



Wendy Myers:

Hello. Welcome to the podcast. My name is Wendy Myers of myersdetox.com. Today I'm interviewing Dr. Ann Louise Gittleman, one of my personal heroes. I love her so much. She's so sweet. She spoke on both of my summits, my heavy metal summit and my medicinal supplement summit. She's so knowledgeable and she's written over 30 books and her newest book is called Radical Metabolism, where she busts all kinds of myths about diet and the kind of supplements you need to be taking to boost your metabolism. We're going to talk about these today on the show, and the top three takeaways are why to eat bitter foods like coffee to promote better metabolism and weight loss. We talk about Purity Coffee, it's my favorite new coffee I've been drinking every morning and how that is a bitter food that promotes bile production and why you need bile to have a very good metabolism humming along and to promote digestion. Why you need bitters to promote hydrochloric acid production, digestive enzyme production, and generally to improve your metabolism.

We're also gonna talk about why bile is more effective than binders for detoxification which is really, really interesting and what to do if you have gallbladder stones and why you never want to remove your gallbladder. You need it. I'm really excited about my brand new supplement line called The Myers Detox Brand Supplement Line. My first supplement is called Mitochondria Detox. I've worked with thousands of clients and the number one issue that they complained about is fatigued. That was my number one issue as well. Just feeling tired all the time even though I eat an amazing diet, even though I took really high quality expensive supplements, and I was exercising and sleeping as best that I could, but I was still tired all of the time and drinking coffee. People crave sugar and they crave carbohydrates just to get that fix, to get a little bit of energy to keep going throughout their day, and I want to help you stop that vicious cycle by detoxing metals that cause fatigue.

In my research, I found there were certain metals, toxic metals that interfere in energy production. They interfere in mitochondrial function. Our mitochondria are little cells powerhouses that produce

our energy and there are metals that everybody has that interfere in that process like aluminum, like arsenic, and tin, and other metals as well. So go check out mitochondriadetox.com to learn about my very simple three step system and solution. Start regaining your energy production that your body is capable of. Our guest today is Dr. Ann Louise Gittleman. She is a New York Times bestselling author of over 30 books on diet, detox, the environment, and women's health. Beloved by so many, she is regarded as a nutritional visionary and health pioneer who has fearlessly stood on the front lines of holistic and integrative medicine. A graduate of Columbia University, Gittleman has been recognized as one of the top 10 nutritionist in the country by Self Magazine and has received the American Medical Writers Association Award for excellence and the humanitarian award from the Cancer Control Society. You can connect with Ann Louise at annlouise.com and on Facebook at facebook.com/AnnLouiseGittleman. You can also get a copy of her fantastic new book at radicalmetabolism.com.

Ann Louise, thank you so much for coming on the show.

Anne Louise G.: It's my pleasure, Wendy, how are you today?

Wendy Myers: I am fantastic. I'm feeling great and I'm just honored to be interviewing you. I love your work so much and I really wanted to talk to you about your new book, Radical Metabolism, because I know so many women are struggling with their weight. You know, they are getting on the treadmill for, you know, six days a week, and they're dieting, and they're trying to do everything they can to lose weight and it's not working. So I want you to tell us the reasons.

Anne Louise G.: All right, so what are the reasons? So when we get to be in our forties and our fifties, metabolism gets a nosedive, and why is that the case? A lot of times it's because of the thyroid issues that we're finding. So what's going on with the thyroid? That's really the number one concern. What's going on with the thyroid is that you have all of these chemicals in the environment that can displace iodine in your thyroid that we both know, but beyond that, there is this holy alliance between your gallbladder and your thyroid. If you've got sluggish systems with sluggish bile or you have no gallbladder, the connections are not being mitigated as well as they should, so there's a broken connection. That means that if you are not secreting enough bile, you're not converting T4 to T3, and that's been shown in university studies at Harvard Medical School, as well as the University of Temp here in Finland, believe it or not.

So individuals that are showing hypothyroidism usually have 10 times more difficulty losing weight because of a problem with the thyroid and that can go both ways. If you've got your gallbladder out, your thyroid does a metabolic slow down. Ask any doctor that works with women or if you've got Hashimoto, which is a thyroid autoimmune problem, then you've got a problem with your gallbladder as well. So there's a connection between the gallbladder or lack thereof and the thyroid, and that's specifically for women over the age of 40 or for women who have, let's say they're in their twenties and thirties, there's also a metabolic slow down. If in fact they no longer have their gallbladder or

they're suffering from poor bile, which means that it's not flowing properly, that it's congested. you've got stones, you've got allergies going on, or you're not secreting enough HCL, which makes the bile being secreted from the gallbladder. So it's the bile, it's the gallbladder. It aint what they told you, it's something completely different and that's what I talk about in Radical Metabolism.

Wendy Myers: Yeah, that's so important is every client that I'm working with, I always ensure they have enough bile because you have to have bile to detox heavy metals as well.

Anne Louise G.: I know and nobody's talking about that. Everybody's talking about the gut, nobody's dealing with the bile and the gallbladder and lack thereof. Copper loves to end up in the gallbladder in the bile ducts. Giardia loves to find it's place in the gallbladder in the bile duct, so you've got to get free flowing, uncongested, ungunked up bile, and you do that by eating the foods that I tell you to eat in this book with your bitters. Your bitter fruits, you're bitter vegetables, you're bitter herbs, some constitutional bitters, or going out to drink and using Angostura bitters as your alcoholic beverage.

Wendy Myers: Oh yes. That's an amazing product. Absolutely. So tell me a little bit more about your book, Radical Metabolism. Why is this book different than other types of books out on the market about metabolism or weight loss?

Anne Louise G.: 'Cause it's about the thyroid and it's about your gallbladder. It's about the gallbladder not being a throwaway organ. It's about the importance of Omega-6s, it's the importance of not sitting. It's the importance of not cooking in iron. A lot of people don't understand that there's some things that we're told to do if they're on keto or if they're on paleo, which are totally false. We can't just be eating saturated fats for the sake of just eating good fats. You've got to be balancing them with the right kind of essential fats from the Omega 6s, not the commercialized, unaltered, and chemicalized Omega-6s that are full of GMOs. You know, like your canola oil, like your corn oil, your soybean oil, but we're talking about hemp seed oil, so that is very different. Hemp seed oil is a real, I'd consider it a center piece of my program.

Wendy Myers: So tell us a little bit more about why you think that Omega-6 is missing from the diet. I mean, we get a lot of bad Omega-6s.

Anne Louise G.: I adore it and, you know, we've forgotten these because everybody is so wrong. We have to tell all those males out there that are promoting a diet for females to get off the Omega-6s. Omega-6s are healthy, just the way the Omega-3s are healthy if they are unheated and unaltered, but you can heat an oil even it was fish oil or flaxseed oil and it would be toxic. So this is unheated drizzled on your smoothies, put in your smoothies, as a salad dressing. Very, very good and I'm also crazy about other Omega-6s that are in the diet. That's where you get it in your seeds and your nuts because walnuts are higher in Omega-6 than Omega-3 and that's one of the reasons that they're so helpful for your

skin, your hair, your nails, and to modify your cortisol rates. To kind of moderate them, make sure that they don't get out of bounds.

Wendy Myers: Yes. I just bought some walnuts to put on some oatmeal, I did yesterday.

Anne Louise G.: Oh I adore, and I toast them and lightly toasted will actually solidify and make the oil more digestible. So I buy all my nuts raw and then put them in an oven at about 250 for maybe 15, 20 minutes. So they're crunchy, they're delicious and when you roast a nut at lower temperatures or you roast a vegetable, you bring out the flavor. You don't need a lot of seasoning.

Wendy Myers: Yeah. So let's talk a little bit about what your diet looks like on radical metabolism. What does breakfast look like?

Anne Louise G.: Breakfast is a blaster. So it's really interesting because I did the research and lo and behold, I'm adding coffee back to the diet because the right kind of coffee, if it's high in antioxidants, low in mold, and organic, those are three really key characteristics, will actually help you lose weight because of the chlorogenic acid. It'll triple fat burn. Good for the Niacin, which gets everything flowing and moving and it helps as a trigger because it's a bitter. So coffee is another bitter. It will trigger bile secretion. So we use eight ounces of coffee as part of your drink, a tablespoon of A2 whey protein powder, a little bit of coconut milk. We have another couple of ingredients that are in there, some herbs and spices that are very, I'd say thermogenic. A little cardamom, delicious, a little cinnamon, a little ginger, and you've got a drink in the morning with maybe a few drops of stevia. Stevia, or even a little Just Like Sugar, which is chicory root powder. That's a sugar that's on the program that will help you lose weight and is a prebiotic. People that have been on that breakfast food, I call it my breakfast groove, for at least two weeks, have lost at least six inches.

Wendy Myers: Wow. Yeah, I drink coffee every morning. That's exactly what I do. I do mold free organic coffee. I love Purity brand.

Anne Louise G.: That's the brand. That's the brand, I just was in touch with those people and they're just delightful and they've got a story, but it is the highest in antioxidants and that's the key. They've tested their brand against 49 other brands, the lowest in the world, so there's really a story to be told and it's organic. A lot of people are taking other brands that we know and love very well, but they're not organic.

Wendy Myers: Yeah, yeah. That's a big problem and it's mold free, which a lot of people don't realize how much mold is in their coffee and that they have brain fog from their coffee.

Anne Louise G.: I know, but if you don't like coffee, and I've never been a coffee drinker until now, and they're coming out with a decaf, a healthy decaf, which will retain all the polyphenols and antioxidants. You can use Oolong tea, very important for weight loss. Two cups a day keeps the weight away, or a little dandelion root. So we have a lot of interesting swaps for those that need alternatives, those that are on a Vegan diet, or those

that are on vegetarian or other controlled diets. Low histamine, low oxalates, we've got everybody covered.

Wendy Myers: Fantastic. Fantastic. So let's talk about some of the myths that you bust in the book because there's so many different kind of versions of what is healthy and what isn't. There's a lot of misinformation out there.

Anne Louise G.: I know, I know it and it just amazes me. One of the myths is that the gallbladder is a throwaway organ, but we've kind of covered that. It's a myth, it doesn't belong in the throwaway organ club like the appendix. I mean you really need it to be able to metabolize essential fatty acids, the fat soluble vitamins for your immunity, for your skin health, anti infection, vitamin A, D, E, and k. That's number one. Another myth that we bust is that all Omega-6s are bad and they're proinflammatory. Not true when it's a good Omega-6 like the hemp that we talked about, like the sesame that we talked about, and like the pine nut oil. So there are good Omega-6s. Not all fats are created equal, not all Omega-6s are bad.

Then I talk about how important it is to cook food in the right utensils. Everybody thinks if you're iron deficient, you should cook in cast iron, not so ladies and gentlemen. Get your ferritin tested. You're going to be loaded with stored iron that your body cannot use and that is a predisposition to cancer of the thyroid, cancer of the brain, and problems with your liver, arthritis, as well as brown spots. So cosmetically, it affects you as well as on a deeper level. No more cast iron. So we talk about those things and how sitting is the new smoking, how important it is to walk at least five minutes every half hour, how important it is to detoxify if you want to with juices that have more vegetables than fruit, and fruit is really the nemesis of a lot of people because they're like sugar bombs because of the way that they're grown.

Wendy Myers: Yes. So let's talk a little bit about heavy metals. So you appeared with me on my heavy metals summit ...

Anne Louise G.: Oh, yes.

Wendy Myers: Yes and talking about the importance of a heavy metal detoxification. Does this topic fit into your book?

Anne Louise G.: It does with the extent of what we're talking about with the cooking utensils. Number one, no copper, copper lined pots and pans. Be careful with your stainless steel. It can often contain heavy metals, can contain nickel, which is so kind of sneaky in this day and age. A lot of people with respiratory illnesses have too much nickel on their DNA, so we deal with that. We deal with the problem with aluminum, the nano aluminum that may be coming from the environment, the aluminum that's in your pots and pans, your aluminum foil, your deodorants, or some of your antacids. So all of this is a lifestyle program. It's not just about losing weight, it's really decreasing your susceptibility to autoimmune illness and keeping yourself healthy in a growingly toxic and challenging world.

Wendy Myers: Yeah, 'cause when you detox certain metals that are obesogens that promote fat retention, that prevent fat loss, you're also getting rid of a whole host of other issues. These metals that interfere in the body's metabolic function in many, many different ways. It interferes in liver function, brain function, energy production. So I think you-

Anne Louise G.: Unbelievable.

Wendy Myers: Yes

Anne Louise G.: And we're exposed on a daily basis, so you have to do something to detox. Which is why bile is your best heavy metal chelator and nobody is talking about it. You may be talking about it. I'm talking about it, so we need to get all of the women out there that have a lot of fillings, that have problems with root canals, copper IUDs. They've got to get on the bandwagon of getting their bile flowing freely, so it's un-congested because the bile is the mechanism which is a binder. It's better than charcoal. It's better than some of those other heavy metal binders. It is what nature created and if it's not flowing properly, if you don't have the proper, shall we say, the nutrients that are the precursors to the bile, then you're in trouble. That's why the diet is bile friendly. It's making bile brilliant and bile sexy again.

Wendy Myers: Yeah, 'cause it makes me so sad when I hear of women having gallbladder stones or gallbladder attacks, they go to their medical doctor and the doctor just cuts it out, without any kind of thought about what can be done to thin out the bile to prevent these gallstones.

Anne Louise G.: It really irritates me because without your bile, you're going to gain weight. Without free flowing timed bile, let's put it that way, because you can use gallbladder support, certainly, if you don't have your gallbladder and there's some conditions, Wendy, as you and I both know as healthcare professionals where you need to get your gallbladder out. We're not talking about those extreme cases, but we're talking about individuals that can do an elimination diet. I talk about that in the book. You can use certain types of orthophosphoric acids to decongest the stones. You can have more Lecithin in your diet, non GMO and sunflower Lecithin. More Coleen to break down your fat and get rid of your fatty liver at 500 milligrams per meal. Tons of things you can do and that's what the book is all about. So it's about all the issues that plague a woman. Hormones, fat deposition, growing older, problems with your skin hair and nails, problems with bloating and fatty liver. All of that is so important in terms of what we're facing as we get older and get into our staging years as we age wisely.

Wendy Myers: Yeah. People don't realize that a lot of these symptoms that they're having, the solutions are not at the medical doctors. These are very simple, natural, inexpensive solutions with diet, and supplementation, and sleeping properly. Just getting back to the basics can really just get your metabolism humming again.

Anne Louise G.: Oh, without a doubt and that's what this is all about. This is simple. This is easy. This incorporates the foods that you are already eating, but it's

kind of a cut above. It's the best kind of coffee you should be drinking on a daily basis. It's the best kind of hemp seed oil on a daily basis. A little cacao, a little coconut milk. It's what we're already doing, but it's kicking it up a notch.

Wendy Myers: Fantastic. So how do we get the book and connect with you?

Anne Louise G.: Well, you go to radicalmetabolism.com where we're giving you three free gifts. 25 really wonderful recipes, quite frankly. You get recipes, you get a pantry list of what you should be doing to stock your kitchen to get radical, and you're also going to get a free crushing cravings report that's there, plus a 30% off coupon for Purity Coffee that you and I both drink.

Wendy Myers: Oh, fantastic. Yeah, it's weird. I didn't even know that you preferred Purity Coffee. I had no idea. I actually just ordered my first batch of it a couple of weeks ago and I've been drinking it. That's so funny.

Anne Louise G.: Oh, I adore it, I adored it and I've become an inveterate coffee drinker, where I'm taking my first cup has a half a cup of coffee in the morning with half a cup of dandelion root. So I'm going half and half at this point because I didn't know how healthy coffee was until I did the research for Radical Metabolism, but my God, I've been behind the eight ball. It's very good for your liver, protects against problems with cognitive dysfunction, good to get your cholesterol down, and it really lowers the risk of high blood pressure, and risk of hypertension, as well as stroke is what I wanted to say.

Wendy Myers: Yes. I mean I've read that it helps with depression and it's just super loaded with antioxidants. It's really good for you.

Anne Louise G.: It's the highest food we have in antioxidants and it's like, who knew, and a lot of people that are using my coffee, your coffee, Purity Coffee right now are saying that they sleep better. So I mean who knew. It's like incredible.

Wendy Myers: Well, Ann Louise, thank you so much for coming on the show. Are there any closing thoughts you want to give the audience?

Anne Louise G.: Well, if they go to radicalmetabolism.com, they'll get a private invitation to our radical metabolism group, which I visit on a daily basis. So if they have any other questions or concerns that they may be interested in pursuing, I'm there to help them. So I'm so grateful that you're doing all this good work as well, Wendy. Thank you so much. Excuse my voice. There's a lot of smoke and there are a lot of fires in this great state of Idaho these days.

Wendy Myers: Well, Ann Louise, thank you so much for coming on the show. I love your work. I admire you so much and I really advise everyone to check out your new book, Radical Metabolism. Thank you so much for listening to the podcast. Please go to iTunes and leave a two minute review, just take a couple seconds to leave a review for us. Thank you so much.

Anne Louise G.: Thank you so much. Have a blessed day. Thank you.