

Stephanie  
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**The Beyond The Food Show  
PODCAST TRANSCRIPT**



*the*  
BEYOND THE FOOD  
*Show*

WITH STEPHANIE DODIER

# Podcast Transcript

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## Podcast Transcript

Stephanie: Welcome to Episode 40. And I'm very excited about this one because I get to spend 40 minutes with the world-renowned neurologist Dr. David Perlmutter – 40 minutes, me and him alone, and that was a blessing.

We talked about gut-mood-and-brain connection. We talked about neuroplasticity. And for those who don't know what it is, it is your innate ability of your brain to be able to make changes in your life. We talked about the power of gratitude, because he talked about gratitude in his last book, *The Whole Life Plan*, and I wanted to understand his perspective on it. And then we even went a step further than this, we talked about gut feeling and how our gut feeling, our intuition, actually is something that scientifically demonstrated to come from – and I'm going to keep that for the interview. So go check the interview and stick with me.

So I want to take a minute before we go into the interview to thank you for all the support you have been giving this show and so many new members that I'm seeing in my community over the last few months. You are the bomb and I'm really enjoying my interaction with you. And in the community right now, we're about to do our third – yes, our third – three-day mind-body fast. This is something that I started back in February, an activity that I did for myself that I wanted to share with my community, and it keeps growing every time we do once. But it's a totally different approach to fasting. We are fasting to increase our body awareness and to connect with our mind and our body together. So if you want to know more, go in the show note and join the community – totally free. You can come with me on this journey of three-day fasting and all the other members that choose to do this three-day fast.

Now, the show today is brought to you by our sponsor, FBomb, which is a family business that is run in the intent of helping the world snack better. Because we know that there's a lot of snack food out there but they're highly processed and they're very high in sugar and carbohydrates. And as you know, I'm passionate about healthy snacks, and this company, FBomb, creates exactly that, little packets of healthy snacks. You can carry it with you on the go. Throw it in your purse, in your bag, it's not going to leak, and it's delicious. Their Macadamia Sea

## Podcast Transcript

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So are you ready to do this interview with Dr. Perlmutter? Let's do it.

Our guest today is a Board Certified Neurologist, Fellow of the American College of Nutrition, and he has been interviewed on many nationally syndicated television programs. He's a four-time New York Times Best-Selling Author of books that have been published in 28 languages, which includes *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar*, with over 1 million copies in print. Our guest today is Dr. David Perlmutter. So welcome to the show, Dr. Perlmutter.

David Perlmutter: Stephanie, I'm delighted to be here with you today.

Stephanie: Thank you very much.

So there has been a lot of successful books with you and published in many languages, and your latest one, *The Grain Brain Whole Life Plan*, is being published, I think, in November 2016. It is, again, a New York Times Bestseller. I'd like to start the conversation with you around that because what I really appreciated of this book is the context where it's beyond the food where you can find your success in achieving your health goal. Could you take us through a little bit about the Whole Life Plan you've created with *The Grain Brain* book.

David Perlmutter: I will. And the earlier books, *Grain Brain*, and then the *Brain Maker* book – *Grain Brain* was about the very important role of gluten and sugar and carbohydrates in terms of being detrimental for health and specifically for the brain. *Brain Maker* was opening the door to understanding how important our gut bacteria are in terms of the brain and in terms of general health as well. Those books were really about why – why is this happening? What is the science telling us? And the new book, *The Grain Brain Whole Life Plan*, is about the how. It's about how do we take now this really fascinating information that is leading here to science, being validated every day, but how do we take that information

## Podcast Transcript

and leverage it into our day-to-day lives so that we can, in fact, achieve a brain that is resistant to disease, that works better moment to moment, and really regain overall health as well. So that's the focus of the new book. It's really all about the implementation of these really leading ideas.

Stephanie: I think it is a great place to begin because people often will read the science but do not understand how to actually apply it in life. And your book is very thorough on how we go step by step in applying it. And you shared some stories as well with, I think, your father who's suffered from some of those conditions and how you navigated through this journey with that in your personal life as well.

David Perlmutter: You're right, Stephanie. I think at this stage in my life I have no reservations about being fully transparent. I'm 62 and I'm doing my best to remain healthy. The book is a little bit from that perspective. What is a guy like me do day-to-day? What is my routine like? How do I try my very best to stay healthy and avoid that very condition that took my father's life, which is Alzheimer's disease? I mean, he was a wonderfully trained brain surgeon and to watch him deteriorate to a place where he was really not even at all available and know what was going on, was very challenging.

I took that as a launching point as well to reinvigorate my desire to get the message out that Alzheimer's, for example, is a preventable condition. And, you know, I want to just scream that message out because we live in a world here in the States and also in Canada where pretty much the message is that we should just do whatever we want, live our lives come what may, and when we have a particular problem, modern medicine is going to have a great pill for us. Well, it turns out that there is no meaningful treatment at all as you and I have this conversation here in 2017 for Alzheimer's disease. None even on the horizon – you know, five to ten years – nothing.

That said, it's very compelling and even heart-wrenching for a guy like me to be reading the scientific literature that is full of information indicating how powerful our lifestyle choices are in terms of preventing that very disease that is affecting

## Podcast Transcript

more than half a million Canadians, for example. So we can prevent the very disease for which we have no treatment. Why don't we talk about that?

Well, you know, unfortunately, the reason we don't talk about that is because there is no treatment. No one's going to make a profit on talking about lifestyle factors. But that's why people like yourself and I do the work that we do to give information out for those who are willing to listen and recognize that, for example, Type II diabetes is associated with a quadrupling of a person's risk for Alzheimer's. And you can avoid becoming a Type II diabetic by cutting back on your sugar and eating more fat and fiber and getting regular exercise. So right off the bat, that's a very handy thing that you can do to reduce your risk of Alzheimer's.

Regular exercise goes a long way to actually changing the expression of our DNA, leading our bodies to create a chemical that protects the brain. It's called BDNF. Wonderful work out of the University of Pittsburgh, and now more recently out of UCLA, from a Dr. Kirk Erickson, demonstrating dramatic increase in that chemical, BDNF, in people who go out and buy a very expensive drug called a new pair of running shoes. That's all you got to do. You can run, walk, dance, garden, whatever you like to do. If you're active, you've reduced your risk for that disease, Alzheimer's. So it's great to be here today and to have a platform to really get this important message out to your listeners.

Stephanie: And I think, too, exactly what you said. What I try to teach my listeners all the time is empowerment, how we need to take charge of our own health. A patient that wants to move forward is an empowered patient. And listening to people like you and reading books and listening to podcasts, I think that's the key. And I'm sure you would agree to us making the change we need in our lives.

David Perlmutter: It's like a tennis game. And right now, the ball is on the patient's side of the court. And here's the information. As you say, it is empowering. Change requires two things. It requires knowledge, and it requires action. Well, our mission – your mission, my mission, and all of us out here in the world of

## Podcast Transcript

integrated medicine – is to give out that knowledge as best we can and as best as we see it. Then, action has to happen.

And this is not a passive experience. You've got to participate. You've got to actively reduce the carbohydrates and sugar in your diet. You've got to embrace the notion that healthy fat is good for you, that dietary fiber is critically important for your brain, not just your gut, because of the role of dietary fiber in improving the health of your gut bacteria, which really segues nicely to the notion of a gut-brain connection.

The reason we have to keep our gut bacteria healthy is because the gut bacteria plays such a huge role in determining the fate of the brain moment to moment and even in the long run. Gut bacteria manufacture some very important vitamins that are critical for brain function, many of the B vitamins. They even manufacture or participate in the manufacture of our so-called neurotransmitters. Things like serotonin and dopamine, you know, they're not made in the brain exclusively. 90% of your body's serotonin, that feel-good chemical, is made in the gut. Most importantly, though, the gut bacteria determine the level of inflammation in a person's body. And it is inflammation that is, in fact, the cornerstone of every neurodegenerative condition that we don't want to get, including Alzheimer's and Parkinson's and multiple sclerosis, and other things like cancer, diabetes, and even coronary artery disease. These are inflammatory conditions.

When we disrupt our microbiome, our gut bacteria, by taking antibiotics, for example, inappropriately, using other drugs like non-steroid anti-inflammatory drugs, acid-blocking drugs that everybody thinks they need to take, drinking chlorinated water and other things that we do, we challenge our gut bacteria. It sets the stage for imbalance of the immune system and also increasing inflammation. And again, inflammation is the cornerstone of about every degenerative condition in your body that a person doesn't want to get.

## Podcast Transcript

Stephanie: So if I follow you correctly, we need to reduce carbohydrates, we need to reduce sugar, which is a message that's widely popularized right now. But the quality of our food has also to do with the bacteria in our gut, am I right?

David Perlmutter: Well, the quality of our food that we choose to eat affects the gut bacteria, that's for sure. And again, I want to just go back to what you said a moment ago that everybody is hearing about the fact that we should lower our carbohydrates and eat more fat. You know, that's people like you and people like me. The truth of the matter is most people aren't getting that message. Most people are hearing "Load up on your whole grains and stay on a low-fat diet" to this day. I mean, if you read what groups like the American Heart Association are still putting on their websites, it does take your breath away, and especially in light of this current science.

So you and I tend to think, "Well, the world is really getting this message, that sugar and carbs are what are killing people." But, you know, the reality is most people are not getting that message and are still focused on low-fat yogurt. Well, yeah, it's low-fat and they've put a lot of sugar fruit in there, giving you 23 grams of sugar. But yeah, you feel good because it's low-fat. Nothing could be worse for you.

I wish it were true that people were really dialed in on the message of low sugar, low carb, higher fat and higher fiber. But we're going to keep having to work at this to really get that message out.

Stephanie: I completely agree with you. And sharing podcasts like this one and sharing your book that you've done, an article in your website – which is fantastic, by the way – is a way for us to affect people around us, our families and our friends and our close ones.

David Perlmutter: Well, I agree. And, you know, word "doctor" means teacher. And that is – you know, my mission now at this stage of my life is to reach as many people as possible and really get the word out that there are wonderful books by wonderful authors that can really guide you through this understanding.



## Podcast Transcript

My books really are focused on low sugar, low fat – or rather, higher fat, higher fiber, prebiotic fiber, lowering our carbohydrates. Gary Taubes has written a terrific book called *Why We Get Fat and What to Do about It*. My friend Mark Hyman has a new book out called *Eat Fat, Get Thin*. So I think the common theme amongst many medical writers now is really circling back to the notion that carbs and sugar are killing us. And we have always eaten fat long before there was any idea about eating sugar, and fat has been a very important part of the human diet for a couple of million years.

Stephanie: I think you're right. And I want to circle back to this whole gut-brain connection because I think that's where we're taking it beyond the food. Because some people will enter the world of nutrition and lower their carbs and eat more fat but maybe the quality of the food is not quite there yet or they don't understand why they're not getting better, and it's likely in part has to do with the health of the microbiome. If you can talk about that a little bit to help people identify opportunity.

David Perlmutter: Sure. Well, I have to admit that when you mentioned somebody is not getting better, I don't really know what that means. I don't know what their problem is in the first place. But certainly, it's not as if we can correct the microbiome and then get rid of everyone's ills. There are a lot of things that have to be looked at to help people with whatever that problem may be. And again, unfortunately in our society, we look upon magic bullets. We look upon single remedies for oftentimes very complex problems. Treating the brain, for example, by hoping for an Alzheimer's pill while we ignore lifestyle factors like exercise and nutrition, nutritional supplements, regulation of hormones, reducing toxicity, increasing the ability of the body to rid itself of toxins, the patient's genetic history, predisposition, predisposing factors, early life experiences, etc. It's a very myopic approach to trying to understand a very complex problem like Alzheimer's, or Parkinson's for that matter.

So we really have to have a very broad perspective. And certainly, improving the health and diversity of the microbiome, those organisms that live within us and upon us, is a very powerful tool, but it is one tool in the toolbox among many.

## Podcast Transcript

The most important factor in preserving the health of our gut bacteria are the food choices that we make. And perhaps most importantly is to recognize that we have to feed our gut bacteria. And what they need is a special substance called prebiotic fiber. I didn't say probiotic, I said prebiotic. And it's a kind of fiber found in such foods as Mexican yam, which is jicama, dandelion greens, which I know are very popular in Canada, garlic, onions, leeks, chicory root. These are foods that have a lot of prebiotic fiber in them and nurture the gut bacteria.

You can go to a health food store and buy prebiotic fiber in a bag and mix them in a glass of water each morning. And really, one of the most powerful prebiotic fibers that you could buy is made from what's called acacia gum. Acacia senegal is a tree that grows in Africa. Everybody has seen this, that real tall canopy tree where the giraffe takes shade in the middle of the day. That tree secretes a gum called acacia gum – who knew? And that gum is sustainably harvested and made into a powder and you buy it in a health food store. And that turns out to be a very powerful prebiotic to nurture your gut bacteria.

So there are things that you can be doing right now. And interestingly, we're now seeing literature that is, in fact, showing relationships between the gut bacteria and things going on in the brain that relates to Alzheimer's. As a matter of fact, an hour before you and I got together today, somebody forwarded a very interesting report to me demonstrating how important in the laboratory animal, the rodent, a model of Alzheimer's, how important the gut bacteria is in terms of determining whether or not the brain of that animal is going to form this abnormal protein called amyloid. So, sure, we're at an early stage in our understanding of this, but I think that this relationship between things in the gut and things in the brain is so profound that finally we're going to see some daylight in terms of what we can do for patients who have these devastating conditions.

Stephanie: I think it's brilliant. You used the words "nourishing your gut bacteria", so I think that's how we need to switch our thinking. It's nourishing our body but nourishing our gut bacteria as well.

## Podcast Transcript

David Perlmutter: That's right.

Stephanie: So let me segue into another part of this gut-brain back there, and it's an article that I actually read on your website where the whole notion of gut feelings, where sometimes our emotional response to our everyday event may be influenced by the bacteria in our gut. Is that possible?

David Perlmutter: Well, it's not just possible, it's in fact quite likely that that is happening. As I mentioned earlier, about 90% of the serotonin, the feel-good chemical in your body, is made in the gut and is under the influence of the gut bacteria. There are now really textbooks written about the relationship of our gut bacteria to the mood.

I didn't know you were going to ask this question, I promise you, but here is a great book by Dr. Emeran Mayer called – there you go, I have it right there – The Mind-Gut Connection, how the hidden communication within our bodies improves our mood. Dr. Mayer – I have it here because I recently interviewed him – he is at UCLA and he's really one of the pioneers in really publishing a lot of data showing how our gut bacteria affect our mood. He did a study several years ago that involved, I think, around 230 women and half the group was given a yogurt that had probiotics in it, the other half ate a yogurt that did not. And he demonstrated on some very sophisticated brain scans how the bacteria in the yogurt changed the activation of certain areas of their brains so that they perceived the world in a different way compared to those eating food that didn't have probiotics in it.

That's a pretty powerful result, to think that the changes in our gut bacteria can affect our mood, can affect our perception of the world. The more we eat sugar and less fiber, the more we're taking antibiotics and acid-blocking drugs and other drugs, the more we're damaging our gut bacteria, and therefore, it changes our mood, we look upon the world in a different way. So it's pretty profound.

Stephanie: It is profound. And I was reading another article and doing my research for today from Chris Kresser, who I'm sure you know. He has published an article around

## Podcast Transcript

gut bacteria and weight loss and how both the gut bacteria influence how the ability of one to lose weight.

David Perlmutter: Yes. I mean, it's really quite compelling to recognize that. In the experimental model worked on by Dr. Jeffrey Gordon, they actually are able to transplant gut bacteria from obese humans into a laboratory animal. And without changing the food of that rodent, suddenly it gains weight. So we know that our gut bacteria are playing a huge role in regulating, for example, the speed of transit through the gut and also the number of calories that we extract from a given meal. When you're on a diet that has a lot of sugar in it or using artificial sweeteners, you're changing the array of gut bacteria so that they think you are starving, even though you're not, and they're holding on to every calorie in an attempt to keep you alive. So that happens when you take antibiotics.

There's a wonderful book called Missing Microbes by Dr. Martin Blaser in NYU – no, at Columbia, sorry. And Dr. Blaser's contention is that our over-usage of antibiotics in adolescence is the cause of teenage obesity or a cause of teenage obesity. I mean, after all, we give antibiotics to cattle to make them fatter so they bring more money at market, why would not the same thing happen in humans? So we really have to understand – now that we recognize that diabetes can be caused by exposure to antibiotics, that obesity can be caused by antibiotics as well – changes in the gut bacteria.

The good news is, according to a research from Harvard, that we can change the gut bacteria quickly, if we start to change our lifestyle choices, including the foods that we eat, in as little as three days. So that's really very powerful news, especially recognizing that a study was recently published showing increased diversity of gut bacteria, which is what you want, in relationship to aerobic exercise. So it may turn out that the more aerobic exercise you have or participate in, the greater will be your diversity of gut bacteria, which is in the long run and in the short run very good for you.

## Podcast Transcript

Stephanie: Wow. It's phenomenal. The research on microbiome and gut bacteria is just like speeding through. What we think we know today will be absolutely outstanding just two years from now.

David Perlmutter: Well, it's true. The amount of research related to the microbiome is exploding. And it's really all brand new.

Stephanie: Yeah. And you were a pioneer.

David Perlmutter: I will tell you that 10 years ago we had no clue about the depth of the influence of our gut bacteria in terms of our day-to-day health. It's powerful information. And it's really great because finally the door is being opened to understanding what may be causing so many of our common problems.

Stephanie: I think it's wonderful. And it comes back to our first topic which was food and lifestyle choices. So we can be empowered to change our health and make the choices today that in a couple of days from now – three days, as the study says – we can change our microbiome.

David Perlmutter: That's right. And, you know, here we are, having a kind of medical conversation, and what does it come down to? Food. Which is kind of ironic in that most medical schools don't teach anything about food. It's just – you know, I've known that for 35 years but it's that way to this day, and it's breathtaking. Chiropractors have a huge amount of exposure to nutrition, which is wonderful. M.D.s and I think to some degree D.O.s don't get instruction in nutrition, which is probably the most important factor in keeping a person healthy. But that's because our so-called health care system is a gross misnomer. We don't have a healthcare system. It's an illness care system. It's a system that people utilize once they get sick or have an accident or something like that. We don't really have a healthcare system or a system that's designed to keep people healthy. It would be a great idea. It would sure as heck cost us a lot less in the long run and even in the short run. But, you know, our emphasis here in Western countries is to let people get sick and then develop these wonder drugs that can be hugely monetized and are looked upon as being home runs for somebody.

## Podcast Transcript

Stephanie: Absolutely.

David Perlmutter: At the end of the day, it's not really in the patient's best interest, though.

Stephanie: So, and that segues into the next question, which is about lifestyle choices, right? It comes down to us being empowered, having the information, and then making the choices. And that leads me to neuroplasticity, if you don't mind entertaining me on this.

David Perlmutter: Entertaining you.

Stephanie: Because it is – often people will say, “Well, I was born this way. There's no way I can change this. I'm just addicted to carbohydrates. I can't change.” Well, it's been proven that we can change our habits, isn't it?

David Perlmutter: No question. And in fact, the Institute for Functional Medicine's annual meeting – they're probably the most well-respected integrative healthcare group on the planet. They're annual meeting in June deals with the topic of neuroplasticity. And I'm delighted to have the opportunity to chair that conference this year. And one of our guests is a Dr. Michael Merzenich, and he is really considered the father of neuroplasticity.

And let me just explain to your viewers what that means. It means the brain's ability to basically rewire itself. And this was actually first looked at in the late 1940s by a Dr. Donald Hebb – H-E-B-B – who was a Canadian researcher. And Dr. Hebb proposed that neurons that fire together will wire together. Meaning, the more you do something, as you make yourself do something, ultimately, that will become a hard connection in your brain. So forcing yourself to reduce your sugars and cut down on your carbohydrates, ultimately that will become – I hate to say engrained because it gets to grain and we'll get there in a minute, but it becomes a pathway that becomes solidified in your brain, and it does become easier and easier. You reinforce that in gram, that you want to stay away from sugar and carbohydrates, because what you're doing is you're trying to override your primitive brain that is telling you to eat sweets. We all have a sweet tooth. We have a sweet tooth because it is a legacy from our hunter-gatherer days

## Podcast Transcript

when eating sweets at the end of the summer and the early fall would trigger us to make insulin. You're eating sugar and insulin would signal the body to make fat, which allowed us to get through the winter.

The other thing that eating sweets would do is change the microbiome. Again, alerting the microbiome that winter is coming make fat. It's the reason that people who eat sweets, another reason that they gain weight. And they tend to want to eat more and more because it kind of enhances the appetite. So this is actually a longstanding survival mechanism for us when we didn't have ready access to food and calories. Now, you know, people are stimulating that mechanism by eating sugar and sweets 360 days a year for the winter that never comes.

Stephanie: That's the trap that many people are in. And then when they come to a podcast like mine or work like mine, they're in that vicious circle of being "addicted" to sugar. But the good news is, is the brain is pliable. The brain is able to make those choices. And with a book like the Whole Life Plan, there is an outline of how you can change your behavior, your belief, and use that aspect of the brain, which is neuroplasticity, to make the changes in your life that you need.

David Perlmutter: You're right. You know, it brings me to an interesting topic, and that is – what so many people will end up doing – and, you know, when you look at the statistics, you know that it's true. When they finally get the message that eating sugar is bad for them and they want to avoid it, what do they reach for? They reach for the diet drinks, the diet colas and all that stuff. And the reality of the situation is that may actually be worse for a person in terms of weight gain and diabetes risk. Studies are clear that when you favor drinking artificial beverages, you dramatically increase your risk for diabetes and for weight gain. And that, it seems, is paradoxical. Why would you do that? How could that possibly be? You're drinking soda that has zero calories and no sugar.

Well, again, it gets back to the microbiome. What these studies have demonstrated is that there are dramatic changes in the microbiome, not just in laboratory animals but in humans as well, and that these changes then trigger

## Podcast Transcript

the body's sense that calories are not available anymore, we better make fat while we can. So I don't want people to fall into that trap of using artificially-flavored or sweetened beverages and gum and who knows what. That would be the worse choice.

Stephanie: I think it's absolutely right. And doing the changes with a structure such as the Whole Life Plan or a program that can help you make the change, that will address also the root cause as to why you're reaching for food. And often, it is to numb an emotion or to soothe.

David Perlmutter: It's true. And what I'm sure you do, what I often do in working with people, is try to divert that to something else generally, exercise or stretching or even meditation. And, you know, I'm not trying to offer up exercise as a way to burn calories but rather as a diversion. And, you know, recognize again that exercise increases the diversity of the gut bacteria, it turns on the genes to grow new brain cells, it enhances neuroplasticity, as a matter of fact, by increasing this brain drive neurotrophic factor, BDNF, so we're all over it. And you're right, that's why I have that whole section in the book.

Stephanie: And you also talked to gratitude, if I can bring you on to that subject of how beneficial it is. And there's science behind demonstrating that gratitude especially in a life-changing process can have tremendous benefit.

David Perlmutter: Well, that's right. And I think that gratitude decreases cortisol, which is a chemical that is, in fact, quite damaging to the brain's memory center. But beyond that, I do have in the book a discussion of a study that was done by researchers in which they allowed people to make a gift and demonstrated changes in their brains when they were grateful and were trying to, you know, demonstrate their gratitude to others by offering up a token. It was a controlled experiment, and yet there were changes in these individuals' brains based upon that activity. I thought that was a very, very interesting study.

Stephanie: It's something that we should all practice naturally. But unfortunately, it's something, I think, we've lost touch of and we've lost the habit of doing it.



## Podcast Transcript

David Perlmutter: It's true. And, you know, you write books like this in hopes of reaching people who can reach out to others, especially those who are less fortunate. In these, may I say, troubled times, I think it's a very important message for us all to embrace.

Stephanie: Yeah, it is. One last topic before we end – sleep.

David Perlmutter: Sure.

Stephanie: And the importance of sleep on brain condition, overall health and happiness. And can you talk to us a little bit about that?

David Perlmutter: Well, of course. So, you know, there's a lot that's going on when we sleep. I mean, you know, we used to think sleep is when everything just sort of shuts down and gets ready for the next day, but sleep is a very, very active process as it relates to the brain. There is that system in the brain called the glymphatic system, which is the brain's way of getting rid of its garbage, and that is very active during sleep. And we have a new research that indicates that sleep actually enhances a process called synaptic pruning. And that is kind of the opposite of plasticity, meaning that we do make a lot of connections between our brain cells during the course of our waking hours, but we sure as heck don't need them all. And it's important that we get rid of some of them that are not needed, basically to keep that computer working efficiently. You know, we want to shut down some of the apps that are running in the background in order to keep peak efficiency. So that's new research that really has just come out.

But having said that, we are really taken by the studies that demonstrate that those individuals who have interrupted sleep or who have what is called sleep apnea have a very significant risk for Alzheimer's risk, increased risk. So I made the plea in the book to people to consider adults having what is called a sleep study, meaning that you go into a sleep laboratory and they monitor your heartbeat, your oxygenation of your blood, the movements of your eyes, your brain waves, etc. to determine how good is the quality of your sleep. Are you really getting deep sleep that is what we call restorative sleep? And as it turns out, you really need that if you want to have a healthy brain.

## Podcast Transcript

Having said that, should you be demonstrated to have, for example, sleep apnea, there are wonderful things a person can do. There are CPAP machines. There are appliances people can wear. But you're not going to know until you get a sleep study. I mean, your partner may go right to sleep and he or she may not awaken and tell you, "Oh, by the way, you were really snoring last night," or "You stopped breathing." And frankly, it's really not their job to make that assessment anyway. So I really encourage people getting a sleep study.

Stephanie: It's amazing, everything we talked about in the last 30 minutes of how food and all the lifestyle choices have an impact on our brain health and overall health. And a book like yours is putting it all together, so I highly recommend to the listeners – I'm going to put the link to the book in the show note for you. If you're needing guidance and you're needing structure around that changes, please go get the book. I think it's going to help you tremendously.

David Perlmutter: Well, I thank you for that. And Stephanie, I thank you for the interview today. I really, really enjoyed it.

Stephanie: Thank you very much for your time. Is there a next project coming up right now for you? What is the next step for you?

David Perlmutter: Well, there is, as a matter of fact. In a few weeks I go on a national tour for a public television. I have a special coming out on – based upon this information on the book. And that will air throughout Ontario. There you go.

Stephanie: Is that on PBS in the state? Because we have a good chunk of our listeners in the state. Will it be on PBS?

David Perlmutter: It's on PBS.

Stephanie: Perfect.

David Perlmutter: It's called Dr. Perlmutter's Whole Life Plan and it will begin airing in the next couple of weeks. Actually, if your listeners want to go to my website, which is [drperlmutter.com](http://drperlmutter.com), there is a link there that will tell where and, you know, which affiliates are showing the show, what day and what time.

## Podcast Transcript

Stephanie: Amazing. Well, thank you. We'll link to all of that in the show note. Thank you very much, Dr. Perlmutter for your time. I'm blessed to have you on and sharing this beautiful information with our listeners. And maybe on your next book we'll have you over again. Thank you.

David Perlmutter: Well, I'm hopeful. Thank you, Stephanie.

Stephanie: Thank you.

David Perlmutter: Bye-bye.

Stephanie: There you have it, folks. What a fascinating time with Dr. Perlmutter. Now, all the links of everything we talked about can be found in the show note at [stephaniedodier.com/040](http://stephaniedodier.com/040). That's where you can also pick up the transcript of the episode and also check out my newest book, the Keto Connector, a 30-day program to lose up to 15 pounds. You're going to learn to crush your craving and achieve total health while using the Dodier protocol.

The Keto Connector is a holistic real food, low carb, ketogenic approach to weight loss. I want you to be able to look in the mirror today and say, "I look great, I feel amazing, and I don't feel like I'm on a diet." For that to be achieved, food needs to become your friend and you need to have a sense of peace when you eat.

The Keto Connector is a path towards more –