



EPISODE #201
 FAT FOR FUEL
 WITH DR. JOE MERCOLA

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Wendy Myers:

Hello everyone. Thank you so much for joining me on the Live to 110 Podcast. My name is Wendy Myers.

And I am so thrilled. Today, we are interviewing Dr. Joe Mercola of Mercola.com. It's the number one health website on the Internet. It's been around for 20 years. And if you've searched about anything for health, you have found Dr. Joe Mercola's website.

He has so much amazing information. He has so much cutting-edge information. I still go on there. I was even there last night reading about all the benefits of infrared saunas and all the cutting-edge information that he provides.

I'm so honored that he granted an interview to me. We're going to be talking about his new book, Fat for Fuel, and how you need to correctly feed the right food to your mitochondria to get them to work and produce the maximum amount of energy they are capable of and to correct metabolic disorders that are the plague of our society causing cancer and diabetes and heart disease.

You do have the power to get your health back. And it begins with the diet.

We're going to be talking about all the different strategies that Joe uses and talks about in his book, Fat for Fuel.

I cannot stress the importance of using an infrared sauna to detox from metals and chemicals that

we all have in our body.

There are 100,000 chemicals in the environment presently and dozens of toxic metals. And we all have these in our bodies. And unless you have a detox strategy to remove these, they will eventually make you ill. And an infrared sauna is one of the easiest and pleasurable ways to remove metals and chemicals from your body. You just sweat them out through your skin.

I use a SaunaSpace sauna because it provides a full spectrum of infrared rays, mostly near infrared. And these are different from the typical saunas that you see at your gym or the ones that you'll see at a doctor's office or a naturopath's office. These are infrared bulbs that emit near infrared rays. But more importantly, they provide light.

That light helps to activate your mitochondria and help you to produce more energy. That's a benefit you won't get in a typical far infrared sauna of which many of you are familiar.

So, this is the sauna that I use almost every other day and that I recommend to all of my clients. It's very, very important to have a daily detox strategy to remove metals and chemicals.

There are so many benefits to using a sauna. Your skin becomes very supple and smooth because you're sweating all these toxins out of your skin. You also will keep infections under control. These saunas have to activate your immune system and kill off Candida and fungus and mold and viruses and bacteria.

Saunas also increase Human Growth Hormone release. And that helps you to burn fat and to gain muscle. It's great for recovery from injury, recovery from sports. A lot of professional athletes use infrared saunas.

Saunas also assist with weight loss. Not only do they burn calories, but they help you to sweat out obesogenic chemicals which are chemicals that cause resistant weight loss.

I recommend a Sauna Space sauna. They're the ones that I use. I have one in my living room. I use it every other day. I think they're the best sauna out there. You can learn more about them at Liveto110.com/Sauna.

But before we get into the show, please keep in mind that this podcast is not intended to diagnose or treat any disease or health condition and is not a substitute for professional medical advice.

The Live to 110 Podcast is solely informational in nature. So please consult your healthcare practitioner before engaging in anything that we suggest today on this show.

I have a book coming out called Limitless Energy on Amazon. It's called Limitless Energy: How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue. It is also about mitochondria, but at a little bit different angle.

I talk about the toxic metals that are mitochondrial poisons that actually prevent nutrients from getting into your mitochondria.

This is a huge problem because all of us have heavy metals in our body. All of us have some level of lead, some level of mercury. We all have aluminum. And other people can have different metals as well. There are dozens of toxic metals.

But the specific metals I address in the book are mitochondrial poisons that reduce your body's ability to make energy. And it's one of the reasons that we're all so tired.

I know a lot of you are eating amazing diets, and you're exercising, and you're trying to sleep, and you're generally taking very good care of yourself, but you're still tired. And so I want to really help to illuminate in this book why that is and what you can do about it.

So, go check it out, Limitless Energy on Amazon.

05:16 ABOUT DR. JOE MERCOLA

Wendy Myers:

Our guest today, Joe Mercola, he is board certified in Family Medicine and has seen over 25,000 patients using natural therapies.

Twenty years ago, he founded Mercola.com which is the most visited natural health website on the planet with over 30 million unique visitors every month. And he has written four New York Times Bestselling books.

You can learn more about Dr. Mercola at Mercola.com.

Dr. Mercola, thank you so much for coming on the show.

Dr. Joe Mercola: It's a pleasure to be here, Wendy.

Wendy Myers: Why don't you tell the listeners a little bit about yourself and your background?

I mean, we know that you have the number one health website on the Internet. And I've learned so much from you in the many years researching about health. Your site always comes up when you're searching for things.

Dr. Joe Mercola: We have a really good team that spends a lot of time on the search engine optimization.

But I was trained as a family physician about 33 years ago now and really was brainwashed and manipulated by the medical school. I came out a drug-prescribing doctor just like any of the ones that you know.

But I was always passionate about health. I just didn't understand how to get educated about it. I thought exercise was the big thing. And of course, I failed to understand nutrition deeply and fell into the trap of the raw fat diet.

So, basically, in the mid-90s, I started getting connected with a network of physicians like Dr. Klinghardt who you've interviewed previously and really started to understand health at a much deeper level.

And it's a journey. No one understands it all. That's one thing that I can assure after more than three decades on this journey. You've got to learn from everyone—you really do.

In medical school, I remember very clearly, one of our professors told us on the very first day, he said, "Listen..." This is the first day of medical school, he told the whole class, "Just remember, 75% of what we're teaching you in the next four years will be outdated by the time you graduate. So our primary purpose here is not to teach you the facts (although you need that to pass the boards), but it's primarily to teach you how to learn."

The sad reality though is most clinicians don't do that. Yes, they meet requirements, but they don't have this burning commitment to understand health at a deeper level—which is what I've done. And obviously, not just me. I don't want to be arrogant about it. But most physicians don't do that.

Wendy Myers: Yeah! I mean, there are a lot of doctors who they go to medical school, they get spit out, they do

their practice, and they just don't have that passion for learning and updating their information or learning anything outside of the conventional, mainstream medical community.

Dr. Joe Mercola:

So, my newest passion—actually, my newest passion isn't in this book, but one of my most recent ones was related to a book I read. And before I discuss that, I have acquired a number of health practices which I think are very useful to promoting and keeping yourself healthy. And one of those is walking on the beach.

I live close to the beach on the East Coast of Florida. And I walk about 90 minutes a day, sometimes two hours—actually about three or four days a week, I walk for two hours (like today, I walked two hours). If I can fit the time, I like to do it.

And I time it based on the seasons. So, I wouldn't walk at solar noon in the middle of the summer. I'd be walking at seven in the morning. Solar noon is fine in the winter, but not in the summer in Florida.

I'm very grateful to have the opportunity. I really, really strongly believe that optimizing your light exposure is one of the keys to staying healthy, making sure you get enough sun. My vitamin D levels was rarely ever below 70 which is very healthy. And I haven't taken a vitamin D pill in the last 10 years. This practice helps me do that.

But you're going to say, "How can you justify that time commitment?"

Well, I read. Last year or the year before, I must've read 150 books. And one of the most profoundly powerful books I've read that year was Travis Christofferson book called *Tripping Over the Truth: the Metabolic Theory of Cancer*.

I heard about this information before. I even interviewed the primary person in the book that was the focus on was his research, Dr. Thomas Seyfried. He was a Professor of Biology at Boston College and really established the modern day, 21st century version of the metabolic theory of cancer which is a derivative of Otto Warburg's work.

So, I read that book, and I was just inspired. And I actually viewed a movie called *The Fault in Our Stars*. Have you seen that, Wendy?

Wendy Myers:

Yes, uh-huh...

Dr. Joe Mercola: Oh, you have?

Wendy Myers: Yes, I have, yeah.

Dr. Joe Mercola: Interesting! I mean, for those of your viewers who have not seen it, I would encourage you to, but with a very strong caution. You know what that caution is because you saw it, right? You cannot watch that movie without one or probably two boxes of Kleenex.

Wendy Myers: Yeah!

Dr. Joe Mercola: Reading Travis' book and watching that movie just motivated me, catalyzed me to focus my entire drive for the next year, a year and a half, on really putting the information together in a solid, cohesive message to help mentor people.

I can almost assure you—and you know this for sure—that virtually no one watching this video doesn't either have personally cancer or someone they know or love, a relative or friend with because one in two men will get cancer, and one in three women will.

And we're not talking about skin cancer (which is the most common cancer). We're talking about deadly cancers. So it's a pervasive problem.

And interestingly, the strategies that you can use to treat cancer also work for the other common diseases which are heart disease (currently the leading cause of death, but it looks like cancer is going to overwhelm that by the end of the decade), then we have neurodegenerative diseases and diabetes and obesity. And who doesn't want to be the ideal body weight?

So, when you implement these strategies which I call mitochondrial metabolic therapy, the entire focus is to improve the function of your mitochondria.

Dr. Seyfried's theory is that cancer is not—it is not—a genetic disease. Most clinicians believe it is. Is there genetic damage? Of course! But that's a downstream side effect from mitochondria and its function. So if you address the mitochondria and its function, you'll tend to reverse it.

Now, I believe this approach, which is about teaching your body to utilize fat as your primary metabolic fuel, is an essential component of treating cancer. But it's not the only component. There's a lot of other adjunctive components like [glycolytic] therapies, hydros, vitamin C intravenous, hyperbaric oxygen and probably half a dozen other components that can be used to

treat it successfully.

You don't really want to rely on this as your exclusive strategy, but it really is one of the most foundational ones.

Wendy Myers:

Yes.

12:25 OPTIMIZING MITOCHONDRIAL FUNCTIONING

Wendy Myers:

So, we're going to be talking about how to improve your mitochondrial function. And you talk about this in your upcoming book, *Fat for Fuel*. And so let's talk a little about that and how the standard American diet is destroying our mitochondrial function and the type of diet that you recommend people eat to optimize mitochondrial functioning.

Dr. Joe Mercola:

Well, you are correct. The primary reason why the typical diet is destroying people's health is it's processed food. So the primary focus is to eat real food which is not a complex concept of course, but it's something that most people don't do. The vast majority of people's food is processed. Over 95% of the calories Americans eat are processed food. So that's the key thing.

And you have to be particularly careful about fats. Even though this is about burning fat for fuel—and I believe most of us, at a minimum, should have 50% of our food (or as much as 85% of our food or calories) as fat—if you eat the wrong fat, it's probably even worse and not even enough because the wrong fat is very, very dangerous.

The low fat diet method (which was a trap that I fell into early in the 20th century) was a result of primarily one researcher, Ancel Keys. He was a prominent nutritional researcher in mid-20th century. His response was really to a legitimate problem.

In the first half of the 20th century, there was an epidemic of heart disease. It was rare in the 1900s. But then it was a serious issue in 1950. And he incorrectly—well, he identified the problem as fat. He incorrectly identified the type of fat.

It was the vegetable oil and the margarines and the trans fats that are essentially plastic. They get embedded in your cell membranes. And it just disrupts your metabolism.

So, that was their problem, but he didn't realize it. He vilified saturated fat. And what came out today or this week is showing that these saturated fat are so beneficial and healthy if it's not processed.

So, the key is to really get people to go through what I call a "transition period"—and for someone who's healthy, it might be a few weeks. For someone who's pretty severely metabolically compromised, it might be a few months or even longer—to restrict your carbohydrate intake quite dramatically (under 50 grams, and in many cases, under 20 grams, somewhere in that range), and then to replace that with fat and to limit.

Here's the key. This is how it differs from the traditional ketogenic diet or the Paleo. We lower protein to a very specific amount—one gram per kilogram for lean body mass.

Approximately, that's 40 to 50 grams, maybe 60 grams for the average person. If you're a small woman, then it's close to a 30. If you're a big male, if you're working out, 60 or even higher on your workout dates.

And this is not forever. This is just to teach your body how to burn fat for fuel. It is just key.

I just lectured at one of the biggest chiropractic colleges in the country last year—in fact, it is the biggest, Life University in Lamb. And I asked the students—there were several thousands in my estimate, about. I threw up one word on the slide, mTOR.

You've heard of that, right, Wendy?

Wendy Myers: mTOR?

Dr. Joe Mercola: mTOR.

Wendy Myers: I'm not familiar with that.

Dr. Joe Mercola: Okay, you're not. Well, guess what? Neither were any of the Life students. I was actually shocked. I almost fell off the stage.

I could understand why not. Here, it's 2017, they still are not being taught. No one in this audience of 2000 chiropractic students knew what this was. I suspected many of their instructors didn't either.

But anyway, mTOR is probably the most important metabolic signaling pathway that we have. It is more important than insulin, more important than leptin.

It's an acronym. Initially, it stood for "million targeted rapamycin." Now it stands for "mechanistic." And rapamycin is a cancer drug, one of the most effective cancer drugs. And it works because it suppresses this pathway.

You know, when you treat cancer, you also treat aging. That's another thing [...] You can slow down, rapidly put your foot on the break of aging if you optimize for this pathway.

So, mTOR is one of the most important pathways for optimization.

And the single most important catalyst for increasing mTOR which is dangerous—because when you increase mTOR, that's when you decrease autophagy which is the body's system for essentially dissolving defective cells, especially cancer cells. So, that's why you have to limit protein because the most important variable of catalyst to activate mTOR is protein. That's why we keep it at a low level.

And that's a really important concept that most Paleo approaches don't fully appreciate.

So, do I think you need to be a vegetarian? No. Do I think you need to limit your meat? Absolutely! And of course, the devil is in the details. You have to pay attention to the quality. You don't have the processed type of meat. You want it grass-fed and organic and grown as cleanly and harvested as humanely as possible.

But you don't need much. The average person shouldn't be eating more than two or three ounces at a setting or a serving. That's not much. I mean, that's definitely smaller than your fist—significantly smaller, maybe half the size of your fist.

17:53 FAT IN THE DIET

Wendy Myers:

Yeah, I think that's a big mistake that people make. They think that a Paleo diet or a healthy, tight modern Paleo diet, what-have-you, involves a ton of meat. And a lot of people mistakenly interpret that it's going to be meat and vegetables—half their plate is full of meat and half is full of vegetables.

I love that you bring that up because we do need to limit our meat to a degree. You can get too much of a good thing.

So, can that same thing hold true for fat? I know there are some people genetically might have trouble with fat or they don't produce enough bile? Are there any considerations there?

Dr. Joe Mercola:

Yeah, absolutely. And a fair number of people—I just actually read a book that highlighted the statistics, but I don't recall them. But it was quite extraordinary. There's this fair number of people who actually had their gallbladders removed.

So, if you are one of those people, just recognize that you're metabolically compromised for the rest of your life because no one's going to give you gallbladder transplant—at least not likely in the near future.

So, what does the gallbladder do? It stores bile that is secreted by the liver which is responsible for essentially emulsifying your fats so you can absorb them.

So, if you're one of those people, you don't have to give it up and kill yourself or anything because you can absorb the fat with things like digestive enzymes that have lipase and also oxbile. They will help emulsify the fats.

You should take them with every meal that you have fat. So if you're having a piece of fruit, you don't need to take them because there's no reason. You're not going to need bile to digest your fruit.

So, this protein restriction, it isn't forever. It's only the transition period where you're seeking to make the transition between burning carbs as your primary fuel.

Now, one of the reasons why is just obvious. If you look at the fuel storage in your body, 95% of the calories stored in your body for fuel are stored as fat. It's only 5% of the storage is sugar or glycogen in the liver and in the muscles. And really, your body can only use the glycogen in the liver because the one in the muscle stays in the muscle. It doesn't go out to the systemic circulation. So, it would make sense that we need to do this.

And fortunately, because we've gotten into this point where we have access to food 24/7—and this is another part, the timing of your food. We basically never go without food for more than

eight hours or so for most people. It's pretty unusual for someone in a typical American diet to go without food for 12 hours. And they've been doing this for years.

So, when you get into that, then really, there is no reason for your body to burn those fat stores. You down-regulate the enzymes to do that in your whole metabolic system. So you essentially just accumulate that and you store it. You don't burn it. You're just burning glycogen.

And that's why people get these symptoms when they go without food. They get cravings and they get hypoglycemic and nervous. There's a real reason for that because your body needs energy. Even though they've got the fat, they're not fat-adapted so they can't burn it. They ran out of glycogen, so they need fuel.

20:55 FROM BURNING CARBS TO BURNING FATS

Wendy Myers:

Well, let's talk about that, about that transfer when people go from burning carbohydrates for fuel to fat for fuel. What are some tips that you can give people to avoid—they call it the "low carb flu." I think there's a lot of strategies you can use to avoid it. I certainly experienced that.

Dr. Joe Mercola:

Sure, absolutely. Yeah, it's relatively easy to do. Well, first of all, let's give your viewers the markers to understand when they've made the conversion to burning fat for fuel. It's really simple.

And one of the reason why you want to do this which I neglected to mention—and I'll answer your question—is when you burn fat for fuel, your body generates something called ketones.

We've all heard of those. Some people are nervous about it because they may have heard about diabetic ketoacidosis. But it's a totally different condition than nutritional ketosis.

Usually, the ketones never go above 8 millimolars. And in diabetic ketoacidosis, it can go to 30 and even 40, also with really high blood sugar which is the exact opposite of nutritional ketosis which usually has a low blood sugar.

So it's a totally different animal. It's not going to cause any harm or damage. It only causes good actually for the most part—actually, for the whole part because I don't know of any side effects that are detrimental.

So, when you're burning ketones, your body is creating up these ketones.

Pretty much all your tissues love to burn fat for fuel. There's only a few that don't—the nerves and the brain—but they still can. They need about at least 15% from glucose, but they could still burn these ketones for fuel.

So, when you're burning those fuel—this is the magic, this is the metabolic magic—you generate less reactive oxygen species, maybe 30% or 40% less. And that is a artifact of really burning fuel. It's sort of like the pollution that you get from burning fuel. You just burn it, you create a lot more, a lot more smoky fuel.

And these reactive oxygen species are significant because, of course, as most people know, they cause free radicals which have this unpaired electron. They're highly reactive molecules that disseminate cellular mitochondrial DNA cell membranes and proteins. So it really wrecks the system.

It's not that you don't need any. There's a lot of people are confused in this. They take antioxidants which indiscriminately lower these free radicals. You need some free radicals. They really are vital to health. But excess free radicals are very dangerous.

And really, that's the primary reason why burning fat as your primary fuel is so beneficial. It gives you cleaner fuel.

So, anyway, the reason we talk about ketones is that you know you're burning fat for fuel when you start producing ketones.

And you can measure them. There are three different ways. You can measure them through your urine and your blood. The blood is most accurate. Urine works for a little bit, but then becomes really a poor indicator later in the course. And the easiest and least expensive way (and the most non-invasive) is the breath.

You can measure breath acetone with a device called Ketonix. It's over \$100, but you can use it indefinitely. It just works. And there are no refills that's required, no sticks. To measure ketones with the blood is like \$4 a stick, plus you have to stick your finger. So this is a little easier.

So, you want to find out that you're making ketones and you're burning fat for fuel.

In the transition phase, to prevent some of the side effects which you were concerned about and experienced yourself personally, the keto flu, because your body is not accessing those faster, your energy level is going to go down. You're going to feel miserable.

So, the simplest thing to do is to provide an alternate fuel source. And one of the most powerful is MCT oil. You could use coconut oil.

Typically, MCT's are derived from [coconut] and palm oil. But the MCT is a little bit better because it has two carbons typically, the generic MCT. It has a C8 carbon and a C10, caprylic and caprylic acid. And they will make ketones really readily because they're very short-chained fats.

If you really want to get good action though, you want to go with the C8 which is caprylic acid—really potent way.

The only problem with them is you have to be really careful with the dose initially because if you start taking a little tablespoon or two of this initially, you will invariably, unquestionably, have disaster pants.

Wendy Myers:

Yeah! I've heard of people having that problem.

Dr. Joe Mercola:

Yeah, yeah. So you just start slow—a teaspoon, half a teaspoon—and you work your way up. But it will give you the energy.

Now, you can do that throughout the day, but you just have to be careful initially. But it's a powerful tool. And that will help.

And then, a lot of times too, you're probably generating some reactive oxygen species or metabolites that aren't too good. So I'm a big fan of—and I think almost everyone watching this. I can't imagine someone watching this who wouldn't need this or benefit from it—having a bottle of liposomal vitamin C.

Vitamin C by itself is great. But liposomal is even better than intravenous vitamin C because it's attached to these phosphates.

Normally, you can't take high dose vitamin C because it causes osmotic diarrhea, so you get really loose stool. There are very few people who can work more than 20 grams in a day of vitamin C. But you can take a hundred grams of liposomal C and not get any problems with your stools

because your body absorbs it all.

But even once it's in the blood, it goes into the cell (intracellularly) really well. It works pretty well to abort these types of symptoms especially the keto flu, but even the regular flu (coughs and colds). It's just unbelievably magnificent.

I always travel with it. I rarely ever get sick which is a testimony to just that. If you follow a healthy lifestyle, it's really hard to get sick. Almost every trip, someone I encounter is really sick, so I give them a bottle of vitamin C, and that turns their life around.

Wendy Myers:

Yeah, you sent me a couple of bottles of your liposomal vitamin C. I appreciate that so much. And I thought it was ingenious that the liposomal is in capsules. You don't have to refrigerate it, and that's genius because a lot of people, they can't travel with regular liposomal because you have to refrigerate it.

Dr. Joe Mercola:

And then, the other thing is it doesn't have a bad taste because it's in a capsule.

Liposomal C tastes pretty bad. I remember some of the earlier ones. You had to put it in water. Oh, boy! It was just really hard to get down. So, these are easy.

And actually, I'm doing it now. You're the detox expert (and I'm going to be interviewing you on my program. And I'm convinced—I don't really have any data to support it—this is going to facilitate detoxing too.

And myself, personally, I do 10 grams twice a week now. I'm doing this special type of detox, a foot bath. So...

Wendy Myers:

Vitamin C absolutely detoxes you. It removes lead and mercury (and there are a couple of other metals. Off the top of my head, I don't remember). But absolutely, it facilitates that.

It recycles glutathione also. And that's the body's master antioxidant that you need throughout your body.

Dr. Joe Mercola:

So, it's a good strategy. I just don't think personally—and I could be wrong. I frequently am. But my belief is you shouldn't take it every day because you can develop a tolerance which is another magical portion of this.

I did this program myself before I wrote the book *Fat for Fuel*. In fact, I was obsessive-compulsive about it. I purchased like a \$4000 24-hour glucose monitor called DexCom which is an implantable sensor strip that you put into your abdomen once a week. And I was measuring my blood sugar every five minutes.

And I got really good. I had really high ketones. But then I didn't understand why I was doing this because no one was teaching this. I mean, there are some people who knew, but no one that I read knew this. You can't stay in nutritional ketosis or ketogenic diet indefinitely. It's very dangerous actually to do that, very dangerous.

So, you only want to stay on it long enough until you're burning ketones for fuel, and then you made the transition.

And then, you have to do this pulse, which is kind of like apply to the liposomal C. You want to pulse typically, so you can even not suppress—you don't want to suppress mTOR potentially. But most of the time, you want to keep it down.

So, when you're doing strength training which I think is really important to do a few times a week, and you need an anabolic kick, then you can have some protein which will increase mTOR. Have a little more fruit or sweet potatoes.

Like today, I did strength training day. I was just doing deadlifts and squats and a whole variety of others with my trainer. I do that twice a week. And that's when I'll have my sweet potatoes. I activate my IgF and insulin and mTOR. And it really helps that anabolic stimulus to improve muscle growth.

We need muscle especially as you're getting older. Sarcopenia is not a fun thing. You want to preserve your muscle mass.

Wendy Myers:

Yes. And that's such a good point that you brought up. I think a lot of people aren't talking about that enough. You have to pulse during the keto diet.

I think a lot of people think of it as like a lifestyle, that they're going to just stay on this super, super low carb diet. And like you said, your brain and your nervous system, they need some sugar. They need a little bit. I really like that.

And it's one thing if you're a diabetic. You have to really, really watch your sugar.

Dr. Joe Mercola:

Now, maybe if you're diabetic or even if you have cancer. I interviewed Dr. Seyfried's—there's an oncology group in Turkey. And I interviewed Dr. Slocum on there [...] I don't even think they did it intentionally, but just as an artifact of their protocol, they were actually doing this pulsing. They let them feast afterwards which was great.

And there's a Dr. Valter Longo in California who was really clear about this. He's had a lot of research in this area. The metabolic magic actually occurs during the refeeding.

But it's kind of like exercise. When you exercise, we all know the importance of exercise, but you damage your body. You are definitely setting it back. You are causing tissue damage. The magic with exercise occurs during the recovery.

Well, like exercise, the ketogenic diet is kind of like that. You're causing some damage. And the magic comes in the refeeding.

It's interesting. When you let some levels really low and you have carbohydrates, you would think your blood sugar would go up, but it actually goes down if you're really well metabolically controlled. And your ketones increase.

So it's exactly what you want. You want this pulse. And you couldn't be more on target.

I didn't understand that. I had to figure it out myself by trial-and-error. But it's biologically true from my perspective. And I really believe it's the way to go.

Wendy Myers:

Yeah, I think that's such a good point to make. It makes me very nervous when I see people on Facebook and they're talking about how they've been keto for so long. And we know that they're not doing it correctly. We know that.

31:31 FAT FOR FUEL BY DR. JOE MERCOLA

Wendy Myers:

So, you have a program you outlined in your book, Fat for Fuel. Can you tell us about that?

Dr. Joe Mercola:

Yes. We provide the details for people on how they can implement this. And it's all carefully illustrated. We were able to get a lot of other supportive resources around that too because for

many people, it's a life-and-death situation—

If you are one of those who has really serious heart disease, congestive heart failure;

Alzheimer's, which is a tsunami of an epidemic. So obviously, most people watching this, it wouldn't be you. It'd be your parents;

Or certainly cancer. Tragically, we have many children. I said, initially, it was one of my motivations for writing this book, to really stop these kids from dying needlessly and suffering.

There are 1600 people a day, every day, who die from cancer in the US. I mean, it's just so tragic. And 1500 of them, I believe, don't have to die. They don't have to die if they understand this metabolic truth especially. The earlier you adopt it, the better.

Stay away from processed foods. But if you're one of those people, you really need to be very careful about measuring your food. Now, this is not something you do as an obsessive-compulsive the rest of your life, just in the transition period until you understand what it is. You maybe periodically go back, but just probably a few months.

So, you have to use a really valid nutritional tracker. There are a number of them out there. My Fitness Pal is one that was common. But unfortunately, they allow you to just enter the data, and they don't fact check it. So it's a lot of flawed data. And bad data is worse than no data.

So, Cronometer.com is the one that I recommend. You can enter your own data, but it's not shared with anyone else. So if you want to make the mistake of entering your data incorrectly, you're going to pay the price for it, but no one is going to suffer as a result of your ignorance—other than you or your family.

So, be careful when you're entering these. You can tell to the 10th of a gram how many protein calories you're having which is pretty interesting. You can figure out how many grams you're having.

And you don't have to worry about the fat other than the quality of the fat which is imperative. You can have several hundred grams of fat a day. I was, at one time, eating 400 or 500 grams of fat a day. I had like 4000 or 5000 ad calories. I'm back closer down to 3000 calories a day.

So, it'll take several months at least, probably closer to a year, before you're able to modify and

fine-tune it. But it's a radically effective program.

34:03 CONVENTIONAL CANCER THERAPIES

- Wendy Myers:** And so, like you said, there are so many people diagnosed with cancer. They go to their physician, and they're not given any nutrition advice.
- Dr. Joe Mercola:** Or even more, diagnosed. The statistic I said was those who were dying every day.
- Wendy Myers:** Yes. I apologize, yeah, I misspoke there. But when they go, and they get diagnosed with cancer—and there are many, many thousands of people that's happening to—they're not getting nutritional advice. They're only being to do radiation and chemo. Can you talk a little about that?
- Dr. Joe Mercola:** Sure! And that, it may be a challenge for you. I've done a number of interviews on my site because that is just an important topic. There are resources that you can access. I can give you networks that you can go into. But it's really common for that scenario.
- A common response from many oncologists, they'll say, "Well, diet doesn't matter." Well then, your response to the oncologist back to him is, "Well, if it doesn't matter, then you have no problem with me doing this diet?" So that's the response.
- But most oncologists are clueless. They just don't get it. This is not 100%, but most of them are.
- I mean, it's just so tragic. There is just absolutely no question that IV vitamin C is just a magnificent tool in the treatment of cancer. The mechanism is it actually increases peroxide which is an oxidative stress. And these cancer cells, they're operating in anaerobic fermentation. And as you know, oxidative stress just disseminates them. So it helps kill them quite a bit. But they don't even want to hear about it.
- So, if that's your case—and I've had people comment on my forum. I just tell them, "Listen, you are in control. It's your life. Fire your oncologist. There's no one to handcuff you saying, 'You have to see this person.' We're not in that type of social structure where it's mandated. So, just find someone else because your life literally depends on it."
- Wendy Myers:** Yeah. Well, my father died of cancer. He was diagnosed with esophageal cancer. He came back

from his surgery, and the doctors gave him a list of foods that he could eat. One of them was white potatoes, white mashed potatoes, crackers, refined carbs. And I was like, "You have got to be kidding me!" I mean, this is the most elementary information.

Dr. Joe Mercola: I suspect he lost weight too because cancer cachexia is a real problem. So then they probably put him on Ensure which is the number...

Wendy Myers: They did.

Dr. Joe Mercola: The other one was Blast or something, I forget—Balance or whatever they call it.

But it's full of high fructose corn syrup and hydrogenated soy oil. It's like they're trying to kill them.

I mean, if they understood the metabolic truths, that is the only rational response. But they're so clueless and ignorant about nutrition, they have no idea what they're doing. They just take a calorie as a calorie. It doesn't matter what type it is.

Wendy Myers: It blows my mind that hospitals use Ensure.

36:52 FASTING: TIMING YOUR FOOD

Wendy Myers: So, let's talk about fasting. Do you discuss fasting in your book?

Dr. Joe Mercola: Oh, yes, yes. That's the timing of the food. I referenced it earlier, but we're going to go into the details. Thank you for reminding me about that.

Two out of three people in the US are overweight. That's just known. It's probably higher in many states. It might be even 80%.

And then, of course, a fair number of those are obese which is even worse.

So, if you or someone you know is seeking to implement this program, then it's a powerful, powerful strategy to actually catalyze your progress into this as fasting.

And the best book on this is *The Complete Guide to Fasting* by Jason Fung who's a nephrologist at the University of Toronto in Canada. I was really opposed to it when I started doing this work.

But then I started to realize it's amazing.

Now, you have to be careful if you really are underweight because you will lose weight when you do that. It's not the purpose of it. The purpose is just to shift your body's ability to burn fat as your primary fuel and radically catalyze it. And you can go for as long as you can.

But it's important to understand that fasting is not starvation. What do I mean by that? Well, fasting is voluntary. Starvation is not. So, you have the competence, you understand? You are in control. If for some reason, you just absolutely have to eat, then you eat.

And actually it's very rare to get the maximum benefit after the first fast cycle. You usually have to do it two or three or four or five or six times. And each time, your body becomes better adapted to do it.

So, maybe you do it for a week, you do it for three days. If you do it for longer than a week, you probably should be medically supervised because there are some complications especially if you're taking medication. Your blood pressure will drop dramatically, so you might get hypotensive and pass out. If you're taking the anti-diabetic medication, you got to monitor your blood pressure because you could have a hypoglycemic attack.

It's interesting too. During this process, I knew what my blood sugar was. My blood sugar went down to 40 at night—typically, at night, about 1 or 2 o'clock in the morning. Who's going to know their blood sugar that time? You're measuring transcutaneously when you're sleeping.

But if that blood sugar was present in the average person, they would pass out. But when you're fat-adapted, it doesn't matter because your body is burning fat, it's not burning sugar.

Wendy Myers:

Yeah! And there's so many benefits to fasting. I mean, you go into autophagy. You reduce inflammation. It's a great time for your body to clean itself up.

Dr. Joe Mercola:

Well, it definitely happens. There's no question.

In fact, even for this epidemic of Alzheimer's that we're having, Dr. Fung believes that a lot of the pathology in Alzheimer's at least mechanically is through these protein tangles you get in your brain. When you go into this fasting mode, your body starts eating and recycling protein. It starts adjusting some of these protein tangles like the amyloid plaques.

The other component though is you could do this without fasting. I didn't fast. Relatively, I'm on the light side, so I didn't want to lose a lot of weight. I lost too much on this, so I was like, "What the...?" I think I lost 20 lbs. and I shouldn't have. Ten pounds was okay, but the twenty was just ridiculous. I didn't understand this cycle. I was just doing it too long. And I just didn't catch it quick enough.

But the other component to this—and what I do continuously now—is something called intermittent fasting. There are many types of intermittent fasting. You could do it two days a week, five days off or every other day, like Krista Varady at the University of Illinois, the 5:2 fasting, and there's Michael Mosley out of England, go with book, *The Fast Diet*.

But I think the best way is something I call peak fasting which is seeking to be fasting pretty much every day for 14 or 16 hours (somewhere in that range), but at least 12. It's so vital.

I used to think that you shouldn't have breakfast, but I was mistaken on that. I think you really do need breakfast. The meal you should minimize as much as possible is your dinner.

You're probably saying, "Why the heck?" Well, I mean if your dinner is at 3:00 or 4:00—what mine is, which is still relatively light—you want a lot of time between you last consume your calories and the time you're going to bed.

Now, why is that? Well, when you're eating food, it's fuel, right? So your body is making ATP. And if you aren't using this ATP because you're sleeping and you have minimal energy consumption, then that electronic transport chain is going to back up. And what's it going to do? It's going to increase reactive oxygen species.

So, you're just asking for trouble. It just doesn't make sense to eat a big meal at night.

Now, if you're socially constrained and you're working as many people watching this are, then I'm not suggesting that you impair that connection that's so valuable, the social connection with your family. Just have a liberally light piece or just drink some tea or a glass of water with them. Spend the time, but just don't eat food.

Wendy Myers:

Yeah, I definitely notice that when I eat a dinner too late at night, I don't sleep that well at night. And there's a reason for that. Now, I think people really need to tune into their bodies and pay attention to that because there's a reason.

Dr. Joe Mercola: Yes, indeed. Yes, indeed.

Wendy Myers: Yes!

Dr. Joe Mercola: There's a strong metabolic reason for it, yes.

Wendy Myers: Yes.

41:49 POWERING UP THE MITOCHONDRIA WITH INFRARED SAUNAS

Wendy Myers: And so let's talk a little bit about infrared saunas...

Dr. Joe Mercola: Oh, I love that.

Wendy Myers: ...and how those can power mitochondria as well.

I love infrared saunas. I use one a few times a week, and I have for years. So what is your take on infrared saunas and how they can power up your body?

Dr. Joe Mercola: Oh, there's no question about that. You are one of the advanced practitioners. You're one of the rare people who understand.

When we talk about infrared sauna, first of all, there's a lot of infrared saunas. And the most common one is the far infrared which can be typically loaded with very dangerous EMF's.

But you wisely understood that. I don't know how or why you did it, but you did. You're using a full spectrum—true, authentic, full spectrum—heat lamp sauna which not only has the far (primarily far and mid), but it has about 12% of the energy as near infrared. Now, that's one of the reasons why I believe that infrared saunas are so good.

Now, the far infrared, the commercial ones, even with their low EMF, are still good, but they won't give you the metabolic benefits.

The metabolic benefits occur when you're exposed to two primary frequencies. And these are the red (actually, simple red light, it's 660 nanometers), and then the near infrared (probably with a

range of 810 to 850, maybe the sweet spot being 830 nanometers) which is hard to see.

Actually, it's almost impossible to see it in the day time. You can see it at night, but you can't see it in the day time. But you're getting it with the near infrared heat lamp.

I do a hybrid. And we're actually in the process of developing a protocol—not a protocol, but a product. But it's going to take us a year or two, maybe three, to figure out all the details and the energy densities and all that.

But if you can combine the infrared sauna with the red light and the near infrared, these wavelengths actually resonate with the molecule in one of the electron transport chains in the mitochondria which I think is the second one, cytochrome c oxidase. It captures that energy and makes the production of ATP far more efficient. These things are like magic!

My personal assistant and the head of my security team, both were rear-ended. For my security guy, it was yesterday. And my assistant was like about a month ago. And immediately, I put them on the near infrared light and also some high dose microactive curcumin (which is a really potent anti-inflammatory).

And their traumatic brain injury, TBI, just resolved. The massive headaches, dizziness and everything, just gone! This thing is like crazy good. And it just worked.

It heals the mitochondria that were probably dying, many of them, and it just gives them a little—it's like we're in a [cast]. It's powerful stuff.

But even if you don't have that injury, you're just metabolically injured because you've been eating the wrong foods, powerful strategy.

There are a lot of studies now that show that it works to clear up Alzheimer's. I mean, obviously, it's not like a magic bullet. I don't want to give that misperception. But just putting this light on your head going through the skull will help repair a lot of brain damage.

And even for kidneys, people on the kidney transplant list, putting them on your kidneys, this stuff is great.

And hardly any clinician understands the value of near infrared light.

Wendy Myers: Yeah! And they're so inexpensive. They're \$10 of light. My heat lamp is \$10 at a hardware store.

Dr. Joe Mercola: It is! But a heat lamp is a little different. That's the near and the far. And only 10% of that energy is near infrared which is where the magic occurs. So, my preference is to get the 850 nanometer wavelengths. They're like the security lamps.

Wendy Myers: Oh, yeah. Well, this is what you sent me, right?

Dr. Joe Mercola: Yeah. I sent you...

Wendy Myers: But you can add these to your sauna. You were so kind and sent me this IR LED Illuminator. I haven't opened it yet because I'm finishing my book. I'm sorry about that. But these are amazing. They're \$60. They're not expensive to use.

Dr. Joe Mercola: No, not expensive at all. Yeah, you can get them on Amazon. And they're really very effective on resolving brain issues.

Who wants to be healthy and live a long age if you've lost your brain? So this is a powerful way to help regenerate.

And actually one of the reasons why being in the sun is so healthy. People realize it's healthy for a long time, but I don't think they really appreciated why. A big part of it is the red and the near infrared light that we're being exposed to.

Wendy Myers: Yes. And so what kind of sauna do you use? What does that look like? I know you've got a lot of stuff going on there, all kinds of toys.

Dr. Joe Mercola: I've got a lot of toys. And they're growing all the time. One of my new passions is EMI, electromagnetic interference, dirty electricity and microphone radiation. So I've got a lot of tools to measure that and remediate against it.

But with respect to the sauna, it's a tent sauna. I think your head should be outside of the sauna. It doesn't need to be exposed to high heat.

And if you're a male like I am, what I learned is that—I actually got a little bit of a varicocele, swelling in the veins in the testicles. The scrotum doesn't like high heat. So I take an ice pack, a frozen ice pack. I just cover it with a washcloth and put it next to my scrotum. And that protects

it. I haven't had a problem since. A woman doesn't have to worry about that.

Wendy Myers: Yeah, but the rays don't penetrate clothing also. So that can help too. At least put a cloth over it.

Dr. Joe Mercola: Oh, I have pants on. I have shorts on. So it still won't go right through. I think it's just a matter of the heat. I don't know what temperature you're—usually, the heat lamp saunas don't get that high, maybe 120. But my far infrared sauna goes to 170.

And then, I combine it with cold thermogenesis, another powerful mitochondria stimulant. Not so much now because as we're recording this, it's like the end of April and my pool is [...] just too warm.

But when you get into the 50 s and even to the 40 s, that is a really cool stimulus. It s so great to go from a 170 sauna to 50° water. It s like, Whoa! It wakes you up big time.

I love it actually. I'm really disappointed that I can't expose myself to that. But just like anything, it cycles. I have to cycle come fall in there.

Wendy Myers: So, why do you like the head to be outside the infrared sauna? I'm sure everyone's wondering why?

Dr. Joe Mercola: You may have information to suggest otherwise, but my concern is that you really shouldn't expose your head to that. And even the people who have been doing saunas for a long time, especially the Russians, they have these hats that they wear to keep their head relatively cool. So, I like to keep it out.

Plus, my tent sauna has two little zippers on the side because that's another half hour in the sauna, so I'm usually doing emails when I'm in the sauna.

Wendy Myers: Yes!

Dr. Joe Mercola: I've got a busy day. I would be so happy if I didn't have to sleep because then I could get some stuff done. But every day, it's just "Gosh! I wish I had a few more hours."

Wendy Myers: Yeah! I know how you feel.

48:50 POWERING UP THE MITOCHONDRIA WITH EXERCISE

Wendy Myers: So, tell us any advice that you would give to anyone, maybe anything that we've left out today in our conversation about how to charge up your mitochondria.

Dr. Joe Mercola: Well, another really powerful one that I didn't mention is exercise.

Now, the mitochondria, for those who don't know, they generate ATP which are the cellular currents in your body. You have a lot of them. You have a quadrillion mitochondria. Every cell, except for your red blood cells and your skin cells, have a few hundred mitochondria. You have a few thousand more mitochondria-dense tissues like your brain, your liver, your heart, kidneys.

So, you've got a lot of them. And you want to keep them going because they're the key to your health.

And one of the ways that you can do that, you want to increase apoptosis appropriately by not having a lot of protein or having appropriate proteins at the right times in line with your strength training.

But then you also want to engage in regular exercise because that increases something called PGC1a which is a really important signal to cause your mitochondria to reproduce. It's called mitochondrial biogenesis. So, exercise will do that really, really well.

It also does another thing. It increases BDNF, brain-derived neurotropic factor. It's like fertilizer for your brain cells. Who doesn't want that?

So, regular form of exercise. Just don't make the mistake that I did for 40 years. I started exercising at 68. I used to run long distances and run on sub-3 marathon. It was a mistake. I would never have done that if I knew what I know now.

Really, the best exercise is continuous movement throughout the day. When I stopped seeing patients 10 years ago, I was like sitting down 16 hours a day, between 12 and 16 hours. I had severe, debilitating back pain even though I was rigorously and religiously working out an hour a day pretty much every day.

An hour of exercise is not enough to compensate for 16 hours of sitting which is what we're doing. You have to move all day long ideally.

And you do want a little bit of intention burst. I've developed—well, I didn't develop. I was taught by Dr. Zack Bush, one of my good friends, this nitric oxide dump exercise where you do this really aggressive set of calisthenics for three to four minutes. You do it a few times a day. And it just releases this nitric oxide which is another real important metabolic signaling agent that will decrease inflammation, thin your blood, improve your immune response and just relax your blood vessels so you have less heart disease and cardiovascular disease.

So, exercise is key. Don't ignore it. See if you can walk 10,000 steps a day. Maybe wear a fitness tracker to see if you can count them. And be obsessive about it just so you get an idea what you need to do to reach that level because you may be walking a lot less than you think.

Wendy Myers: Yeah, probably, more than likely.

51:48 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

Wendy Myers: So, I have a question I like to ask all of my guests. What do you think is the most pressing health issue in the world today?

Dr. Joe Mercola: It's a good question, but it's most likely a complex one—ignorance. But it's ignorance by design.

People are being massively manipulated and deceived. We have corporate sponsors that really control—I think six of them control 85% of the media. So that's changing a little bit with the Internet. And we're part of that process of educating people.

But even with that, you can just see it recently within the last year, there's this movement to essentially de-credentialize people who are telling the truth and saying, "Oh, they're fake news." Even really big giants like Facebook and Google are identifying them and taking them out of the search engine ranking because they've been labeled as fake news even though they're telling the truth.

So, it's a bit of a challenge to differentiate what the good new sources are and what the bad ones are because most of the conventional media are just absolute corrupted lies.

These corporations—I mean many big corporations, Monsanto being a really great example—they absolutely penetrated the federal regulatory agencies. And you cannot do anything federal that's going to alienate Monsanto. You can't even do any research within the giant agricultural universities that's anti-Monsanto or you will be kicked out, you will lose your tenure and you will lose all your funding.

So, as a result, all these studies that are generated to be shown as proof of the assertions that they're making is wrong. It's absolutely wrong.

Ultimately, you have to figure it out yourself. You're responsible. You have resources like your podcast (and there are many others). You get enough of a critical threshold, and you're going to start to understand these things.

But the foundational truths are pretty simple. The longer I'm in this, the more I realize it's really pretty simple. But the devil is in the details. You could make some big mistakes if you're not careful.

Wendy Myers:

Yeah, I love that answer because I think big pharma, big agra pay millions of dollars to discredit people, to do PR campaigns, have websites that discredit alternative therapies that work. And medical doctors are trained by big pharma and their sales people for big pharma.

We're not talking about surgeons and things like that. We need emergency care and surgeries, things like that. But it's very twisted.

And people need to have sources, reliable sources, like Mercola.com and like GreenMedInfo and other types of websites where they can get trusted information.

The information we're being fed, there are a lot of lies out there. And you really have to rely on yourselves.

So, thank you so much for what you do.

Dr. Joe Mercola:

You're welcome. Thank you.

Wendy Myers:

I know you put yourself at risk. You put yourself out there to put the truth out there.

Dr. Joe Mercola:

Yeah, I do. Really, because of what we've exposed, everything, we have literally cost these

corporations—we've done an analysis—tens of billions of dollars, they've lost because of our exposes.

So, when you have that type of financial loss, there's a lot of effort that's going to stop that loss of revenue that's sinking down the drain. They've put a lot of resources to discredit me.

And to a certain extent, they have. But if you're in this for a while, you'll realize that it's just a bunch of hogwash.

Wendy Myers: And it's probably part of the program. Anyone that's making change and making waves and seeking the truth, people are going to want to shut that down.

Dr. Joe Mercola: Absolutely!

Wendy Myers: And so I really respect what you do. I respect you. I've learned a tremendous amount from you. I encourage everyone listening, go on Mercola.com. There's so much unbelievable information on there.

Dr. Joe Mercola: Yeah, this year is our 20th year. So I literally started this 20 years ago. I suppose it's a combination of my passions—technology and health.

And so we got most of those articles up there. You literally use the search box at the top of the every article, and you type in a question or a topic, and you'll have dozens, and more likely hundreds, of different articles that I've written in the past that you can review and see if it makes any sense.

Wendy Myers: And why did you start your site? You started right when the Internet pretty much...?

Dr. Joe Mercola: I actually started this site before Google did [...] As I've said, I combined those passions.

But I think the primary catalyst was when patients came in and they said, "Doc, what about this thing? I just heard on the news." I was in office. I was crazy-obsessive. I was in the office like 14 hours a day. I wasn't watching much TV. So I didn't know about it because I was reading the journals.

But the newscasters got this information, so I was really angry and annoyed that the patients would come in telling me about breakthroughs I didn't know about it.

So, I started to realize that the Internet was around. I can get the same news the newscasters were giving before they got it—and read it. And I realized that once I have this information, that I have special perspective that really essentially explain those findings.

There are a lot of conflicted information on the studies. A lot of them are sponsored by industry. They're for a specific point of pushing their drugs or whatever agenda they have.

So, I put my perspective on it and put up a newsletter. I said, "You know, if I found this useful, I bet a lot of other people would."

So then I just started writing newsletters. My patients would come in and I'd say, "Hey, I've got a free newsletter. Would you like to get it?" "But Doc, I don't have email." It's like 5% of my patients had email—5% when I first started. It seems like everyone had email forever, but it wasn't that way. It was not that way in the nineties.

But eventually, everyone, pretty much everyone did just like the telephone.

Wendy Myers:

Well, thank you so much for persevering. Your OCD tendencies about health definitely show—because you do, you have this cutting-edge information on there. I mean, I still go on your site to learn stuff. I'm just really blown away by the breadth and depth and the quality of the information that's on your site.

Dr. Joe Mercola:

Oh, thank you for those kind words, Wendy. And we've got a lot more to explore. As I've said at the beginning, this is all about a journey. No one knows everything. I just bounce out of bed in the morning, just excited to realize I'm going to learn a lot of great stuff today—and I do pretty much all the time. This is like, "Wow! It's such an amazing journey."

So, I'm very excited and enthusiastic to be able to participate in it.

58:31 WHERE TO LEARN MORE

Wendy Myers:

And so where can everyone find your book, Fat for Fuel?

Dr. Joe Mercola:

Pretty much anywhere. Well, there's this really obscure website, it's called Amazon, they're probably the best way. It comes out in the middle of May.

And I think we've already presold 100,000 copies, so it should be a number one New York Times Bestseller.

And we've got actually a really interesting 9-part video docuseries coming out done by Jonathan Otto. We've interviewed some of the top experts around. I shot up like three hours of video in there too. We're just expanding on some of the topics we talked about today and going into a little more detail.

So, that should be coming up. And that is free of course.

But the book is a really good resource. When it comes to books, it's like one of the best investments you can make. Even if it's a terrible book, it's \$15, \$20.

I mean, typically, if you've ever written a book, there are thousands and thousands of hours that goes in compiling that information. It's just crazy! The information you get there and read is such a valuable investment. That's why I read so many books because I learn so much from reading the books.

Wendy Myers: What is your docuseries called?

Dr. Joe Mercola: I think the name for it hasn't been figured out yet. There are like three or four titles going on. We have test which one makes the most sense. But it's a pretty interesting one.

Wendy Myers: So, just go to Mercola.com. You can sign up, give your email and Mercola will let you know what the name is when it comes out.

Dr. Joe Mercola: And our website for the book is FatforFuel.org. There's some interesting videos on there and bonuses you get when you buy it.

It should be a very valuable and important resource for people to address these devastating diseases that we're all confronting—if we're not directly, certainly, someone we know and love is.

It's a powerful tool. And it really helps clear some of the confusion. There's a lot of confusion about keto that I think I helped clear up in the book.

Wendy Myers: Well, thank you so much for coming on the show. I so appreciate you giving me an interview. And I know all the listeners are so appreciative as well. We learned so much.

If you guys want to learn about me, you can go to Liveto110.com. And learn about my healing and detox program at MineralPower.com. Thank you so much for listening to the Live to 110 Podcast.