



Trim Healthy Podcast with Serene & Pearl
Talking To The Experts ~ Bonus Series ~ Episode 7
Dispelling Urban Food Myths
With Joel Greene

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Quotables

- “One of the problems that we have with diet and nutrition is that all the advice-givers have never had *real jobs*! It’s generally well-intentioned, but their advice often doesn’t translate to real life.” –Joel Greene
- “Show me the results in 5 years, and that’s when you’ll know what the health benefits or consequences are... most of the diets that we have today are completely disconnected from the concept of time! What will happen to you over time if you eat this way?” –Joel Greene
- “Nature has natural rhythms – light and dark, cold and heat, etc. So do our diets. Scarcity and abundance, etc.” –Joel Greene
- “We are living in a time like no other, with access to supplements that can turn back the clock. But the single most important input decision that we have is the food we eat on a day-to-day basis—that is what you will be feeling most as you get up in years.” –Joel Greene

Introducing Joel Greene

We discovered Joel Greene while we were advocating for keeping all the food groups in a world where it has been majorly Keto or Carnivore or Plant-based. We felt like we were the only ones saying, “Don’t leave out food groups!” when we heard Joel Greene on another podcast and realized he was saying similar things, from a slightly different angle - looking at the history of humans, and what they’ve eaten - and our body’s natural needs and rhythms. Our mantra has been “no more fads” and “Joel gels with our whole vibe! He is the creator of the VEEP Nutrition System... and is a featured author, speaker, and guest in top-tier publications. His system has been featured on the Dr. Phil Show (among other shows), where it has delivered astounding life-changing results.

He is also the author of books such as [The Immunity Code](#) and his new book, [“The Way: The Immunity Code Diet.”](#)

Joel- Yes, I am like you all in that I have personally been on the receiving end of all the fads for decades. I was already getting interested in the health stuff when I was 5, and it only escalated from there. Like the two of you, I did a lot of harm to myself by following the various extreme health trends.

The strict and extreme approaches to dieting (such as meal replacement trends) were how I approached my health, but it led me down a path to chronic weight cycling. For a while, everyone thought I was at the very top of the game... and while I was viewed as the ideal to be achieved for a season, and was extremely fit, five years later I started eating out of control! And I couldn't figure out what I had done wrong. And that set me on this journey—understanding what I had done wrong, and where I had followed the wrong trends.

After putting a lot of weight back on, I would go back onto another diet trend. And that continued repetitively. I kept losing and gaining weight for about 15 years. Around the time I had my breakthrough, I was turning 40, and I had ZERO energy. I had a lot of unwanted weight on my body. I had a lot of muscle from all my years of working out but I still had a lot of fat. One of my turning points was when one of the neighborhood kids wanted to wrestle... after I got done wrestling him, I was so winded that I thought I might have a heart attack... so it led me to conclude that I was doing some things wrong. And I started to ask, “What’s working? And what’s not working?”

And that set me on the path to creating a system. What are the things that take the least amount of time and have the biggest impact? And I wanted to create a stack with those healthy principles. Because we have to do things that will benefit people. And they have to be practical, hence... [The Immunity Code](#) and [“The Way: The Immunity Code Diet.”](#)

Dispelling Food Myths Q&A with Joel Greene, Pearl & Serene!

“You talked about all the reasons meat is so bad and we shouldn’t eat it in your book *The Way*, then you talked about all the reasons it is so good for us... and why we need it. It was such a great example of how the various diet camps get stuck in their dogma. After going through the pros and cons in your book, you then asked, ‘What’s the best thing?’ You answered, ‘The best thing is diversity. Can you speak to that?’ –Pearl

- We need to address certain unavoidable realities—realities that most of the diet world doesn’t acknowledge. This is what my new book is all about. The forces of *accumulation*, *degradation*, *compensation*, and *attenuation* must be addressed for a realistic food and diet plan.
- Meat and plants need each other. The meat tribe and the veggie tribe are at odds with each other. But we need to understand that micro and macronutrients and antinutrients all influence each other positively.
- The foods that they are saying you SHOULDN’T eat, are protecting you from the toxicities of the foods that they are saying you SHOULD eat!

- The gut is the focus of fermentation... and you need a diverse diet to cultivate diversity within your microbiome!
- As we age, there are two big, unavoidable problems that everyone is going to face—and they are connected to the cardiovascular system and saturated fats. As we age, there are *no enzymes* that line the cardiovascular system; their job is to produce free radicals and it's beneficial when we're young. But when we get old, the accelerator gets stuck, and these enzymes start overproduction of the free radicals. Along with that, inside the vasculature, there is a tensioning mechanism like fur called the glycocalyx. Its job is to sense tension in the vasculature. But when those NOX enzymes are released, we lose the glycocalyx and it opens us to cardiovascular disease. And if your vasculature is healthy, saturated fats don't cause issues. But when you lose the glycocalyx, the same saturated fats are destructive. Guess what solves the problem? All the foods that we're told not to eat by the meat tribe like phytic acid and specific phenols, work together to help restore us. The moral of the story is that *diversity in our diet provides global benefits*! It's nature's way of keeping you from getting too much of anything.

“In your most recent book, you go into the history of fossilized poop. Everyone says that Grok didn't eat anything but what he could “dong” on the head. But you bring the real truth. Could you talk to our listeners about that regarding grains especially?” –Pearl

- We have been fed a story about how our ancestors lived, and it just doesn't fit the best available current evidence. Abduction is taking the evidence you have and inferring based on that available evidence. And based on the latest evidence, our ancestors ate varied and balanced diets of fish, meat, nuts, grains, and plants. The evidence points to the fact that going back 50,000 years our ancestors made bread products from grain.
- The truth is that scarcity was a common experience for humans throughout history. Food scarcity forced diversity in their diets and that diversity led to natural benefits.

“What about lectins?” –Pearl

- Several lectins are beneficial. When you factor in dosing, in conservative amounts they seem to be good, it is only when too large amounts are consumed that they may be problematic.
- The makeup of the microbiome plus the foods you eat... leads to an outcome!
- It's not as simple as LECTIN BAD. It's more complex, based on your microbiome.
- Some lectins are good for your immune system.

“For someone that has a dysbiotic gut, would it be good to enter a healing window where they are careful with lectins for a season?” –Serene

- Yes. You can do a basic reset, and then gradually go back onto foods with lectins. You build up over time through oral immunotherapy.

“What about dairy?” – Pearl

- People can go from being lactose intolerant to enjoying the benefits of dairy through titration.
- It's the single most vilified food right now.
- There are massive amounts of research that indicate the huge benefits of dairy. Everything from improving insulin sensitivity to helping to prevent weight regain, etc.
- Generally, all the bad side effects of dairy are based on the very lowest grades of the food. But that's a poor argument because the good version of dairy is incredibly good for you.
- One of the most powerful foods I have used is raw, grass-fed dairy.

“What do you have to say about oxalates?” –Pearl

- Oxalates are natural compounds found in vegetables, fruits, nuts, and grains.
- Leafy greens, which are rich in oxalates, are such an integral part of the diet. We must have these in our diet!
- Usually, you will have more benefits than downsides from oxalates. It's a range. But what is lost in the argument regarding oxalates, is that there are over 700 bacteria that break down oxalates and then you get the benefits from them! If you have a healthy microbiome, you get these benefits.
- The key is that an optimized microbiome has the power to break down the negative elements of the oxalates and use the benefits.

“What do you have to say about grains?” –Pearl

- “Oats have a negative reputation amongst certain health tribes, but when you start to look at the benefits of oats in the diet – they are profound. The way they feed the different compounds of fibers... they feed the commensal bacteria. Oats are beneficial for immune and insulin function.
- You can't separate immunity, the gut, and insulin. We have a gut-immune axis. The foods we eat affect the immune system and the microbiome. Oats are one of the best foods to do that!
- Go for organic, whole oats.

“What if they're sprouted? Do you see the benefit of sprouted oats?” –Serene

- When it comes to tiers of foods and grades of foods, sprouted would be a level above the organic. There's a measurable increase in protein and nutrients when the food is sprouted.

Serene's Little Spiritual Sidetrack ~ God's Provision and the Life of Faith when Considering Health

As we pursue a life of faith, love, and joy, there is so much we can experience in the goodness and kindness of God. This is the core of the truly prosperous life—as we are invited to “prosper” in our health as our souls prosper (according to 3 John). But the truth is that when we look at all of the ways that our bodies can be poisoned, in the water, in the skies, and in the food that we eat, we can be tempted to have a doomsday perspective, instead of always being joyful. But we should embrace a perspective that sees the truth of God's goodness to the world and understands that health and the stewardship of our families as an important part of our journey, but then ultimately, we trust God with our personal and family health. It's a balance. Because our ultimate desire and goal is spreading the good news not to constantly obsess over “Evil, Inc.” The life of faith takes our normal, day-to-day decisions to walk with wisdom, and adds the supernatural power of God. And then we can be energized by His presence as we also embrace the fullness of a healthy lifestyle. He is the one that holds the world in His hands. We can be at peace knowing that He writes the final chapter of the story. We will “choose life” but He is good *and* sovereign. We don't need health to be an idol!

Digging Deeper with Joel Greene

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