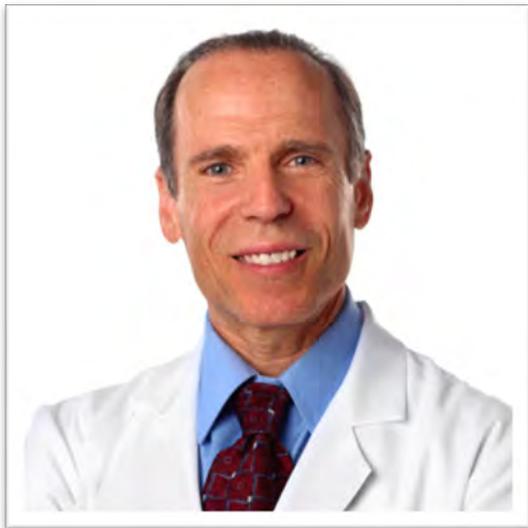


ADDICTION

SUMMIT



Nutritional Excellence: Key to Health & Recovery

Guest: Joel Furhman

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Dr. Paul Thomas: Hi, welcome to another edition of the Addiction Summit. I'm Paul Thomas, your host.

It is my pleasure to introduce to you an expert on nutrition like no other in the world. Dr. Joel Furhman is a board-certified family physician. He is the author of the *New York Times* bestseller that has sold over a million copies, *Eat to Live*. In his most recent two books, *The End of Dieting* and *Fast Food Genocide*, are must-reads if you want to get a handle on what's going on with our health.

You're also a researcher and writer. I read your article that you published, "Changing Perceptions of Hunger on a High Nutrient Density Diet." You make a statement in there, "A diet high in micronutrients appears to decrease food cravings and overeating behaviors."

So maybe, Dr. Furhman, if you would perhaps start with your journey to being a doctor and sort of how you came to being so interested in nutrition and health through food.

Dr. Joel Furhman: I had this interest in nutrition and health before I even became a physician. And it's what really drove me to want to go to medical school because at the very beginning, I wanted to be a doctor different from

the average run-of-the-mill doctor. I wanted to be a doctor specializing in nutrition. That's the reason I went to medical school.

So back in the early 1970s, I was in the United States World Figure Skating Team. I was second in the United States and pairs figure skating with my sister. When I was younger, my father was overweight and sickly. He lost weight and got healthier. We started reading health and nutrition books to increase stamina and not get sick. And I started getting into health and nutrition books in my teenage years, even.

So when I left my skating career in my 20s, I worked in my family's chain of shoe stores. And I decided, really, I didn't have the passion for that. I really have the passion for what nutrition could do to our population to wipe out heart attacks and strokes and cancers. And I thought that I could be a doctor specializing in that. So I then pursued my medical education.

Dr. Thomas: That's fantastic. I wish I have had that focused laser vision when I was in medical school. I was just sort of, "I want to be a doctor." So I sort of bought the whole medical school program, pharmaceutical solution to all our problems. It took a little undoing to come around to realizing the importance of nutrition and so many other health promoting activities that we can do to empower ourselves.

So what have you found to be the key healing concepts that will help people with chronic disease?

Dr. Furhman: Well, the main concept is that chronic disease is not natural. And it's not natural to have a heart attack or a stroke. It's not natural to get demented. And it's not natural to get cancer. That these diseases that plague American and eventually kill us are the consequence of nutritional ignorance, which is made worse by taking drugs, which often contribute to and accelerate the production of cancer. That the medical profession gives medications that are full of carcinogenic substances. And we eat ourselves to death, then go to doctors and take poisons, which facilitate our death even further.

So as weird as it sounds, I'm saying that even though nutritional excellence is difficult for a lot of people, because they're so indoctrinated and so used to eating poorly, so addicted to bad foods, you actually, with time, you lose those cravings, you lose those food preferences. And eating healthy food actually becomes just as enjoyable, just as tasty, and just as satisfying. And then you remove all fear of having a heart attack or a stroke, getting demented or getting cancer at the same time. And we could close the envelope with human longevity, lived to be 95 to 105 years old without being chronically ill or having strokes, living in nursing homes in our later years.

So I'm thinking that, where we are today in healthcare is barbaric. It's like the middle ages. It's medieval. And whatever that word is, I'm just saying that it's like we're so far away from enabling people to live a long, healthy life because we're looking for this magic pill that's going to enable us to abuse our body. It's like if everybody was smoking three packs of cigarettes a day. But that's okay. We're going to spend billions of dollars to invent a pill that's going to win the war in lung cancer. So now, everybody can still smoke three packs a day. But we're going to take this pill and we're not going to get lung cancer.

It's pie in the sky thinking. It's never going to happen. And we can't take a pill and not get breast cancer or not going to get prostate cancer. We eat a cancer-causing diet. And the more micronutrient deficient your diet is, the more it takes over the brain, makes you less creative, less intelligent, and makes you more likely to be a food addict that can't remove themselves from that predicament and the addictive lifestyle.

And so many Americans are in this merry-go-round, from childhood, learning that addiction and stimulation drives their behavior. They get out of work. They spend their money. They go to the bar. They're drinking alcohol. They're taking drugs. And now, they're using food as an addictive substance. And they become obese and sickly. And when food doesn't do it for them, they turn to opiates and other types of brain stimulants replacing chemicals. And they really lost their keys to the bank. They've lost their ability, really, to control their destiny and have a happy life.

Dr. Thomas: Yeah. So I think most of our audience are either addicted to something, be it food or alcohol or opiates or a behavioral addiction, or we have family members who are suffering and we're trying to figure out how can we help these folks. Are you suggesting that, through nutrition, we can actually recover from addiction?

Dr. Furhman: Yes. I'm saying, without paying attention to nutrition, recovering from addiction is very, very difficult, almost impossible, because your body builds up toxic substances that themselves are addicting. Metabolic waste products are addicting. In other words, poisonous substances that age us are addicting. And healthy substances are not addicting. Let me say that again. When we take in, let's say—when we smoke cigarettes, an example, we build up nicotine and other byproducts in our tissues. We feel okay while we're putting nicotine in our body. It's when we stop the nicotine and the body tries to take it out of the body that we feel uncomfortable.

So the word “addiction” has two phases. It has the phase, which you're—when you're imbibing in the harmful substance where you're feeling good, because

putting toxins in the body stops the body from mobilizing toxins and pushing them out. So when we're not pushing toxins out, we're okay.

Dr. Thomas: We actually feel better.

Dr. Furhman: When we're eating bad food, we're okay. When we're drinking alcohol, we're okay. When we're eating candy and cake and ice cream and French fries, we're okay; and pizza, we're okay. It's when we try to stop doing that that we feel bad.

Now, we have anxiety. We have shakes. We have weakness, headaches, stomach cramping. So it's when the body tries to repair the damage from the noxious substance is when addicts feel the most discomfort. Then they have to have another smoke, another cup of coffee, another drink of alcohol, another serving of French fries, another bag of potato chips. In other words, they want to stop the discomfort and pain associated with withdrawal.

But withdrawal is right directed. That means, it's the discomfort of withdrawal is the body's efforts to heal itself, repair damage, and remove noxious substances that create disease. So feeling bad is getting better. And feeling good is getting worse. Anything you do to make yourself feel better is making yourself get sicker. But when you stop harming yourself, you feel worse. That's the body trying to do the repair. Now, what I'm saying is that when we eat a diet that's micronutrient deficient, we build up more free radicals and natural-occurring toxins. And also, we have the carcinogens in the bad foods we're eating as well. So now, we have these endogenous waste products.

The two types of waste products are the exogenous waste. The word "exogenous" means it comes from the outside. Like we took heterocyclic amines and nitrosamine compounds in lunchmeat and barbecue. And that's cancer-causing elements in our food supply or the aldehydes and free radicals in French fries from overcooked oils and these damaging chemicals. So that's the exogenous waste coming from the external world.

But then, our body produces its own internal wastes, its own toxins that age us and cause damage as well. And these wastes are the byproducts of cellular metabolism and build up when we don't meet our nutrient needs. So the more we take insufficient micronutrients and antioxidants, phytochemicals, we build up more free radicals and advanced glycation end-products, aldehydes, uric acids, other types of toxins within us. And those toxins form a pool of waste products in the body. And so, the more toxic you are, in general, the more when you are in the non-feeding state, you're going to feel shaky and weak and feel like really feel bad. You're going to feel bad all the time.

So you have to keep putting poisons in the body to stop the body from eliminating the poisons that you already have in the body. So you can't really make a recovery from an addiction without a lot of pain, unless you lower the level of retaining metabolic waste in the tissues. Including both exogenous wastes you put in, like smoking cigarettes or snorting cocaine; and the waste, the scum, that build up in your own tissues because you're not taking enough nutrients. So we have to get the level of both those waste products down.

When the waste products get down low enough, then it's easy to stop smoking, it's easy to stop overeating, because it's not painful to stop overeating, because our emotional self wants to have parallel thoughts to our physical self. In other words, when we're not feeling good, we want to emotionally feel like, "I want to emotionally overeat too." In other words, you're most likely to emotionally overeat to reduce the stress in your life if it's not accompanied by physical pain.

And so, your brain, it's in a—how should I say it—it's cognitive dissonance it's called. The brain can't work in two different directions. So the body comes up with irrational, even delusional thoughts to rationalize why it's okay to smoke cigarettes. It's okay to eat badly. It's okay to continue to snort cocaine. You come up with oral rationalizations. It's not the right time to quit. I tried quitting, it didn't work, I felt worse. I have too much stress in my life right now. The body just wants to come up with excuses because it's too painful to quit. So the body will look for reasons why it shouldn't quit, so the brain will not work logically anymore.

In other words—and because addiction is tuned down to lower your intelligence, it reduces your creativity and makes it more difficult to solve the problems in your life that lead to the addiction to begin with. So your body gets in this vicious cycle of having to get out the cycle of addiction.

Dr. Thomas: That is so powerful, folks. I like the way you put that that when I'm feeling better and I'm taking my substance, whether it's that burger or fries or potato chips or opiates or alcohol or cigarettes, I'm feeling better for the moment. But when I stop, I go through that withdrawal and I feel horrible. So I reach for it again and again.

I see that in my office with my staff with just processed food and carbs and cookies and chips and crackers and candy. It's that repetitive cycle. And then of course, in the addiction world, in my addiction clinic, my opiate patients in particular, the withdrawal from opiates is so intense that they just fear it so much, they're just not willing to go there. So remember, if you are addicted to something and you're going through withdrawal, you're actually getting better.

I love the way you put that, Dr. Furhman. That is phenomenal. Could you share with our audience, you had the—I think you actually came up with The Nutritarian diet, correct?

Dr. Furhman: That's correct.

Dr. Thomas: I think that is ingenious. Obviously, it's been healing millions of people. And probably, you share with us what you think, but that is the key process of healing from chronic anything.

Dr. Furhman: That's right. Because what I'm saying is that if we're trying to get rid of our food addictions or our drug addictions or our substance addiction, it's going to be made ever so much harder to do that when the body is malnourished. Because now, you have the withdrawal from that toxic substance, but you also have a lot of other toxic substances, now, mixed in to the pot that you're withdrawing from at the same time. And when you have a high level of micronutrients in the body, your body can more effectively rid itself of toxic material quicker with less pain.

So what I'm saying is, the liver works actively to deconjugate toxic material and make fat-soluble toxins water soluble so the kidney can excrete them. If the kidney can't excrete them, they're going to come out on your skin. You're going to be itching like mad. You're going to be scratching and itching and feeling like crazy because your kidneys are not able to excrete the water that your not—your toxins are not able to eliminated efficiently.

So, see, we have a feeding state, which is called the anabolic state. And we have the non-feeding state, which is called the catabolic state. Let me explain for a second. That in the anabolic phase, that means we're eating and digesting the food. We're taking the outside world and putting it in our body and building our tissues with that material from the outside world. When the liver is processing material from the outside world, it can't effectively detoxify. It can't repair. It has to bring things in and store them for later use.

When we stop digesting and stop absorbing calories, then the liver changes its mode of operation. Instead of becoming something that aids in storage, it now, primarily, responds in removing substances and getting rid of things that are toxic. So the liver is a major detoxification organ. But it can't function as a major detoxification organ while you're in the feeding or imbibing state. It only does so in the non-feeding state.

So when the liver doesn't have enough micronutrients to deconjugate and to remove toxins, then the body uses accessory avenues of elimination to get rid of toxins. Coughing, your lungs get inflamed with asthma. Your skin gets

inflamed with a rash or psoriasis, pushing toxins through the skin. You itch and you don't know why and you're red and you're itching like crazy. You're fatigued and you're feeling cramping and irritable and you're itchy all over. Your brain, you have a headache. All those are symptoms of detoxification that are uncomfortable.

But if we supply the body with the right nutrients and the right antioxidants and phytochemicals from raw, green vegetables, and berries, and flax seeds, and mushrooms—I'm saying, if we eat very healthily and stop putting toxins in the body, now the body can get rid of those toxins through its normal channels of elimination. Mostly, by urinating them out without being in pain for them. And then, the withdrawal from addiction is reduced.

So that most people with food addiction, and food addiction as all other addictions, have the dopamine high and the brain stimulatory high while you're imbibing. And then they have the withdrawal symptoms of feeling ill when you stop imbibing. And I'm saying that people can't stop overeating. They're going to have to be overweight. They're going to have to keep putting excess calories in because they're too uncomfortable in the non-feeding state so they got to keep themselves in the feeding state all the time. They're got to stay at the anabolic state all the time, because the catabolic state is too uncomfortable.

But once they start to flood the body with nutrients, then they become more comfortable in the catabolic phase and feeling okay when they're not eating food. And they can get in touch with the instinctual hunger, and they can lose weight more readily and get rid of their addictions. And eventually then, their emotional overeating tendencies can improve.

So in that study you mentioned earlier, what I published in 2010, *The Changing Perception of Hunger on a High Nutrient Density Diet*. That was the title of that study. We showed that as people ratcheted up the nutritional quality of their diet to have more naturally occurring antioxidants and phytochemicals through the colorful vegetables, they no longer had stomach cramping and headaches and fatigue as the symptoms of hunger anymore. Those symptoms went away.

And now, hunger became a more—a very light and not an uncomfortable sensation that was primarily felt in the throat and was accompanied by dramatically heightened taste sensation that made eating more pleasurable. So it makes you—and eventually, your taste buds become stronger and more sensitized to even the sweetness of the strawberry, or cashew nut, or a piece of lettuce. So your taste improves. And now, you can enjoy natural foods more. You don't need the heavy sugars and the heavy—and you know, probably, that

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people who are coming off alcohol and drugs, they still look to other things like sugar and potato chips, which further makes their health deteriorate.

Dr. Thomas: So it's interesting, folks. This concept of, basically, fasting, so that you could go to a period of allowing your body to really get rid of toxins...Because as long as we continue to eat, as long as we continue to take our substance of choice, we are preventing the body from getting rid of toxins and kind of reinforcing this vicious cycle, never able to get rid of those addictive substances, that connection to food that we just can't let go of.

Dr. Furhman, I know you have a formula, I believe, for The Nutritarian Diet. Can you share that with us? It's simple. I thought it was brilliant.

Dr. Furhman: Thank you. Well, the formula is $H = N/C$. It means that your healthy life expectancy, the quality of your health and how long you're going to live is proportional to the nutrient density of your diet, the nutrient per calorie density of your diet, how much nutrients you take in without overeating calories. So if you can take in more nutrients without overeating calories, you're going to slow the aging process and live longer.

So let me just say this clearly in a different way, that the only thing definitely proven to radically extend human lifespan and slow the aging process is moderate caloric restriction in an environment of micronutrient excellence. So I'd like people to try to repeat that and to think about what I just said. I said, moderate caloric restriction in an environment of micronutrient excellence. Because here's what I'm saying, I'm saying when you try to achieve micronutrient excellence, it naturally decreases the amount of calories you desire, and makes adhering to the right amount of calories easier to do.

And I'm also suggesting that instead of trying to cut an addiction out and to quit smoking and to quit cocaine or opiates or food overeating, the first step in the recovery process is to get enough nutrients into your body so to make the withdrawal easier. Start eating a big salad every day. Eat the kale with the tomato sauce. Have a glass of fresh squeezed vegetable juice, with lettuce and celery and cucumber and beet and carrot and Bok choy and cabbage in there. Drink this glass of disgusting tasting juice. Get these nutrients in your body. Eat a big salad. Have a bowl of vegetable bean soup. Get rid of the sugar and the oil and all the junk food out of your diet.

In other words, people will find—and they do find—that if they can flood their body with nutrients and try to get healthier at the same time as they're trying to reduce their exposure to toxins and the toxicity of addiction, it makes coming off of the addictive substances less uncomfortable or more comfortable. They increase their likelihood of getting rid of their addiction,

whether it's smoking, alcohol, or drugs. And the major addiction of this country is food. And food is even worse than alcohol and drugs sometimes, because when you're in the cocaine den, and you want to get out, most people aren't in that cocaine den and they're going to encourage you to get away from those people having a bad influence on you.

But in the food den, everybody else that you know is a food addict. And if you want to leave their company of imbibing and out drinking and drinking soda and eating French fries and burgers and candy and oil and eating junk food, they're all going to say, "What are you doing that for?" They're not going to give you reinforcement and encouragement to do it.

And if nobody's going to tell you, "I'm so proud of you. You're eating so healthy. I'm so proud of you, you're having a chopped salad and your vegetable juice for lunch. I'm so proud you have that bean soup on the weekend. You made that bean soup. You're taking it to work every day with you." They're going to discourage you. Everybody is looking at you, offering you a donut. So it's like trying to quit alcohol when everybody around is trying to hand you a drink, and trying to quit cocaine but everybody you know is going to hand you some cocaine. It's more difficult.

Dr. Thomas: Yup. Yeah, you really have to watch out for the people around you. And don't let them steal your dream and your progress. Because what you said is so true. I remember when I was—I used to drink too much. That was one of my addictions. And when I was stopping, my wife would literally say, "Oh, you can have just a few."

And I have this tendency to have more than a few. And she even did not want me to do the right thing. And with food, oh my goodness. We're just surrounded. All our friends, all our family, at work, everybody's overeating. I think in one of your books, you said probably 60% to 80% of the population suffers from food addiction. So if that's you and you're watching this, pay close attention to what Dr. Furhman is saying here, because the key is simple. I'm not saying it's easy. But really, it's about eating those particular foods that are high in nutrients, and not the high-calorie, low-nutrient foods.

You've used the term, "micronutrients" several times. I think you have a system for sort of identifying foods, as which ones have the most micronutrients. And you also have a G-BOMBS mnemonic, which maybe you could go over. Because when I read that, I thought, 'oh, that's easier to remember'. Maybe you could share that with our audience.

Dr. Furhman: Thank you, because that's the point of it. Because it keeps those foods right on the tip of everybody's tongue, so they remember to eat them every day.

So my ANDI scoring system uses 36 different nutritional parameters to put each food on a scale of nutritional density, so people can recognize very easily that green vegetables are so incredibly high in nutrients compared to all other foods.

So it shows people that processed foods, like pasta and bread and salad oils, mayonnaise, donuts, cookies, candy have very little—are just full of macronutrients. We're talking about calories here: Fat, carbohydrate, and protein. Americans are eating too much fat, too much carbohydrate, and too much protein. They're eating too much calories in general, but not have enough micronutrients, which don't contain calories: The vitamins and the minerals and phytochemicals. So I give that ANDI score, because I use that tool in Whole Foods market years ago to encourage shoppers to buy more vegetables, to show them how high in nutrients vegetables are compared to other foods, even compared to animal products.

It was such a big political stink, because when you add up the vitamins and minerals in foods, vegetables come out 20 to 50 times higher than animal products. So, so much people were complaining about me and the paleo movement—my animal husbandry and animal farming movement about Whole Foods rating their foods so low that they eventually took the scores out of Whole Foods market. There was no—what's the word—preference or bias or trying to score. I was just listing the nutrients that are in food by the US government. It has 36 nutrients. I was just listing every nutrient in food, adding it all up to one number and showing people what was in the food. And it just so happens that vegetables win the race by five miles.

But nevertheless, the acronym G-BOMBS, is so people remember those particular six foods that have the most scientific support to fight cancer. If we want not to get breast cancer, colon cancer, prostate cancer, we have to eat the foods that have the anti-cancer phytochemicals that arms the immune system to run at full efficiency. And without those chemicals, our immune system is trying to work with its hands tied behind its back. It can't do its work and then cancer can be permitted.

And the G-BOMBS stands for greens, and beans, onions, mushrooms, berries, and seeds, G-B-O-M-B-S. G-BOMBS - greens, beans, onions, mushrooms, berries, and seeds. And we could look at any one of those that any one of those categories [inaudible] like the greens. We're talking here about how powerful it is to eat green cruciferous vegetables like broccoli and Brussels

sprouts and kale and bok choy and cabbage. And the isothiocyanate, the ITCs and the powerful effect that they have against cancer.

And then, go to the next letter, the B. The beans are full of resistant starch that supports the growth of healthy bacteria in the gut. And they're full of inositol pentaphosphate that prevents cancer and other phytochemicals and [inaudible]

And go on to the next thing, G, B, O. The onions show between 55% and 88% reduction of all cancers, especially if we utilize some raw in the diet each day. So if we go on to every one of these foods – what I'm saying here is studies show more than 50% lowering common cancers from people who eat these foods regularly.

So we put together a dietary portfolio that includes all of these individually powerful anti-cancer foods into one dietary model, and make it taste really good, so people try to eat these foods every day, then we find that cancers or the immune system get so strong—like I say, so strong—super immunity, but it doesn't say in my book “super immunity”. It's really not super immunity. It's the immunity we all should be having if we lived in the jungles years ago and we eat natural foods.

In the woods in my backyard, and I can see all kinds of purslane and weeds and onion family and mushroom family, all things I can eat in the woods, and pine nuts and berries. Even the foods that nature put in the woods for humans to eat, we're eating those natural foods, we're protected against toxins and cancer. We don't have to get demented. We have, in other words, nutritional science has made these advances to show us that we can win the war in these diseases right now.

You can try to raise a hundred billion dollars to beat breast cancer, or you can just read it right now, because we have new information right now to beat breast cancer. It's just people don't like the answer. They're looking for a different answer than the one we already have. The one we already have is eat a healthy diet and all these natural foods, then you don't have to get cancer. But they don't like that answer. They want to be able to look for a magic pill that will put billions of dollars into like pink ribbons and on Kentucky Fried Chickens put in pink buckets to raise money to find a magic pill to prevent breast cancer. All you've got to do is stop eating the Kentucky Fried Chicken!

Dr. Thomas: Amen! Yeah. What we eat is so vital. I wanted to touch—just go back to when you mentioned dopamine. As an addictionologist—I'm a pediatrician but I'm also an addictionologist. And in the addiction world, boy, you can even say, “My dopamine made me do it.” There's just this thing that

happens with dopamine. We seek that boost of dopamine. It's been figured out for the various addictions that this boosts dopamine more than that. But in the end, we're chasing that dopamine. And maybe you can speak a little more to that and how, even with food, it's a vital piece of why we're so addicted.

Dr. Furhman: Right. I love that word, “addictionologist.” That’s cool. I never heard of that before. That’s great. Nice to meet an addictionologist.

Dr. Thomas: Oh, well. It’s good to meet a Nutritarian who actually created the whole cure. So...

Dr. Furhman: Thank you. Yeah, this is great because this information is so critical for a population. What you’re saying right now is that as we desire that dopamine stimulation, over time, the brain becomes more and more dopamine insensitive. And then you need bigger amounts of that stuff, right? Like you go out to a buffet then a little taste of a cookie is not enough. Going for potato chips is not enough. You got to eat the whole bag of potato chips. You got to eat the whole pack of chocolate chip cookies. You got to go and eat three donuts, not just one donut anymore. You got to almost imbibe to discomfort to get enough dopamine high. It’s almost like anything else. It’s really—

Dr. Thomas: Addicts know that from—if you’re addicted to opiates, at first, just a little bit will do. Maybe, you started with pills for pain from a surgery. And then, pretty soon, that’s just not doing it anymore. Tolerance develops. You need more to get the same dopamine effect. And until you’re shooting up heroin, and even that’s not working. Same with alcohol. You drink a little, you’re fine. Pretty soon, you’re drinking a whole bottle of wine or two six packs. That’s tolerance. That’s addiction. How is it that fast foods are so addictive?

Dr. Furhman: It has mostly to do—not 100% to do with—but mostly to do with the speed at which calories enter the bloodstream. When you snort some cocaine, those chemicals enter the bloodstream within one to two minutes, immediately. When you eat some sunflower seeds or walnuts, those calories enter the bloodstream a little bit of a time over a three-hour period, maybe one calorie a minute.

When you eat beans, it comes at one calorie a minute. When you eat oil and fried foods and sugar and honey and ice cream, you’re flooding the body with 25 to 100 calories a minute. So when the calories come in so rapidly, they penetrate the blood-brain barrier and they stimulate the hormones to release dopamine. But you also stimulate a huge response with insulin as well. A huge insulin response floods the body with that sugar rushing into the bloodstream.

And insulin is a fat storage hormone that promotes cell replication. And even though the sugar may come down out of the blood in maybe half an hour to an hour, but the insulin didn't come out of the blood. It's still circulating and moating. Its pro angiogenesis, it means it promotes the growth of fat, it promotes the growth of blood vessels to fuel the fat, it promotes cell replication, cancer.

But we're saying that there's a link between dopamine stimulation from the excess amount of calories and the excessive flood of calories in the bloodstream promoting hormones that promote fat storage and promote cancer.

So the same dopaminergic stimulation from the influx of rapid calories doesn't just make you feel stimulated in your brain, they also stimulate growth hormones that promote ill health, cancer, and dementia. So that irritates and age brain cells, so you're actually losing your intelligence in the process.

So when a person becomes demented at age 70, they didn't just suddenly became stupid at age 70. They lost their intelligence between age 50 and age 70. And just got so bad at age 70, it's labeled as dementia. But they were less creative, less intelligent, less performing in their job, not as well. In their 40s, they were losing brain cells. So dementia doesn't just come on you. It's for decades you've been getting there. You know what I mean? And then you lost your ability to be excited in your life.

And the last thing we can talk about is that these things don't just dummy down your intelligence. They dummy down your excitement about life. And they make you feel moderately depressed in a brain fog and less excited about your life, and that's able to enjoy simple pleasures. So now, you can't enjoy watching a movie, listening to music. You can't enjoy playing tennis, or going for a swim, or a surf, or playing volleyball on the beach, or walking on a sunset, or looking at a painting. You're not enjoying the love of people around you. You don't have the ability to emanate kindness, and love, and appreciation of people, that the more you become addicted, the less appreciative you become of the outside world, including people and objects and beauty. And you actually are less able to emotionally enjoy your life.

Dr. Thomas: Bingo. That was so powerful, that final thought, series of ideas, because when I was at the end of my drinking, I was drinking way too much. I felt empty inside. And if you're addicted to a substance or even food, you can probably relate to that feeling of emptiness. Nothing brings joy anymore. You can't even connect with your loved ones. You feel isolated, hopeless, alone. And it doesn't have to be that way. You can rebuild your life and get right back to childhood health.

I know from your books and your studies and your talks, you give numerous examples of people who were dying, literally dying, return to just amazing health, amazing health.

In one of your books, you mentioned, “The only way to break free from a food addiction is...” And what I read was, “Abstain from the addictive food.” That seems drastic. How can I abstain from food?

Dr. Furhman: Yeah, right. Well, I’m not saying abstain from all food, of course. I’m saying, abstain from addictive food.

Dr. Thomas: Right. And what would you say are the most addictive foods?

Dr. Furhman: The most addictive foods are sweets and fried foods. In other words, a donut would be the example of the most addictive food because it’s sugar and white flour that’s been fried. And the frying of the oil, it facilitates even more rapid calories entering the bloodstream even more rapidly.

Dr. Thomas: The perfect storm.

Dr. Furhman: The perfect storm if you could mix together oil and sugar together. Fried sugar, fried sugar butter, fried butter but in cornmeal.

Dr. Thomas: There are places that have fried ice cream.

Dr. Furhman: Yeah. Fried ice cream. That stuff is addictive as drug. It’s a drug. It’s really drug-high. And we learn it as a child, we’re rewarded as those high from the brain, you can get stunned with your soccer game and the parent brings them a donut every soccer game. And let me say this really carefully, that the link between drug addiction and crime and candy consumption and donuts and cookies in childhood is better than the link between poverty and drug abuse or crime or lack of parents, living in an orphanage, or social isolation or deprivation and crime.

What I’m saying right now is there’s a strong link between candy consumption in childhood and drug abuse and drug use and criminality in later life. And more than half the people in federal prison today are there because of non-violent, drug-related offenses. And we could say, with some degree of scientific certainty, that the candy industry has promoted these people to become equipped in federal prison, because where the junk food industry turns certain people who are sensitive, they’re minds, they make someone more like they become drug addicts.

Dr. Thomas: Yeah. You get that reward pathway activated very young. I’m a pediatrician, mostly, and an addiction on the side in my addiction clinic. And

when I see parents come into my office with their kids in tow, and some of them have a nice little snack with fresh fruit, vegetables cut-up. It's like, 'yes'. But most have little bags of fishies, and candies, and cookies. And it's just like, we just don't know what we're doing. And then, by the time we're adolescents and we're just chasing feel good and not thinking, we just add to the damage.

Dr. Furhman: And parents don't know about the link between beans and fruits and nuts and vegetables with increased intelligence. And the junk food and the candy with decreasing intelligence, and later in life, cancer. One serving of French fries a week is linked to, as a child, in childhood, is linked to an increased risk of breast cancer by 26% later on in life.

But the point I'm making right now is these parents who love their children and want the best for their kids are the ones who are food addicts themselves and the ones who are responsible for the problems these children develop later in life. Because they feed them so—they reward them with these dangerous foods. We call it “reward them”, which is not rewarding them, it's really damaging them.

Dr. Thomas: So I was one of those parents, folks. If you have not done it right, you can always do it better. I don't want you to sit go like, “I destroyed my child.” Do the right thing now. When we know better, we do better. And there's no better time than to start right now. Remember G-BOMBS. And the micronutrients are those—it's a big word that people don't understand. But you were saying, it was your vitamins, your minerals, and your phytonutrients. And I know, the phytonutrients are all those chemicals in plants. Phyto being plant. And we've gotten so far away from eating plants in this country. I think, you've got some of those statistics in your books about how we're eating processed foods and meat.

Dr. Furhman: Right. We eat about 60% of the diet from processed foods and about 33% to 35% from animal products. And what I'm saying and you're saying right now, it's fun for people to hear this, is that a strawberry has 700 different micronutrients in it, 700. A piece of broccoli has thousand different in nutrients in it. And they're not optional. Your body needs these full symphony of nutrients, many of which have never been discovered or named yet. They're not optional. We need them.

So when we're taking formula, with just those 26 different nutrients in it, without the other thousands that are coming in natural foods, we can't have normal development. We're just taking like Ensure or some kind of drink with vitamins and minerals and sugar and oil. And it's not the same thing as the

real complexity of natural foods designed by nature. And the complexity of natural foods is the secret to being healthy and living a long life.

Dr. Thomas: The complexity in natural foods is the secret to living a long and healthy life. Folks, that's important. When patients come in to my addiction clinic, especially if they've been to a treatment center with a doctor, an MD, they'll come in with three, four, five—I had one young lady who was in her early 20s, had seven medications. There was an ADD med, two depression anxiety meds. There was something for reflux. There was—I can't remember the rest of them. It's like, oh my goodness. Your condition is not an Adderall deficiency, or an SSRI deficiency, or this that. What we need is those nutrients, right?

Dr. Furhman: Absolutely.

Dr. Thomas: Absolutely.

Dr. Furhman: It's not easy, but with the right support, with the right information, with the right compassion, with the right help in their community, people can really turn their life around. But you have to include the whole picture here. You can't just take a drug. It works so much better when you put everything—all the pieces of the puzzle together.

Dr. Thomas: Yeah. I like your adding community there. When you're in isolation, it's very hard to follow through with complete health and wellness. Perhaps, summarize your final thoughts, your wisdom that you would want anybody that's watching this to just take-home message. What would you like to have them remember?

Dr. Furhman: I want people to know that I want them to develop some degree of expertise in nutritional excellence. But they have to learn. Because we don't learn it in grade school, it's just so critical and important for controlling your life. And number two, I want people to recognize the body is a miraculous self-healing machine that can get well. You can restore your life back to normal again. And if you have high blood pressure, get on the bandwagon, and get off those blood pressure medications. If you're diabetic, become non-diabetic, wipe out the diabetes. If you're taking cholesterol drugs, fix your cholesterol and your diet, get off the drugs.

In other words, change your body. Do the makeover. Eat the healthy food. Lose the weight. Repair the damage. Get back to health again, because you're going to have a happier and more enjoyable life when you're healthy. Being sickly and losing your brain and your physical body as you age is the formula

for being miserable in life, and you can feel great about yourself and earn back the health.

So what I'm saying right now, don't give up. The effort is worth it, because at the end of the tunnel, you have a much better life for yourself and to enjoy yourself with.

Dr. Thomas: That's fantastic. Don't be afraid of going through a little bit of discomfort, because that's healing. That was a very special and important message.

Dr. Furhman, thank you so much for taking this time to share your wisdom with our viewers.

Dr. Furhman: Thank you. And, obviously, my latest book, *Fast Food Genocide*, and the other book you mentioned, *The End of Dieting* has a lot about addiction and how to cure the rebound, overeating, and re-dieting, and the yo-yo dieting to get people off of that merry-go-round.

Dr. Thomas: Yes. I've got them both right behind me and I've read them. They're important books. And all the concepts we've talked about here today are in those books.

Thank you again for taking your time to educate our audience.

Dr. Furhman: Take care.

Dr. Thomas: Take care.