understand how far deep.

The connections are between big food and big pharma and big agriculture and the tactics that they use. I thought this was really great at showing people kind of an introductory map of this. If you are interested in going further after you see the documentary if you decide to watch it, definitely check out Mary Ann Nestle's Food Politics book.

It's kind of like to me, the Bible of food politics, it's very dense, it can be hard to get through at times, it took me a while to read it 15 years ago but it really gives you a big picture so you can see all the moving parts.

**[0:07:06.3] AS:** Another great book, Michael Pollen's Indefensive Food, gets into a little bit of the political persuasion and tactics that these companies do and I will let you know, they own both sides of our aisle, right? Big Pharma owns everybody in DC and Big Sugar owns everybody in DC. This is a part as an issue if you care about public health and your own health.

I like that they're getting people to see that, especially you know, Suzan Coleman Foundation you know. They cite research that dairy promotes breast cancer which is true but yet they have partnered with you know, Yo Play which has sugar and dairy in it right?

It's important for people to see this because we're on our own out here people and the quicker we can accept that and it's hard, one of the darkest night of the souls that I had was discovering all of this. It was the answer to why I wasn't getting better and why I had so many health issues and it was also meant that I had to take radical responsibility for my own health because I learned, no one is in charge of this ship.

You have human beings who care about power and their egos and money and prestige who are fallible. There's not one big conspiracy I don't think, I just think it's the human condition out of check which is why we're in so much deep doodoo, I would have never used that word but that's what came up.

**[0:08:23.1] AS:** I liked the movie talked about that and you can see how basically things are very contradictory. The next thing that I loved that a lot of issue, a lot of people don't bring up is the civil rights issues here.

A lot of these factory farming are in the poorest neighborhoods, they focused on the pork industry in North Carolina and this is really true right? As long as people middle class and above, if we're not exposed to this, we don't, out of sight, out of mind basically. And the people who are in these neighborhoods, they have so much asthma, chronic disease issues from the environmental impact of not just meat and this is kind of one of the things I want to –

I think the flaws of the industrial agricultural system in general. This movie focused, because it was pro-vegan, it was focusing not on ranchers and dairy owners who are really actually contributing to the environment. Going vegan itself and of itself is not always the environmental answer and that's a much more complicated issue not for this podcast but I love that they focused on this.

Showing that the poorest people who have the most stress, the least resources are being the most exposed to the environmental pollutants from the industrial agricultural system. I also loved how they used, how the industry and I'm talking about the different –

**[0:09:39.4] AS:** I call it big food but underneath big food you have big sugar, you have you know, big meat but then you have like pork has its own industry, eggs have its own industry, dairy has its own industry because eggs aren't dairy, right? They're put in the dairy section but they're not.

Each kind of interest group has its own. They have different interest. I like how they showed how the industry uses doubt as its marketing tool right? When you don't have the facts on your side, you need something out.

Everyone and Mary Ann Nestle, I'm sorry. Dr. Debra Davis and her book, The Secret History of the War on Cancer which is another Bible if you're really interested in cancer, environments and the politics. Basically, all these books show how, I think big tobacco is probably who started this.

I'm not sure, maybe politicians have been doing it since the end of time but you use doubt to confuse people.

Many of us are confused about what do I eat, what don't I eat right? A lot of it is because a shoddy science. You know, sponsored by these interest groups but it's also because this industry has billions of dollars funneling into making people doubt things. We see how it works right? They do it because it works.

**[0:10:46.3] AS:** Our current regime here in the US is doing it. This is nothing new but it works and now we have less attention spans which makes it double catastrophic. That's what I loved about this and it did show the power of diet for people who a vegan diet works for, I'll get in to what I would have liked to see in that review.

I also thought they had great metaphors of how big the impact of debts, how many people are really dying from bad food choices and I mean bad by policy, government subsidies to the most unhealthy crops, this is an individual issue. We need to start realizing. If you don't realize the cultural conditioning and the cultural environment setting you up, you will not know how to work around it and you'll continue to think it's only you which doesn't get you very far.

That's why I'm focusing more and more on this cultural conditioning and the politics of this because if we don't understand that, we're just going to recreate the same problem but it's going to be dressed up differently and it's going to look like the solution but it's not.

Again, they had some really powerful case studies of people who changed their diets and in like two weeks, we're off all our meds which I just love that because that is a spiritual experience.

**[0:12:00.3] AS:** When you realize you have the power and that's what kept me going through my career in the past 10 years to help people when it's gotten hard. I mean this is radical revolutionary truth here. So here is what I would have liked to see in the movie and even if you never decide to see the documentary, this is really important for you to know about health in general.

So first of all, this had a clearly vegan bias and I love vegans, I love vegetarians. A lot of my clients are vegetarian early in that way and it doesn't work for everyone and this movie had Dr. Neil Bernard, everyone who believed in this in the vegan diet and at this point in my career and working with clients, I am more interested in the documentary that will help people with different viewpoints and then having challenging conversations about when vegan makes sense and when it doesn't.

And that's what I thought this was really missing. They had everyone who agreed with themselves and that is kind of metaphor for the challenge we are in our culture where all of these different information silos and we have to get out of them. The model that I use with my clients which is based on autonomic nervous system and its influence on metabolism has helped people who some people really do-do better on vegan or vegetarian.

A lot of people do well on Mediterranean and a lot of people do paleo and keto and why I love this model is not only is it this model congruent with all of the information we have coming out about how to thrive in life but it makes all these contradictory information all fall into place and we're going to talk more a little bit about this model.

**[0:13:31.3] AS:** Dr. Kelly Brogan, a really good friend of mine is going to come back on the podcast in August or September because she uses this model as well in her practice and what's interesting about this model is the general theory is that the soft tissue tumors, people who are more susceptible to those or have those genetic risks, sometimes those people do do better with vegan and vegetarian diets.

Yet those who get blood cancers like what I had, they need more meat to balance their system and it's really interesting because having gone through cancer at 13 and then was trying to be healthy, I tried vegan and vegetarian for a while and it was hell. It just did not work for me granted I probably wasn't doing it well. I was eating soy dogs but when you are in college you don't know, right?

But when you understand this model of not one diet works for everyone and you understand the emerging research about gut bacteria and the glycemic index being bunked, you start to realize

you want to hear people talk about that not just one diet. So I was a little disappointed in that. I am so much more interested in this complexity than the dogma of one diet being best.

And that includes I get bored when paleo people are religious about paleo or whatever diet it is. It's just too over simplified and it's sending the everyday citizen who is overwhelmed with life already, it's making them throw their hands up and that's not helpful. So that was one of the things that I was really disappointed in and along with that is they were also basically saying "sugar isn't the culprit".

**[0:14:58.7]** They were saying it's meat and dairy and they sighted a couple of sources of sugar not influencing chronic disease and I just totally disagree with that. Americans or American culture has a very challenging time with the concept of "and" right? You can be really grateful for your life and still struggling. You can be privileged and still having a lot of challenges, right?

You can be, I don't know, you can be content in your life and having a really bad day, you can be positive and also be very critical of things right? So to say that it is not sugar, that it's only meat and dairy is just very either or mental construct that culturally is getting us in a lot of problems. Sugar is definitely the problem for a lot of us.

As someone who does better with meat, I am very sensitive to sugar and I've seen the changes in my own life and that of clients when they reduce sugar and so they also tend to be the people who do better on Mediterranean, paleo and keto diets. Sugar just hits their system differently versus those who do better with vegan and vegetarian, they have more carbohydrate tolerance.

Yes, it is not fair right? If you love carbs that's not fair but as Carlos always tell me, I am still grappling this election that has made me come to terms that life isn't fair and he's like, "You grew up learning that life is fair and you're still struggling with the concept that it isn't?" which is so true which is why I did a whole podcast on it, Meritocracy Your Green Juice Doesn't make You Worthy, episode 75.

**[0:16:26.7] AS:** I'm really coming to terms with life not being fair and not that I thought that it was fair but really all of the implications for how I view things and my spiritual philosophy and all of that, it's really going under a lot of rewiring but that's a tangent but I didn't appreciate how



they over simplified this take on it and the truth is, when you are really studying how to thrive and not how to die, everything is multi-factorial right?

So to say it's only meat and dairy just isn't true when often, a lot of dairy is paired with sugar right? Ice cream, frozen yogurt, all of these type of things so I didn't appreciate that. They also didn't differentiate between factory farm meat and the ranchers who are doing really great environmentally sustainable practices and grass fed and that's again, that kind of stuff.

When you study how we thrive, a lot of people do need that. So they didn't get into any nuance and maybe they think the American public or those watching they don't want any nuance but I hope as a citizen and as a consumer you start demanding more nuance. It's for your own health and also the way that you take in information.

The other thing that I thought was a little – I get it, movies are a visual medium so you have to show a dramatic change. That is part of the visual medium but what they showed is people who are on 15 meds and then in two weeks, they had this dramatic change. When you are in that type of health condition where you are taking 15 different meds a day, yeah, you're going to experience some pretty dramatic changes.

**[0:17:55.5] AS:** And often doing and eating tons of vegetables, we know from the gut health project and some other studies that it is often not about if meat is present but it's about are all of these vegetables full of nutrients. When we have Dr. Terry Walls on she talked about that. They kept saying plant based diet in this movie and I eat a plant based diet and I also eat meat.

But getting back to that is for a lot of us, it's going to take more time than two weeks and if people see, "Hey it only takes two weeks" and then they don't get quite the delta, quite the change that people in the movie see I don't want them to get discouraged. A lot of my clients they may have diagnosis's like depression or Hashimoto's but they are not in that pain.

That point where they're in pain every day. So if you're in chronic pain you have so much more incentives than I am just depressed and this is how I felt and it's the background of my life and I forgot what it's like not to feel that way. So again, movies and TV are visual mediums. They are meant for this dramatic changes. I am thrilled for these people.

I am thrilled that they found out that food can be their medicine. It was really uplifting and I love seeing this, seeing more people catching onto this but these are the points that I felt like I wish would have been said and definitely watch it. I think it's worth the time. I always want you guys to become more discerning health citizens because this mindset, how you eat and how you take in health information is also how you live.

**[0:19:17.8] AS:** And that's why when clients work with me, they find it so life changing because the blind spots that were there from being all or nothing or from thinking that health had to be extreme life opens up and they see a middle way. Moderation is the new radical. So definitely check out the movie if you have some time.

It's summer and you want to kick back and relax and also realize some of the points that were missing. So that's my take on What The Health movie review. Remember always figure out what works best for you. That's the path to thriving and if you are interested in coaching with me in the fall and you are in the New York City area, September 16<sup>th</sup>, a Saturday, me and Melody, it's going to be awesome.

No bullshits don't care and there will be more details on my website once I get them up and then also, I'm going to be doing a Freedom From Night Time Overeating Course. It is going to be six weeks, right at the end of September. We'll wrap up beginning of November and just going to focus on the physical and emotional stuff.

Get on my site at [alishapiro.com](http://alishapiro.com) to get on both of those or to get noticed to be first to notify on those and again, if you can leave an iTunes review, that would be wonderful and again, as always please connect with me on Instagram. That is my new favorite place. I go on fits and spurts with it, Ali M. Shapiro, M as in Marie.

**[0:20:45.0]** And then also on Facebook, Facebook\alimarieshapiro I think. It is my business page taking a personal hiatus from Facebook for the summer so I can stay calm. Alright, I hope you guys appreciated this and I'll see you on social media and back here next week.

[END OF EPISODE]

**[0:21:10.1] AS:** Have questions or reactions about the episode? Reach out to me on Instagram and Twitter @alimshapiro, or Facebook at facebook.com/alimarieshapiro. If you love this show, please leave an iTunes review and tell one friend this week about how to get the Insatiable Podcast on their phone.

See you on social media.

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