

ADDICTION

SUMMIT



Stop Sugar Cravings with a Healing Diet

Guest: Dr. David Jockers

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Dr. Paul Thomas: Welcome to another episode of the Addiction Summit. I'm Dr. Paul Thomas, your host. My guest today is Dr. David Jockers. He is a natural medicine doctor, functional nutritionist, corrective care chiropractor. He owns Exodus Health in Georgia. He runs one of the hottest natural health websites, drjockers.com. I've visited his YouTube channel many times and find them incredibly educational. Thank you for doing that and just putting all that information out for us.

Our topic today is going to be breaking free from sugar addiction. But Dr. Jockers is also going to help us all understand just the common elements that happen in our bodies when it comes to all addictions. He's got incredible educational information on a ketogenic diet program, on the sugar detox program. So I just want to welcome you to the summit. Thank you for joining us today.

Dr. David Jockers: Yeah, thank you so much, Dr. Thomas. It's a real privilege to be on with you and a real honor. And I'm really excited about what you're doing to help people that are suffering with addiction, which you and I both know, all of us, to some degree, have suffered with addiction, some more extreme than others. But it's something that is just kind of built, in a sense, into our genome. And if we don't control it, it can be a devastating thing. So I'm excited to talk about sugar, which we talked about. It's the most accepted addiction in our society, right?

Dr. Thomas: Right. So for our viewers, you'll notice that in this summit we are dealing a fair bit with the food issue. This is going to be the episode that really dives into the actual sugar and carb process and how that ties in with addiction. And I think the word addiction just gets a bad name, right? Oh, it's those people. And you're a very healthy, successful doctor. I saw pictures of your family. You've got a couple of nice boys, it looks like, and a healthy family, a nice wife. You have health, and you're trying to help people achieve optimal health.

Dr. Jockers: Yeah.

Dr. Thomas: Too often some of our addictions and, just pardon the word, but maybe in the realm of sugar addiction explain that cycle for people. What happens in our bodies when we have this sugar addiction?

Dr. Jockers: Yeah, so sugar, just like cocaine or something along those lines, when we take it in, it's going to stimulate similar neurotransmitters in the brain. So we have neurotransmitters like dopamine, norepinephrine, adrenaline that kind of give us a rush. We feel good when we stimulate those, when we get a pulse of those. And when we consume sugar, it hits this reward mechanism in our brain. And our body says, "Hey, this is great," because it's instant fuel.

And throughout the history of mankind we wanted to get instant fuel. We needed fuel because there were a lot of times of famine. And we weren't necessarily in a time of feast all the time. Of course in today's day and age, we have food all around us. We could literally spend all day eating if we wanted to because food is just so easy. It's so prevalent. And we all have pantries. At least if you're in a first world country, it's everywhere.

And so with that, we are still listening to old programming that's telling us that these quick fuel sources, things that increase sugar, are preferred by getting this reward. But unfortunately we've got to retrain our body. And ultimately, the adaptation process for the human genome, it takes many, many generations to readapt.

So when we consume sugar we get this natural high. And so we secrete these different hormones, and we have this blood sugar increase. Then we have a hormone called insulin that comes out. And insulin's job is to take sugar out of the blood stream and put it into the cells. And this is important because if we have elevated blood sugar for a long time, it's neurotoxic. I mean it destroys the kidneys, the endothelial lining of the blood vessels. It destroys the

nerves. And that's why people with uncontrolled diabetes develop things like peripheral neuropathy and optic neuritis, where they lose their vision, and heart disease and kidney failure, things like that, because they can't lower their blood sugar. So our body produces insulin. And insulin's job is to prevent against that, prevent against this glycation. And it takes the sugar, puts it into the cell where it can be used for energy. So we can derive cellular energy from that.

Now when we're consuming high sugar foods, high carbohydrate foods, we're going to get this kind of real quick increase in sugar and then a really big load of insulin. And the problem with this big load of insulin is insulin also stimulates inflammation. So it tells the genes, "Hey, let's start producing inflammation," in a sense to protect us. It also stimulates cell reproduction because it says, "Okay, we're in a time of feasting, so let's go ahead and let's stimulate cell reproduction."

And when that's consistent, when we're constantly overstimulating insulin, we're going to create inflammatory based diseases, which basically the diseases of the 21st century are all inflammatory based. We're thinking about things like Alzheimer's -- they call that type 3 diabetes -- Parkinson's, cancer, heart disease, autoimmune conditions. These are all inflammatory based conditions. So constantly provoking insulin is going to cause this. But what happens when insulin does its job and it takes the sugar out of the bloodstream and puts it into the cells, now we have lower blood sugar.

And if our body has been taught, through this constant carb feeding, that we need elevated blood sugar, then we're going to start to crave. Our neurotransmitters are going to go down. Dopamine, serotonin levels, these are going to start to drop. And our body's going to say, "I need another hit," kind of like any other drug, "I need another hit."

And it's going to be really desperate for it, especially when we start to experience the hypoglycemic type of reactions, where we feel irritable, shaky. We may start sweating. We may have heart palpitations. We get that hangry feeling where like, "I've got to have something. I've got to have it now." And it's all driven by this mechanism. Our blood sugar goes down. Our transmitters go down. And our body says, "I need immediate fuel." And the more that we feed into that, the more we're creating this addiction cycle. It's kind of like positive rewarding.

I have two kids. Dr. Thomas, do you have kids?

Dr. Thomas: I have nine or ten depending on how you count.

Dr. Jockers: All right, yeah. And so I mean it's like positively rewarding negative behavior. You're just perpetuating that cycle. And that's not what we want to do. And that's really what we do with sugar addictions.

Dr. Thomas: Yeah, I'm a pediatrician as well. That's my main area of focus. And then I also have an addiction clinic. And I see parents bring their kids into my practice. And sometimes they're carrying a little bowl of fishies, those carbohydrate-laden crackers, fish crackers. Or they might come in with some chopped up fruits and some berries. And the contrast is just so in my face when I see that.

Parents, well, we adults, I'm just as guilty. So two-thirds of us have been overweight or obese, or are overweight or obese. And this is exactly why, right? We're wired to want more sugar. I'm prediabetic. I know it because if I have carbs for breakfast, if I were to have a doughnut or even a bowl of cereal, within two hours I am trembling. I am so shaky. So that's that overproduction of insulin and then that crash that you're talking about.

And then I've got to have more, or I'm just feeling desperate. It's almost like the same desperation of my opioid addicts in my clinic, who, when you go through opiate withdrawal, it's so intense you will do almost anything to get some more opiates. And in a slightly lower sense, I have the same experience with carbs. So yeah, you outline that cycle very, very well.

Dr. Jockers: That's one of the reasons why I'm a huge advocate of a low carb nutrition plan, is I grew up, and I would have cereal for breakfast. And it was always a healthier cereal, like Cheerios or Bran Flakes. My mom would never get what I wanted, which was whatever I saw on TV: Trix, Fruit Loops. She wouldn't get that. But she would get Cheerios, Bran Flakes, Corn Flakes, things that I actually thought were boring. And of course I would have that.

Dr. Thomas: And she thought she was doing a good job getting you those.

Dr. Jockers: Exactly. She thought that was healthy. It was American Heart Association approved, low cholesterol. And of course we were afraid of fat back then. This is late 80s, early 90s. And so we would have low fat milk. And we would typically have a banana on there because banana was fruit, and it was inexpensive. So we'd have a banana. And then oftentimes we'd have a cup of orange juice because orange juice has a lot of vitamin C.

Dr. Thomas: Right.

Dr. Jockers: But as you and I both know, when I would eat that, I would get a... this was, again, considered a very heart healthy breakfast, probably healthier than a lot of the kids I was going to school with. But I would get this massive blood sugar rise.

And I'm like you. I'm an overproducer of insulin. I could eat sugar all day long. I'd never get fat. But I would have no energy. I actually wouldn't be able to maintain my muscle mass. My body would literally start eating itself. And I would stimulate more catabolic activity.

This is what a lot of people don't really realize about kind of these blood sugar imbalances. If you are an ectomorphic body type like I am, where you have narrow shoulders and you're leaner with typically longer extremities, when you have blood sugar imbalances, you're much more likely to develop things like osteoporosis for women. And for men, oftentimes we have low testosterone. We can't put on any muscle mass. So I actually maintain my muscle mass now on a low carb diet.

But what I would experience would be basically an hour or two of energy, and then all of a sudden I would drop. And I would get really, really thirsty too. And in the middle of the day, like in my English class, it was hard for me to stay awake. And so I would be falling asleep. And I was underperforming in a lot of the things I was doing.

And then of course for lunch it was typically a peanut butter and jelly sandwich on whole wheat bread because, again, my mom was health conscious. So she didn't give us white bread. She gave us whole wheat bread. And then we would have pretzels because pretzels were considered a healthy snack unfortunately, again, spiking my blood sugar. And then for dinner it was usually pasta of some type, macaroni and cheese, I don't know, some sort of pasta, spaghetti, rice, so lots and lots of carbs all day long, just over secreting insulin. And I felt like I was always hungry. I could always eat, but at the same time I also felt tired all the time. And I had trouble sleeping. So it was like a wired and tired experience.

Dr. Thomas: Yeah. You're describing what I did with my kids. That was that same era. You're about the age as my kids from the looks of things. And my patients, I have 13,000 or more patients in my pediatric clinic. And I'd say half of them are suffering something chronic. And when you get to the teen years -- and our viewers are probably teenagers and older -- we're all struggling with

fatigue, mental fog, whether it's ADD, ADHD, anxiety, depression, mood disorders, all the autoimmune things you were alluding to. People are struggling out there.

And I loved one of the things I watched on one of your YouTube videos, where you said to your audience, "You're worthy. And you don't have to live that way. What do you want? What's your desire? Do you want to lose weight? Do you want freedom from addiction? Do you want to start exercising, embracing life, loving your life?" And then you just go in and give people that recipe that it's simple, not easy to implement, because lifestyle changes are hard.

But I really want to give you a shot at telling folks some of the things you do and that you recommend that will help them overcome that sugar addiction and get them away from that fatigue. It's pretty hopeless when you're out there. And even if you're addicted to alcohol or opiates or meth or whatever, this is the foundation, what Dr. Jockers is about to tell us right here.

Dr. Jockers: Yeah, absolutely. When I look at sugar addictions, I break it into three categories as kind of the primary cause of the sugar addiction. Typically there's a lot of overlap. But the three major things are, number one, this kind of reactive hypoglycemia, like we were talking about, where we eat a high carb meal just because we don't understand how to take care of our bodies. So we eat a high carb meal, like I did with my breakfast cereal when I was growing up. And then boom, all of a sudden two hours later, three hours later, we're having this hypoglycemic type reaction. And we're getting really irritable. And we're hangry. And we've got to eat. So for many people that's the primary motivator. That's the primary cause of their sugar cravings.

Number two would be what we call HPA axis dysfunction. Or kind of a layman term would be like adrenal fatigue, where maybe we're doing shift work, or we're not sleeping well at night. Maybe it's a new mother who's being kept up by their child. Maybe you're going through a tremendous amount of stress in your life. And your body's just feeling overwhelmed by that stress. You're going to naturally crave this kind of quick energy increase. And for many people that can be the primary cause.

And the third one is emotional eating, where you are consuming high carbohydrate sugar foods because possibly there were things that happened in your childhood, and you are trying to fill a void. And you always remember your grandmother's pumpkin pie or your mother's ice cream or having ice cream with your mother, whatever it is. There's this kind of deep emotional thing.

And so first thing is to just kind of address which of those is the primary factor. Or maybe it's a combination of all three. So you just have awareness because when you have awareness, now you'll understand why you drift towards these tendencies more often. That's the first step. We can go into strategies, but you've got to understand the primary drivers first, okay.

And I will tell you that the emotional eating part is actually the hardest, typically, to address. Usually you're going to need more work, whether it's doing tapping therapy or working with a counselor or something like that. Oftentimes that can help. But just bringing awareness to it is the first step there.

Now once you understand that, then you can kind of move in and say, "Okay, what are some strategies I can do in the immediate, starting today, to start to reduce that?" And I would say one global strategy would be a lower carbohydrate diet, so taking out things like grains and things that turn into simple sugars. We all know what many of these things are, obviously processed foods. I would take out, like I said, grains, so breads, all of that kind of stuff, even potatoes. I would try to reduce at least white potato usage.

And you replace it with healthy fats. So you consume more healthy fats, things like avocados, olives, olive oil, coconut, so coconut fats, coconut milk, coconut oil, coconut butter, grass fed butter that you can use on different things, eggs, nuts and seeds. These are all healthy fats. They're all very calorie dense. They're going to make you feel more satiated. And they're going to keep your blood sugar more stable so you're not having these episodes of reactive hypoglycemia where your blood sugar just drops, and you feel the effects of that.

So these kinds of foods are going to help you go longer between meals without feeling hungry. They're going to stabilize your blood sugar. They're going to help reduce the cravings. And that would kind of be the first global strategy. I don't know if you had anything to add to that. And then we can go into the other strategies to do.

Dr. Thomas: So before you get into the other strategies, my viewers are going, "You've got to be kidding. You want me to give up bread, pasta, potatoes, and French fries, and cookies and crackers and cakes and candy?"

Dr. Jockers: Yeah, absolutely, I do.

Dr. Thomas: "How am I going to find the will and the motivation to do that?"

Dr. Jockers: Absolutely. I think that starts with just you loving yourself and just saying this is an important enough thing that you're ready to put your foot down, draw a line in the sand. For some of us we've got to get to a high level of pain before we do that because ultimately the major drivers for mankind -- we're all driven by these things -- it's really three things, number one, a fear of pain; number two, a pursuit of pleasure; and number three, a higher purpose. So those are really the three drivers for us.

So if the pleasure of eating the chocolate cake or the Skittles or whatever it is, is greater than the pain that comes with consuming that food, and you really haven't found your true purpose or are not reminding yourself of your purpose, then you're going to go for the chocolate cake or the Skittles every single time because you're looking for the pleasure.

However, if you link whatever challenges you're experiencing, whether it's low energy, whether it's you just have these fits of anger or irritability, you just don't feel like you're living your best life. Maybe you're overweight. Maybe you're dealing with a chronic disease. If you start to link that, and when you look at the chocolate cake, you see the weight you haven't been able to lose. You see your failures. You see your irritability. You see whatever it is you're dealing with, your diabetes, and you feel pain, and you experience that pain when you see that chocolate cake, you are not going to go for the chocolate cake. You're going to make much healthier choices with your life.

And so I think one big thing is linking pain. And that's really what I did in my life because I grew up eating, like I said, grains and breads and all this stuff all the time. And for me I was 23. I had irritable bowel syndrome and lost 30 pounds. And I had orthostatic hypertension. I was going from sitting to standing, and I would get dizzy. And I just didn't want to live like that.

And I said, "Okay, this food that I grew up on served me for a period of time, but now it's actually causing a tremendous amount of pain." And I linked that, and I no longer craved it. And then I started making much healthier choices. And I found that most foods, the healthier foods, actually taste amazing. And I developed a whole new set of patterns around food. So I think that's really where it starts right there.

And then ultimately finding your purpose in life. I think that will be the final anecdote, when you really have a higher purpose. And you have to remind yourself because I think all of us have kind of thought through that. And some of us have had the eureka moment where we found our purpose, but then we forget about it right.

So I heard somebody say, “You need a why that makes you cry,” right, a big enough why that it’ll bring tears to your eyes, whether it’s your kids, whether it’s what you want people to know about you and your life, or what kind of mother you want to be or what kind of doctor you want to be. Whatever it is, it’s got to be something beyond ourselves. It’s like a legacy building type of understanding about our lives. And when you have that, and you remind yourself on a daily basis of that, then you’ll start changing your behaviors to model it.

Dr. Thomas: Thank you so much for that. I think, viewers, if you’re struggling with anything, you’ve got to drill down and figure out your why. In my book, *The Addiction Spectrum*, when I boil it down at the end, the number one thing that you just mentioned there, Dr. Jockers, is have a purpose, have a burning why. And it might just be as much as I’m sick and tired of being sick and tired, right. For me I was overweight. I had no energy. I was feeling extraordinarily burned out. I knew I needed to lose weight. I knew I needed to eat differently. Back in the day I needed to stop drinking, stop smoking. I got into some of that stuff in my past. And bit by bit you just start chipping away at it. Like you said, draw a line in the sand, and start doing what you know you need to do.

So what you’re helping us with here, Dr. Jockers, is what is it we need to do, because it’s easy and simple, but you’ve got to know what to do. I mean a lot of people don’t know about this switching from carbs to a healthier fat diet. So carry on with the next phase.

Dr. Jockers: Yeah, it’s just so important. And for me, it’s come down to this kind of idea that I teach, which is I just want to honor God with my body, right, that literally I’ve got a spirit within me. My body is my vehicle for that spirit. And I really just want to honor that. It’s a great gift that I’ve been given. So I want to make choices that reflect that.

So when it comes to nutrition, I want to really focus on food that has maximal nutrients, minimal toxins. So we talked about the sugars. You’re getting rid of those types of things because they’re toxic in the body. And they provide very little, typically, very little nutrients. And then I want to focus on, like I said, these healthy fat sources. Also, as much as possible if I can go with organic and, especially with animal products, getting more pasture raised. Grass fed animal products will provide a tremendous amount of nutrients for my body. And when we’ve been dealing with a sugar addiction, sugar drains our nutrients. And so it depletes us of a lot of key micronutrients, trace minerals, B vitamins, all different types of things. It causes a tremendous amount of

stress and inflammation in our body. So we need to start nutrient loading. So getting organic, grass fed, pasture raised animal products as much as possible is a very, very important step in doing that, and then loading up, like I said, on these healthy fats. From a nutrition perspective, super important.

Now, other habits to take on would be hydration. In fact, hydration is just so critical. Our hypothalamus in our brain, it's kind of like the antenna. It's constantly sensing what's in the bloodstream. And that's a reflection of what's happening in our external world.

For example, if all of a sudden my wife ran into my office here and started freaking out about something that happened, one of my boys fell or something like that, I would get this rush. My hypothalamus would say, "Okay, stress, stress, stress, fight or flight." And I would get this rush of stress hormones and increased activity in my thyroid hormone and all this types of stuff so I can create energy really, really quickly. Blood sugar would go up. So that's just kind of what the hypothalamus does.

And at the same time the hypothalamus is also sensing what's happening with our food, our blood sugar as well as our hydration levels. And in the hypothalamus, the hunger center and the thirst center are right next to each other. And because we've grown up with food always around us, and food stimulates dopamine, giving us this natural high, we get kind of this crossover, this neuroplasticity that occurs, where a lot of the cells that used to trigger thirst or should normally trigger thirst, now our body is experiencing as hunger or desire to eat or a sugar craving. So we actually want food when we're really thirsty. And we really want water and typically electrolytes, water and salts. So we can regain control of our thirst center by just drinking more water, creating a natural habit of consuming more water.

So when you wake up in the morning, start your day with 8 to 16 ounces of water. When we're sleeping overnight, we're actually exhaling water vapor. All of us, when we wake up in the morning, we are dehydrated. Nobody is ever fully hydrated 24 hours a day. We're cycling through periods of hydration and dehydration. So when we wake up in the morning, we're naturally dehydrated. If you rush for the coffee or the food right away, you're not giving yourself that adequate hydration. So start your day with 8 to 16 ounces of water okay. And you can do more, but that's a great place to start, is 8 to 16 ounces of water.

Dr. Thomas: Yeah, I'm guilty of that, going for the coffee before the water.

Dr. Jockers: And always remember, if you do do coffee, okay, it's not the worst thing in the world. But if you do coffee in the morning, for however much coffee you're drinking, if you're making an 8 ounce cup or whatever it is, you're going to deplete. It's a diuretic. So you're going to deplete that water. So it's further dehydrating. So you've got to buffer it with hydration.

Dr. Thomas: Drink some water.

Dr. Jockers: Good job. There you go. Here's mine, right here. I'll tell you, we're prepared. And in between meals, what I don't recommend is drinking a lot with your meals, unless it's like a smoothie or something along those lines, but between meals, one to two hours after your meal, two hours after a very large meal, one hour after a shorter meal, start really hydrating your body well, saturating your body. You should make it a goal to drink a minimum 8 to 16 ounces of water between meals, if not more. A larger body, you might need more.

And what I've found is that this really kick started this desire for water and hydration. So for me, now, I have this natural thirst mechanism where it's like I'm between meals, and I'm like, "I need something. You know what? I need water. I need hydration." It turned on this natural intelligence within me.

Dr. Thomas: So any water's better than no water, but if you could choose what kind of water to drink, is it straight out of the tap or are you filtering your water?

Dr. Jockers: You definitely want to filter your water. Unfortunately, our tap water has chlorine, fluoride, disinfectant byproducts, all kinds of stuff like that. So you definitely want to get a good water filter. Reverse osmosis is good. You can just add back a little bit of minerals because it takes everything out. Distilled water takes out all the toxins. It also takes out the minerals, so if you take a pinch of good quality salt, put it in the water, like a Himalayan sea salt or Celtic or something, that will add back those minerals. So those are great water sources. If you can get your own home water filtration system, that's definitely the best. Berkey is another good system that you could do.

So what I typically recommend is if somebody owns a home and they're able to afford it, getting a whole house water filtration system is a great idea. If they don't, they could do a Berkey. That's \$200 or \$300. You can get a Berkey that is actually portable, and you can travel with. And I know I did that when I was in graduate school and I was living in an apartment. So I had an apartment. I can't put in a water filtration system. So I got, actually, back then, a portable

reverse osmosis system. And it was \$400. And that was a lot for a college student, but my roommates and I all went in on it together.

Dr. Thomas: If you have great filtered water, you drink more. It just tastes better.

Dr. Jockers: Yes. And it's so worth it.

Dr. Thomas: Yeah, absolutely.

Dr. Jockers: It was such a good investment. So you've got to look at that as an investment, definitely an important thing to do. I also recommend a shower filter, too, which you can get for \$60 on Amazon, a good shower filter so you're not showering in chlorinated water, but yes, getting good filtered water.

And then you can see I've got a glass cup or a glass jar right here. This is a nice one because this is 32 ounces of water that fits in there. I think I bought aloe vera juice or something along those lines from the grocery store. And then we just kept... or lemon juice. And I was adding it to water. And then we just kept the bottle afterwards. And I can travel with this and go everywhere with it. And plastic will leach out phthalates, which are estrogen mimickers, more toxins in our body. So the more we can minimize our exposure to plastic in easy ways, like our water bottles, the better off we're going to be. So using glass or stainless steel is going to be a lot better.

Dr. Thomas: Yeah, for sure. Stay away from plastic, folks. I think you've spoken in the past about seven ways to stop sugar cravings. Maybe you can just run through those for our viewers because I think so many of us struggle with that.

Dr. Jockers: Yeah, for sure. Well we talked about the water. We talked about changing diets. Those are good foundational things. Also, really focusing on sleep, I think, is very important as well. If you don't sleep well, you're naturally going to have cravings the next day. It's going to totally throw off your hormones. So having good sleep hygiene, being in bed early, as much as you can staying away from computers and blue light, things like that can be really, really foundational. You've got to make sure you get your sleep cycle dialed in.

Now other things that you can do, you can use things like apple cider vinegar or lemon or lime, especially when you're consuming a meal, like putting it on your food, or in the morning when you're drinking your water or between

meals. It's been shown to reduce cravings by doing something like a lemon or a lime. Like my family, we'll make our own lemonade. And so we'll basically take lemon. We'll take stevia, all natural sweetener, doesn't impact our blood sugar, and we'll put that in our water with the lemon. And we'll be drinking that. So we'll be getting some level of a sweet taste to it. Meanwhile were really hydrating our body. And the better hydrated we are, the less we're going to crave the sugar. So that's important.

But also, when you're adding apple cider vinegar or lemon or lime to your food, it's going to reduce the glycemic impact. So the impact of how much sugar elevates after or while you're consuming a meal and after consuming a meal, which is going to lower your insulin demands. And it's going to keep you more balanced because you want your blood sugar to be real balanced and stable. So I think that's really important.

Also, staying active, walking or doing exercise, is a very, very important way to stimulate the right neurotransmitters. If you're craving sugar, go out outside, ideally, especially if it's a nice day. Get good quality sun exposure, and take a walk around your neighborhood after you drink some water. Hydrate, go out and do that. I think you'll see a big difference when it comes to your sugar cravings. You'll just feel better. You'll naturally stimulate those positive neurotransmitters and get that response, so activity.

If you do eat some sugar, you can go ahead and do some air squats. Or if you're at a party and you're like I'm definitely going to have this, right, that's some high carbohydrate food, "I'm going to have a piece of this cake," crank out 20 air squats, drink a little lemon water, and then consume it. And it'll have much less of an impact on your blood sugar. Your body will actually utilize cellular energy faster. You'll secrete less insulin. You'll feel better afterwards. It'll help buffer the blood sugar response. You won't have as much cravings afterwards. So that's another just really, really helpful strategy that somebody can do.

And you can also use support supplements to help with your adrenals. For example, adaptogenic herbs like ashwagandha, Rhodiola, Cordyceps, things like that can all be really, really helpful because they're going to help bring your blood sugar back in balance. They're also going to help bring your stress hormones and your neurotransmitters back in balance so you're not noticing as much cravings, so doing some herbs like that. Magnesium is also really, really key.

Again, oftentimes we're craving salt. So you can even take a pinch of salt. If you don't want to invest in supplements, just carry a little bit of good salt around with you. It can make a world of difference, Celtic sea salt, Himalayan sea salt. And what you do is you just put a little pinch on your finger and put it on your tongue. And if you're craving sugar, just try that. And then drink some water afterwards. And then wait about five minutes.

Dr. Thomas: That's a great tip.

Dr. Jockers: Yeah, wait about five minutes. Ask yourself again, "Do I really need the sugar?"

Dr. Thomas: Yeah, that's a great tip, folks. Himalayan salt is super, Celtic as well. It has tons of minerals those micronutrients. Since we touched on micronutrients, if you were stuck in a desert island, well, if you were on a cloudy, rainy desert island, like I'm in the northeast, if you had to pick one micronutrient, or maybe I'll give you your top three that you just wouldn't want to be without, what would you pick to take with you?

Dr. Jockers: Are we talking about foods, or are we talking about supplements?

Dr. Thomas: I'm talking about supplements because we're going to get into food here real soon in a bigger way.

Dr. Jockers: Yeah, I would probably take magnesium. We use magnesium like a car uses oil. And so we're constantly driving through it. Every time we have stress, we're driving through a lot of magnesium. It's needed for the Krebs cycle. It's needed for producing all cellular energy and just a number of different reactions to the body. So I'm a huge fan of good high quality magnesium.

Zinc, also. I've found zinc to be just really supportive to the immune system. Most people are very deficient in zinc. It really helps balance out the two arms of our immune system, and on top of that very good for males for testosterone, for females for balancing estrogen progesterone, reducing inflammation in the body. So I really, really like zinc.

And typically if I'm on an island, I'm probably getting enough vitamin D from the sun. If I wasn't, I would definitely want some vitamin D, and then on top of that antioxidants because I probably would be getting a lot of sun. So I would take something like anthocyanins, which you can get in things like purple

cabbage. It's what gives the plant a bluish purple hue. It's in blueberries, red onions, red cabbage. And anthocyanins are really, really powerful for reducing radiation exposure from the sun.

Dr. Thomas: Fantastic. Folks, that's really important information. Those of us who are struggling with addictions, our neurotransmitters are usually suffering. Our dopamine is probably low. Or our receptors aren't responding to it. And all those trace elements that Dr. Jockers was just talking about are in those pathways to allow us to actually create those neurotransmitters that we're needing. Otherwise we're left just craving.

So let's transition over to food. I really want to try to understand. So I'm brand new to this concept of eating more fat. And I've been sadly eating the typical America diet, which is mostly fast foods, cereals for breakfast, if I even eat breakfast. Help me figure out how to get my nutrients from my diet.

Dr. Jockers: Yeah, absolutely. So what you want to be thinking is we talked about some of these healthy fats—coconut fats, avocados, olives, olive oil, pasture-raised eggs, nuts and seeds. So what you want to think is, "Every meal I eat, I want to have at least one of those healthy fat sources. And then I'm going to build the meal around that healthy fat source."

So for breakfast you could do something like... if you're a coffee drinker you might want to put in -- and many people have heard of bulletproof coffee or fat burning coffee -- you can put in something like coconut oil in there or grass fed butter or MCT oil, which is kind of a version of coconut oil that stimulates keto production. And it can make you feel a lot better, just more satiated. A lot of people are already putting cream in their coffee. So you can do something along those lines. There are lots of recipes -- we have them on our website -- on how to do that right. So you can also just do something like coconut milk in there, so you add more fat to it.

And then switch from eating the cereal to eating... I recommend some liquid nutrition. So I'm a huge fan of doing a smoothie. So you might do coconut milk, which has, again, healthy fats. Unsweetened of course you want to get it. And if you get it in the carton, either coconut milk or almond milk, it's typically not going to be very high in fat. So I want to add a little bit of extra fat. So I might do a tablespoon of coconut oil in there. Or I could throw an avocado in there, which gives it more of a pudding like texture. Or I could do a nut butter. Maranatha Farms has a coconut almond butter that's amazing. It's kind of a combination of those two. And I could throw that in there as well. So I could do one of those options to add more fat to it.

And then possibly a good, high quality protein powder. So I might use a collagen protein, or I could use a pea protein, hemp protein, grass fed whey protein. Try to get a good high quality source of protein. Or I could put protein powder. Or I could just throw in even some eggs. Some raw eggs, believe it or not, can be a great protein source in there, maybe nuts if I wanted some extra protein. But you really want to make sure you've got healthy fats. That's kind of your base there.

You could throw in some berries. I just wouldn't do too much, maybe a quarter to a half a cup of berries in that shake. Berries are lower in sugar, higher in micronutrients. So they're a better form of fruit. So you can add that in there for some extra flavoring. You can also use natural flavor enhancers like Stevia, which is all natural. Monk fruit is another good one that you can utilize if you wanted to sweeten it up a little bit. Wo doing something like that. Or if you're like, "Hey, I really don't want to do a smoothie, or I don't like smoothies," try something like eggs. You can do eggs in the morning.

Dr. Thomas: An egg/veggie scramble.

Dr. Jockers: So you've got the fats.

Dr. Paul Thomas: So that's breakfast. You're going to do one of these healthy smoothies or an egg/veggie scramble, something like that. Since we're at breakfast, we're going to move through the day here of how to eat right and heal your brain and give yourself a chance with your addictions.

You're also an expert on keto diet and time restricted feeding. So if you could just explain for our viewers. I've actually been doing this, this past couple of months. And it has helped me drop 20 pounds. I've just been feeling so much better with doing the combo of keto and time restricted feeding. Let's just give them the five-minute version of that because it's so easy to implement. And you feel great while you're doing it. And those of you who do need to lose some weight, it's been so easy.

Dr. Jockers: Yeah. Intermittent fasting is something that all of our ancestors did. And really, over the last, I don't know, 100, 200 years, we've lost this art. And it developed something called metabolic flexibility in our body, where we're able to switch between burning your own body fat and burning whatever fuel you just ate. You want your body to be able to tap in and burn your body fat. Even a lean person like me, I'm 7, 8 percent body fat, but I have plenty of body fat to create energy for days.

And so with that, just like you were talking about, it's time restricted feeding. So I typically eat one to two meals a day. And when I consume those meals, it's typically a six hour eating windows, is kind of how I do it. So I might consume a meal at 12 or 1 o'clock and then consume my dinner at 5 or 6 o'clock, somewhere in that range, so two meals in a six hour eating window. Now you don't have to start with that.

So the best way to start is with what we call a simple fast. And so let's say you finish your dinner at 7 p.m. You just wouldn't consume anything with calories until 7 a.m. the next morning. So when you wake up in the morning, just like we talked about, you start your day with water. When you do that, when you start hydrating your body, you'll notice that hunger cravings go down significantly. And you're giving your body what it really truly needs, which is hydration. Your body should easily be able to go 12 hours between dinner and breakfast. Even my wife, she's in her third trimester right now. We're going to have a little girl here.

Dr. Thomas: Congratulations.

Dr. Jockers: Yeah, thank you so much. And she is, I would say, 99 percent of the time, able to do 12-hour fasts. She eats a good dinner. We finish at, let's say, 7 o'clock or whatever. She gets up at 7 a.m. the next day, has her breakfast around 8 a.m. And she's fine with that. The baby's growing very, very well. So if she can do that being pregnant, all of us should have the ability to do that.

Once you're able to do that, then you can start to extend it. You might try doing 14 hours, where, again, you finish dinner by 7 p.m., and you don't consume anything with calories until 9 am. Or if you do do something like calories, it would be something like what we talked about, the fat-burning coffee, where it's just fats, okay. That's going to be easier on your insulin levels, easier on blood sugar. It's not going to impact those. So it would be a lot better.

So you might extend to 14 hours. And then over time you might extend to 16 hours. And that's kind of a good sweet spot there. It's what we call a 16:8, where you go 16 hours where, in a sense, you're fasting or cleansing. Your body cleanses, breaks down old, decaying cells when you're fasting. And that's really healthy for the body. And then 8 hours where you're in your building phase, where you're eating food. Your body's stimulating more cell reproduction. And you're consuming and utilizing that cellular fuel. So that would be like eating your meals between 12 and 8 or 10 and 6 and then

obviously not eating meals outside of that. That would be your cleansing window. So 16:8 would be good.

And if you're somebody that has struggled with a lot of stress and different issues like that, I wouldn't recommend doing that every day. I typically recommend trying to do it two to three times a week, where you will do it a Monday, Wednesday, Friday or a Monday, Thursday, where it's not consecutive days.

And again, you're really focusing on hydration during that fasting window. The hydration's going to help. And it's going to help you be able to prolong that fast and actually feel really, really good. Over time your body will develop this fasting muscle and get really good at it. You'll actually crave it. You'll actually desire to go longer between meals. And you won't feel as hungry and won't have as much cravings. It gets a lot easier over time. But you've got to develop that muscle, just like any other muscle.

Dr. Thomas: Very great explanation. I started off slow, just like you talked about. And now I put a little bit of MCT oil in my coffee. If I run out of that, I put a little of organic coconut oil. And that's all I need until lunch. And I'm working hard at the office. I'm in the hospital seeing babies before I hit the office at 8 o'clock. And I'm fine. I don't get hungry. It's shocking to me that that was the case because I used to eat breakfast and be starved by 10 o'clock in the morning. And now I don't get hungry at all.

I was at a conference where they shared some research, where going into ketosis for a period of time actually seems to stimulate stem cells to be released from the bone marrow. Stem cells search the body for what needs to be repaired. It's incredible. Whatever you're suffering from may get better when you do this ketogenic diet or intermittent fasting. It's the way we used to be before we had all this food available at our fingertips all the time. Thank you for explaining that so simply.

So let's progress on now to lunch, let's say. And we want to get all those nutrients because we don't want to have to take supplements. So we're going to try to, as much as possible, get our nutrients from food. What should we be eating?

Dr. Jockers: So for lunch you could do many different things. My wife loves to do a big gigantic salad, nice colorful salad—bell peppers, cucumbers, dark green leafies, black olives. So we've got our healthy fat right there. She dices up some avocado, does about half an avocado on there, so again, more healthy

fat. She'll do typically either something like salmon, or she'll do chicken or turkey or something like that, some sort of a lean protein that she likes. And she'll put on a healthy either olive oil and lemon or she likes the Primal dressings, Mark Sisson's formation, which are using avocado oil. So she'll put that on there. So it's really healthy fats and micronutrients. That's her favorite lunch. She seems to crave that every day, which is awesome.

For me, typically, lunch, I eat it, especially on days when I'm working out. And I like a protein shake. So I really like the liquid nutrition. I throw avocado in there again, high quality protein powder. And I might munch on some cucumber or some radishes, some sort of good prebiotic that my body really enjoys to help feed my gut. And so that's typical. We both do different lunches. But we both thrive off of those lunches. So those are two really, really good options.

Dr. Thomas: Yeah, those are great. And I'll add a third, which is what I tend to do, is I always cook lean protein and lots of veggies at night. And I make sure I make way too much so I have leftovers for lunch, because I'm on the go. I just grab my leftovers, and I'm set.

Dr. Jockers: Especially when they're busy like you.

Dr. Thomas: Yeah, those are three great options, a super salad with some lean protein or a good smoothie like you do or healthy leftovers. Fantastic. And then what do you do for dinner, you and your wife?

Dr. Jockers: So dinner we're typically doing meat, healthy meat, lots of vegetables and healthy fats. So we like to do steamed broccoli or cauliflower, make like a mashed potatoes alternative out of the cauliflower a lot of times. Last night we did fajitas. But we use coconut flour wraps. And we had cooked up some chicken with onions and bell peppers. And we made guacamole. And we had some grass fed sour cream. And we just put all of that on there. And it was fantastic. And my twin two year olds, they love it. They eat like this. And they really thoroughly enjoy it. So this is typically how we're eating on a regular basis.

My wife, especially now that she's pregnant, is doing a little bit more carbs than I am. So she might have a sweet potato from time to time or carrots, good healthy carbohydrates.

Typically for dessert after dinner for my boys—I don't need dessert. If I do it's a handful of cashews or something like that. But for my boys we do berries.

They love them: raspberries, blueberries, pomegranate. They thoroughly enjoy that. My wife also has some of those, too, because she wants a little bit more carbs, obviously still a low carb diet but being pregnant, wants to teach her body, “Hey, we’re not in famine. We’re not trying to get into ketosis, so it’s time to carry on a baby.” So she eats extra fruit.

And what we’ve found is that typically, if you’re going to do carb, starches and fruits, it’s actually better to do it in the evening. If you do it earlier in the day, especially a lot of it, you’re going to have cravings all day long. You do it in the evening, it’s more in harmony with the body. You’ll notice fewer cravings, as long as you combine it with healthy fats. You have to have the healthy fats. And for many people they actually sleep better when they do that. It’s kind of this carb cycling approach.

Dr. Thomas: Cool. I’ll do carbs sometimes a little before exercise if I’m going to do a lot of intense exercise also. Yeah, I had to get rid of desserts because I have that thing where I want those sweets. And then once I start, I don’t have a good off switch. If any of you struggle with addictions, you relate to that fact.

Dr. Jockers: Yeah, I’m with you on that one.

Dr. Thomas: When I used to drink, one drink and I’m off and running. When I used to smoke, I’d start smoking. The food thing, if I get sugar, if I get sweets, I’m pretty good most of the time.

True confession, yesterday I got stuck in traffic. I had just gone shopping hungry. And I bought a bag of pretzel-like stuff that I shouldn’t have bought. I knew I shouldn’t have bought it, shouldn’t bring it into my house, which will lead on to I want you to talk about the sugar detox three Ps, because I messed up on one of those, which is the protect part. So I’m sitting there stuck in traffic. And I just start munching those things. And I felt horrible by the end. But it was like no off switch.

And so anyway, you’re not alone in that. But we have to make a decision when we have addictions. Most of the time it has to be absolute. If I’m addicted to alcohol, I cannot safely take a single drink. That’s my truth. And I’m fast realizing I really can’t do sugar or processed carbs at all. So I do fruit for dessert if I have to have a dessert. I try not to because of that sweet tooth thing. But maybe you can segue into when you teach the sugar detox you talk about the three Ps. Maybe you can talk about that for our listeners.

Dr. Jockers: Yeah, for sure. That's so important. And I'll tell you, actually, Dr. Paul, that a handful of cashews, believe it or not, get the healthy fats. You can actually retrain some of those sugar cravings to actually create something thick like that, that creaminess. To me, it's like candy. I tell my wife, "My cashews are candy to me."

Dr. Thomas: Oh, I love nuts. In fact, I have to limit how many are in the house because I can get stuck on that one, too.

Dr. Jockers: And so the three Ps are vital. So number one is you've got to plan ahead. You have to know. You should have a strategy as far as what you're going to be eating that day. If you're walking into the day without a strategy and just kind of going off whim, you've already failed. You are setting yourself up for failure. So you've got to have a plan. You've got to have game plans, your daily game plan, to fuel your body properly for optimal performance.

So whatever it is that you do, we're all occupational athletes. Not all of us are professional athletes, but we're all occupational athletes. We all need to perform, whether it's for our kids, you and I for our patients, or whatever it is we've got to perform, our employers. So we have to think like that. We have to have a game plan every single day. So we plan out. Then we prepare. You've got to prepare your lunch, like you do. So you're having leftovers for lunch. So that's prepared already. All you have to do is bring it with you to the office.

Dr. Thomas: Yeah, that's planning ahead.

Dr. Jockers: [Inaudible] a plan and you're prepared. So we've got to make sure we're preparing. And that includes going grocery shopping. And like you said, the worst thing, I think all of us know this intuitively, is never go to the grocery store hungry. Not a good idea.

And then finally a third one is protecting. You've got to protect your home because the moment you get out of your house, you can't control your environment. But inside of your home, ideally you should be able to control your environment.

If you've got spouse and kids that are also there, then you need to have real serious conversations with them so everybody can be on board. Or at least they can be in your corner to help you overcome this and cheer you on and be respectful of your desires. So I think that's just super important. Obviously if you're single, then it's super easy.

Just protect your environment, whatever junk food is in there, things like that. Don't have this little corner where you keep it. Give it away. Find a food pantry or something like that and give it. Food pantries, unfortunately that's the only thing they know how to use. My clinic has donated thousands of dollars worth of healthy food items, like coconut milk, to our local food shelter. And every year we bring more of that. And they're like, "Oh, yeah, we still have all your stuff from last year." They're like, "Yeah, what do we do with this coconut milk?"

Dr. Thomas: Right. Give it to people.

Dr. Jockers: Yes, exactly. So I tell my patients when we do these food drives, I'm like, "Bring in canned green beans. They know what to do with that. But they don't know what to do with the coconut milk." But if you get rid of your stuff that's in your pantry, all your junk food, they know exactly what to do with that. Unfortunately they're going to use it. But it's better that it's out of your house than in your house. You can definitely throw it out, too. Nobody's harmed by you throwing out your Skittles.

Dr. Thomas: For sure. Viewers, I want to highlight this protect piece. I don't think enough of us pay attention to this. You're going to hear Ray Lozano talk on this summit, talk about playing tag as a kid. And one guy's counting to 50, "Ready or not here I come." And the others are hiding. And then they try to get to the tree before he catches him. Did you ever play that game?

Dr. Jockers: Yeah.

Dr. Thomas: Yeah, so he says he was a slower kid. So he's trying to make it to the tree, and he finally gets there. And he slaps his hand, and he says, "Safe," right. He says, "That's how our homes need to be." And I'm thinking about if you're an opiate addict, you can't hang around with people who are using opiates. If you're an alcoholic, you can't have alcohol in the house. If you're struggling with sugar and food and weight issues, you can't have these foods in your house. This is what Dr. Jockers is talking about. Make your home safe, right. So you get home and you know, "At least here I'm safe." That's so important because then you've got to go out in the world for a large part of your day and deal with all those temptations and landmines that are out there. At least you're safe when you get home.

Dr. Jockers: It's absolutely vital. I love that analogy.

Dr. Thomas: So final words of wisdom as we get close to wrapping it up, Dr. Jockers? If you're thinking about an audience who's struggling with addictions, what have I forgotten to talk to you about?

Dr. Jockers: Well, I would definitely say getting support with people around you, being a part of support groups. So in the ideal world, that's your family. That's the people that you would consider closest to you, your family, close friends, that they would actually all gather around you and support you and cheer you on, encourage you and hold you accountable.

Obviously, we don't live in an ideal world, so for some of you guys it's just not going to happen. However, in today's age it's easier than ever to find some level of a group, whether it's Facebook groups or community groups around you, maybe a church group or some sort of an organization that they're involved in or interested in. You've got to definitely get people around you that are going to hold you accountable, that are going to be encouragers. We all need encouragement. We don't get affirmed and encouraged enough. So definitely find that support environment and work together.

Dr. Paul, you may have a private group where people can all work together.

Dr. Thomas: Yeah, we're actually putting that together so that people who connect to this summit will have a place that they can go and share stories and support one another. Thank you for bringing that up, that we had left that piece out of this talk so far.

There are 12 step groups. There are Smart Recovery groups. There are food groups. If you have an addiction of any kind, there's a group where people who are struggling with that same addiction get together. You will not be judged. You've earned your seat in that group. So you might as well claim it. And that is so key.

And really keep toxic people away. And for you, whatever your addiction is, anybody that's in that is toxic. You just can't hang around with the people who are living the lifestyle that you're trying to get away from. And sometimes they're your friends or family, but you've got to be a little selfish in the early phases of your recovery journey and take care of yourself, right, yourself first. And then down the road you'll be that shining light and that shining example to draw them through attraction because they're going to see what you've accomplished.

Dr. Jockers: I totally agree. And even if it is your family, even if it's your spouse, sometimes just taking a week away, say, "Hey, I just really need to go on this trip," or whatever it is, just taking a week away, just resetting yourself, resetting your system, and then coming back. But coming back stronger and rested and more convicted can be extremely important as you go through this journey.

Dr. Thomas: Yeah. I have one other area I thought we should touch on. Perhaps you can add some wisdom. So in my book *The Addiction Spectrum* we touch on food. We've done a pretty thorough job of that. Thank you for all your wisdom there, nutrients, importance of vitamin D. And you added the magnesium and zinc, so important. There's sleep. We've touched on that. There's exercise. There's community. There's biome. We didn't touch too much on that, but that's okay. But a big X factor, I think, in addictions is stress.

Dr. Jockers: Yeah.

Dr. Thomas: Do you have any thoughts you might want to share with our viewers about stress and what you can do to kind of deal with that?

Dr. Jockers: I would say the first thing is just be really, really proactive. We all have to realize every day there are going to be a lot of stressors that come out. However, we can surround our own selves with gratitude. The more that we can refocus our thoughts on gratitude, the better off we're going to be. So every single day when you wake up in the morning, you want to just be extremely thankful. Start setting that intention. "I'm so grateful for today, everything that it offers, all the learning opportunities." And we start to re-spin a lot of our challenges. I always try to ask myself, "What can I learn from this?" I don't like this particular situation; it's stressful. I don't want to have to deal with it. But what can I learn from this? And starting to just retrain our thought processes.

And my wife and I, what we try to do is at night, at dinner, we ask ourselves, "What are three things that we're grateful for today?" It's a really great habit to do. And then, "What's one area that I failed in? And what did I learn from it?" This is how we want to raise our boys, or our kids; we're going to have a little girl here, too.

Dr. Thomas: You're about to have a girl. That's awesome.

Dr. Jockers: I want to teach them that failure is actually expected. And so every day I'm going to ask them, "What did you fail at today?"

Dr. Thomas: And what did you learn from it.

Dr. Jockers: What did you learn from it, exactly.

Dr. Thomas: That's beautiful. So that wraps it up beautifully because when you're in addiction -- I've been there, I know what you're talking about, I know what you're feeling -- the simple thing of just putting down what you're grateful for. And sometimes you have such a horrible day, you're just grateful to be alive. Put it down. Find three things. And absolutely, we all fall down. We all fail. But we've got to get up. And what can we learn from it. And then we move on. So find your passion. Grab hold of your why, as you pointed out at the beginning of this talk. And join us on this beautiful journey of recovery and health.

Thank you, Dr. Jockers, for just being a leader, being an example, being an educator and a teacher. How can people find you and learn more about what you're teaching?

Dr. Jockers: Yeah, it's definitely a privilege and an honor to be on this summit with you. And Dr. Thomas, I'm so glad that you're being so transparent with your own personal story. And I think that's going to inspire, hopefully, millions all around the world with your book and this summit. And it's just such a big need.

For me, really you can find everything on me at my website, drjockers.com, and social media, Dr. David Jockers YouTube. And you'll find my videos and all the stuff that I'm doing.

Dr. Thomas: Wonderful. Well I wish you a blessed day and a very successful, happy, healthy pregnancy and baby girl coming up. And thank you so much for joining us here on the Addiction Summit.

Dr. Jockers: Well, thanks again for having me.

Dr. Thomas: Wonderful. Thank you.