

Dietitian Cassie Unconventional Wisdom PODCAST SHOWNOTES

Unconventional Wisdom from Dietitian Cassie

Our guest today is Cassie Bjork. Better known as “Dietitian Cassie,” she is a Registered Dietitian, international bestselling author, and highly sought-after speaker and media personality. Virtually every media outlet -- including CBS, WCCO, FOX News, CNN, TIME, Parade, Cosmopolitan, Self and The Huffington Post -- has covered Cassie’s quest to debunk the lies and spread the truth about the food we eat. Cassie is in high demand on TV and speaks at corporate and community events and meetings. She is not your stereotypical dietitian. Cassie combines research findings, real life stories, and humor to provide actionable tips, so that your audience leaves feeling inspired and ready for change. Because, let’s face it, we could all benefit from some changes to our fast-paced, nutritionally-deprived lifestyles.

Low-Calorie, Low-Fat

Cassie struggled personally with a sugar addiction. She had a wake-up moment when she ate the entire box of her roommate’s frosted sugar cookies. Admitting to her roommate that she had eaten all of those cookies was her moment to wake up. Sugar has the same effect on the brain as cocaine. Cassie was doing everything right according to what she was learning from dietitian school. She was supposed to have it all together, and she was doing all the “right” things, but in the end it turned out the low-fat, low-calorie diet was what was tanking her health.

She quit the low-fat, low-calorie diet; in fact, she stopped dieting altogether and started living. The greatest myth of all is that eating too many calories is what leads to weight gain. Calories in-calories out is not the key to weight loss. Ultimately, at the root of our weight gain are the grains that turn straight to sugar in our bodies.

Stress and Exercise

As a former marathon runner, Cassie knows firsthand that calories we burn from endurance sports are not the right calories. Long cardio can actually make you hungry, fatigued, and can even result in weight gain. Stress and inflammation can be caused by all of that exercise and increase your cortisol levels, leading to fat storage, stagnating progress, and fatigue.

Eat more FAT

Fat helps keep you full, revs up your metabolism, and can help you lose weight. Not all fats are created equal. Cassie’s favorite fats are butter, avocado, coconut oil, cheese, heavy cream, and nuts. Eating more means adding a couple of tablespoons per meal. Even if you have a food intolerance, you can use ghee instead of butter. Healthy fat acts as a buffer for the carbohydrates and sugars in your body. We’ve been trained to not eat fats, thinking it makes us fat, but dietary sugar is the real enemy.

[Check out Cassie’s Website here!](#)

Listener Question:

How do I increase vitamin D without dairy?

When it comes to lab tests, let’s think ideal, not normal -- the normal lab result is generally unhealthy. We want to aim for optimal levels. Ideally, 60-80 ngs/ml range is what we want. If you don’t supplement, it is nearly impossible to get to this range. You want to supplement and retest after three months to see that you are getting enough. Vitamin D3 taken with Vitamin K is the best way to ensure it’s effective and absorbed

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correctly. 2,000-4,000 IU is a good starting point. Once you retest, you can evaluate if you need more.

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As always, remember:

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

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