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Podcast Episode # 5

**TBTFS 005- The Beyond The Food Show-
Interview with Jimmy Moore**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

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Stephanie: Welcome back everyone. So I have Jimmy Moore for you as a guest today. And for those who don't know Jimmy, Jimmy has been catapulted on the health scene in 2004 as a phenomenal 180-pound weight loss that enabled him to come off of all prescription drugs for high cholesterol, high blood pressure, respiratory problem. He is the energetic personality behind the uber-popular blog *LiveInLaVidaLowCarb* and the host of the longest running and top ranking iTunes health podcast the *LiveIn La Vida Low-Carb Show*. And Jimmy also hosts two other active podcast *KetoTalk With Jimmy Moore & The Doc* and *Low-Carb Conversation*, along with his retired podcast as the Low-Carb expert. Jimmy has interviewed more than 11 hundred of the World Top Health Expert and has dedicated his life to helping people to get the best information possible about living healthy so they can make the right decision for their health. Jimmy is also an international best-selling author with the *Ketogenic Cookbook*, *Keto Clarity* and *Cholesterol Clarity* along with the most recent release from two weeks ago *The Complete Guide to Fasting*. So welcome to the podcast, Jimmy.

Jimmy: Hey, hey, what's up Steph?

Stephanie: I'm doing very well. And I want to say to everyone that's listening right now; this gentleman on the podcast is responsible and part for the name of this show. It's all your fault, my friend.

Jimmy: It was a collaboration that's for sure.

Stephanie: I had a great strategy session with Jimmy about a month ago, and I was telling him what I wanted to show to come up and the purpose of this show. And he said, "Don't make it more complicated than this." So thank you very much again for that.

Jimmy: Yeah, I'm very proud of you for getting it out there. Podcasting is a lot harder than people think it is. It seems so easy just getting behind the microphone and jib or jab with somebody, but the planning that goes in and the dedication that it takes. You'll see as you continue on with this podcasting journey.

Stephanie: And it's consistency that's going to be the big challenge for me. We clearly can tell that you've turned around your own life. So I want to start with the question, what was the moment or the event with you that made you make the decision to take action once and for all? What was different from any other time before?

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Jimmy: A lot of people ask that question and it wasn't just one moment, and everybody, "What's the epiphany that awakened you up?" And it was like, "No it wasn't just one." And I would say it was a series of things that led to getting me on the right nutrition for me, because I had tried and failed on so many low-fat diet so many times over the years. It was until I found the diet that worked for me that things clicked as you said. But I was substitute teaching in front of a class and writing the lesson on the board. And I write the lesson on the board and this little boy at the back of the room goes, "Me and Mr. Moore are is really fat!" You know, and you hear those kinds of things and it shakes you to the core, and you're like, "Yeah, I know that. Thank you, captain obvious." I know but I needed help with that, what could I do about it?

Stephanie: So that's the moment that triggers you to seek for help.

Jimmy: Well it wasn't just that but yeah. Ripping pants, getting in out of cars, watching kids and adults going up and down the rock climbing wall at church, and sing that and going, "I can do that" and then couldn't. It was just little things that I just got so frustrated. And by the grace of God I was able to get a diet book for Christmas that year, and you've heard the story. You know who it is but it was my mother-in-law that gave me Dr. Atkins' New Diet Revolution. And that book really did changed everything I ever thought about nutrition, and basically woke me up that I was eating the wrong kinds of foods. I was not nourishing my body the way it needed to be nourished, and I switched over. And it's been basically 90 thousand miles an hour ever since Ford continuing to learn all about healthy nutrition.

Stephanie: So 2004 is when you started your journey in the low-carb. And now, 12 years later 2016 is fasting. It's your journey into fasting. As I've said in your intro, you just released your new book called "The Complete Guide to Fasting" which is a phenomenal book. And I've reviewed and now linked to the book and the review. And I have to admit that me, as a practitioner, I was even hesitant with fasting and implementing it in my practice with my patient. Until I actually tried it for myself and I discovered this side of hunger that I've never had before, and it connected me with hunger in a completely different way.

Jimmy: Was that the fear that you would be constantly hungry?

Stephanie: Yes and the fear that I could not control myself.

Jimmy: You couldn't control yourself in terms of having cravings and just having

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Jimmy: the urge to want to overeat, was that the concern?

Stephanie: Exactly.

Jimmy: Ah.

Stephanie: I was afraid that when the fast would be over, that I would just binge.

Jimmy: That is what people think, and unfortunately it doesn't work that way. I've done several really long fast in just full disclosure I'm in day 11 right now of my current pursuit of 21 days of fasting. And when I say day 11, I mean I haven't had any food at all. Some people say, "Well, you can have a little bit of food, bulletproof coffee." "No, I'm not doing any of that stuff." I've had exactly one cup of bone broth on day 5 when I was a little bit fatigued. And I knew as soon as I would have some bone broth with sea salt, it would brighten me back up.

And I was right back to myself again, and I've been energetic ever since. So yeah, a lot of people think that you will overeat, but my experience from doing this longer fast and ending them is you end up thinking you're going to eat a lot. And you end up eating like a little bit less than you would in a normal circumstance of eating. And so, I find it takes several days for me to get back to the same size meals that I had before when I do this longer fast. And so, it's counterintuitive and a lot about fasting is counterintuitive kind of like the body goes into starvation mode.

You know people believe that crap, but it actually doesn't. It actually revs up by eating zero food. It actually revs up your metabolism by 12 percent. Whereas if you eat a very low-calorie diet of 500 to a thousand calories, that actually slows down your metabolism. So by not eating you actually do better for yourself, than if you eat just a little.

Stephanie: And that's the point I want to talk a little bit about because there is particularly in my role with women, there is this whole concept. And again, this morning I was working with someone who has the lower calorie and more exercise. And when you suggest fasting as a mean of achieving their goal but they want to achieve whatever be it medically or weight loss, they're like, "Well it is the same thing as lower calorie, Stephanie, but there's a huge difference."

Jimmy: Right. And the big difference is, even when you eat a little bit of food vis-à-vis 500 to a thousand calories, and people don't think about it in these terms because they're stuck on calories and the calorie

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Jimmy: motto. But we hammer that it's not about the calories, it's about the hormones. And so the hormone that we're trying to control is insulin. And so if you're eating any food, carbohydrate, protein, or fat-based food, all three of them will instigate an insulin response.

Now obviously fat will be the least insulinogenic, carbs are the most insulinogenic, and protein does a little bit. But if you're not eating any food at all, that's the best way to lower insulin.

And when you lower insulin, you have a cascade of all these incredible health benefits that happen that we talk about pretty thoroughly in the Complete Guide to Fasting, but it's amazing.

And again, those against everything you would ever believe, because everybody believes if you don't eat you'll just get progressively and progressively hungrier and hungrier, weaker and weaker, and it just doesn't happen.

Stephanie: And I think my point earlier about fear with regards to fasting, is because in the past we've had experienced deprivation by lowering our calorie but constantly eating and feeling deprived. We think that when we're fasting, we're going to feel so deprived because we're going to be hungry that we're going to want to binge at the end. But because of what the mechanism of what happened inside of the body when you fast, that doesn't happen.

The body is satisfied by seeking. I did a previous interview with Jason so you can refer to show number two, I believe. And he explained it with a concept of the freezer, and your body feels nourished the whole time you're fasting, that's probably why we don't feel hungry.

Jimmy: It's why I'm in day 11. I'm able to talk to Stephanie Dodier and feel like I've eaten two hours ago. I don't have hunger right now, and people can't wrap their heads around it. And here's an even more startling thing for you, Stephanie, have you ever talked about the Fat Fast before where you're eating a high amount?

So there are different kinds of fast that are out there. You know, people hear fast, "Oh juicing is a fast" or "bulletproof coffee." "No, no, no, we're not talking about any of that stuff." But one of the ones that's out there is one called the "Fat Fast", it's related to Atkins' diet, because it's a very, very high fat diet. Somewhere around 90 percent of your calories from fat, and then the rest are protein and carbs. It's meant to help kick start

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- Jimmy: you to get in the ketosis, which I've written thoroughly about in my work. And so I did the Fat Fast of about 12 hundred calories of this 90 percent fat. So, I'm not depriving my body of fat, and yet eating 12 hundred calories which is well below what I would normally eat. I was so hungry eating basically 90 percent fat on that 12 hundred calories. So, so, so hungry eating, and yet here I am 11 days and not eating, and I'm doing much better than I did in three days of doing that Fat Fast. Now tell me how that works.
- Stephanie: It's clearly because by not bringing calories, you are able to access your own storage.
- Jimmy: And it's amazing how easy it is to tap into that too. Because when you basically dump all of the glycogen stores in your body when you're not eating, you're going to do that within 48 hours very, very easily. And then at that point, your body has no choice but to shift over to another source of energy and that source of energy is fat.
- And so, if you have stored body fat adipose tissue on your body, which a lot of your listeners probably do that's why they're listening to you, they're trying to figure it out. "Well do you have that on your body?" You have literally an unlimited amount of energy on your body just waiting to be tapped into. But what's keeping you from getting into it is insulin. And so lower the insulin, you're able to access those fat stores. It shows up on a blood meter called the "Blood Ketone Meter" and you're able to see that higher and higher levels of ketones, means that your stored body fat is being mobilized and used as energy. And by the way, that dress starts feeling better, those pants and that shirt starts feeling better, and it's a beautiful thing.
- Stephanie: And it's so simple.
- Jimmy: So simple.
- Stephanie: And I think, many of our listeners are very scientifically-based people. And they think, and I thought and you probably thought for years that losing weight is a mathematical equation and it's very complicated, and you're going to think of like the most complicated things to get there.
- Jimmy: 35 hundred calories. I have to burn that, eat less, yeah. When you start making it a mathematical equation, you basically lose 99 percent of the population. But if you just say, "Just don't eat for a little while", how easy is that? It's so easy, a caveman can do it. And a caveman probably did do it.

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Stephanie: Exactly. And our brain is like, “It’s too simple, it can’t work but it does.”

Jimmy: Yeah. And it’s free. That’s another huge benefit. You know, people, “Well I can’t afford it.” “You can fast.” “I don’t have time.” “You can fast.” “I’m 80 years old.” “You can fast.” I mean, there’s really no excuse but for I will give you the three excuses for why you can’t fast. Number 1, you’re under 18, you probably don’t need to do this if you’re still a growing child. Number 2, a pregnant woman, if you’re trying to have a baby grow inside of you, you need to nourish that baby so it’s not the appropriate time to fast. And then the last category of people are underweight people.

So if you’re 25 years old and 85 pounds, you don’t need to fast because you’re going to lose weight. So other than those three categories, virtually anyone can implement at least some form of fasting, be it intermittent fasting, alternate day fasting, or some of these crazy ones like I’m doing—extended fasting. They’re not crazy but crazy to the world they are.

Stephanie: And 21 day fast is because when people read your story, if they don’t know you are ready, you had some significant health issue as the bio introduced you, and you were severely overweight in the past. So you have what I’d like to refer to as “baggage”.

Jimmy: I got a lot of baggage.

Stephanie: Metabolically in your body that you need to heal, right?

Jimmy: Yes. The insulin resistance is what that’s called, and it’s where your body doesn’t respond the food hormonally the way it’s supposed to. And so, maybe fasting is one of those strategies, and you got to think of yourself as your own self experiment. If you try eating a certain way, let’s say you try a Paleo Diet.

So you’re going the Paleo Diet, you feel better in the temporary but then you’re not quite all the way there, maybe you haven’t done enough. So maybe then cut down your carbs in that Paleo Diet, so still eat the real food but eat less carbs and eat more fat and kind of see how you feel doing that.

For some people, that results most of their issues and the insulin resistance is better, but some people that doesn’t work. So then, you add in a little bit of Intermittent Fasting where you may skip one meal during the day, and you see how you do and most people will probably find benefit

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Jimmy: from that. But if you don't, you don't go a methodical process. I think that's the thing Stephanie that I want people to know that this isn't just "Jump right into 21 days and that's what everybody should do."

Don't hear me say that, I have not said that. Do it in a methodical way, try little things here and there and you'll eventually find the sweet spot of what will work for you.

Stephanie: That's the key thing, it's listening to your own body and listening to the messages that your body is sending you while you're trying something.

Jimmy: Exactly. And weight is not the only signal that you should be looking at. Because unfortunately, people are like, "Oh my weight stopped, so this doesn't work anymore." I'm like, "Are you sure?"

Inflammation markers haven't gone down, blood sugar and insulin levels haven't gone down. Are you sure that you're lipid markers, all your cholesterol levels are just perfectly fine? Are you sure?" You know, look at so much more than weight, because weight while interesting is not the whole story.

Stephanie: And it's the least part of the story. I just had somebody this morning; message me in my community, a woman who started to lose hair.

Clearly, we don't know where the issue is and you need to go and consult with your healthcare practitioner, but there's a message there that your body is telling you. Well, maybe you're eating real food and you're on the Keto Diet but it's losing hair. There's something going on that you need to look at. So listening to those symptoms to find the right path at that moment for you is critical.

Jimmy: And usually hair loss is attributed to eating too few calories, so that means there's so many myriad of reasons of what could be going on, or they may have this condition called "Alopecia." I mean there are all kinds of things that could be happening.

Stephanie: And so I'm going to shift gear a little bit but still living in the fasting role, but as you said this is your third experience of a long fast?

Jimmy: I've actually been doing quite a few of them, this is my third really, really long experiment with continuous fasting, yes.

Stephanie: And that's how we got introduced last year. And then you were doing a long fast but you were planning it for a certain amount of days, but life

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Stephanie: got in the way.

Jimmy: Yes. So I planned in September 2015, it was my first attempt at doing a 21-day fast. Up to that point the longest I had ever gone was seven days. And so I had gotten the book with Dr. Fung, and I told Dr. Fung, "If I'm going to write a book about somebody's longer fast and have the experience in there, let me put my own experience in there." And of course I needed to do that.

And so I attempted it, I was rolling along. And my wife and I in the midst of it, towards the end, decided to go to Myrtle Beach for like a little bit of a vacation with some friends. And right in the midst of that vacation, it was fun but it was stressful. And so what I found was, for me, travel stress was a booger. And it totally spiked my blood sugar, and day 15 of that fast my blood sugar had been down in the 60s which is perfectly fine when you're fasting. It had jumped to a hundred something, 101, 105, which is not good. And you're thinking, how in the world do you have a jumping blood sugar when you haven't consumed anything? It was the stress.

And here was the other thing, the last two days of that experiment where it ultimately ended 17 and half days, the last two days I gained three pounds. Haven't had any food and well over two weeks and I gained three pounds. So the body has a huge mechanism for when it thinks it's in trouble, which is what stress is, it thinks it's in trouble. It will hold on to every bit of everything, and will basically send your body's signals that give me food as soon as possible.

And what I found on that day 17 was my stomach growled for 45 minutes in a row in response to that stress. Had I not been stressed? That would not have happened. I probably would've made my 21 days. But here's the kicker, guys: when that happened, I realize what was going on and I knew it was time to end the fast even though I was just a few days short of that goal, and that's okay.

Stephanie: Totally because you listened to your body messages.

Jimmy: Yes.

Stephanie: Like your stomach growling, you gaining weight was a big signal for you to actually do something different.

Jimmy: Exactly. And the fact that I was tracking all of that helped me to know that that was the right decision to make. Had I just kind of gone one feeling, I would've felt probably a little bit bad but I would've had no idea about the blood sugar going up. And actually that was the first sign that I knew

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Jimmy: something was different. I didn't feel anything different until I looked at the 100 plus on the blood sugar meter, and went, "Okay what's going on here?" My body was trying to tell me before I even got any physical symptoms that something was changing about what was going on, and thankfully I was testing that. So if you're going to do a fast, try to test your blood sugar because that will kind of keep you honest. Like this morning, I tested and it was in the 70s and that's perfectly fine, very good level.

And my blood ketones were pretty high, as you would expect day 11 of a fast. So, just keep paying attention to all those things when you do these things, again, you're your own science experiment. You've got to be the final arbiter of everything you do about your health.

Stephanie: Yeah. And those messages were very clear because you were in an intense period of fasting, so you knew something was going on. But I bet you for other situation in your life when you're just eating your regular ketogenic diet, there is moment of stress and there is message that your body is sending you. Has there been a connection for you and your day-to-day non-fasting life as well?

Jimmy: Oh my gosh absolutely. And I would say it's probably even more so evident when you're fasting because those things show up a lot more readily than when you're eating, but eating itself can also reveal some things to you. And so, a lot of times people like to say, "Well, the ketogenic diet didn't work for me. I didn't lose any weight and I had issues." But then they tell me, "Oh and I had a horrible day at work and my boss is always down my throat, and I'm just so stressed at work." I'm like, "That's your issue."

You can't blame diet for that because no diet in the world is going to overcome the problems that you have when you have stress in your life. And so, you got to get the stress under control, and that is the topic of like a future book with Jimmy Moore, if I can figure this thing out. I actually already reined it by my publisher, and they're like, "Please figure that out because we want to do that book with you." So I'm actively doing that now.

Stephanie: And I was going to say that statement you've made to me a few months ago, and I think it's the secret key people always ask. And you get asked that question, "What is the secret for you to lose 100 pounds?"

Jimmy: Yeah.

Stephanie: Well there's no secret.

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- Jimmy: No.
- Stephanie: There's not.
- Jimmy: And it's not the same for each person either.
- Stephanie: No. But probably the biggest secret is the management of your stress aka/your emotion.
- Jimmy: If we got rid of stress I would dare say, most obesity and chronic disease would probably get better overnight.
- Stephanie: Amen brother. That's exactly what I believe.
- Jimmy: But stress is not going anywhere, that's the unfortunate thing. So the thing we have to do is live stress-free in a stressful world, how's that for a title of a book?
- Stephanie: Totally. Or the one you said earlier, stress clarity, I think you said that to me in the past - stress clarity.
- Jimmy: Yeah stress clarity, yep.
- Stephanie: And the thing about stress is that we needed to live. Stress is something that saves our life almost every day.
- Jimmy: Stress can be beneficial, there is this thing called "hormesis." Definitely go Google if you've never heard of hormesis before, but the hermetic effect on the body, a little bit of stress. And think about it this way, when you go to the gym and you lift weights, you're actually producing a stress on those muscles. You're actually breaking down those muscles from that stressful lifting, but what is it doing in the end? It's making you stronger. So just because you're going through stressful situations, it doesn't mean you should fall apart. You should come out the other end of it much, much stronger.
- Stephanie: So what have you implemented in your life to manage stress better in your day-to-day life?
- Jimmy: Oh I'm such a geek with all kind of little gadgets and things. And so there's one that I found on the Indiegogo recently, and I've been doing it in fact earlier today. I did a 25-minute session. I've been a lot of interviews for this book. But I did a little session with this thing; it's called "Nervana" N-E-R-V-A-N-A. You stick it in your ear, it's like little headphones. And you can actually plug it in to your MP3 player and play

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Jimmy: music with it, but I sometimes just do it by itself. And it gives you like a slight little vibration in your left ear that pulsates. And so, it's just kind of one of these relaxation types of techniques. I've loved it Stephanie, I hadn't really shared this anywhere yet and I was going to do a periscope about it soon. But it's been pretty cool because I do find myself a lot more relaxed when I go through at least a 15-minute session every single day.

Of course I do some mindfulness kind of meditation as well and deep breathing. You know, these are things we just did automatically before. But now in the hustle and bustle of waking up and going right to our phones, and checking our emails, and getting on social media, you forget to do those basic things that we knew were good for our health way back when.

So, I'm just trying to apply all of those things, and just learning to take life more in stride. I mean when you're internet famous like I am, it is a little bit challenging sometimes the negativity that you get. And so you try to deal with that the best that you can. The biggest way that I do is I ignore most of it, so you just have to do that and setting the boundaries. And so, I think everyone in their own lives has things that they have to work through, and they know what their stressors are. I say, go right through them and do something about them sooner than later.

Stephanie: In one of the time as well, right? You can't solve everything in your life in a week, right?

Jimmy: That's exactly right.

Stephanie: But I'll find that Nervana headphone, and I'll link with it for in the show notes so they can see what it is. But it is a new "gizmo", but we need those things in today's world.

Jimmy: Absolutely, and I'm always looking for those kinds of things, other things that I do. I love yoga. So if you love yoga or Pilates, those are great ways to de-stress. Of course I'm a Christian, and so I pray and that can help de-stress you as well. I mean, there are all kinds of little strategies and things that you can do, and getting a good night sleep can also help with that.

So taking some magnesium before you go to bed and some of the little tricks there to make sure you're getting restful sleep. Blackout curtains and all that kind of stuff, the sleep will help lower your stress. And yes, stress increases your sleep level and so it all feeds into each other.

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Stephanie: And back to the prayer that you're saying, I'm a big meditator or fan. I meditate a lot from a Chinese type of meditation. But what they were teaching is that prayer is the oldest form of meditation.

Jimmy: Yes that's exactly right.

Stephanie: Because when you pray, you're repeating words that are meant to vibrate at a certain level in your brain and bring you to a different level of awareness.

Jimmy: Absolutely. And I think awareness of yourself as well. It's kind of weird when you think about it Stephanie, but people neglect themselves. And in the neglect of yourself, that's where some of that stress build up. And you're always thinking about other things and all these outside forces go back to yourself again, and say, "Hey look, I want to do something proactive for me. And so I'm not taking care of me, how can I be concerned about my kids, my spouse, my parents?" You know, whatever it is that's stressing you with the people in your life, your co-workers, you got to take care of you, because if you're not well, none of those people can benefit from having you in their presence.

And so, take care of you. And I think if we just remind ourselves that it's okay to take care of you, not just okay but you should.

Stephanie: Yes. And for most people, for a good portion of listener that starts with food, right?

Jimmy: Yes.

Stephanie: You did it, I did it. We start with food, and then we quickly realize that there is more.

Jimmy: Oh so much more. That's why I'm doing fasting, that's why I'm doing meditation and other things to de-stress. And I'm sure a couple of years from now I'll figure something else out that I'm not doing right now, that I need to be doing and that will be cool too. And I want people to hear this too Stephanie, is all of this is accumulative effect.

So maybe you're hearing us talk about stress, you're hearing us talk about fasting. Don't think on day one that you're just jumping into this and you're trying to do all of that. If you're going to start with one thing, the first thing I'd say is just eat real food. Start with that and then from there build a pond in your own time when you're ready, you think you're ready to go to the next level in your own health routine, add to it when the time comes for you.

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Jimmy: And there's no race, don't feel bad if your cousin Suzie is already well into something that you think you should be doing. No, this is about you. This is about getting your body where it needs to be, and we're all on this journey on different levels, at different times, there's no shame in starting.

Stephanie: Yeah. And it's also getting yourself used to loving yourself, and taking care anytime for yourself. That's a big hurdle for many women.

Jimmy: So that's a sneak peek at a book that I'm collaborating with in 2017. I don't know about what to say more now but stay tuned, we're going to have a book. Me and this self-love expert are collaborating on a book next year, and one of the sections of the book will be all about nourishing your soul. And a lot of the self-love stuff I've never shared before in any format, and so I'm really excited to get that out there in 2017.

Stephanie: I can't wait to read this book.

Jimmy: That's the tease of the day.

Stephanie: Thank you. So you have had the opportunity to interview more than 11 hundred experts, so you've heard it all.

Jimmy: Oh yeah.

Stephanie: Based on what you've heard from all those experts, what do you think that the mind-body connection has a part to play in the health and overall optimum health?

Jimmy: I think state of mind is so important, because a lot of people lead defeatist life. And so they walk around hoping, complaining to themselves and to others that nothing ever works, nothing's ever going to work. "I've tried and failed everything..." So that's the thing that I hear more than anything is, change that state of mind.

Come in at any change that you're doing whether it's diet or really anything in your life, with a positive mindset that it's going to work, that you're going to see benefit from it, that you're going to get the results that you're going to hear other people happy. If you come at it from that perspective, I would say 9 out of 10 most people will succeed. And so, if you don't have that right mindset from the get-go, then it's a self-fulfilling prophecy when you fail, and you will fail.

And listen to me here, diets fail. We know that, they fail. So, realize that it's so much more than just about your diet. Now diet is a great foundation as we talked about, just eat real food. But from there you've got to add all these

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Jimmy: other components one at a time that's appropriate for you.

Stephanie: The power of manifestation.

Jimmy: Exactly.

Stephanie: And that's why for certain people the vegan diet works, the keto diet works, the paleo diet works because as you said it's a power of the mind.

Jimmy: That's right.

Stephanie: One last question for you before we end the interview. You came through a very standard healthcare allopathic medicine. And now you've been on this journey of 12 years, and you've talked to many health experts. What is the moment, what I call and refer too often as your "haha" moment, where the light bulb goes off that made you realize that there was more than just food to your health? How did that come to you?

Jimmy: I think what happened was after that initial 180-pound weight loss in 2004, and I started getting into this and being a part of the low-carb community,

Stephanie: which then morphed into paleo, and keto, and all the other things that I do now. I think what got me was when I started gaining some weight again.

Jimmy: And guess what guys, you will possibly gain back some weight if you don't

get these other issues under control. So that's kind of what made me realize, food was the great start and getting off of sugar, refined grains, and starches and all that made me fat and sick to begin with was a great start. But when I noticed that things in my health weren't optimal even though I had less weight on my body, that's when I said, "Okay, there must be some other things going on here" And that's when I started branching out and looking at these other things to add to my lifestyle. And then it truly became a lifestyle and not just a diet at that point. You know, up to that point it was just diet. I changed the way I ate, my diet changed. But now I can say, "Well my lifestyle change because I changed the diet, yes." But then I added in movement, and then I added in fasting, and I added all these other little things, meditation, and slowly but surely you get all of those elements to a healthy lifestyle that makes a healthy life.

Stephanie: That's brilliant. And that's very courageous of you to share that weight gain story, because many people hide behind their weight loss and they don't show that. So thank you very much.

Jimmy: And you know I hate that. I hate that. I think sometimes the internet is so judgmental, and I get a lot of hate thrown towards me because I don't look the part in the minds of some people. They feel like, "Well you've eaten this way for 12 years; you should be the perfect body." And I'm going, "Okay,

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Jimmy: walk a mile in my shoes because I have lived as a very, very obese man, 400 plus pounds, I'm nowhere near that anymore." And yet people think, "Okay, you lose weight and you should just automatically stay there." There are so many things going on. It's one reason we wrote the fasting book is we wanted people to know, "Okay ketogenic key then isn't giving you the results that you want, maybe you add one more hack, like fasting, to help lose that weight and get to your goals."

And so insulin resistance for me is a really hard thing for me. I mean, I think it hits people like me harder than probably most anyone else. And so, until you walked a mile in my shoe, and lived in this body, trying to deal with it... I mean think about it. I have access to literally every health expert in the entire world. What benefit is it for me to not be optimally healthy and looked apart? I mean if I truly tapped in all that and it was just easy just applying what all of these people said, I would already be there.

But I think at the end of the day, for me, I think it's better that I still struggle. And I'm cool with that because it helps me relate with so many people that otherwise would just look at the Julian Michaels of the world, and, "Oh just do this, because look at me, don't I look perfect?" You know that's not real. I'm real.

Stephanie: And you're beautiful.

Jimmy: Oh thank you. I think you are too.

Stephanie: Thank you very much. You shared your heart, and you've shared the other side of this whole fasting and health journey. And I appreciate your openness for doing that with us today.

Jimmy: Absolutely.

Stephanie: And again, thank you for coming in. I'm going to link to all your books, your website, it will all be in the show notes so you guys can go there.

And until next time to me more, have a good health.