

Unedited Interview Transcripts for Dr. Michael Donaldson

00:00:28.230 --> 00:00:41.320

Chris Wark: Hey, everybody, it's. Chris got a new interview for you today with Michael Donaldson, Dr. Michael Donaldson, Ph. D. Nutrition science researcher, and expert. I first became aware of Michael

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00:00:41.740 --> 00:00:44.169

Chris Wark: Man. I mean it was. It was

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00:00:44.390 --> 00:00:49.409

Chris Wark: two thousand and four, maybe because I think and correct me. If i'm wrong,

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00:00:49.580 --> 00:00:58.419

Chris Wark: I think you bet. At that time you were associated with George Malcolm, and how the acres there was a relationship. Then back then.

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00:00:58.840 --> 00:01:02.700

Michael: Right Yeah. So

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00:01:03.190 --> 00:01:06.310

Michael: we're still together. You do. You still work there?

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00:01:06.450 --> 00:01:08.339

Chris Wark: Yeah, with Yeah,

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00:01:08.480 --> 00:01:27.619

Chris Wark: Okay, I didn't want to. I didn't want to misspeak. But yeah, So you've been. You've been around the raw food, movement and community for a very long time. You've published papers I'm excited to dig in, and I've been wanting to talk to you for a very long time. And here we are. So thanks for taking the time to do this

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00:01:28.220 --> 00:01:39.429

Chris Wark: alright great glad to have a conversation with you. Chris: Yeah. So how did uh? Let's start with your origin story. How did you get into the raw food movement?

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00:01:41.390 --> 00:01:45.640

Michael: This began back when I was in college in graduate school, really,

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00:01:45.920 --> 00:01:50.409

Michael: and I got married, and my wife was expecting her first baby,

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00:01:51.670 --> 00:01:53.569

Michael: and it wasn't going so well,

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00:01:53.620 --> 00:01:55.540

Michael: and she kind of struggled through it,

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00:01:55.880 --> 00:02:02.790

Michael: and we want to have so we've got, you know, called stolen a blessing, so let's go. We have children here.

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00:02:03.410 --> 00:02:16.049

Michael: It didn't work for us. She tried to be sick shots and things like that, and second baby she's carrying around a toddler and a baby. It wasn't going very well. But the third baby here, she said, we have to try something different,

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00:02:16.630 --> 00:02:20.640

Michael: because what we're trying here is this: This is we want to have more kids, and

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00:02:21.090 --> 00:02:24.439

Michael: if we don't do something different, we're just going to have to stop, or something in here.

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00:02:25.350 --> 00:02:29.489

Michael: Someone known as a tape from Joel Robbins, the car factor,

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00:02:30.170 --> 00:02:31.890

Michael: all juicing for help,

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00:02:31.950 --> 00:02:33.960

Michael: producing for like one or the other.

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00:02:35.140 --> 00:02:52.379

Michael: So we looked at that we listened to it. It was a it was a cassette back when they stuck it in a cassette player, and so she tried. That does. Well, let's just try i'll. I'll try just drinking juice or fruit. We didn't have it too soon. Let's just try to drink uh eating through it in the morning.

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00:02:52.430 --> 00:02:55.499

Michael: Nothing solid until afternoon.

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00:02:56.480 --> 00:03:01.490

Michael: About the third day of that she felt way. Better energy levels were up in the day time,

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00:03:01.900 --> 00:03:02.990

Michael: and

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00:03:03.140 --> 00:03:07.119

Michael: her by, I guess, was finished the toxin, and she was ready for the rest of the day.

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00:03:08.220 --> 00:03:11.130

Michael: And so I thought, That's funny. That

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00:03:11.630 --> 00:03:14.959

Michael: that was easy to change in a sentence.

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00:03:15.970 --> 00:03:19.439

Michael: Yeah. So I thought, Well, what else is like to

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00:03:19.840 --> 00:03:29.960

Michael: health and nutrition? I wonder how much you know. Is there a link between, say, nutrition cancer? Here was I was a chemical engineering, graduate student,

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00:03:30.200 --> 00:03:34.540

Michael: and for the ignorant, not stupid, but ignorant of those connections.

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00:03:34.820 --> 00:03:39.179

Michael: Well, this is a journal called nutrition and cancer. It has several volumes out,

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00:03:39.340 --> 00:03:42.859

Michael: and just start digging into what was already known,

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00:03:43.880 --> 00:03:53.570

Michael: and realizing there was a huge connection between food, nutrition, and health, and if people took what was already known back, and this is nineteen,

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00:03:53.720 --> 00:04:08.759

Michael: ninety-six, ninety-seven. If they took what was known back then and we given informed choices about what they could do. Then it would make a difference. They might choose something different besides the pharmaceutical route and the surgery, and came up there, and so on,

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00:04:09.630 --> 00:04:23.040

Michael: and then through a midwest that we're working with. She had a copy of God's Way to ultimate help, and there's testimony to know that just are so much more than you see other places, and they're probably cream of the crop stories, but it shows what's possible,

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00:04:24.590 --> 00:04:29.219

Michael: and through that I got connected with George Malkmus, and how the acres,

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00:04:29.250 --> 00:04:37.740

Michael: and when I finished up graduate school I did one to go to a chemical company and make bio pharmaceutical drugs or anything like that. And

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00:04:38.010 --> 00:04:43.079

Michael: you know, if i'd gone that way it would be me making a vaccine for a virus right now, or something like that,

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00:04:43.720 --> 00:04:49.489

Michael: because they use some of the technology to do things like that. And I said, there's got to be a better way to do this, and I.

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00:04:49.560 --> 00:04:56.599

Michael: Sometimes you need a crush, but there's so much more you can do. So I said I would spend my time in a career

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00:04:56.680 --> 00:05:02.109

Michael: on the other side on the side of nutrition instead of the crutch side with drugs.

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00:05:03.070 --> 00:05:05.359

Michael: It got this into it.

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00:05:05.380 --> 00:05:24.300

Chris Wark: Yeah, that's amazing. And I have so much respect for you for choosing that path, because the drug path is certainly a more lucrative professional opportunity, and there isn't a whole lot of money in nutrition, in nutritional science

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00:05:24.310 --> 00:05:38.009

Chris Wark: and in putting patients on a nutrition program. There's not a lot of whole money, a lot of money there, but the results are so wonderful. When you see people actually restore their health. It does make it worth it.

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00:05:40.150 --> 00:05:41.130

Michael: It's.

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00:05:41.330 --> 00:05:58.609

Michael: You don't get into it so much for the money, but it's the results you're changing People's lives to make a difference there, and they can go on and do it. God intends for them to do, and

God give so many people a mission in life, and then find out. They get cut off halfway through, and they can't complete what they wanted to do

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00:05:58.620 --> 00:06:07.459

Michael: because of poor health. They're so busy, you know, making stuff getting stuff done that they really let their health go. Then all we find out that all I need to fix my health here.

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00:06:08.360 --> 00:06:11.460

Michael: And so that's a place where we can step in and make a big difference.

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00:06:11.600 --> 00:06:18.620

Chris Wark: So i'd love for you to talk about some of the discoveries you made as you started researching

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00:06:18.630 --> 00:06:36.059

Chris Wark: nutrition and cancer and nutrition and health, and like what were the big light bulb moments, Aside from the personal experience of just feeling better, right? And your wife her health improving like once you started to dig into the research. And this is something that again, I mean, I feel like I talk about this all the time. And

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00:06:36.070 --> 00:06:53.969

Chris Wark: uh, but there's so much nutritional science out there. There's more than any person could read right There's a lot out there, and it's not taught in that school. But what were some of the big epiphanies for you where you were like. Wow! This is already. They've already done a study about this. This is incredible, like I had no idea.

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00:06:55.870 --> 00:07:01.349

Michael: Yeah, one of the first things we checked on, and you have to go back in history a little bit

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00:07:01.650 --> 00:07:18.230

Michael: back in early two thousand. There was this political that you didn't need to be twelve with the weekend time. Somehow. Your body would make enough of it, and you would end up with Yeah, you'd be fine. So one of the first studies I did was test and be twelve in Vegan. It's following how you died,

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00:07:18.490 --> 00:07:29.090

Michael: and I found that after six months or so there are a metabolic sign that they don't have enough. So right away became the crossroads. Are we gonna take care of this, or we just gonna

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00:07:29.410 --> 00:07:33.520

Michael: do like everyone else doesn't just say it. It'll be okay.

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00:07:34.670 --> 00:07:43.099

Michael: And so how like this went through that? C: Yeah, you know, for a few dollars a year. You can take care of this problem and make it a strong point rather than a weak point.

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00:07:44.290 --> 00:07:49.629

Michael: So that was a that was a big crossroad there with B12. It's a vegan diet

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00:07:50.050 --> 00:07:54.869

Michael: doesn't have it really, except there's some purple. Nori did a test for the guy in

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00:07:55.150 --> 00:08:03.020

Michael: when he took purple Nori. His blood levels did go up. So it does work. But you have to. You have to the purple Nouri to get it.

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00:08:03.310 --> 00:08:17.189

Chris Wark: That's interesting. I've never heard that it is worth mentioning that I saw a study that indicated that it basically about forty percent of meat eaters are also deficient in B12. So it's not a problem that's unique to Veganism.

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00:08:18.730 --> 00:08:21.539

Michael: Right? Yeah, there's the book called Could it be the Twelve,

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00:08:22.110 --> 00:08:30.070

Michael: and just a lot of neurological disorders have a component sometimes some. It's just not as open to B12. Very well.

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00:08:31.460 --> 00:08:34.420

Michael: And this people age that that happens a lot, too.

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00:08:35.280 --> 00:08:42.400

Chris Wark: So what else? That was one of the that was one of the first things along the way there. Yeah, what about raw food versus cooked food,

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00:08:43.309 --> 00:08:45.600

Chris Wark: Robbins house, food, vegetables.

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00:08:45.830 --> 00:08:51.179

Michael: How do you know something's wrong? That's one of the first questions that we're comfortable. How do you know something's wrong?

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00:08:51.840 --> 00:08:54.220

Michael: How do you test? How do you quantify that?

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00:08:54.610 --> 00:08:58.170

Michael: As you know, coming from an engineering perspective, want to well,

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00:08:58.680 --> 00:09:06.809

Michael: and which products is more involved than another? You have all these, you know, this one's okay, and that one's bad, or they're all okay.

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00:09:07.580 --> 00:09:18.420

Michael: So I started looking at enzyme activity and find enzymes. Is that the key factor in there. Well, when enzymes go away, it's not raw anyone. So at least we know that month,

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00:09:19.230 --> 00:09:24.359

Michael: and there's some vitality. There's you know where it's currently in photos, or whatever you see, some kind of

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00:09:24.970 --> 00:09:28.319

Michael: some kind of brilliance, or something special about raw food, and

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00:09:28.520 --> 00:09:34.469

Michael: and when you heat it up, cook it, and times are gone, and the vitality is gone as well.

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00:09:35.270 --> 00:09:44.949

Michael: So I don't know because that's unique, but the raw foods. It's not just the vegetarian dive. It's not just you know, meatless diet or something like that. It's. It's a raw food,

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00:09:45.440 --> 00:09:52.550

Michael: and that was, you know, doing enzyme studies, and I was able to compare different products on the green products, you know, juices.

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00:09:53.040 --> 00:09:55.539

Michael: And and so I get an idea of, you know,

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00:09:56.000 --> 00:09:59.920

Michael: which ones really are are active, and which ones are

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00:10:00.140 --> 00:10:12.789

Chris Wark: now didn't. You also conduct a study with Ah, well, comparing different juicers to see which had a longer enzyme activity which juices stayed fresh. Was that you?

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00:10:13.520 --> 00:10:17.560

Michael: I've done a couple of studies I did one early on. You may have seen that way back

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00:10:18.040 --> 00:10:22.749

Michael: about six different users, and then I did a recent one that was published as well.

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00:10:22.830 --> 00:10:28.830

Michael: You know, some higher end juicers as well with that. And what's the big takeaway from those kind of studies,

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00:10:30.390 --> 00:10:32.220

Michael: the big, thick West, that

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00:10:32.240 --> 00:10:34.300

Michael: all of them work somewhat

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00:10:35.670 --> 00:10:43.539

Michael: the some tropical to that They, you know. If it doesn't do very well, and you squeeze the pulp, and it's still a wet. Then it didn't extract. Very well,

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00:10:44.350 --> 00:10:52.760

Michael: but it's it's a two step. Process, how well it can crush it and grind up, and then how well it can squeeze it out. You get those two parts together. You have the best system.

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00:10:53.110 --> 00:10:55.609

Chris Wark: There was a bit of a,

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00:10:56.590 --> 00:10:59.809

Chris Wark: I think, was just a rumor or a myth that

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00:11:00.150 --> 00:11:14.099

Chris Wark: circulated in the health community for a while. That centrifugal juicers got too hot, and that the juice was not nutritious. And this kind of thing, and you found that to be false, correct,

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00:11:15.060 --> 00:11:21.119

Michael: they do work. Does it keep, you know, trying to period which just makes juicer makes just last longer,

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00:11:22.900 --> 00:11:24.110

Michael: and

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00:11:25.860 --> 00:11:30.270

Michael: i'm not sure. There's a real strong answer. Like Well, this one's way better than the

other one.

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00:11:31.150 --> 00:11:35.900

Chris Wark: Some of it has to do with like cleanness and security and processing like that,

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00:11:35.950 --> 00:11:37.470

Michael: because microbial

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00:11:37.500 --> 00:11:46.600

Michael: factors, you know, after five or six days, if it's just in the bridge, your microbial accounts can go up to, you know, off the charts on there, and the same testing on that, too.

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00:11:47.080 --> 00:11:52.390

Michael: Yeah, it's well. Fermentation, right? The early stages of fermentation. Yeah, they go.

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00:11:52.490 --> 00:12:11.469

Chris Wark: Yeah, um. And I think the for me the big lesson is, you know it's don't obsess about the juicer you have. You just use the juicer. You have. Make the juice and drink it, and there's really no reason to store it more than a couple of days, anyway. I mean, I don't think it makes sense to try to make such a huge batch that it's going to last you for weeks.

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00:12:11.480 --> 00:12:12.930

Chris Wark: Uh, when I was sick

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00:12:13.520 --> 00:12:17.319

Chris Wark: I was uh, you know, making all my juice in the morning

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00:12:17.460 --> 00:12:30.030

Chris Wark: I' about sixty-four ounces, and then I was drinking it throughout the day, and by the end of the day I had consumed it all, so there might be a rare day where I didn't finish it all, and I had the rest of it the next morning. But

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00:12:30.150 --> 00:12:32.629

Chris Wark: you know beyond that, I think

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00:12:32.690 --> 00:12:48.030

Chris Wark: Yeah, I just never was trying to store juice for long periods of time, and I think fresh is best. But you did. You did find out that you know two or three days. The enzyme activity is pretty much just as high. Pretty good. Yeah, It's still pretty good.

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00:12:48.040 --> 00:13:04.230

Michael: Yeah, and it's about the same at different juices, I mean. Some are a little better than others, but they're all pretty good. What about oxidation? If you want to leave it, if you want to store it longer than that. Put it in the freezing, and then don't take in and out. But take it out, you know, once you know it out and drink it.

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00:13:05.670 --> 00:13:09.750

Michael: It doesn't have quite the same texture when you take it out. But it's still.

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00:13:10.470 --> 00:13:13.559

Michael: If you could only just once a week for something you could do that.

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00:13:13.590 --> 00:13:14.530

Chris Wark: Yeah,

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00:13:14.660 --> 00:13:22.840

Michael: yeah, you know people making it back. You could. You could just twice a week and take Sunday off, or something like that if you're not really struggling with some kind of health condition

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00:13:23.000 --> 00:13:29.179

Chris Wark: and is oxidation a factor in terms of nutritional value, you know, after a day or two or three, or

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00:13:30.830 --> 00:13:34.750

Michael: oh, you put a Java with very little oxygen in it, and it should be fine.

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00:13:34.890 --> 00:13:36.539

Michael: Doesn't seem to be a problem.

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00:13:36.710 --> 00:13:40.269

Michael: I think it's really but the bacterial contamination that

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00:13:40.290 --> 00:13:56.230

Michael: is that's what makes it really stink after a few days like. Well, that's just bad. Yeah, I understand that. Um do you have? If you put greens in them especially, and you let it sit there.

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00:13:56.630 --> 00:14:03.629

Chris Wark: Then it's just It's pretty funky, but doesn't keep us good. Yeah, it's interesting, because raw food is, is,

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00:14:03.640 --> 00:14:23.110

Chris Wark: you know, one of the best sources of bacteria. Right? Good bacteria is raw food, of course, fermented food. Everybody kind of knows that, but I think we tend to forget that an apple or a piece of lettuce or broccoli yeah has lots of bacteria on it, and there's a lot of good bacteria in there.

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00:14:23.120 --> 00:14:37.280

Chris Wark: But obviously there's something that happens. There's a shift, and I I haven't gone down this rabbit hole. Maybe you have some insight, but there is a shift as a of raw food sits right over time.

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00:14:37.300 --> 00:14:51.440

Chris Wark: It starts to break down, and then the bacteria, the bad bacteria sort they take over right, and they really start to break it down and consume it and reduce it to you know, uh mulch for lack of a better word.

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00:14:51.470 --> 00:15:00.259

Chris Wark: So any thoughts on that on the bacterial shift or the enzymes, You know how that's changing in a piece of raw food

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00:15:00.820 --> 00:15:02.489

Chris Wark: after it's been picked.

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00:15:05.560 --> 00:15:09.999

Michael: Yeah, it's for a bit. Yeah, Yeah. And you're right. After a while the molds take over.

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00:15:10.960 --> 00:15:17.939

Michael: But there's a lot of science, and people are talking about the microbiome and the importance of the microbiome for health and stuff,

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00:15:18.040 --> 00:15:22.269

Michael: and the rafters were had that nailed pretty well before that

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00:15:22.560 --> 00:15:33.360

Michael: whole concept of the microplant came along, because of all the bacteria in the festivals that they didn't cook, We're speeding up that microphone

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00:15:33.820 --> 00:15:37.460

Michael: and play a significant role in that, I think.

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00:15:37.990 --> 00:15:42.760

Michael: And it wasn't because they're just experimenting all the foods that helps a lot.

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00:15:43.710 --> 00:15:46.650

Michael: But just the you know, salad, greens and stuff.

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00:15:46.800 --> 00:15:51.250

Michael: You can't get all the bacteria off those without cooking them. Basically,

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00:15:53.680 --> 00:15:56.159

Chris Wark: I eat a variety of cooked and raw.

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00:15:56.210 --> 00:16:12.469

Chris Wark: Um, And Uh, I found that cooked food helps me maintain my weight because I have a really high metabolism, Cooked vegetables. I can just get more calories in, you know raw, raw

food fills me up too quick, Right? Which is fantastic. If your goal is weight loss

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00:16:12.480 --> 00:16:19.129

Chris Wark: right, you can stuff yourself with raw fruits and vegetables, and you will lose the excess weight. It'll just come off.

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00:16:19.170 --> 00:16:32.889

Chris Wark: Um. But yeah for me, it's. I found that just adding some cooked food, especially the starches, beans, rice, potatoes, really made a big difference. And so um, even oatmeal things like that.

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00:16:33.240 --> 00:16:37.200

Chris Wark: What about you? Do you eat any cooked food, or are you all raw?

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00:16:37.850 --> 00:16:39.690

Michael: No,

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00:16:39.980 --> 00:16:43.950

Michael: every meal and teaching the kids You're always starting me with raw food,

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00:16:44.610 --> 00:16:49.699

Michael: so it's there's always something wrong here, but it is not used to the whole meal in there,

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00:16:50.510 --> 00:16:59.359

Michael: so it works out pretty good that way. You need some of both, eh? Kids are growing up. They need for the more dense calories.

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00:17:00.270 --> 00:17:02.549

Michael: So they just raw food. It would.

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00:17:02.610 --> 00:17:04.690

Michael: Yeah, I don't think it would work as well,

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00:17:05.050 --> 00:17:15.240

Michael: especially for kids for adults to you. You get to a place where you're getting all the wrong foods that you need, That, you know fills up. You know all your cells and fruits and things,

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00:17:15.579 --> 00:17:17.010

Michael: and then you can.

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00:17:17.260 --> 00:17:19.849

Michael: You can use the coach code to kind of

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00:17:20.420 --> 00:17:23.090

Michael: figure out how much you need to maintain what you, basically

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00:17:23.119 --> 00:17:27.519

Michael: if you're going to lose weight or gain. But you can use that the extra to

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00:17:27.680 --> 00:17:29.560

Michael: to make you go one way to the other

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00:17:29.630 --> 00:17:35.759

Chris Wark: as far as weight balance. Yeah, yeah, that's what we tell folks in our community. If they need to gain weight,

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00:17:35.830 --> 00:17:40.489

Chris Wark: you eat a little more cooked food. If you want to lose weight, eat predominantly raw.

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00:17:40.520 --> 00:17:44.860

Chris Wark: It seems to work very well for folks.

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00:17:45.310 --> 00:17:55.650

Chris Wark: Now, what else have you been researching, or anything else interesting that you like to talk about? What are your favorite? You know sort of nerdy, nutritional science topics.

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00:17:57.440 --> 00:18:14.419

Michael: Well, uh, quite a while ago we added fish oil into the program. I don't know if your programming includes special for essential fatty assets or not, some big incis. Okay, i'm going to use theology or something like that, or I'll use blacks, And hopefully it gets to where it needs to go.

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00:18:14.520 --> 00:18:24.210

Michael: So there's some study with some people looking at, you know, taking plaques and then testing the Omega three index. Look in the Epa levels,

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00:18:24.340 --> 00:18:32.780

Michael: and it moved to Epa levels a little bit, but didn't move. Dhl's just the way the research stayed, and the research is pretty valid there,

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00:18:32.920 --> 00:18:40.349

Michael: and several studies show that if you take the Alpha little lake acid from flax or to a seed.

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00:18:40.470 --> 00:18:44.449

Michael: It does make some epa, but it doesn't really make any

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00:18:44.840 --> 00:18:47.529

Michael: not beyond a tracing out. It probably makes a trace of it.

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00:18:48.880 --> 00:18:56.540

Michael: So then we have, you know, kind of swallow a little bit more pride in the sense that our diet is, you know, good for everything,

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00:18:57.240 --> 00:19:01.210

Michael: and say, Well, you know it would work better if you had some official,

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00:19:01.400 --> 00:19:04.590

Michael: and we tried. We tested some different algae oils,

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00:19:04.780 --> 00:19:10.540

Michael: and the relativity factors were just too high in those to really mark it as well. Compared to fish oil,

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00:19:10.600 --> 00:19:16.159

Michael: there is just the fish. All was pure, the rents, the vicinity levels were very low.

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00:19:16.660 --> 00:19:18.350

Michael: It was just a better part.

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00:19:18.810 --> 00:19:27.470

Chris Wark: Is there a particular brand of fish oil that you've tested that you feel is the cleanest, purest, you know, lowest level of contaminants.

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00:19:28.720 --> 00:19:31.289

Michael: We've used the Pharmax fish oil

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00:19:31.840 --> 00:19:38.469

Michael: for quite a while, and that's worked well, and there's been a couple of other brands we've looked at that also been quite clean.

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00:19:38.960 --> 00:19:50.059

Michael: I haven't run across any that you say that Well, that's really dirty and contaminated should never use haven't running across that with official. They seem to monitor themselves and keep track of themselves pretty well,

169

00:19:50.710 --> 00:19:56.490

Michael: because that's a real concern. They're industry. So if you get a bad name. Even the big names like Carlson.

170

00:19:57.250 --> 00:19:59.349

Michael: Yeah, that's a good one.

171

00:20:00.060 --> 00:20:05.699

Chris Wark: So I don't. I don't take fish oil, but i'm also not a Vegan, so I do eat fish from time to time,

172

00:20:05.940 --> 00:20:23.750

Chris Wark: and um, and there have been periods in my life where I took fish oil, and but I i'm not actively consuming it now. But um. But yeah, I think I think it's great, you know. I know it's easy to get hung up in dietary dogma, where you're convinced your way is the best, and then you become closed off to

173

00:20:23.760 --> 00:20:31.120

Chris Wark: you. Know any information that indicates the contrary right? And so I think it's wonderful that you've maintained that

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00:20:31.450 --> 00:20:47.760

Chris Wark: objective and scientific approach to health, which is, Oh, let's investigate. B Twelve. Let's investigate Omega three absorption um from plant sources versus animal sources like fish oil. I mean that to me that just

175

00:20:47.770 --> 00:21:04.919

Chris Wark: um. I I just think it's very admirable. It's really great because I've been around You've been around this camp longer than me, but I've been around it, too. You've heard all of that. It's pretty thick. It gets what it does. It's a term, is it? Or orthorexia

176

00:21:04.930 --> 00:21:17.310

Michael: orthodoxy? That's the term right? Yeah, they just the right. I got it down and then someone runs into a health challenge, following all the rituals and the things, and it's not working right.

177

00:21:17.350 --> 00:21:29.630

Michael: You kind of you got to break out of that it's funny. I was just That's such a great quote. Yeah, it's not ideology, right? It's biology.

178

00:21:29.730 --> 00:21:39.089

Chris Wark: I had this conversation earlier today. It's funny that twice this has come up today in interviews. But I was being interviewed earlier.

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00:21:39.250 --> 00:21:49.279

Chris Wark: We were talking about that very same thing, that sort of orthorexia phenomenon where a person becomes so convinced that they're eating the healthiest diet possible.

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00:21:49.330 --> 00:21:55.709

Chris Wark: Then they develop some kind of problem, and they have a hard time admitting the

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00:21:55.770 --> 00:22:09.809

Chris Wark: that Maybe they aren't eating the healthiest diet possible, right if they're eating a keto diet or a carnivore diet or paleo, or maybe even a raw vegan. Right? And so yeah, that's very dangerous to have that kind of

182

00:22:09.820 --> 00:22:24.479

Chris Wark: dietary dogma, especially when you're sick there's really no room for it. You have to kind of be open to re-investigate, re-examine, and reevaluate what you're doing and make sure you really are covering all of your nutritional needs.

183

00:22:27.030 --> 00:22:29.960

Chris Wark: I was in that go ahead.

184

00:22:31.310 --> 00:22:42.330

Michael: We. We have a saying that the best Vegan is a cheating, and it seems to be that there's something to it. It doesn't take a lot, but it seems to take a little bit

185

00:22:42.350 --> 00:22:56.139

Chris Wark: that seems to make a little bit of a difference. Yeah. Well, it reminds me of two things. One is the blue zones, which is, I'm sure you're familiar with. And yeah, and they're not vegan they're not vegan, but they're ninety-five percent

186

00:22:56.420 --> 00:23:13.660

Chris Wark: like the the seventh Day Adventist in Loma Linda. They eat a lot of plant food. A lot of them identify as vegetarians, and in the Advent it's health study. They found, I think, the lowest rates of cancer and the and the longest Ah! Predictive lifespan

187

00:23:13.670 --> 00:23:18.619

Chris Wark: were those who were predominantly vegetarian, but they had they also ate fish. The

188

00:23:19.490 --> 00:23:32.640

Chris Wark: that kind of comes back to your fish oil point or the cheating vegan point, right? And so those studies really opened my eyes because there definitely was a time where I was in dietary dogma.

189

00:23:32.970 --> 00:23:36.079

Chris Wark: I was convinced I had it all figured out,

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00:23:36.120 --> 00:23:53.849

Chris Wark: and um, and that raw vegan was the perfect diet for all humans. And this was again before I had a before. I had a website when I was just trying to get cancer right. Ah, but at the end of the day I just realized, Okay, I need to keep reading and researching and learning.

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00:23:54.030 --> 00:23:57.190

And when we look at the longest-living, healthy populations

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00:23:57.270 --> 00:24:08.800

Chris Wark: that's who we need to emulate tons of plant food very little to no animal food, but small amounts, and trying to avoid the processed food and junk, food and environmental toxins.

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00:24:10.040 --> 00:24:16.689

Michael: Not you. You mentioned the advantage health study and it Better tell study to that's going on,

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00:24:17.280 --> 00:24:24.390

Michael: and the health benefits from that, and I've done some reach with carotenoids like, Get a care team doing that blood testing,

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00:24:24.420 --> 00:24:26.880

Michael: looking at the health

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00:24:27.130 --> 00:24:29.290

Michael: aspect of,

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00:24:29.500 --> 00:24:33.839

Michael: and I was at a meeting in. I don't think that published

198

00:24:33.870 --> 00:24:36.050

Michael: that all of the carotenoid data,

199

00:24:36.600 --> 00:24:46.939

Michael: but I knew what levels were health and what levels we had seen with people following the healthy diet and my own levels and stuff. And I saw where they were at this. So this got a ways to go.

200

00:24:47.190 --> 00:24:55.989

Michael: It's better than average population, but they weren't really healthy levels of crop, and only in other words, they weren't eating near this many plants

201

00:24:56.170 --> 00:25:09.410

Michael: for vegetarians as they should have been really to be truly healthy. So go to those studies, are They're not really typical of what you should expect from someone really calling a What do you call a plant stronger or a lot?

202

00:25:09.480 --> 00:25:14.869

Michael: Lots of vegetables in it?

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00:25:15.040 --> 00:25:19.739

Chris Wark: And did you? Were you able to

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00:25:20.340 --> 00:25:35.839

Chris Wark: sort of reduce it down to a prescriptive dose, for example, of carotenoids per day? Is it two, two uh two carrot juices? Or do you have a in your mind. Do you have an idea about how much should a human get every day of carotenoids?

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00:25:36.970 --> 00:25:46.349

Michael: No, I reduced it more down to a blood level. That was healthy, and it would. I don't know exactly how much it would take to get.

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00:25:46.450 --> 00:25:53.499

Michael: Are you in it? It would vary a little bit depending on someone's absorption and their own cut physiology where they're at.

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00:25:54.000 --> 00:25:57.289

Chris Wark: But it's probably an ideal world consumption,

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00:25:57.770 --> 00:26:01.210

Michael: right? It's good. You know. A couple of glasses of juice will get you there

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00:26:01.510 --> 00:26:03.530

Michael: in most cases in a salad.

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00:26:03.610 --> 00:26:04.640

Michael: Yeah, that's

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00:26:04.850 --> 00:26:06.290

Michael: if you're getting

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00:26:06.820 --> 00:26:10.110

Michael: a few pounds of vegetables every day. You're in pretty good shape.

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00:26:10.530 --> 00:26:11.490

Chris Wark: Yeah,

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00:26:11.820 --> 00:26:29.730

Michael: uh a few pounds. Sounds like a lot to people, but it's really not When you're eating. Yeah, when you plant base you use your blender. Yeah, there's one of those controversies that that it's looked at to, you know. You look at enzymes, so you can study enzymes. So you look

what's different between the uh juicer and a blender,

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00:26:29.890 --> 00:26:36.809

Michael: because some people said, Well, you're going to blend that. You spin it ninety miles an hour. You pull a lot of oxygen down into the blender, and

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00:26:37.030 --> 00:26:40.839

Michael: it's going to damage the enzymes, and it's not going to be near as good as the juice.

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00:26:41.130 --> 00:26:44.109

Michael: Is that so I tested it.

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00:26:44.940 --> 00:26:52.890

Michael: So you look at the you. Can't you have to take the blended stuff and take just measured just the juice part of it. You can't measure solutions,

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00:26:54.570 --> 00:26:55.580

Michael: and

220

00:26:55.830 --> 00:27:00.040

Michael: it's actually as good, maybe a little better in the blender. So

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00:27:00.190 --> 00:27:08.019

Michael: because you've chewed it up so finely that you released a lot more to intracellular enzymes out into the juice.

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00:27:08.230 --> 00:27:11.300

Michael: So absorption is at least as good as from a juice,

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00:27:11.530 --> 00:27:15.019

Michael: and as if you didn't kill any enzymes in the process

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00:27:15.400 --> 00:27:20.640

Michael: that you killed in any more than made up for by extracting more in the process.

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00:27:20.810 --> 00:27:33.189

Chris Wark: That's fantastic. I that you know I've never worried about blending, harming my food. I've definitely heard those rumors, too, right? Those claims. Um,

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00:27:33.230 --> 00:27:46.789

Chris Wark: and it. I'm so glad you brought that up because it's something that I have said uh for a long time, which is that you know blending increases the absorption of nutrients, because it's your teeth

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00:27:46.860 --> 00:27:57.659

Chris Wark: a blender right, your teeth are a juicer. You are chomping it up. You are creating a liquid out of a solid in your mouth, and the more you

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00:27:58.090 --> 00:28:01.259

Chris Wark: the better you chew, the more

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00:28:01.300 --> 00:28:03.830

Chris Wark: will be absorbed into your bloodstream.

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00:28:04.100 --> 00:28:24.109

Chris Wark: And uh, and so most people don't chew as well as they could to really really increase absorption of nutrients. But when you blend you are liquefying it, I mean it's. It's better than chewing right? Uh The only issue is, you're not probably not getting quite the saliva mix of enzymes that you would when you chew

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00:28:24.120 --> 00:28:25.070

Chris Wark: um.

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00:28:25.400 --> 00:28:35.210

Chris Wark: So I think it's good to give when you're drinking a smoothie, for example. Give it a swish, you know. Kind of swish it in your mouth a little bit that's get that saliva mixed in really good before you swallow any thoughts on that.

233

00:28:36.490 --> 00:28:46.899

Michael: What turns out the blenders are way easy to clean the juices. That's true. Yes, they but our families we tend to use the blended as a whole lot more consistently than the user itself.

234

00:28:47.890 --> 00:28:57.160

Michael: And so we get That's one way. We get these huge sales, and sometimes when you don't have quite all the right mix of stuff, you end up eating the salad instead of making a blended selling,

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00:28:57.260 --> 00:28:58.850

Michael: and it's a lot of chewing.

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00:28:59.050 --> 00:29:06.190

Michael: It's a lot of doing to to get there to get to consume the same amount of of greens that you would in deployment and selling.

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00:29:06.950 --> 00:29:12.879

Chris Wark: Yeah, absolutely. I one. I'm: I have this giant salad recipe. It's on the cover of my cookbook

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00:29:12.890 --> 00:29:28.870

Chris Wark: and um now called the Giant Cancer-fighting salad, and it's a big one. And yeah, it takes a while to eat it. I mean It's a lot of chewing, and the first time you eat it the first few times it's like. Oh, my gosh! My jaw muscles are getting a work out, you know. Eventually you just it doesn't affect you. But

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00:29:28.920 --> 00:29:34.920

Chris Wark: for folks that have a hard time eating and a hard time chewing right, or even a hard time swallowing.

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00:29:34.930 --> 00:29:52.419

Chris Wark: Ah, we have another recipe in the book. That's you know you can. You can put all the ingredients of the salad in a blender right. You can blend them up and liquefy them and drink them, and it's a lot easier to get down now. It tastes a little weird to liquefy a salad, But I had a friend named Courtney Campbell, who healed

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00:29:52.780 --> 00:30:09.589

Chris Wark: her lymphoma, a Hodgkin's lymphoma. She healed it completely, with no medical treatment by drinking the giant green smoothie

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00:30:09.750 --> 00:30:25.100

Chris Wark: that was her main food, and she would make this huge batch every morning and then go teach school and drink it. Ah! Throughout the day, and she couldn't stand the taste, and she would hold her nose

243

00:30:25.950 --> 00:30:29.309

Chris Wark: every sip she would hold her nose.

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00:30:29.720 --> 00:30:33.190

Chris Wark: She did that for years for like two years,

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00:30:33.760 --> 00:30:37.489

Chris Wark: maybe three. I mean. Listen. That's some dedication,

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00:30:37.760 --> 00:30:57.539

Chris Wark: I mean, i'm just so. Dedication. It's dedication, and I love it. I love how that she was so determined to get this food in her body, and I and i'm not saying anybody that I don't have to hold my nose right. But she just had such a strong whatever sense, sensitivity to the blended up, you know, veggies

247

00:30:57.550 --> 00:31:03.779

Chris Wark: the green smoothie that She literally held her nose with every sip, but she got it down, and she held

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00:31:05.830 --> 00:31:07.809

Michael: So it did work. Yes,

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00:31:08.090 --> 00:31:26.599

Chris Wark: Oh, yeah, it's been ten years,

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00:31:28.940 --> 00:31:32.079

Michael: So did you just you? Did you some juicing in your

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00:31:32.630 --> 00:31:52.260

Chris Wark: Yeah, Yeah, yeah, for several years. Actually, I was making sixty-four ounces of juice. First it was straight carrot juice, and then I started adding, Beet and cucumber and celery and ginger root. As I started to learn more, I was like, Oh, man, I can. I can really uh supercharge this juice with more vegetables

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00:31:52.270 --> 00:32:11.939

Chris Wark: and um. But yeah, i'd make that big batch every morning and drink it every day, and Then I was eating two giant salads with broccoli, cauliflower, kale, cabbage, onions, mushrooms, avocado peppers, I mean just all the vegetables. Right i'd put some sour crowd on there. I'd put curry powder, oregano, red, red pepper,

253

00:32:11.950 --> 00:32:31.279

Chris Wark: I mean a little olive oil and apple cider vinegar, and I mean it's just so delicious, so easy to eat because it tasted so good, and there was so much variety in there, plus. I'd have sprouts like sprouted garbanzo beans or sprouted lentils, and all of that was really inspired by George, you know, by the Hallelujah Diet Book

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00:32:31.680 --> 00:32:35.210

Chris Wark: God's way to ultimate Health Book, you know. And

255

00:32:35.610 --> 00:32:37.319

Chris Wark: yeah, So I just thought, Okay,

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00:32:37.340 --> 00:32:56.650

Chris Wark: uh, all this food must be good. How how can I get the maximum amount of vegetables in my body every day? And it turned out It was pretty simple. It was juicing and eating two giant salads for lunch and dinner, and then I was working with a natural path, and he said, Why, don't you? You should also have a fruit smoothie to blend up some berries

257

00:32:56.660 --> 00:33:02.200

Chris Wark: and a banana, and enjoy that because berries are great.

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00:33:02.260 --> 00:33:07.989

Chris Wark: So I added that to the arsenal. So yeah, I was consuming fifteen to twenty servings of fruits and vegetables every day.

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00:33:09.430 --> 00:33:12.160

Michael: Yeah, it's pretty good. That's That's what it. Takes.

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00:33:12.550 --> 00:33:19.899

Michael: Do you as a question for you? Do you find that people have a harder time reversing cancer now than twenty years ago?

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00:33:21.220 --> 00:33:27.099

Chris Wark: Well, I wasn't. I don't know, because I wasn't really paying attention to anyone else twenty years ago.

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00:33:27.390 --> 00:33:39.379

Chris Wark: Ah, my own personal story, you know I started this journey in January two thousand and four, and for the next basically six years I wasn't

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00:33:39.600 --> 00:33:41.859

Chris Wark: paying attention to anybody else.

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00:33:41.970 --> 00:33:46.300

Chris Wark: I didn't know anybody else who was trying to heal cancer holistically,

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00:33:46.390 --> 00:34:05.780

Chris Wark: and it was just me, you know, and I had, like Lorraine Day's book, and George's book, and but Dr. Richard Shultz and a cancer battle plan, you know. I mean I had books and stuff, but I didn't have any real a person to person friends that were trying to heal cancer, so I don't know if it was easier back then versus now.

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00:34:05.790 --> 00:34:06.680

Chris Wark: But

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00:34:06.980 --> 00:34:21.240

Chris Wark: I can tell you that um since I went public with my story, which was in two thousand and ten. So now it's. It's been twelve years since I've been a public cancer, survivor and patient advocate. I mean, we've just seen a lot of people get well,

268

00:34:21.520 --> 00:34:41.169

Chris Wark: you know, and the people that get well are the ones that don't. They don't uh, you know, sort of like. Dip their toe in the water. May they dive in headfirst and just embrace radical life, change so it's the hardcore anti-cancer diet, almost all raw

269

00:34:41.190 --> 00:34:42.540

Chris Wark: uh

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00:34:42.790 --> 00:34:52.970

Chris Wark: tons of fresh juices exercise and then stress reduction, forgiveness. So they're just doing all the things right.

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00:34:54.150 --> 00:35:10.330

Chris Wark: That's awesome. Yeah. And the folks do all the things they just get the best results. We just see it over and over. The folks that do just a little bit. You know it doesn't really help very much right if they don't really change their diet, and they just start drinking some juices here and there. It's like, you know.

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00:35:10.480 --> 00:35:19.799

Chris Wark: It's not going to be. There's just not going to be much benefit there, or they just they start taking some supplements that they heard. We're good for cancer, you know. There's

273

00:35:19.900 --> 00:35:35.720

Chris Wark: I There's not much benefit there, if any, it's like It's pretty hard like, so I, my! The mantra that I constantly repeat, is that massive action produces massive results. Right? You got to take massive action here if your life's at stake, and you're you're super sick and you might die

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00:35:36.100 --> 00:35:38.310

Chris Wark: Massive action. That's what you got to do

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00:35:39.390 --> 00:35:43.409

Michael: right, and that's that's what's missing in the scientific literature. Still,

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00:35:43.500 --> 00:35:46.649

Michael: this point you try to try to move that a little bit, but

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00:35:47.690 --> 00:35:57.939

Michael: the studies that you read about you know this little change that remains a little results, and they get harolded as amazing things, but they really weren't very much compared to what we're seeing in real life.

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00:35:58.290 --> 00:35:59.790

Michael: The changes in

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00:36:00.280 --> 00:36:02.100

Michael: people's lives.

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00:36:03.400 --> 00:36:18.590

Chris Wark: Yeah, that that's thanks for bringing that up, too. I have, you know the the most studies, as you're very well aware it's like they give a person. Oh, we're going to give a cancer patient of some vitamin, c. You know,

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00:36:18.600 --> 00:36:33.819

Chris Wark: and we got a one group. We give them some vitamin, c. A thousand milligrams a day. It's like nothing right, and then we we have another control group. We didn't give any vitamins. We gave them a placebo, and the vitamin, c. Didn't help. It's like,

282

00:36:33.830 --> 00:36:49.509

Chris Wark: Yeah, it's not enough. That's that's no surprise at all like that one. So one little tiny supplement is gonna make this huge impact on cancer survival like. No, it's not one of my favorite studies, was Dr. Dean Ornish,

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00:36:49.520 --> 00:37:06.979

Chris Wark: who did the the diet and lifestyle intervention for prostate cancer and they put, You know they took these people. They put them on a plant-based diet. They put them on an exercise program and a stress reduction program, and they even they did actually even a supplement with fish oil

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00:37:07.240 --> 00:37:19.719

Chris Wark: in that study, too, and they proved that the humans, the men who followed their program had reversal in their psa numbers. So their Psa went down

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00:37:19.970 --> 00:37:22.089

Chris Wark: in like three months, I think,

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00:37:22.150 --> 00:37:35.060

Chris Wark: after following this plant-based diet exercise stress reduction program. It's like that kind of research is the best, you know, the interventional study.

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00:37:35.270 --> 00:37:38.289

Michael: Oh, there's more to that, too, because they did a biopsy

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00:37:38.450 --> 00:37:41.149

Michael: of those minutes, because they're doing prostate surgery.

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00:37:41.210 --> 00:37:56.220

Michael: They looked at genetic profile of You know what genes were being expressed, and not express big difference between the two groups. I mean it turned off the genes you didn't want, and turned on important health promoting genes at the same time.

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00:37:56.230 --> 00:38:04.260

Chris Wark: Thank you for putting it. I did that kind of study, and it was hundreds. There was like hundreds of genetic, or was it one thousand?

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00:38:04.290 --> 00:38:09.220

Chris Wark: Yeah, of genetic, measurable, genetic changes, and all positive

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00:38:10.230 --> 00:38:23.319

Chris Wark: from that, and in a relatively short period of time? So like I love that study so much, and i'm so glad he did it. I've interviewed him, and it was really it was really great and fun to interview and talk about that.

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00:38:24.010 --> 00:38:28.430

Chris Wark: But the problem is, Yeah, you're right. We just don't have enough studies like that.

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00:38:29.490 --> 00:38:32.900

Chris Wark: All the studies seem to be reductionist.

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00:38:35.060 --> 00:38:40.399

Michael: If we put just the tiny portion of the Nih budget into

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00:38:41.160 --> 00:38:44.910

Michael: looking at what really works. If they really wanted to know

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00:38:45.560 --> 00:38:54.859

Michael: we could help them with that, and they could figure it out. But it seems like every time someone gets close to knowing or publishing something that's really important, they get this quashed,

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00:38:55.040 --> 00:38:57.800

Michael: and the establishment doesn't really want to know

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00:38:59.050 --> 00:39:14.780

Chris Wark: who are some of your health heroes. You know that, like Gerson or Yeah, who are some of the feel like you are the big the big you know pioneers of the health and wellness and healing movement.

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00:39:15.730 --> 00:39:18.810

Michael: Yeah, Gerson was one of the one of the big ones there.

301

00:39:18.930 --> 00:39:24.730

Michael: It was like in fifty-three. What about fifty guys before the Us. Senate

302

00:39:25.280 --> 00:39:35.450

Michael: that says, Look, here's you know, these guys had like really really bad cancer. And here they are standing among you. Here's the story, and here's what we can do, and it's not.

303

00:39:35.900 --> 00:39:44.699

Michael: It's not exceptional in you know It's not just one or two. It's like fifty, and there's a lot more, you know. We can do that over and over. It's repeatable.

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00:39:45.140 --> 00:39:46.660

Michael: Hey, guys, Cool

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00:39:46.950 --> 00:39:50.000

Michael: Yup! Today We got right out of the binary.

306

00:39:51.370 --> 00:39:52.419

Chris Wark: What's that?

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00:39:52.860 --> 00:39:55.690

Michael: Yeah. And he got ran out of the country. Yeah,

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00:39:55.890 --> 00:40:01.640

Chris Wark: I I think Dr. Gerson's amazing. I love the work of Dr. Rudolph Bruce

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00:40:01.670 --> 00:40:04.299

Chris Wark: very similar.

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00:40:04.350 --> 00:40:13.710

Chris Wark: The Bruce juice, which was a kind of a beat, blended upbeat juice that he would treat patients with. It was right along the same lines as Gerson.

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00:40:13.990 --> 00:40:15.590

Michael: Um, Joe Cross.

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00:40:15.870 --> 00:40:18.349

Michael: Yeah, Joe's my buddy.

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00:40:18.860 --> 00:40:27.520

Chris Wark: Yeah, I've never met him or anything. But you know that's sick and nearly dead. That was good. Have you used the the nama, his new juicer, the nomad juicer.

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00:40:29.080 --> 00:40:40.330

Chris Wark: I haven't I haven't used it. It's great. I like it a lot. It's got the single auger,

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00:40:40.650 --> 00:40:50.749

Chris Wark: and the one thing about it that's really really great, is It has a huge. It has a a car, and the top that's almost like the size of a blender,

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00:40:51.920 --> 00:41:08.710

Chris Wark: a big. You could stick like a whole bunch of celery, and it would just Yeah, you can drop a whole app whole apples in there. Lemons. There's it requires very little chopping, and you don't have to feed one little piece at a time, and then like, push stuff down with the tamper.

317

00:41:08.720 --> 00:41:20.229

Chris Wark: It's great. It just has it really really well engineered? I think you'd love it just from an engineering perspective. But they just kind of figured out a way. It's like a dual mechanism, and there's one. There's one

318

00:41:20.240 --> 00:41:39.989

Chris Wark: gear that sort of crushes the food that's up top, and then pulls it down into the lower section, where the auger is that presses it through the screen and uh, and it's it does really well, I mean you can't squeeze anything out of the pulp, I mean. I took the taking the pulp pulp out of it. Put it in a nut milk bag, and, like,

319

00:41:40.000 --> 00:41:45.920

Chris Wark: you know, with all my might, you know, I've got like a couple drops, So it really it's.

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00:41:45.950 --> 00:41:50.070

Chris Wark: Yeah, it's just a great juicer. The Nama J two is what it's called.

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00:41:50.130 --> 00:41:59.780

Michael: Okay, I think this is, and what I would do. I I way the produce and way to do it afterwards, and way to see where it all went.

322

00:41:59.790 --> 00:42:18.570

Michael: When you can't squeeze anything out, it's because it didn't run, but fine enough it's still, it's still heavy. But you can't squeeze anymore, because it's squeezed really hard. How will that make sense? So sometimes that the twin the twin gear Producers would do that. They don't grind really super fine, like a centrifugal juicer just makes like it almost like a blender,

323

00:42:18.860 --> 00:42:25.449

Michael: but it doesn't squeeze very hard and twin gear juice Sometimes it's really hard. It doesn't grind very fine.

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00:42:25.920 --> 00:42:32.439

Michael: You get that fine grind, and that's hard. Squeeze all together. There, Then you have a whole process,

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00:42:33.000 --> 00:42:37.370

Michael: it's better. Yeah. Or the pure juicer like the refined.

326

00:42:37.570 --> 00:42:43.510

Michael: Yeah, that's pure. That's really good too soon isn't the angel and the pure on things pretty similar,

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00:42:44.600 --> 00:42:50.550

Michael: the pure producers like a upgrade in Norwalk. But all the things that you complain about a normal that don't work right?

328

00:42:51.180 --> 00:43:00.749

Michael: Yeah, it's not a to work for Norwalk. I found it work for Norwalk for years and fix them, and he was in the shop for them.

329

00:43:00.820 --> 00:43:18.690

Chris Wark: Then he knew all the the weak points in the Norwalk before he went he made pure juice.

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00:43:18.700 --> 00:43:27.809

Chris Wark: Ah, but I used a champion for years. For years and years he's the champion faithfully, which is great with carrots and beats and the hard stuff.

331

00:43:28.210 --> 00:43:30.599

Michael: Yeah, we wore out, it stamped, and believe it or not.

332

00:43:30.840 --> 00:43:35.619

Michael: That's what I believe, Yeah, we want to kill a champion juicer,

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00:43:36.830 --> 00:43:39.040

Michael: and of course,

334

00:43:39.820 --> 00:43:42.270

Michael: are they out of business? Yeah, Mhm

335

00:43:42.740 --> 00:43:51.400

Chris Wark: two thousand and twenty-one I think is Ah, they they shut down. It was a family business, and they just I I don't know. I guess they just kind of

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00:43:51.480 --> 00:43:56.489

Chris Wark: whoever was running. It had inherited the business, you know. And they just

337

00:43:56.740 --> 00:44:00.290

Chris Wark: just decided they didn't want to make juicers anymore,

338

00:44:02.660 --> 00:44:06.010

Michael: quite running going well, Norway, because it's closed also.

339

00:44:06.250 --> 00:44:07.279

Chris Wark: Right?

340

00:44:07.550 --> 00:44:17.300

Michael: So yeah, No, nobody the torch there uh, but what they want to change. What's that? They didn't? They wouldn't change,

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00:44:17.840 --> 00:44:22.300

Michael: and so someone else. They're just right for competition. So you get one model.

342

00:44:23.310 --> 00:44:28.890

Michael: You know the one thing that's constant is change. It will change. Yeah, it's true. Keep on going

343

00:44:29.110 --> 00:44:46.190

Chris Wark: well, I think, with and with champion. Um. They didn't even advertise, I mean. And and neither did Norwalk both of those companies. All of their business was basically word of mouth for years and years, and they were, you know, especially in the ninety S. Early, two thousands. They were basically the only game in town,

344

00:44:46.200 --> 00:44:58.790

Chris Wark: You know. You had the champion, which was affordable, and the into Norwalk, which was the the prim of three thousand dollars. Juicer, and I mean those are the only two I even heard of back then it was like, Well, I don't have that much money. I'll get the champion,

345

00:44:58.800 --> 00:45:10.719

Chris Wark: and it worked fine, and it had this commercial motor in it, and I mean I still haven't, and I still still runs. But But yeah, Then all these other juicers started flooding the market, and they were actually

346

00:45:10.870 --> 00:45:29.719

Chris Wark: the Koreans learned how to make juices, yeah, marking them, and they learned

how to to run ads and market them. And so they sold tons and tons of juicers. The bravel, you know, really came to prominence, and all these other brands. Yeah, and so it's. It's sad because those are the two really the two two big pioneers and juicing, and they kind of,

347

00:45:29.730 --> 00:45:32.459

Chris Wark: you know, kind of went the way of the Polaroid camera on this.

348

00:45:34.120 --> 00:45:38.929

Michael: But the best juicer comes down because it's the one that you will use, agreed.

349

00:45:39.100 --> 00:45:40.720

Michael: So it

350

00:45:41.030 --> 00:45:44.489

Michael: if you have this, the best juice in the world, but you don't use it

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00:45:44.520 --> 00:45:47.719

Michael: very often have one. That's just really simple, and

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00:45:48.180 --> 00:45:50.810

Michael: you get it done.

353

00:45:50.830 --> 00:45:58.900

Chris Wark: That's That's why the J two is, is currently my favorite, because it's It's really easy. You just fill up the top,

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00:45:58.990 --> 00:46:01.519

Chris Wark: turn it on. You can walk away,

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00:46:01.610 --> 00:46:12.700

Chris Wark: just walk away, do something else. Yeah. You can literally walk away and do something else, or you can, you know, do a little bit more prep, you know. Basically, Cut your carrots in half. That's all you have to do,

356

00:46:12.710 --> 00:46:28.609

Chris Wark: and it's really easy to clean, and it's fast. And I think for most people it really solves that problem of why people don't juice, which is like Oh, it takes too long. It's too much. Prep too long to clean up like those are the big barriers for folks. And uh so yeah,

357

00:46:29.060 --> 00:46:46.539

Chris Wark: Well, any other. Uh before we before we wrap it up here, and I just thank you for being generous with your time. Um! Any anything else that you want to share with folks in terms of nutrition or diet anything else that you're excited about, that You, you, you know, love to teach people from your research.

358

00:46:48.020 --> 00:46:49.589

Michael: There's a lot of

359

00:46:49.840 --> 00:47:00.539

Michael: it seems complicated to people sometimes, so it's kind of make it simple enough that you can grab onto it, because there's all these things I have to learn all at once. And you don't really have to.

360

00:47:00.840 --> 00:47:05.039

Michael: You know you and you have a process, too, for stepping people through things

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00:47:05.060 --> 00:47:07.170

Michael: like, you know. Where do you start?

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00:47:07.270 --> 00:47:13.870

Michael: And it's just, you know, Start by eating a silent start by getting, you know, limited in some other really nasty foods

363

00:47:13.900 --> 00:47:18.789

Michael: and change your t along the way. Don't worry about all the details of start by changing your diet.

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00:47:18.900 --> 00:47:26.339

Michael: And so I kind of put together a course, that process to help people think through that, and where each part of that fits together.

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00:47:27.040 --> 00:47:34.399

Michael: So just you know, you get a bit of information first, and then you're optimizing vitamins in the middle syncs that people sort of things like vitamin d

366

00:47:34.550 --> 00:47:35.580

Michael: and

367

00:47:35.710 --> 00:47:39.800

Michael: uh B. Twelve things like that. I dine in some cases.

368

00:47:39.950 --> 00:47:47.640

Michael: And then, you know, usually that takes care of most things. There's sometimes someone has a specific ailment or something,

369

00:47:47.880 --> 00:47:58.959

Michael: you know, joint. They need to extra help with the joints or something because of jumping out of airplanes for twenty things like that. But that takes us, you know, less via beyond what most people have to deal with,

370

00:47:59.050 --> 00:48:00.850

Michael: so they need more help with that.

371

00:48:01.280 --> 00:48:06.879

Michael: And then, once your body is cleaned up more, then you can do more deeper detoxification. Things like uh

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00:48:06.950 --> 00:48:07.950

Michael: um

373

00:48:08.650 --> 00:48:21.020

Chris Wark: a fasty mimicking diet. I don't know if you've looked into that that's I have a voltage,

and I've interviewed him twice, and I've done the the prolonged Fmd. Several times.

374

00:48:21.370 --> 00:48:24.060

Michael: Yeah, that's good stuff, because that you know that,

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00:48:24.320 --> 00:48:34.439

Michael: and the body down getting rid of the old damage to these cells and then rebuilding it again through the process by talking. That's just It's a phenomenal cleansing process.

376

00:48:34.970 --> 00:48:48.210

Chris Wark: No, I'm a fan of that, because you get a lot of the benefits from fasting without having to do a strict water fast. Uh, and it's a great I mean. Again, it's just. It's just a little easier

377

00:48:48.220 --> 00:49:04.330

Chris Wark: it's a good stepping stone for folks that are trying to to dip their toe into fasting and calorie restriction, and and it's all plant-based and I'll link to it in the in the video below if anybody wants to look into it. But yeah, my wife's done it several times. I've done several times. I think it's great. I'm really

378

00:49:04.460 --> 00:49:15.900

Chris Wark: um. Walter is a hero of mine. He's so brilliant, and he's done this incredible research, especially. Ah, you know, when he published that study on fasting, regenerating your immune system. I was like, Wow!

379

00:49:15.910 --> 00:49:24.769

Chris Wark: Like we've known for centuries how beneficial fasting was. We We didn't know exactly how or why, like what is happening in the body?

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00:49:25.300 --> 00:49:36.390

Chris Wark: And he's really the guy I mean. He's really the the principal investigator on like what fasting is doing in your body and all the wonderful benefits of it. So yeah, I

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00:49:36.480 --> 00:49:42.600

Chris Wark: yeah, I'm: a Fan Boy: Yeah. Apologies, Research: because it's it's really good.

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00:49:43.230 --> 00:49:51.600

Michael: He's terrific. And that we've had some people who had issues that they were trying to deal with, and it wouldn't go away kind of stubborn things,

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00:49:51.870 --> 00:49:55.060

Michael: and they went through the the fast and mimic in diet,

384

00:49:55.320 --> 00:49:56.859

Michael: and it cleared it up.

385

00:49:57.100 --> 00:50:01.359

Michael: You know, stubborn things that you know. Finally their body got together, and and

386

00:50:02.350 --> 00:50:03.719

Michael: so it up the door

387

00:50:03.860 --> 00:50:06.899

Michael: so it's pretty neat. It It can reach some stuff to other,

388

00:50:06.990 --> 00:50:11.090

Michael: just, you know, doing a clean diet doesn't really get to as Well,

389

00:50:11.620 --> 00:50:15.080

Chris Wark: i'd love to. You know the

390

00:50:15.110 --> 00:50:28.840

Chris Wark: a curious sort of research or mind in me would love to see a study comparing the fasting, mimicking diet to a juice fast to a strict water. Only you know

391

00:50:28.850 --> 00:50:45.869

Chris Wark: i'd love to know like, what are the subtle differences, because they're all wonderful and beneficial. But i'd love to know what the subtle differences are between those three approaches, and uh, and which one is the most beneficial. My hunch is that water is the most

beneficial. But um

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00:50:45.880 --> 00:50:49.520

Chris Wark: But yeah, I don't know if that'll ever happen.

393

00:50:56.190 --> 00:50:57.340

Chris Wark: Why is that?

394

00:50:58.120 --> 00:50:59.339

Michael: Because you're

395

00:51:00.100 --> 00:51:06.749

Michael: in the process to your your There's no nutrition coming in. You're just detoxing your you know you're consuming

396

00:51:06.870 --> 00:51:09.420

Michael: yourself in a sense, to to keep going,

397

00:51:09.780 --> 00:51:13.180

Michael: and it's almost like really rest in the process.

398

00:51:13.640 --> 00:51:16.750

Michael: So you really have to take time to to go. Do that

399

00:51:16.860 --> 00:51:22.999

Michael: where it's a juice best you can still keep on going. You get enough, just you know, at least half a gallon a day.

400

00:51:23.210 --> 00:51:24.799

Michael: Keep on going,

401

00:51:25.090 --> 00:51:31.059

Michael: I think the fast and then it can die. Is it better than either one of those really in terms of

benefits

402

00:51:31.590 --> 00:51:33.520

Michael: because you're getting that.

403

00:51:33.540 --> 00:51:34.850

Michael: You have that.

404

00:51:35.290 --> 00:51:38.229

Michael: Um, it's. The low protein is important for that

405

00:51:38.580 --> 00:51:41.430

Michael: to to turn off the right path was in that,

406

00:51:41.690 --> 00:51:51.760

Michael: and not a very high carbohydrate, you know. Not a lot of sugar, and the juicing the juice tends to be hard in the sugar.

407

00:51:52.760 --> 00:51:57.399

Michael: So the the fact that he's using a fair bit of fat in that to make it work

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00:51:57.460 --> 00:52:03.970

Michael: which which actually works because it's not changing the you know, in some levels, and glucose is pretty steady when you're doing it.

409

00:52:04.060 --> 00:52:08.699

Michael: So you're getting. You are getting the testing response by that method.

410

00:52:09.420 --> 00:52:14.040

Michael: Yeah, did I put you in,

411

00:52:14.820 --> 00:52:20.539

Michael: and you're getting the rebuilding, and it's not near so hard to be built out of that

company for water pads.

412

00:52:21.030 --> 00:52:26.819

Chris Wark: You are right. I water fasting. Some people can just

413

00:52:27.000 --> 00:52:41.729

Chris Wark: cruise through it and feel good. But most folks it has to be a dedicated period of rest when you water fast and you just you just have to rest. That's it. You drink water and you have interviewed Dr. Allen. Gold hammer and some other

414

00:52:41.740 --> 00:52:48.680

Chris Wark: medical supervised fasting clinic guys. Okay, and yeah, it's, it's, it's

415

00:52:49.720 --> 00:52:54.380

Chris Wark: it is. And you know there's water fasting people for twenty, one days, sometimes longer,

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00:52:54.430 --> 00:53:11.130

Chris Wark: and it had these rem just miraculous turnarounds. But but it's tough, you know. It's a tough road to do an extended water fast like that, and you really do have to check out of life for a week or two or three.

417

00:53:11.380 --> 00:53:12.359

Chris Wark: Yeah,

418

00:53:13.200 --> 00:53:17.679

Michael: so it's It's not bad, but supervision. It could be a very good thing, very powerful,

419

00:53:17.990 --> 00:53:20.100

Michael: even in there. Yeah,

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00:53:20.790 --> 00:53:28.300

Chris Wark: Well, this has been great. It's been really fun, Dr. Michael Donaldson again. I appreciate you so much. I mean I. You know

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00:53:29.300 --> 00:53:31.100

Chris Wark: I am thankful

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00:53:31.140 --> 00:53:44.210

Chris Wark: and appreciative of you, because work like yours has helped inform me. You know I've learned from you. I've learned from other doctors and scientists and researchers, and I'm taking that knowledge, and

423

00:53:44.260 --> 00:53:53.000

Chris Wark: uh and sharing it with others. So you've been, You know we've been on the same team for a long time, even though we've never met

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00:53:53.500 --> 00:53:54.479

Chris Wark: right,

425

00:53:56.060 --> 00:54:03.589

Michael: but it's good to to know some more people on the team, in a sense, and it's the team is a lot bigger than it was twenty years ago.

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00:54:03.670 --> 00:54:12.599

Chris Wark: And how are things going at? How the acres, I mean what is changed with that organization? I've kind of lost track a little bit in the last few years.

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00:54:14.730 --> 00:54:16.080

Michael: Well, that's

428

00:54:18.390 --> 00:54:25.019

Michael: I think we overrun a little bit with the online marketing, since, because we're we're not the generation that's really good at that,

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00:54:26.080 --> 00:54:32.649

Michael: and George has moved to the background, and his son is taken over, and it's it's not quite the same. It's a hard

430

00:54:32.860 --> 00:54:36.190

Michael: part, shoes to fill in a sense I get it. Yeah.

431

00:54:36.750 --> 00:54:38.410

Chris Wark: And how's George doing

432

00:54:38.910 --> 00:54:43.240

Michael: you doing all right, using join Florida. Nice place to be?

433

00:54:43.940 --> 00:54:45.350

Chris Wark: How old is he now?

434

00:54:47.760 --> 00:54:49.080

Michael: Say eighty

435

00:54:50.100 --> 00:54:54.870

Michael: six or eighty-seven. Okay, I was gonna guess pushing ninety. So yeah,

436

00:54:54.930 --> 00:54:57.360

Michael: yeah, he's he's getting up there.

437

00:54:57.980 --> 00:55:00.489

Michael: Iran is still taking good care of him. So he's

438

00:55:00.580 --> 00:55:02.000

Michael: they're doing fine

439

00:55:02.040 --> 00:55:05.020

Chris Wark: good. That's terrific. I'm: So glad to hear that.

440

00:55:05.550 --> 00:55:08.700

Chris Wark: Okay, Well, thanks again for your time. This has been really fun.

441

00:55:08.800 --> 00:55:15.060

Chris Wark: Where can people reach you. Are you online? Do you have a website in places where people can follow you or connect with you

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00:55:16.050 --> 00:55:20.860

Michael: uh, just through heli acres through myHDiet.com.

443

00:55:21.070 --> 00:55:22.870

Michael: That's the main place to find me.

444

00:55:23.190 --> 00:55:25.260

Chris Wark: My H diet. I'm not.

445

00:55:25.720 --> 00:55:28.429

Michael: Yeah. I'm not a big presence on social media.

446

00:55:28.980 --> 00:55:33.270

Michael: I just kind of the scientists behind the scenes. Really, at this point. Yeah,

447

00:55:33.510 --> 00:55:37.389

Chris Wark: that's great. Well, we need you to keep doing it.

448

00:55:37.450 --> 00:55:40.640

Chris Wark: I want to keep learning from you.

449

00:55:41.480 --> 00:55:47.600

Michael: Yeah, That's a neat thing about doing this is that I keep learning There's always something more that we didn't fully understand that

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00:55:47.910 --> 00:55:57.280

Michael: there's always the new, not just controversy that the main things still stay the same. But

your understanding defense and and brought in. So it's pretty neat.

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00:55:57.290 --> 00:56:20.270

Chris Wark: It's endless. Yeah, the rabbit hole is endless, because every time you get an answer to a question it it you get more questions right that that you want to look for answers to, you know. Yep. Well, that's great. Okay, everybody. Thanks for watching. Thanks for tuning in. Thank you again, Dr. Michael Donaldson. This is really fun and informative and great to connect with you, and I again. I appreciate you and thank you for the work that you do. Now, if you have a great day.

452

00:56:20.450 --> 00:56:23.800

Michael: All right, Thanks, Chris. Thanks very much. Bye.