

Dr. Jonathan Carp

Anti-Inflammatory Diet Secrets

PODCAST SHOWNOTES

Miracle Noodles

Dr. Jonathan Carp is a dermatologist practicing in Southern California who started the company "Miracle Noodle" after a trip to Japan. The miracle noodles have zero calories and zero net carbs. The company has sold millions of packs of noodles worldwide and have been featured on Dr. Oz, Rachael Ray and all over the news and media.

Shirataki Noodles

Coined "Miracle Noodles" by Dr. Jonathan Carp, Shirataki noodles are made from a fiber called glucomannan and it's a soluble fiber that acts as a prebiotic. It's also used and studied as a supplement to those looking to lose weight. It holds an enormous amount of water, makes you feel full, and slows down digestion. The prebiotic allows your beneficial bacteria to grow.

Skin diseases like psoriasis are often improved with weight loss. Dr. Carp uses "Miracle Noodles" to help people adjust their diets and transition into a healthier diet. By trading out wheat products for miracle noodles patients still feel full and satiated, while also receiving the nutrients found in miracle noodles. Dessert is even an option when you shape the glucomannan into rice and make rice pudding. You can even put them in a smoothie for added fiber and more fullness.

Dr. Carp's Favorite Ways to Enjoy "Miracle Noodles"

1. Soup
2. Stir Fry
3. Italian Dishes

These three options make for enormous variety in a person's diet. By simply picking one meal a day to use the noodles as your carb instead of a traditional carb you subtract meaningless, empty calories with the fiber and prebiotic properties of miracle noodles.

Success Story

Dr. Carp had a patient who was scheduled for a gastric bypass, but postponed the surgery after beginning to substitute miracle noodles for his regular Italian dishes. 10, 15 and eventually 100 pounds later, he eventually canceled his surgery and regained his life.

Miracle Noodles can help you transition into a healthier lifestyle without feeling deprived. You can get Miracle Noodles [here](#) and the Miracle Noodle cookbook [here](#)!

Listener Question:

My skin has not cleared up while doing the Sugar Impact diet, could it possibly be dairy?

If dairy is your issue, even a little can cause issues. Substitute ghee for butter and see if that makes a difference. Additionally, look at your coffee consumption and perhaps add a digestive enzyme. 500 mg of GLA can also help with your skin. If you still have issues you can do an IGG test through a functional medicine specialist to see if there might be an underlying issue with leaky gut or another food sensitivity.

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As always, remember:

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

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