

Dr. Mark Hyman Eat Fat, Get Thin PODCAST SHOWNOTES

Dr. Hyman is a practicing family physician, a nine-time #1 *New York Times* bestselling author, and an internationally recognized leader, speaker, educator, and advocate in his field. He is the Director the [Cleveland Clinic Center for Functional Medicine](#). He is also the founder and medical director of [The UltraWellness Center](#), chairman of the board of the [Institute for Functional Medicine](#), a medical editor of *The Huffington Post*, and was a regular medical contributor on many television shows including CBS This Morning, Today Show, Good Morning America, CNN, and The View, Katie and The Dr. Oz Show.

Dr. Hyman also works with fellow leaders in his field to help people and communities thrive—with Rick Warren, Dr. Mehmet Oz, and Dr. Daniel Amen, he created [The Daniel Plan](#), a faith-based initiative that helped The Saddleback Church collectively lose 250,000 pounds. He is as an advisor and guest co-host on *The Dr. Oz Show* and is on the board of Dr. Oz's HealthCorps, which tackles the obesity epidemic by educating American students about nutrition. With Dr. Dean Ornish and Dr. Michael Roizen, Dr. Hyman crafted and helped introduce the Take Back Your Health Act of 2009 to the United States Senate to provide for reimbursement of lifestyle treatment of chronic disease. And with Tim Ryan in 2015, helped introduce the ENRICH Act into Congress to fund nutrition in medical education. Dr. Hyman plays a substantial role in a major film produced by Laurie David and Katie Couric, released in 2014, called [Fed Up](#), which addresses childhood obesity. Please join him in helping us all take back our health at www.drhyman.com, follow him on [Twitter](#), [Facebook](#) and [Instagram](#).

The Epidemic of “Diabetes”

Seven fold increase in diabetes since Dr Hyman was born, and drastically since the 1980s and the introduction of low fat diets. Fat free foods were introduced across the food pyramid (like Snackwells, salad dressing, margarines) of all types that front loaded our diets with starches and sugars. We were taught that pasta and bagels were “health foods” with low fat diets. If we do the opposite of what we are taught and eat predominantly fat-loaded diets, we lose hunger, feed our brains, and help our bodies burn fat instead of store it. Additionally, high fat diets are being used for the treatment of diseases like dementia and epilepsy.

The fats that we should remove completely from our diets are the “evil” fats like trans fats (margarine, shortening, hydrogenated fats) and refined oils (soybean oil, canola oil, safflower oil). We need more Omega 3 fatty acids in our diet. These “good” fats help the body churn out prostaglandins, hormones that put the kibosh on inflammation. The best places to find omega-3 fats include cold-water fish, organic canola oil, walnuts, Brazil nuts, and sea vegetables.

To Meat or Not to Meat

Many people have ethical or environmental issues with consuming meat and ultimately, if you don't eat meat for a religious belief or ethical concern about animals, that's a valid choice. Environmental concerns are also well founded with plenty of evidence about the danger and damage corporate farming has on the earth, the oceans, the depletion of nutrients in the soil and its overall carbon footprint. The choice to eat or not eat meat for one's health is a different story. Research on the

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health of eating meat is complicated, but overall, with health at the center, the right kind of meat (grass-fed, wild raised, cold water) is an excellent addition to a balanced diet.

Dr. Hyman's Favorite Meals

Breakfast

Fat Shake--nuts and seeds, coconut butter, almond butter and berries and coconut milk

Pasture raised eggs with spinach or greens and an avocado or olive oil on top for extra fat

Dinner

Grass-fed Lamb Chop with asparagus and ½ sweet potato

Wild Caught Salmon with roasted fennel, brussel sprouts and sweet potatoes

New book: Eat Fat, Get Thin

Eat Fat, Get Thin is a journey through the history of how we got to where we are with our health and eating patterns and how we get out. It also includes a simple 21-day plan to reboot your own system through eating fat and getting thin.

Listener Question

What should you do when you have a cold or the stomach flu and have little appetite for things other than comfort foods? -Natalie

The most important thing you can do when you are sick other than rest is to eat correctly. “Comfort foods” are high in sugar and it competes with the vitamin C in your cells and lowers your immune system further. Rely on bone broths or stocks, lentils, veggies, healthy fats, stews, soups or stoups, or even a JJ Virgin Shake to bolster your immune system and help your body heal.

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As always, remember:

You are worthy. Dare to live a life that matters.

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