

# Kevin Gianni

## The Truth About Eating Healthy

### PODCAST SHOWNOTES

Our guest today, **Kevin Gianni** seriously started researching personal and preventative natural health therapies in 2002 when he was struck with the reality that cancer ran deep in his family and if he didn't change the way he was living, he might go down that same path. Since then, he's written and self-published six books on natural health, diet, and fitness, produced over 900 YouTube videos with over 10 million views and has published hundreds of articles. Motivated to find the best foods and remedies across the globe, Kevin has traveled far and wide to help people distinguish myth from fact. All of his research and advice are housed on his blog [renegadehealth.com](http://renegadehealth.com) which he co-founded with his wife, Annmarie. His most recent project is a joint venture with his wife, called Annmarie Skin Care, a natural, organic skincare and beauty company.

Kevin's health journey started out from a pretty un-nutritious beginning--snacking on Twinkies and mountain dew and smoking cigarettes before playing tennis matches in high school. After endless partying and living a somewhat hard life, he woke up and decided to go home and engage with fitness AND nutrition. David Wolfe helped reshape how he thought about eating and nutrition. After a couple of years of superfoods and raw, vegan nutrition, he found himself 25 pounds underweight and irritable, tired, and angry. Dr. James Williams of Sarasota Florida urged him to get his blood tested and found that he had hormone levels that looked more like that of an 80 year old man, not the man in his late 20s he was. Williams recommended animal sources for nutrition and supplements. Reluctantly, he began adding back in animal nutrition sources, with goat yogurt and eventually branching out further to more varied sources. In the months that followed he started to feel better, stronger, less irritable, happy, and re-energized. Over time he revealed to his followers his drastic diet changes he made, going from raw vegan to his now balanced, varied diet.

#### **Wine**

Dry farming is a practice that uses no irrigation and vines are not fed any fertilizers. As a result the vines grow deep into the soil to tap into water and nutrients in times of drought. These grapes produce a lower alcohol content wine with a higher flavor profile as well as increased nutrients. Essentially it is a better wine, not even comparable to other wines with high sugar, alcohol content and low nutrient levels.

#### **Coffee**

Two foods that look the same are not the same. Just like wine, all coffees are not created equal. While Kevin cannot do coffee himself, he offers these tips on finding a good coffee that's good for you. Look for shade grown, wet processed, single origin crop coffee and find a brewing method that works for you.

#### **The New Book**

Kevin highlights his pride in the work he has detailed from the Blue zones (demographic and geographic areas where people live measurably longer lives). While there are many Blue Zones throughout the world they are all vastly different, with different diets, different vices, but many commonalities. He also digs in deep to get data about how much salt we can really consume, how much sugar is good and where we draw the line.

#### **Annmarie Skin Care**

After not finding the products they were looking for, Kevin and Annmarie sought to create their own product, formulating it themselves. The industry they discovered was a bit like the Wild Wild West, where there is no regulation or accountability for ingredients. Working closely with another skincare provider they created their own formulation to meet the specific needs they are trying to fill. Kevin describes it as "craft-brewing" for skincare.

Visit [www.kevingianni.com](http://www.kevingianni.com) for the first chapter of the book and plenty of cool information and resources.

#### **Listener Question**

Oakland California, Karen

*How do I find the right carb balance so that I keep losing weight without tanking my energy?*

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Eating too many carbs makes you store fat and you get too hungry, too little and you'll crash your adrenals. If you find you are hungry every few hours, you've trained your body to burn through fast and store the carbs you're eating. Eat every 4-6 hours, increase your water intake, get slow low carbs and clean, lean protein. Don't forget healthy fats!! Don't be fat phobic- fat is necessary for us to feel full and to burn our fat. Make an oil change, switch from vegetable oil to olive oil or macadamia nut oil. For most women, 4-6 ounces of protein (25 grams protein powder), 2-4 servings of healthy fat (1 tablespoon of oil), high fiber slow, low carbs like berries, sweet potatoes, squash, lentils, wild rice, etc to keep our blood sugar stable and our body satiated. Try having 25 grams of carbs in the morning and afternoon, with about 50 grams of carbs in the evening to help balance the body and hormones.

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

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