



GET OFF YOUR
SUGAR
— summit —

FULL-LENGTH TALK TRANSCRIPTS

Enjoy these 3 expert talk transcripts from HealthMeans!



FEATURED PRESENTATIONS

Enjoy learning from these introductory expert talk transcripts pulled from The Get Off Your Sugar Summit!

If you're already a registrant of The Get Off Your Sugar Summit, you can access the video interviews of these talks below:

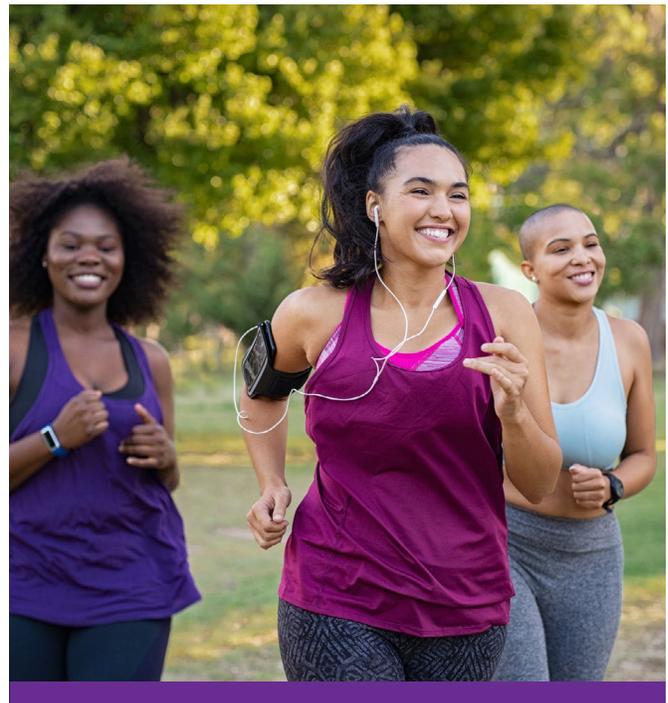
(If you're not yet registered, be sure to sign up to access these interviews!)

GUEST EXPERTS

There's NOTHING Free About Gluten-Free! from Peter Osborne, DC, DACBN, PScD
[Click here to watch this interview!](#)

Advice from the Holistic Momma Doc from Elisa Song, MD
[Click here to watch this interview!](#)

3 Mistakes to Avoid When Trying to Kick Sugar from Florence Christophers, CHC
[Click here to watch this interview!](#)



We're happy that you're taking time to learn about living a healthier and happier life, and we hope you'll make us a regular part of that journey!

From the entire HealthMeans team, thank you for downloading these transcripts -- we hope you learn a lot from them!



There's NOTHING Free about Gluten-Free!

Peter Osborne, DC, DACBN, PScD

Dr. Gioffre: Hello, everyone, and welcome to the Get Off Your Sugar Summit 2019. My name is Dr. Daryl Gioffre, I'm the founder of Alkaline and the Gioffre Wellness Center here in New York City. I'm also the author of *Get Off Your Acid*. And get your seatbelts on today because I am super excited to interview this specific doctor.

I actually met this doctor a few years back when I was at the Truth About Cancer live symposium. And after he gave, literally, one of the most empowering talks I've ever heard, the whole crowd just swarmed him, hundreds of people.

When I got to actually get a few minutes with him, and he said something that day that literally struck me, and changed my life, it changed the course of my life from that moment forward, the course of the life of my family, the course of the life of my patients, and here's what he said, "There is nothing free about gluten-free."

So we're going to talk a little bit more about that as we get into the talk. But he's also an expert on sugar, sugar addiction, and gluten sensitivity, and specifically the gut microbiome, the microbiome connection to the brain. So I'm really excited to have him here with us today. So I want to give a warm Get Off Your Sugar Summit welcome to Dr. Peter Osborne!

Dr. Osborne: Well, thanks so much for having me, Doc. It's a pleasure being here. And you just

gave me chills. I say so much to so many people all over the world. And it's just amazing to hear that feedback, what they took away from that conversation. And I just love that I was able to impact you in a positive way. So thanks for sharing that.

Dr. Gioffre: Oh, my, God, my pleasure. I'm going to tell you that this was way more than a positive way. I know you're going to dive into some of those specific reasons. But before we do that, I just want to honor you, give you just a little bit more of a formal interview or sorry, formal introduction.

So Dr. Peter Osborne is the clinical director of Origins Health Care in Sugar Land, Texas. And how fortuitous that this is Sugar Land, Texas where you left and we're at the Get Off Your Sugar Summit. He's a doctor of pastoral science. He's a board-certified clinical nutritionist. He's the founder of the Gluten-Free Society, executive director and vice-president of the American Clinical Board of Nutrition. He's on the advisory board of the Functional Medicine University.

He's the author of the books, *The Gluten-Free Health Solution*, *The Glutenology Health Matrix*, which is actually a series of digital videos and ebooks designed to help educate the world about gluten. And one of my favorite books, this one right here, the *No Grain, No Pain* book, and this is something you, guys, must pick up. It's an

GET OFF YOUR SUGAR

— summit —

amazing, empowering read. He's also featured in so many different forums and platforms, such as *Fox News*, *CBS*, *PBS*, *Celiac.com*, *The Gluten Summit*, *Radio MD*, *The People's Pharmacy Radio*, *Underground Wellness*, *Muscle & Fitness Hers*, *The Journal of Gluten Sensitivity*, and many other nationally-recognized publications.

His main focus is on painful, chronic, degenerative conditions, specifically autoimmune problems, and, as I mentioned before, he's the world's leading authority on gluten sensitivity. And I love your nickname, Peter, the Gluten-Free Warrior. So I wanted to just thank you again for taking time out of, I know your busy schedule, to be with us and our audience here for sharing topics that I know that you are so truly passionate about.

Dr. Osborne: Yeah, again, happy to be here, love to share, and let's help some more people. That's what it's all about.

Dr. Gioffre: Right on. So why don't we start with, I just want to find out, and give our audience a little bit more of a history about really how you became more interested in this gluten sensitivity topic?

Dr. Osborne: Well, I worked in the VA Hospital. I was fortunate, as I was going through my graduate program to be able to train in the VA Hospital and do a rotation through the rheumatology department. And the VA Hospital, these guys are veterans.

And I'm a veteran. So like there's a kindred bond there. The way I look at it is these guys have taken care of us, we need to take care of them. And what I saw in the hospital wasn't good, all these forms of autoimmune disease, rheumatological disease, RA, lupus, sclerodermas, dermatomyositis, ankylosing spondylitis, psoriatic arthritis, like all these major painful diseases.

And the only thing anybody in the hospital

was doing for them was pumping them full of either steroids, methotrexates, non-steroidal anti-inflammatories, or other what are called DMARDs—disease-modifying antirheumatic drugs—and nobody ever got better.

Yeah, their pain was managed. And so they had some improvement in functionality. And that's noble. I guess we could call that noble. But the reality was they didn't get better. So what were we really doing? Because at the end of the day, the medicines, the side-effects over years, over decades, actually destroy the joints, actually make the person worse, suppress their immune system, increase their risk for cancer.

And so, for me, at the end of the day, what I was seeing was a lot of these people that had been on these medicines for years, right, and now they were at a point where their joints were still destroyed, despite the fact that they had been being medicated. And now the surgeons are coming in saying, "Yeah, let's replace that joint."

And so, first of all, we don't even know why the autoimmune disease is there, and but we're going to say that the best option is to poison your body slowly over a time so that the joint still ends up destroyed. And then when the joint's destroyed, and your health is deteriorated, and your immune system is in the toilet, basically, now we're going to perform a surgery, a major surgery on you and expect that you're going to heal after it? That made absolutely no sense to me.

And when I challenged that status quo, and I said, "Look, why don't we try what we know about autoimmune disease already, which is very simply that gluten is the number one known factor involved in autoimmune disease? We have a perfect model in celiac disease. Why don't we apply that model in the hospital system and just see? Let's take 10 people. Let's run them through a course. Let's see if that doesn't improve their

GET OFF YOUR SUGAR

— summit —

autoimmune problem. “No.” I was told, “No.”

So then, I went back to the library. I did more research. I said, “Look here. Fasting puts autoimmune pain into potential remission within about 48 hours. Like people are noticing massive reductions in pain without drugs. Let’s do some fasting, right. If gluten isn’t up your alley, maybe let’s just take away some food and let’s just see what happens.”

But both correlations where one was avoiding gluten, the other was avoiding food altogether, indicating, in my opinion, and in a smart person’s mind, in somebody who’s really thinking, it’s something we’re eating is actually contributing to this autoimmune disease because now we have research on gluten. We have research on fasting. I was told no.

And so then I went back again and I started doing research on omega-3 fatty acids because there was a lot of research on how omega-3, if given in high enough doses could give more pain relief than steroidal anti-inflammatories without the side effects. So I’m like, “Okay, there’s prescription omega-3. This isn’t a far reach for a lot of these medical doctors here. So maybe let’s try throwing that out there and see if that sticks.” “No.” I was told, “No, we’re not going to do any of that.”

So I left the VA Hospital very frustrated. And one of my first patients, one of my first in practice when I opened my own private practice, a little girl name Ginger, I wrote about her in *No Grain, No Pain*, but she was terminal. Her diagnosis was, “You know, you’ve got six months to live.”

And so when her mom brought her into my office, it was infuriating, because imagine you have a daughter, that at age two, has the knees that are swelling up like tennis balls. And they’re pumping her full of methotrexate. They’ve put an IV in her arm so that she could be in and out of the

hospital frequently for pain meds because the flares were so frequent.

And everybody says that diet has nothing to do with your illness. And the very first thing we found in this little girl was that she was gluten sensitive. She was allergic to blueberries, but she was gluten sensitive. And so when we took her off gluten, she went a long way. We got her off of her meds within about six months. Like this little girl had a six-month death sentence and just by changing her diet...

That’s why it made me so infuriated because how many people are out there dying from autoimmunity disease? If you look at the statistics, the number one cause of death in females under age 65 is autoimmunity. So that speaks volumes because if you look at the research dollars, they go to cancer, they go to heart disease.

But if you look at the quantity of autoimmune disease in the United States alone, it’s an estimated 46 million people with autoimmune disease, where with heart disease and cancer, it’s less than that combined. So why aren’t we talking more about this autoimmune piece? And her story, which was her life was saved, today, she’s graduated college. She’s off in the world. She’s going strong in life.

Dr. Gioffre: How amazing is that? I have a two-year old daughter at home and a five-year-old. And as you tell me that story, I’m thinking of my two-year-old and just I couldn’t even fathom having to go through that and go down that channel where you’re not given hope. The fact that they told this two-year-old that she was terminal and put that limitation on your health, which you can never do. So I just want to really acknowledge you for stepping up and finding another way and also for your service. Thank you for that. We’re all in gratitude to you for that.

GET OFF YOUR SUGAR

— summit —

So what is that connection? What is gluten actually doing to the body? Can you maybe give us a little bit more of that background? When you ingest gluten, what is that connection of how it's creating these types of autoimmune issues and things like leaky gut?

Dr. Osborne: So there's a lot of different mechanisms of action. And the reason I wrote *No Grain, No Pain*, and the title wasn't *No Gluten, No Pain*. And I think that's an important delineating factor because a lot of people, when they look at gluten or they've gone to the doctor and they've been tested for gluten sensitivity, the test result came back negative, but they still feel better when they don't eat it, so we have to ask the deeper questions. I don't think it's just gluten. As a matter of fact, I know it's not just gluten.

But what is gluten? It's a family of proteins that are soluble in alcohol and are found in the seeds of grass. So all that really means is that, basically, gluten is a family of protein found in grass seeds. So if we think about what are the grass seeds? Traditionally speaking, wheat, barley, and rye, that's what everybody thinks has gluten. But then there's corn, and there's rice, and there's sorghum, and there's millet, and there's teff. There're other grains that also contain glutens. It's just that those glutens get ignored.

And one of the reasons why, there was this study done at the University of Alabama, Birmingham in 1952 that discovered that alpha gliadin, which is a type of gluten—okay, so this is just one type of gluten—was a trigger in celiac disease for 10 people. And that study was like a landmark, launched everybody's like, "Let's go after alpha gliadin. And let's focus on alpha gliadin as the cause." But they weren't talking about some of the other glutens that are found in grains.

So like one of the big glutens that I see people react to all the time is corn gluten, especially with

autoimmune, painful autoimmune conditions, rice, as well. I had a little girl one time. She was 100% grain-free except her mom kept feeding her this formulation that had rice in it. And the rice gluten, itself, was spiking her. She was running 104 fevers. So she was in and out of the hospital running these fevers. And I'm like, "You're not grain-free. You've got to be grain-free." Within a few days of going grain-free, she hasn't had a fever since.

So I want the world to understand that it's more than wheat, barley, and rye. You've got gluten found in all grains. Although, those other grains aren't typically called gluten-containing grains because they don't contain alpha gliadin, which is the distinction I want to make. Alpha gliadin is found in wheat, barley, and rye, but it's only one type of gluten.

To give you an idea of how much gluten is out there, there was a research study published by Dr. Anderson and his group. It came out of Australia. And they found 400 forms of gluten. Four hundred! Forty of them were more toxic than alpha gliadin. So the story is so much deeper than just what we've been told.

So like, when I investigated this deeper, what I found was a lot of the hospitals won't take this on. Like a lot of the research facilities, University of Chicago, some of the other big celiac facilities won't take this on. And when I started diving in and asking, well, one of the problems is they get a lot of research funds from companies that produce the "gluten-free products," so like your rice-based, your corn-based products, they get gift baskets when they get a diagnosis of celiac disease.

They leave the hospital with a gift basket full of garbage, full of junk food that's really truly not gluten-free, but it's also not healthy. And remember that a person with chronic

GET OFF YOUR SUGAR

— summit —

autoimmune disease has a road to recover and improve their health and eating junk food is not going to play a role in that, whether it's gluten-free or whether it isn't gluten-free, but I would argue, in this case, not only does it contain gluten, but it's also junk food. So it's like a double hit.

Dr. Gioffre: Right. And it's not just the people who are the small percentage of the population who are diagnosed with celiac. There is literally so many other Americans out there who are suffering with this who are living this "gluten-free diet or lifestyle," but the reality is that they're being potentially, not potentially, they are being severely harmed by these types of grains because this is all across the board. Is what you're saying, it's not just that?

Dr. Osborne: Right. It's not just celiac disease. Celiac disease is just the most well-studied and most well-recognized form of gluten-induced inflammation. But even Dr. Marsh, Dr. Marsh was a doc who created the biopsy classification scoring system around identifying whether a person had a positive biopsy for celiac disease and he coined this term, "non-celiac gluten sensitivity." Well, what does that mean? That means that you can be gluten sensitive and not have celiac disease.

Dr. Marios Hadjivassiliou at Oxford has been doing research now for decades on how gluten is a neurotoxin. And sometimes the only manifestation of gluten sensitivity is neurological disease—cerebellar ataxia, vertigo. We see people that are developing dementia-type problems. So like brain fog is where it begins. It doesn't start with, "I can't remember things." It starts with brain fog. And it gets worse and worse and worse with time. So there's plenty of medical evidence that shows that gluten can cause far more than just celiac disease, hence the term "non-celiac gluten sensitivity."

And that's why the gluten-free diet, to date, is

the most popular diet to have ever existed in the history of mankind, even more popular than Keto. I know Keto's very popular right now. I know there's some other diets like Atkins and other things that have been popular, but gluten-free is a household name. And we know that.

Everybody in the world who has a TV set in their house or a radio knows what gluten-free is. They may not know what it means, but they've heard the term. It's because the diet works. If it didn't work, you wouldn't have so many people going gluten-free.

And honestly, if you ask any of the doctors that you're interviewing in this summit, I bet you if you ask any one of them if a person could only make one change to recover from autoimmune, what would that change be? The vast majority of them would tell you that that person needs to go grain-free or gluten-free. Like, that would be the number one answer for any doctor who's got great experience in this area.

Dr. Gioffre: It's powerful. And I love that you made that distinguish where it's not just gluten-free. It's grain-free. And in addition to the gluten, you have to look at what else are grains doing to the body. There are different types of fungus in grains, aspergillus fungus, they become or have the potential to become contaminated with mold. There's also, you mentioned omega-3 fatty acids before, which are, obviously, anti-inflammatory, but then you are dealing with the omega-6 fatty acids, which are proinflammatory. So there's really a bunch of different aspects to these grains that are affecting people's health. Right?

Dr. Osborne: Yeah, the grain contains, like you said, it contains molds. It's highly contaminated with a number of molds, but then there's also mold toxins, mycotoxins. So like a lot of your corn and rice-based products contain a mycotoxin called aflatoxin. These things destroy the

GET OFF YOUR SUGAR

— summit —

kidneys. These things are toxic to the liver. These things are known to cause cancer. Some of the mycotoxins, we actually use to make weapons in warfare. That's how dangerous they can be.

And although we do try to limit the mycotoxins in the U.S., a lot of these grains are highly contaminated. What we've actually found, researchers have found in a lot of these "gluten-free products" with high levels of corn and rice is that these products are so highly contaminated with mycotoxin that we believe that there's a very real health threat to the people who are going gluten-free.

There was a study published, oh, I think it was about six months ago now, where they were talking about the gluten-free diet increasing the risk for heart disease. First of all, that study was a terrible study. So it was not a double-blind randomized placebo controlled trial so it really wasn't an evidence-based study, it was a perspective trial where they went back and asked people what they ate. And that's not really good, solid evidence.

But they were making the claim that a gluten-free diet could increase the risk of heart disease. And although I don't agree with what the study's outcome were, I do agree with this. People that go gluten-free, but go to the gluten-free food aisle and buy all those junk food products that contain all these other grains that are technically not gluten-free, yes, those people increase their risk for developing more disease because those products, first and foremost are not healthy.

Second of all, if you're truly a gluten-sensitive individual, those products aren't gluten-free. Third, many of them are contaminated with enough mycotoxins to create damage. Fourth, a lot of your corn-base products are contaminated with mercury. Rice products are contaminated with cadmium and arsenic, or can be.

And so these are things that people are making their staples in their diet. They're just replacing everything they ate before, the cereals, the breads, the pastas, with a corn version, or a rice version, or a mixture of those things. And they're not getting any healthier. Beyond the fact that these foods are highly glycemic. So if we're talking about sugar--

Dr. Gioffre: There you go.

Dr. Osborne: this is a good transition to talk about sugar, these products are sugar bombs. And so now what's happening is you're driving up the glucose in the bloodstream. Now, think about what happens when you pour sugar on the floor, what happens to the floor? It gets sticky.

What do you think is going to happen if you pour too much sugar in your bloodstream over time? The viscosity of your blood gets sticky. That's why doctors run this test called the hemoglobin A1C. A hemoglobin A1C test measures the quantity of sugar that coats the protein in your red blood cells. And when sugar is coating the proteins in your blood, it alters their structure. It's called glycation. It changes them. Because it's so sticky and heavy, it changes the way these proteins fold.

Now, there's an old law of physiology, maybe many of you've heard this, but structure dictates function. In essence, square tires don't roll. So if we're altering the shape of the proteins and the hormones that are flooding through your bloodstream because they're all being overly coated with too much glucose and sugar, we're going to alter their function.

And research shows, this is actually one of the areas where we know when sugar levels are high, hormone disruption follows it, because of a lot of those proteins, remember your hormones are proteins, many of them are proteins, a lot of the structure of these proteins are altered in

GET OFF YOUR SUGAR

— summit —

such a way that they do not work the way they were intended to work or that their ability to communicate to your DNA, to tell your body what it's supposed to do, changes and alters. And it's not working as efficiently.

Dr. Gioffre: Interesting. And it's interesting you mentioned the topic of glycation. I'm sure you saw that article that came out last week. It pretty much went viral all over the Internet. I believe it was *NBC News* that talked about it. But it was about Alzheimer's. And what they were saying was that they think that Alzheimer's now is coming from inflammation. And this is things that we've been talking about forever.

I know in my book, I say Alzheimer's parallels inflammation of the brain. So what it is is these sugars hanging around. They attach these protein molecules and they glycate. And this is what's causing these issues in the brain.

Dr. Osborne: Yeah, type 3 diabetes, I think, is what a, I don't remember which doctor coined that term—it's not my term, for sure—but is what Alzheimer's is now being referred to. It's a type 3 diabetes.

Dr. Gioffre: Right, insulin resistance of the brain.

Dr. Osborne: Yeah.

Dr. Gioffre: Yeah, it's pretty powerful when you look at it that way. The thing that really blows my mind away, there was a study back in 2015, which show that the overall sale of sugar has actually gone down. I think it was 14%. But when you look at the consumption of sugar, it's skyrocketing. In fact, today, there was an article that showed that the appetite to Americans for sugar has actually skyrocketed. It was just something I read right before we got on this interview today.

So how is it that you're seeing the actual sale of

the sugar that most people think of is sugar in the white packets that you see in the restaurant, but sugar, itself, is actually becoming ingested in epidemic proportion? So can you maybe talk a little bit about that specific topic and the hidden sugars? And I know this absolutely relates to grains.

Dr. Osborne: So when we talk about the sale of processed sugar, depending on what you're talking about, most in the country of the U.S., we've got cane sugar, we've got beet sugar, we've got corn-derived sugar, fructose, high-fructose corn syrups. So I didn't read that study, but if the sales of those things are down by 14%, you have to realize that those are processed forms of sugar. But you can still eat sugar in your diet.

So a person can or basically eat too many carbs. The popularity of the Ketogenic diet is basically... And here's what I think that is going to happen. Here's the way this is going to play out. This is just my opinion, over the next 10 years. Ketogenic diet is not a miracle diet. I know I'm probably ruffling a lot of feathers when I say that.

The Ketogenic diet is a high-fat diet that is the solution to carbohydrate toxicity. There are so many people that currently their diets are carbohydrate toxic, eating too much sugar, too much foods that contain high levels of glucose, too many foods that break down into glucose, processed foods that are full of potatoes, that are full of corn, that are full of rice, that are full of arrowroot, that are full of other basically highly-carbohydrate glucose-dense driven foods that's creating an imbalance in the way people are supposed to eat. I like balance.

So when someone says Ketogenic, generally, we're just basically saying, what does that mean? Most people on a Ketogenic diet start somewhere around keeping their carbs under 40 grams a day. And it is a solution to carbohydrate toxicity. That's

GET OFF YOUR SUGAR

— summit —

why so many people feel better and lose weight. But you can go too far on Keto.

Most of the people that actually do Keto will tell you they don't stay in Keto, they're in and out of Keto. They do it a week. They come out of it for a week. Why? Because if you stay there, indefinitely, forever, you're just going to become fat toxic. Like, hanging one toxicity level for another is not a good idea. You want your body to be able to shift back and forth, but you want a nice balance.

And so, in my opinion, the real long-term solution isn't necessarily not eating carbs, because you need carbs. Carbs are important for joint formation. Carbs are important for a lot of different functions in your body. But it's not overdoing it. So think about the plate as, I like to use what I call the rule of thirds. An equal of distribution of caloric intake coming from carbs, fats, and proteins.

If we ask about anything in life and nature, we always come back to balance. And when something is imbalance, that tends to be when problems start to show up and start to happen. So I like to have people start with carbohydrate balanced. Balancing it out with fat, balancing it out with protein to ensure that they're not overdoing it.

Dr. Gioffre: Right, and not too much protein, in moderation because protein can actually turn to sugars in the body. And I see a lot of patients... And it's interesting when you look at the Ketogenic diet, I think it was the number one search health term in 2018, and probably is this year, as well, but a lot of my clients that come in, they're reading about it on the Internet and they're doing their self-investigation, they're increasing the fats.

And I think there are, obviously are, some fats that heal. There are fats that kill. So you have to make that distinction, but they're looking at 75%

of their total caloric intake with fats. One of the things that I see is that they're not getting enough of those healthy greens, those healthy mineral-rich vegetables into the diet. And if you're getting a lot of fat and not enough of those vegetables, that could also cause a toxemia because you don't have the fiber. Correct?

Dr. Osborne: Yeah, again, it goes back to balance. You can do any diet poorly, just like you can do a poor gluten-free diet eating all that processed garbage, you can do the same thing with Keto. I call it toxic Keto where people, they basically throw down all the processed dairy to get their fat in. So they put all the cheese, and all the butter, and all the fat that they want, but the fat that they're eating isn't necessarily good for them.

If you look at processed dairy, not only do you have to worry about the genetics of the cow, the A1 distinction versus the A2 protein distinctions in cow dairy, which are known to trigger autoimmune disease, A1 dairy protein, casein, is known to be a trigger for autoimmune disease, but we also have the fact that dairy's high in glycemic.

And so you could be on a Ketogenic diet, and eating dairy, and high-dairy fat foods, but still be getting a lot of carbohydrate from that or at least have the impact that lactose will trigger an elevation in the hormone insulin. And so what we're trying to do, on that particular type of diet, I don't want to go too far into Keto because I think that's away from the topic of this show, but dairy, if we look at three most sugar-loaded and insulin-changing, hormone changing as it relates to diabetes foods, there's three food groups I like to have people understand, one is sugar.

So what does that mean? Sugar's not really a food or a food group. But sugar, processed sugar, the foods that break down into sugar very quickly, you got to be careful about serving sizes. So like white

GET OFF YOUR SUGAR

— summit —

potato is an example there. A lot of these gluten-free flours that people are using like, for example, the arrowroot flours and the tapioca flours, these are highly glycemic.

So if you're using and you're just baking a bunch of pizza crusts, and a bunch of bagels, and rolls with that stuff, like that's going to elevate your blood sugar, as well, so those starchy-based, sugar foods. Plus sugar is category one of elevation in blood sugar elevation, and insulin disruption of cortisol, chronic inflammation.

Then, we have the dairy group. And so dairy is extremely insulinogenic. And so we've got to be real careful with that group. And this is why a lot of people in the past that have gone gluten-free, they'd go gluten, dairy-free because that combination works better.

And then the last food group that we really look at is grain. Grain is highly, highly...And some people say, "Well, what about whole grain? Doesn't whole grain like help?" Understand what whole grain means by the definition in the United States. Whole grain on a label means that this product has 51% whole grain, 49% garbage. That's not whole grain.

Now, if you have your own field and you were milling your own grain, and you weren't gluten sensitive, we might have a different conversation. But most people don't have their own grain mill. They're not hauling and mashing their own grain. They're not buying grain organically. The grains they're consuming is coming from triple-loaded glyphosate fields.

So there's pesticides, there's herbicide in the grain. The way the grain is being stored, the way it's being processed, the way it's being milled, just poisons it. So basically, they're eating something that not only drives up their blood sugar, but also is a source of poison to weaken their body over time.

So those three food groups, if you're really trying to overcome sugar, you have to understand that whole grain's not going to cut it because whole grain's not really technically whole grain. Dairy's not going to cut it because dairy's highly insulinogenic. And obviously, the starchy or the sugary foods are not going to cut it. Those are, I think, the no-brainer. Most people know that one.

Dr. Gioffre: It's amazing that you say that. Yeah, what does American culture society tell every kid when they're born to have, dairy, right? I grew up on it. It wasn't my parents' fault. That's what their doctors told us to do. God knows, my kids didn't do dairy. They got the milk that they were supposed to get, which is breast milk. And when you think about that from a common-sense standpoint, we're the only mammals that consume another mammal's breast milk after weaning.

The funny thing about it is cows don't even drink cow's milk right. Cow's milk was designed for baby cows, not for baby humans. So it's incredible when we think about that, it's not what we were designed to do or designed to drink. In fact, it's the number one allergy in children, amongst all those other toxic effects.

I remember when I...My health history, I was massive addicted to sugar growing up. And I couldn't stay away from like the breads, and the bagels, and things like that. So can you maybe elaborate for everyone out there who is just like so stuck on the grains, they're having such a hard time giving up the bread at the dinner table when they go out to the restaurants, what is it about these grains that make it so addictive that we just are so impulsive, it's so hard for people to not eat them?

Dr. Osborne: Love that question. So there are proteins that are cleaved from gluten molecules. They're basically, gliadorphin is one of them. It's

GET OFF YOUR SUGAR

— summit —

a form of protein when you cleave gluten into a smaller chain. And it looks like morphine. And so if we know anything about opioids, they're extremely addictive.

And so many people have grain addiction or bread addiction because the proteins, as they're digesting them, create morphine compounds that create that addiction. It's what we call gluten-free withdrawal symptoms. Somebody coming off of gluten for the first time. And it doesn't happen to everyone. But there's a percentage of people that get the Joneses.

So they get the fevers, the shakes, the chills. They get the headaches. They get the general malaise and fatigue. They want to lay in bed. They don't want to do anything. They're really irritable and cranky. And they want everyone to leave them alone. It's at that point that a lot of these individuals cave because it is very much a real addiction.

So you have that with grain. You've got these gliadorphins. But then you also have it with dairy, which I'll mention, there's beta-casomorphin, which is a type of morphine protein that can also make that dairy part addictive.

So what do people mostly do when they get that roll is they slather butter on it or they slather cheese on it. So there's that combination that a lot of people struggle with from an addictive perspective. Now, there's something else that we know happens when you consume grain consistently over time because of its high-sugar content, especially wheat, it actually feeds the microbial population in the GI tract. And it changes it.

So it changes the balance of the microbial population to favor a mycobiome. So everybody hears about the microbiome, which is your bacteria, but what about the mycobiome, which

is the fungus that live inside of your GI tract, the yeast, so to speak. And so when you feed those guys, I always say when you feed the beast, it grows, the yeast is the beast. We all have it. But if we feed it on a consistent daily basis, the populations grow, and grow, and grow.

And so one of the things that we know yeast can do, and we can get into a lot of the different sciences, but one of the things yeast do is they make little roots that they dig in and they get their foothold in. These are called hyphal wall proteins or HWP. Now, hyphal wall proteins or candida albicans, specifically, have been studied for their morphology, for their shape. Okay.

And we look at them and analyze them and compare them to gluten. Guess what? They look the same. So a person who's gluten sensitive, who is trying to go gluten-free, but they've got this addiction, like this morphine-like addiction, and so they struggle. And so maybe they only cheat on the weekends, but when they cheat, they continue to feed those yeasts. And those yeasts create proteins that look like gluten. So as long as that interaction happens...

This is why when we get people and we really want to break their addiction, there's a zero-tolerance policy, it's like alcohol. You don't drink alcohol on the weekends. If you're an alcoholic, you cut it out completely. Like you make the decision that you're not going to do it anymore. And that's what I encourage people who are gluten sensitive to do.

Dr. Gioffre: So it's a great point, but what happens...This was for me, I know I tried for years by deprivation, it got me a week, it got me two months. Deprivation is hard for a lot of people It's that whole willpower. So what do you say to the people that have tried that over, and over, and over? They're trying to just cut that out of their diet. And it's just that beast, it's so over powering

GET OFF YOUR SUGAR

— summit —

because of these different types of chemical things that it does to the body, how it dumps insulin into the blood. Insulin becomes the knock-on effect to leptin and ghrelin.

So you have this hormone where now your body's always hungry. It's never full. Your taste buds get desensitized to the sugar. So when you eat sugar, it's not as sweet so you have to eat it more and more. But then when you go to the healthy food, "Oh, that tastes like crap." So what do we tell those people who want to stop, they want to get off this rollercoaster of a bad addiction, but they're really having trouble doing that?

Dr. Osborne: So that's a great question. Some of it is willpower and some of it isn't. There're certainly some strategies that can be implemented to help overcome addictive qualities of grain and sugar. Number one, in all of the addictionology research that we see, as far as effectiveness, high doses of vitamin C and high doses of niacin, vitamin B3, are very, very effective at curbing addictive fallbacks.

So if you are one of those people that you're highly addictive, niacin in the neighborhood of 250 milligrams, parts per day, combined with about five grams of vitamin C per day, can be a very effective tool at helping somewhat minimize or mitigate some of that.

Something else that a person can do supplementally is probiotics. Remember that if you've got a yeast overgrowth in your gut, and a vast majority of people with gluten and sugar issues do, then we have to starve the yeast by not eating the sugar. That's step one.

But the yeast, there's research now showing that yeast can actually hijack your neurons and send signals to your brain to create sugar, which is a very, very interesting field of research. I'm very excited to see that research evolve. Over the next

10 years, we're going to see a lot more come out of it. But you've got to starve them. But you can also add competition for them.

So like there are a couple of different strategies. Number one is, obviously, don't feed them. But number two is put in a good probiotic. High doses of lactobacillus and bifidobacteria, which when you're gluten sensitive, there's research that shows that gluten suppresses those species and helps the mold or the yeast grow out of control. So putting those species back offers up competition for yeast.

If you think of your gut like a neighborhood, if the houses are all full, then people generally don't come to try to move into a house that's already occupied. So if you occupy those houses with good healthy bacteria, then the yeast really doesn't have a place to thrive. So you want to create a sense of competition for yeast.

Some people also find that taking natural herbal antifungals can also be very, very helpful. And there are a lot of different kinds. In my practice, I actually test. So I do a couple of different things where I, because I don't like to guess, people come to me, they're chronically sick, and so we test, first of all, for yeast because that's a very big problem. Then we test, if we find the yeast, the test to see what will kill the yeast the most effectively because some yeast has developed antibiotic resistance or not antibiotic resistance, but antifungal resistance.

So oregano won't work for certain ones. And that's a very common one, thyme, and oregano, and caprylic acid, berberine, and grapefruit seed extract, these are just some examples of antifungals, natural antifungals that can be effective for people who are trying to overcome a yeast overgrowth. And some people find that taking them orally helps them stay off the cravings and divert themselves away.

GET OFF YOUR SUGAR

— summit —

And the other thing, the big thing is you've got to have support around you. Like, get your family onboard. First, you've got to declare it to your friends, to your family, to your loved ones. Don't go it alone because if you don't make that declaration and you don't have other people help you hold yourself accountable, that's a recipe for you to cheat in the closet. Then you can go and shame eat.

And then, there's this whole thing around shame eating. And it's really not shame eating. You just buckled. And everybody buckles sometimes. Nobody's perfect. But if you do that on a regular enough basis, it really makes it hard for you to overcome the process. So ladies, your husbands should know about your plans. Men, your wives should know about your plans. If you're a youngster, your parents should know about your plan.

Everybody should be on the same page supporting you. Like, you don't want a family member throwing down an ice cream cone while you're struggling over here to try to beat a sugar addiction. Like, to me, families that play together, stay together. So that includes diet. You got to play the right diet up because if this diet is good for you, then it's good for your husband, it's good for your wife. And if they're going to sit over here on the sideline and say, "Yeah, you can do what you want, but I'm going to continue to justify my poor habits and tempt you," that's not a winning formula.

Dr. Gioffre: It's so interesting that you say that. Literally, just a couple of weeks ago, I had a mom and her daughter was in my practice. When she came to me she was addicted to sugar, the whole story, and completely transformed her life in just, literally, a couple of months. She's doing great right now. But she comes to me, she's like, "I'm having so much trouble with my daughter. I cannot get her to eat healthy."

So I asked her, I said, "What's your husband eat like?" And then, she drops the whole bomb on him and says, "You know, he eats terrible. He has all the sugar, and candy, and starts rattling off the list of everything that's in the house. So I told her, "You're only as strong as the weakest link. How can you expect your daughter to eat healthy if your husband's in there eating these, you know, kind of crappy foods that's going to do the opposite of what you're doing?"

So it's to your point, I think it's critical that you're in this together. And no matter who it is, if you have a spouse, if you don't have a spouse, find a friend. Right now, I'm coaching a huge group. We're on day four of a cleanse. And we have a private Facebook group. So it's that accountability factor where you have someone else that's going to hold you up to a higher standard.

And I think at the end of the day, it's about raising your standards. You can't approach that same way of thinking with the same way that got you there. So you have to change your mindset and you've got to change the strategy. I know Tony Robbins said this to me when I was at his summit, he said, "Eighty percent of your success is psychology, twenty percent is strategy."

So we can tell these people this is how you got to do it. Eat these foods. Don't eat that. But at the end of the day, you've got to get the people around you onboard and you've got to get this on board [*Points to brain*]. You have to have that big enough reason because if you don't have that reason, people will get two weeks, and then what happens? They go back after the honeymoon phase is over because the cravings can be pretty strong, right, because of the yeast?

Dr. Osborne: Yeah, yeah. And, too, we're fighting social paradigm, as well. There's this socially engineered belief pattern that eating like crap is somehow good for everyone. You look around.

GET OFF YOUR SUGAR

— summit —

Look at the commercials. Look at the influence. Look at the grocery stores. Ninety percent of the food in grocery stores is poison. It's a slow poison, not a fast poison. But the social paradigm is that people justify the poison. And so you're fighting and battling against the social paradigm that's wrong.

And I would say if you want to be extraordinary, meaning in our world today, ordinary means sick because most people are, but if you want to extraordinary, you have to do things in an extraordinary fashion. That means setting yourself up for success by tuning out the message, and the propaganda, and getting the people in your life that you love and care about onboard with you because if it's good for you, it's going to be good for them.

Dr. Gioffre: Yeah, well said. And it's interesting you brought up the topic of the grocery store, how many of those products on those shelves are actually loaded with sugar? And I love one of the stats in your book. I think you said 41% of the products that they pulled and tested that were gluten-free actually had gluten in it. Right?

Dr. Osborne: Yeah, yeah, 20 parts per million is the gold standard for gluten. If it's under 20 parts per million, it can be labeled as gluten-free, although, technically, it only is gliadin-free, again, wheat, barley, and rye-free. But yeah, even of those, it was 42, 42% of those were cross-contaminated with enough gluten to create damage. So it goes back to eating real food. And so a part of this whole journey is this is why the commitment has to be there strongly.

The same thing with an alcoholic, it's an addiction. First you have to admit you have a problem. Second, you have to have a plan, and a support group, and you've got to have good, stable people around you that love and care about you. And so when you have all those things, you increase your

odds of success at getting through this.

The other tools, the vitamin C, the niacin, the probiotic, like those are things that can help you, but those are not things that you can do without the other tools, too. You've got to have all that in place really to maximize your potential for success.

Dr. Gioffre: Absolutely. And I think we have to look deeper into leaky gut. I know our cohost is Dr. Robert Scott Bell, who you know, as well, and we're going to be interviewing him about strategies to actually help heal up that gut lining, which is critical because if we're dumping all these toxic chemicals from all the things that you mentioned into our gut, well, guess where they're going to end up? They're going to end up in the bloodstream.

One of the things that we do at our wellness center here is live blood cell therapy. And we literally see in real time these toxic chemicals in the blood. And we see that blood sludge. So it's so important that we focus back on that gut, the microbiome. And I love your new terminology, "the mycobiome." I think that is just brilliant. It's just a really interesting thing, but I think that is where we have to pay most of our attention to. And we all know, Hippocrates said, "Look to the gut, it is the cause of all dis-ease, which is lack of balance, lack of harmony, which leads to disease, if we left it unattended."

So, Dr. Peter, as we wrap it up here, if there was one thing that you would tell our listeners out there, one action step...One question I didn't ask you that you think is so important for our listeners to hear, what do you think that would be?

Dr. Osborne: Don't do it alone, very simple. Your mindset is the most important part. So I agree with what you said earlier is it's 80% psychology. And it very much is. You've got to get your mind

GET OFF YOUR SUGAR

— summit —

right. You've got to admit you have a problem and you've got to establish that as the fundamental basis. But where most people, in my experience fail, is when they try to go it alone and they try to be the DIYers, the do it yourselfers.

There's nothing wrong with going and getting an education. Many of you watching this summit are do it yourselfers in that sense. You're educating yourself. You're arming yourself so that you can free yourself of the shackles and bondage of illness. And there's nothing wrong with that. You should be educated.

But, where a lot of people fail, again this is just my experience and look if diet and lifestyle changes don't work for you, find yourself a qualified functional medicine practitioner. Why? Because sometimes guessing is good and it works. And sometimes it doesn't.

And my practice is full of people that have guessed and have guessed incorrectly for a long enough period of time, and they've been through the gamut of 10, 15 different doctors, and they're struggling, and they're frustrated, and they're on the verge of giving it all up, and saying "I'm not going to eat healthy anymore because I feel bad trying to eat healthy."

Look the reality is if you get somebody qualified who can run the right types of tests where you can discern what foods you may be reactive to, what foods you may not be reactive to, whether or not you have a leaky gut, whether or not you have a candida overgrowth and how to kill it, if you do, like all of these things become an important part of the arsenal of your success.

So don't dismiss that because of your distrust of doctors because a lot of people watching this summit have been to doctors, and have been ridiculed, they've been told it's all in their head, they've been told that they're crazy, they've been

told that they're depressed, they've been faced with prescribed drugs and sent to psychiatrists, and they're frustrated with that model.

So I want you to understand there's a whole different model that's out there that works. It's called functional medicine. So if you're struggling on your own, get with somebody who's qualified, and let them guide you through the process. It can make or break the difference between success and failure.

Dr. Gioffre: Wow, that's powerful! I think we'll leave it at that to wrap it up. That was absolutely incredible. Dr. Peter Osborne, I want to thank you so much for just your time, your expertise, your wisdom, your passion. We just truly appreciate it. So if there is any of our listeners out there that want to learn more about Dr. Peter Osborne and what he does, which I truly recommend you do, number one, please pick up his book, *No Grain, No Pain*. You can also head to his website, which is GlutenFreeSociety.org and his tags on Instagram and Facebook, which is [Save100BillionLives](https://www.facebook.com/Save100BillionLives). Is that correct, Peter?

Dr. Osborne: Save 100 Million, yeah.

Dr. Gioffre: Save100Million...

Dr. Osborne: Lives.

Dr. Gioffre: Okay, we're going to turn that to a billion at some point, right? But it's [Save100MillionLives](https://www.facebook.com/Save100MillionLives). And 100, is that 100 or is it spelled out hundred?

Dr. Osborne: 100, so [Save100MillionLives](https://www.facebook.com/Save100MillionLives).

Dr. Gioffre: Okay, so there you have it. Thank you so much. And if you have any questions, you could also reach out to us on our tags, which is [@GetOffYourSugar](https://www.facebook.com/GetOffYourSugar).

GET OFF YOUR SUGAR

— summit —

All right, everybody, so hope you really enjoyed that. I know I did. Every time I hear him speak and listen to him, it's just an eyeopener and it's always giving me another tool to bring into my life and my package. So, Dr. Peter, thank you so much for your time. We appreciate you so much.

Dr. Osborne: Look, likewise, thank you for having me on and thanks for putting on such a great event.

Dr. Gioffre: Ah, it's my pleasure.



Advice from the Holistic Momma Doc

Elisa Song, MD

Dr. Bell: Welcome, one and all, to the Get Off Your Sugar Summit. My name is Robert Scott Bell, host of the *Robert Scott Bell Show*, which you can hear two hours a day, six days a week at RobertScottBell.com, *Natural News Radio* and more. I'm grateful to be here on behalf of my good buddy, Dr. Daryl Gioffre, and we're going to do a great summit interview, Get Off Your Sugar Summit.

And there's a lot of information that you'll have access to with our very special guest today holistic momma doc, Dr. Elisa Song. She's a medical doctor, a holistic pediatrician, functional medicine expert, and momma to two crazy, fun kids. In her integrative pediatric practice, Whole Family Wellness, you can find that at WholeFamilyWellness.org, she's helped thousands of kids to get to the root causes of their health concerns and help their parents understand how to help their children thrive, body, mind, and spirit, by integrating pediatrics with functional medicine, including homeopathy—my favorite—acupuncture, herbal medicine, and essential oils.

These health concerns have ranged from frequent colds, ear infections, asthma, and eczema, to autism, ADHD, PANS/PANDAS, anxiety, depression, and autoimmune illnesses.

Dr. Song created Healthy Kids, Happy Kids to share her advice and adventures as a holistic pediatrician and momma. Now, everyone can

have their own virtual holistic pediatrician. You can follow her blog at Healthy Kids, Happy Kids, that's HealthyKidsHappyKids.com, and on Facebook, and Instagram. Links will be up. And I'm grateful to have Elisa Song with us today. Welcome!

Thank you so much for having me. This is such an important topic, especially for kids. So I'm glad that you and Dr. Gioffre are tackling this issue.

Dr. Bell: Yeah, now, of course, the focus is on get off your sugar, but we almost can't limit it, but we will absolutely have to target the devastating impact of these refined sugars on these children's health. But as a holistically-inclined pediatrician, I'm sure, as you said, you've seen so much, so much. How much percentage wise? Can you lay a percentage on how much the impact of refined sugars on their normal, healthy state to what we have seen 54% or more kids being chronically ill now?

Dr. Song: Yeah, so, as you said, 54%, 55% of kids are chronically ill now. And that runs a gamut from things like eczema to asthma to anxiety, autism, ADD. I'm seeing so many kids with autoimmune illness now, it's really, really devastating. And at the rate we're going, that number, by 2025, is projected to be 80%.

And we can't really put a percentage on exactly how much sugar plays a role. But we know that

GET OFF YOUR SUGAR

— summit —

inflammation is one of the factors that underlies all of these chronic illnesses for our kids, and even our neuropsychiatric symptoms. And one of the biggest drivers of inflammation is sugar. And, as you know, sugar is ubiquitous. Sugar is one of the most common food additives. The food industry has trained our taste buds and our kids' taste buds to prefer sugar and salt.

And so when I look at sugar intake with my kids, I challenge parents and kids to really find foods—these are packaged foods, when you're eating more processed foods—find foods that don't have added sugar. So we know that sugar has a lot, a lot of impact on pretty much every single body system of our kid. So their brain, absolutely can affect focus, concentration, mood.

Of course, sugar feeds the wrong things in our gut microbiome. So we can talk about that. And the gut microbiome is so important for our kids' developing gut-brain connection, developing gut-immune system connection, developing gut-hormone connection. The immune system impact is huge. Within about 20 minutes of eating refined sugar, the ability of our white blood cells to literally eat up germs is significantly reduced. And that impact can last for five hours or more.

And so it's no wonder that after birthday parties, with the sugar-laden treats and candy bowls, and cakes, and ice cream that our kids come home and the next day, they have a fever or they have a cold or they have a cough. I can't tell you enough the impact on the long-term effects of our immune system.

Again, these are not just what we think of as inflammatory conditions like eczema and asthma, but neuropsychiatric symptoms. We are seeing an epidemic of anxiety in our kids and in our teenagers. And there are many, many factors that go into that. But sugary drinks are definitely playing a role in some of these chronic health

outcomes. And then, of course, there's obesity, and there's diabetes, and there's heart disease, and liver disease that we're seeing in younger and younger ages.

Dr. Bell: How much, as far as, when you look at the health of these children, which we acknowledge now over 50% of children are chronically ill, which is I consider that and I think, chronic illness is if we look back historically used to be what they considered diseases of old age—infirmary—you've been on the planet for decades, and decades, and decades—and now to see children coming into this world already in a state less than ideal, or what we might call perfect, or optimal health, the role of food therein.

Of course, we talked about refined sugars. Sugar is a naturally-occurring part of many foods. So it isn't that it's poison in and of itself. It seems to be that when it's refined, in other words, things are taken out of the food. Other things are added into the food. It is not in that whole balanced form or fashion that historically when we had food, it was food. It was whole. It had everything in it. And chronic illnesses were the rarity. They were the exception, not the rule. So how are you going about communicating this? Because I don't even know, you tell me, in your medical education, how much of this was part of the curriculum even?

Dr. Song: Oh, well, as you know, nutrition is not really a big part of the medical school curriculum. And I graduated from medical school back in '97 and completed my residency at UCSF in 2000. And we paid lip service to food, "Sure you should eat healthily," but there really wasn't significant training. I think that's changed a bit, but it's still not enough.

And what I see and what I talk about with kids and families because, of course, when I see kids, it's typically with their parents, when they're teenagers, I often see them on their own, but

GET OFF YOUR SUGAR

— summit —

I really talk to them about thinking about what they're eating. And in terms of sugar, helping to educate them that sugar is not just candy and soda, that sugar is also bread, crackers, pasta, all of those simple carbs that are going to get broken down and immediately converted into sugar in our bodies, and even too much fruits, unfortunately.

Again, the food industry has really tricked our taste buds into thinking that everything that we put into our mouth should be sweet. And so when we're thinking about five to nine servings of fruits and vegetables, I'll have some kids where they're eating five to nine servings of fruit, but not a single vegetable. And that's not good either. We don't want to say fruit is bad, because it's not, but you can definitely have too much of a good thing.

And the fruit, all that fructose in the sugar can absolutely contribute to nonalcoholic fatty liver disease that we're seeing and that I'm seeing in younger and younger kids, even in kids who aren't overweight. So this is really important.

I have kids who are athletic. They're active. They're thin. They look fit when you look at them. But then, when you measure their blood, they're not. They look like they have the blood work of an overweight, obese child or adult with signs of nonalcoholic fatty liver disease with signs of prediabetes, sometimes even outright diabetes with their hemoglobin A1C up, insulin up.

So it's really important, this is where education comes in because we're not going to get kids completely off of wanting treats. Adults want treats. For adults, our sugar may come in the form of wine. And we want to think of that as sugar. I should say fruit juices, fruit juices are probably the number one thing that if your kids are on fruit juices, I would take that out completely, out of the house, out of the fridge.

The occasional whole fruit and vegetable with added coconut oil, and avocado, and nuts and seeds, and spinach leaves, and making a really great yummy smoothie, add some protein powder in it, that's fine. But just having a glass of orange juice every morning at breakfast because maybe it's fortified with calcium or because you think it's healthy for you, that is one of the biggest fallacies. So I just want parents and children to be educated about that.

I had one kid, just recently, he was overweight, he was showing signs of prediabetes in his blood, and he was drinking—he and his father were going through maybe a carton of orange juice nearly every day. So we just made that one simple switch. It's just one step at a time. I'm not expecting kids to completely revamp their diet and for you to completely revamp your kitchen immediately overnight. But that one simple step of taking out the sugar, not even buying any orange juice, not in the house, and within the next month and a half, weight loss, more fit, more active, felt better. And his numbers, his blood work looked so much better.

Dr. Bell: I want to differentiate, and I think you had said that, as well, the distinction between perhaps a juicing or as you said making smoothies where you're taking whole plant material or vegetation and fruits, and you can mix them together, of course, that there is a distinction. Is it the presence of fibers? Is it the presence of other accompanying minerals that distinguish itself from isolated store-bought juices like orange juice or other things?

Dr. Song: It's all of the above because when I make a smoothie, I don't want kid...We in our household, usually Saturdays or Sundays are our smoothie day, where we'll just raid the fridge, and see what's there, and raid the pantry, and put together a smoothie. But we don't ever just put fruit in the smoothie. So we do use a base.

GET OFF YOUR SUGAR

— summit —

Oftentimes, I'll use pea milk because that has a higher protein content. I'll throw in an avocado, as I mentioned, or coconut oil, lots and lots of nuts and seeds.

So we're pairing the fruit with tons of spinach and kale. And I love beets, frozen beets to put in it. We're pairing that fruit with healthy fat and protein because that is another really important thing for parents and children to understand is when they are on this sugar rollercoaster, that a lot of kids are on, that a lot of adults are on, but for kids it can be quite profound, they're not pairing their simple sugar with fat and protein.

When you just have the simple sugar, let's say a piece of fruit or juice, I should say, because if you have an apple that's much better, the fiber on the peel of the apple slows down how quickly that sugar is absorbed into your bloodstream.

Same thing with pairing, let's say an apple with almond butter, which is one of my favorite snacks, or having some carrots with hummus, so making sure that you're pairing these foods because fat and protein slow down how quickly that food is absorbed into your bloodstream and how quickly your blood sugar rises. And that's what we want, we want even blood sugar throughout the day. We don't want up and down and up and down.

Dr. Bell: Dr. Song, are you still encountering parents that are fat phobic trying to keep their kids away from any dietary fat? Because I found that to be another misunderstanding in terms of what is really the harmful aspect of a diet gone wrong as we talk more about sugar, refined sugars versus embracing, as you've mentioned, how important fat is for developing brain, nervous system, all kinds of tissue in the body.

Dr. Song: That's right. Not too much, but again, my practice is unique. And it tends to attract patients and parents who are already, I would say,

a little bit more educated on the nutrition front. I do talk, when I give lectures out in the community, at schools, and preschools, I do encounter fat phobia because, of course, I grew up in that fat phobia age where as long as it was fat-free, it was fine. You could plow through an entire box of Entenmann's fat-free mini chocolate cookies, and it was fine, or have the fat-free frozen yogurt, huge bowls of it. So that was my era.

And it does take a lot of undoing. But I tell parents that in that first year or two of life, especially that second year when we're trying to get in that good nutrition after kids have moved on with nursing or off of their formula, we really want to make sure that kids are getting at least 50% of their nutrition in their diet from healthy fats because the brain, that toddler brain that is making all of those amazing synapses and connections, the toddler brain actually has, I think, something like 10 times the synapses as an adult brain.

And so 50% or 60% of all of our body's cholesterol is in our brain. So we want those healthy egg yolks. We want all the healthy fat, all those avocados, and nuts and seeds. And nowadays, the recommendation is to introduce all of these foods, including nuts and seeds, and foods that used to be considered allergenic, and wait until 12 months of age, we want to get them all in, under a year of age, to reduce the risks of allergies.

And then we go to the next set of rapid brain development. And the teenage brain, that pubertal brain, is developing just as much as your toddler's brain. Now, there is a little bit of a difference because teenagers have a little bit more development in the prefrontal cortex. So they have the ability to make more rational decisions. It doesn't mean they always do because their limbic system, their amygdala's more developed.

And so they're driven a little bit more by that

GET OFF YOUR SUGAR

— summit —

emotional brain. But they need to be fully invested. And we need to help educate teenagers so that they know what a good decision is. But your toddler years and your teenage years is where I think really, really teaching proper nutrition, healthy fats, reducing sugars is really, really key for their brain development that's going to take them on into adulthood.

Dr. Bell: Dr. Song, you went to an area where I wanted to go. And that's the developmental through puberty, the teenage brain, particularly in the boys because we see a lot of unfortunately certain violent outbursts and tendencies. And I've looked in my own practice and seen hypoglycemia being a big part where their brains are developing.

Of course, our brains need a lot of energy and they need a lot of sugar, in a sense. And I'm not talking refined sugar, but how metabolically we work with food and we deliver energy to cells in the brain and the nervous system. So if we look at that age group, and if they are suffering with improper sugar metabolism, or they're getting too much in without the accompanying minerals, that they can end up in a place where you raised these wonderful children, and these young boys turning into young men, and they have seemingly lost control of their behavior.

Some of the worst stories we hear about can be pinpointed back to low blood sugar. So how have you addressed that? And what kind of experience have you had for our parents out there dealing with teenagers?

Dr. Song: Yeah. And I will say the stakes get higher when you're a teenager, especially as a teenage boy if you are exhibiting more aggressive tendencies, the amount of trouble you can get into is quite a bit higher. But we see the same in toddlers with rages, and aggression, and tantrums. I will say with girls, we'll probably see

it on the other end where some of their low blood sugar may manifest more as anxiety, and depression, and isolation. So they just manifest a little bit differently, but it's quite significant.

And what you're describing is really, again, that same sugar rollercoaster where kids are eating these fast, simple carbs maybe a piece of like fruit juice or going to Bobo tea, those milk tea that are all the rage now with the kids, or those fancy secret Starbucks drinks that are just laden with, not just sugar, but artificial dyes, and colors, and preservatives, which is a whole other area that really is poison to the brain.

But when we're speaking just about sugar, these kids are getting in these sugar fixes. Most of them are not eating breakfast, especially our teenagers. And when you don't eat breakfast...Intermittent fasting is really not appropriate for teenagers and kids because they need a healthy well-rounded breakfast to start off that blood sugar rollercoaster on an even plane because then the next thing that they eat, if they haven't eaten breakfast, let's say it's a Frappuccino as a snack or maybe for their lunch, that spikes their blood sugar, right.

They might feel better temporarily, feel happy, feel good, then they're blood sugar starts to crash. And it's in those crashes, because what happens when you just have sugar in your system, is your insulin goes up. And for many kids that insulin response is inappropriate. Insulin chases the blood sugar. It goes up and then your blood sugar crashes.

And in that crash, we'll see really all of these different behaviors, these angry teenagers and kids, but they can be super aggressive and violent. They can be just completely almost out of their mind like confused, and angry, and not even aware sometimes of what they're doing. They can be weepy and just have huge meltdowns.

GET OFF YOUR SUGAR

— summit —

And so then instinctively, when you're a parent of a toddler, "I got to feed my kid, right," you have like your fruit rollups in your bag or like a little squeeze pouch of just some mango puree, which is another simple sugar. For teenagers, they may reach for another Frappuccino or for another coke. And then, that starts the whole cycle all over again. So this is really important.

And so for some kids, for my teenagers, especially, if I'm concerned about this...In fact, I just this week sent a teenager off to get a glucose tolerance test, a three-hour glucose tolerance test, which is hard to do in any case. And it's hard to do in teenagers. I'm not going to lie. But it's the same test that if you're a woman, and you've had children, it's what you did when you were pregnant to rule out gestational diabetes.

But sometimes, we can't know from one measure whether or not blood sugar swings up and down. For instance, the hemoglobin A1C is just an average of your blood sugar. So your kid may have high, high, highs and low, low, lows. And, hey, their hemoglobin A1C looks great. They're not at risk for prediabetes, but we don't know how much they're swinging.

So with the three-hour glucose tolerance test, I'll have kids go and have a fasting blood sugar, a fasting insulin. Take that sugary drink, and then an hour later, repeat, actually, one hour, two hours, or three hours later repeat the blood sugar and the insulin because I'm going to see are they both staying...How much is your blood sugar going up, and how much is it crashing, and how much is your insulin chasing that blood sugar?

Dr. Bell: Dr. Song?

Dr. Song: Mmm, hmm.

Dr. Bell: Another concern I have, in this regard, is that many physicians are referring out to

psychiatrist M.D.'s, which end up giving them different kinds of psychotropic medications for something that could be resolved by what you're talking about in terms of changing the diet, altering the way they interact with food, and sugars, and things like that so that the over prescription of, whether it be the Ritalins all the way up the SSRIs in teenagers could be largely eliminated, I believe, in your experience in seeing behavioral shifts when you change diets in these kids.

Dr. Song: Oh, it's profound. Sugar is a part of it. It's getting kids off of the artificial flavors, and dyes, and preservatives is another. I had one kiddo who really was diagnosed, multiple diagnosis, ADD, ODD, OCD, all of these acronyms that are being thrown at kids right now, these labels.

But mom realized when she went off of refined sugar, and she used some healthier sugar substitutes, she started using more Stevia, more Xylitol, trying to pare down how much, even that sugary flavor was in the mouth, and even used a less-refined sugar called Sucanat, even that was much better, the kid did not fly off the handle when eating a sugary food.

And then, for some kids, literally just getting in some vegetables can make a huge difference. And that's where starting with your smoothies, making them a little sweeter at the outset, and then gradually increasing the proportion of your greens and vegetables compared with your fruits.

It's all connected like getting in healthy fats. You can't separate it out, but absolutely food is medicine. Food is powerful. Food has the power to heal and optimize your health. But food, for sure, has the power to damage, and harm, and create chronic health concerns.

Dr. Bell: Yeah.

GET OFF YOUR SUGAR

— summit —

Dr. Song: Yeah, for teenagers and even younger kids, they have a really fun time doing this. I just have them start reading labels. And I teach them that really for our toddlers and even for our teenagers, our goal is no more than 24, 25 grams of added sugar. I would say even less than that, but really that, you could just say because that's like the max we want to hit.

What does that equal? Four grams of sugar is one sugar cube, one little sugar cube, which is the same as a teaspoon. So I have a picture that I show kids. And then I just have them, "Look, okay, every time you pick up something that you're eating, you're going to have to change your diet right now. Just for two weeks do some investigation."

Look at that yogurt, that yummy yogurt that has a strawberry puree. How many grams of sugar is there? Some of those has literally—gosh, I just wrote down like some to show you—31 grams of sugar. That's about eight sugar cubes. You would never give your kid eight sugar cubes to pop in their mouth. So, as parents, we need to get educated, too, because it can be shocking.

I remember the first time I looked at the vanilla Greek yogurt I was feeding my kids because I thought, "Greek yogurt, lots of protein, probiotics, vanilla tastes good." And I looked and I'm like, "Oh, my, gosh, I'm giving them literally 25 grams of sugar to start off their day." So I swapped.

You can just swap that out with yogurt and whole crushed up strawberries that my kids love. So read the labels and just notice how much sugar is sneaking into your diet. Even in that marinara sauce that you think has no added sugar, there could be quite a bit. And then try to make some healthier swaps.

Dr. Bell: Yeah. Now, another thing, and I think you mentioned it briefly earlier in our discussion, and

once again I don't know how much of this came from medical school curricula, but the study into the microbiome and how sugar cravings can be impacted by the balance or imbalance, if you will, of what's going on in the gut.

And one of the big culprits we see all too common in children and adults is anything in the family of what we call candida and their hunger for sugar. So yeah, let us know what you've encountered there and how you work to rebalance the microbiome for these kids or adults that come to see you.

Dr. Song: So I don't see adults, but when I do--

Dr. Bell: Okay, well, pretend adults, like adolescents getting there.

Dr. Song: Yes. However, I do indirectly see a lot of adults because, of course, many of our kids who have yeast dysbiosis in their gut, yeast overgrowth or candida overgrowth in their gut, have parents, oftentimes mothers, but sometimes fathers who have had yeast overgrowth.

And for moms, it often stems from even when they were teenagers, themselves, or they were in their 20s and 30s and while they were pregnant, they had this dysbiosis in their gut that then their kids were almost born with or perhaps they received antibiotics for Group B strep during pregnancy or perhaps your baby received antibiotics in the first, well, at any point in their life, and you just didn't know to give probiotics and fermented foods and restore the gut health.

And so that set them up for having this yeast that took hold. It's very, very common. And, of course, as most of your listeners know, yeast will make us crave sugar. Crave it. And this is for children and adults. If you have a kid who they become like wild animals when there's sugar around, and they can't get enough, or you find yourself hiding the

GET OFF YOUR SUGAR

— summit —

sugar up above the fridge or up in cabinets, and somehow, they're still getting at it, that's the sign that, you know what? Maybe it's the bugs in your kid's gut that is literally talking to their brain and saying, "I need sugar." They do that. And then we crave sugar.

And so with yeast, again for parents and kids looking to see it's not just candy and sweets, as I mentioned before, but it's even if your kids are just carboholics, all they want is toast, and pasta, and crackers, and pretzels, and fruit, fruit, fruit, like they're living on that. So with yeast dysbiosis, what I have parents think about or older kids think about is what yeast can do to our brains because again that gut/brain connection is so intimate.

And yeast release these alcohol compounds called acid aldehydes that are very, very toxic and found in many chronic health conditions like autism and even Alzheimer's. And so when they release these acid aldehydes, and they're released into our bloodstream, they literally can make your kids act like they're drunk or tipsy. And so by the time we're an adult, most of us have had experience where we've witnessed friends being drunk or maybe we've been a little too tipsy ourselves.

And there are lots of different ways that kids can experience that. So you might have a kid who is really sad and weepy, and just wants to be alone. You might have a kid whose drunk behavior is to be angry, and violent, and be that aggressive drunk, tantruming. You might have a kid who's just super giddy, goofy, laughing uncontrollably at everything. And you're like, "What's so funny?" And they're just acting like they're just in outer space.

Or you might have the kid who's just zoned out. That brain fog, dull, sitting there, difficulty concentrating, you're trying to talk to them and it doesn't seem like they quite understand. And when I describe that to parents, a lot of parents

are like, "Oh, my, gosh, all of that is my kid at different times." And then I know, alright, I am so suspicious of yeast.

And unfortunately, comprehensive stool analyses, even functional stool analyses aren't that great at picking up yeast. So if they pick up yeast, great, but otherwise, I'm going by the symptoms. And there are lots of different ways that I manage yeast. But one of the easiest supplements, antifungal supplements to give a child is going to be an MCT oil or caprylic acid because it doesn't have too much of a flavor.

Some of the other herbs against candida and yeast can be pretty bitter. So I might start with MCT oil. If the stool test did show some yeast and identifies what that yeast is sensitive to, then I'll go by that. If your child's yeast is sensitive to nystatin, which is a prescription medication, I'm not too hesitant about that. I do take pause when I'm recommending antibiotics for bacteria because that again is a set up for having imbalance of healthy bacteria, bad bacteria, yeast, and parasite.

And fluconazole, which is another yeast prescription, I have some pause with that because some kids need long-term yeast treatments because fluconazole can affect the liver. So I just know I'm going to check their liver enzymes. But nystatin only stays in the gut. It's not absorbed systemically. It doesn't kill bacteria. So it's not going to set up the same dysbiosis that antibiotics can. It literally just kills the yeast.

So there is quite a bit of resistance to nystatin, though. But if they are sensitive, that's another one. Of course, lots of probiotics, there's Multi-Strain Probiotics. And I do incorporate a yeast, a beneficial yeast probiotic called *Saccharomyces boulardii*, does so much of restoring the gut. And many listeners and if you're a practitioner, you've heard of the 5R Program for restoring the gut.

GET OFF YOUR SUGAR

— summit —

When I trained in functional medicine years, and years, and years ago, there was only the 4R Program. But I think the fifth R that was added, to me, is probably the most important in, not just restoring gut balance, but maintaining health and a healthy gut balance. And that's the rebalance, the restoration of the body, mind, spirit connection that has to do with restoring the vagus nerve—mindfulness, meditation, breath work, connection, love, all of that, which so many of our kids are lacking the skills in.

And so that is a big part of my practice, as well, being focused, because I feel like that, no matter what chronic illness your kids are going through, oftentimes we can get them well, we can “heal” them, get them into remission, but then they keep sliding back. So if we really, really focus on the mindfulness and the vagus nerve, then we can keep them well.

Dr. Bell: So you mentioned that you do things, including homeopathy, and herbs, and essential oils, and acupuncture. And I love that. We need more of that kind of integration. And you mentioned some medications that I perceive to be last resorts, rather than first resorts, which is, I think, it sounds like that's where you're looking to go if you need to go there, you can. Are there some other things that you can do? I'll just throw out a couple of my favorite remedies that I always mention for hypoglycemia.

For instance, homeopathically, lycopodium and Iris are just very common and we can take some of the edge off of that, but it doesn't replace changing their diet and not binging on the sugars. The things we talked about today. What other holistically-inclined tips that people might be surprised to learn that you know about that you've been utilizing to help children in your practice?

Dr. Song: Yeah, so with homeopathic medicines

the ideal way to choose the homeopathic medicine is going to be to individualize it to the child in front of me. So really getting an overall picture of who that child is. What their physical symptoms are? What their emotional symptoms are? Were there any triggers for their current symptoms or their current state of health? So it can vary.

I do find that Nux Vomica can be a really helpful one because that's the medicine of overindulgence of anything, whether it's too much sugar or too much wine or too much whatever. So that can be really helpful. As far as acupressure points and acupuncture points, I do acupuncture in the practice, but I teach parents acupressure points and really working on the spleen meridian. The spleen stomach meridian, there's one point that parents can look up. It's one of my favorite points. It's called Spleen 6. I would show you, except it's on my lower leg. It's hard to lift up my lower leg.

Dr. Bell: No worries.

Dr. Song: But it's on the inner part of your lower leg just behind the long bone. That fibula that you can feel. Maybe a few inches up from your ankle bone. But you can look up Spleen 6. Spleen 6 is a great point for regulating digestion, also really, really helpful in regulating the gut/brain connection. It's really useful for anxiety. It can help with sleep.

And when it comes to sugar, one of the most common symptoms, as an adult, that you might recognize when sugar's really affecting you is bloating, whether it's puffy hands and feet or bloated belly. And kids may not complain about that, but you might notice that they have a doughy texture to them, a little more puffy. And so Spleen 6 is another great one that I will either, when they're in the office, you can do acupuncture needles or laser acupuncture or electrostim.

GET OFF YOUR SUGAR

— summit —

But at home, you can just massage that point. And that's another really great point to use. So what I like to do is really teach parents and kids, themselves, to use these home remedies and home tools that are really amenable to doing any time they want. It enhances whatever they're doing.

Dr. Bell: Beautiful, yes. Now, one thing I want to bring up that's not directly, but maybe indirectly related to the sugar, and also even yeast overgrowth is the bioaccumulation of heavy metals due to environmental or medical or any number of ways that these are introduced, whether it may be cadmium, mercury, arsenic, lead, aluminum.

As a homeopath, I've been dealing, not only with my own body when I first started years ago, but children. It's amazing how much their bodies have. And they haven't been here that long, which means probably we're dealing with transgenerational accumulations, as well. And that, it's something that, I think, the physician community looks at.

First off, oftentimes, they're ostracized if they start talking heavy metals. And I think, "My, gosh, there's a whole litany of medical literature on the dangers to metabolic function, cellular integrity, also the promotion of inflammation of any system, including liver, kidneys so your experience there, in terms of promoting detoxification of metals, as it relates to sugar and other things.

Dr. Song: Yes, so when I look at a child who has inflammation, then I really try to look at all the different things that can contribute to inflammation. And inflammation and toxicity are really the bottom line to the root of all chronic conditions. We just have to figure out for that child or for that patient, that adult in front of you, what are the toxic factors.

Sugar is absolutely one of them. With sugar, it's any...Add food, it's glyphosate, and artificial flavors, and dyes that I mentioned, artificial sweeteners. I would, as an aside, say artificial sweeteners are not a substitute for sugar. And, in fact, artificial sweeteners can sometimes exacerbate or contribute to worse insulin resistance than the actual sugar. So it's not a substitute if you're having a vitamin water with Splendor, that's not a good substitute. Okay.

But then, heavy metals for sure is something that I consider for kids—mycotoxins or mold toxicity—so I just look through. I think for our kids, because we're seeing chronic illness at such young ages, some literally seem like they're born with chronic...As you mentioned before, you said it so beautifully, they're just not born with that optimal health that they should be. We should have this brand-new baby who has this incredible potential for health in front of us.

And many kids come out not looking so great. We go, "Oh, what's going on there?" And I appreciate that you said that generational imprinting because sometimes it's not mom, sometimes it's stemming from the imprinting that happened when grandma was born and raised or great-grandma. So there's a lot of that.

So what I really like to have parents think about is how do we just live a lifestyle that helps to excrete and eliminate toxins every day in a more gentle way before chronic illness can take hold. And if they do have a diagnosis, if they do have autism, if they do have rheumatoid arthritis, or Crohn's disease, or debilitating anxiety, then we look at, "Well, what else is going on there? Do we need to do maybe a little bit of a deeper detoxification?"

But an everyday detox parents can do easily, getting in your greens is really important, drinking enough fluid. I always have my water here. But I sit and count with kids how much water

GET OFF YOUR SUGAR

— summit —

they should be drinking at a minimum every day. Moving their bodies. Making sure they're eliminating because we get rid of our toxins through our pee, poop, and sweat.

And then adding things like minerals are really important when it comes to heavy metals. Heavy metals, they are minerals, they're just heavier minerals. When you look at the Periodic Table, that's why they're called "heavy metals" because they're on the lower end of the Periodic Table. But heavy metals will compete with minerals like magnesium, and zinc, and selenium to bind on to our cells.

And so if we have a ton of minerals onboard, then your cells are going to be surrounded by these minerals and heavy metals can't get in. It's a simplistic way of looking at it. But minerals, where do we get our minerals? We get those from our vegetables and our fruits. So that's again going back to food is medicine so, yeah.

And Epsom salt baths, Epsom salt baths are really for kids, and adults, and teenagers, getting those in because Epsom salt, not only is magnesium so important for most of us, most people have a deficiency of insufficiency of magnesium, but the Epsom, the sulfate will help enhance glutathione levels. And glutathione is our master antioxidant and master detoxification compound.

Dr. Bell: Mmm, hmm. And you mentioned selenium. I find that to be the most critical mineral deficiency and excretion pathway congestion, for instance. So I'm so glad you're aware of that. Figured you would be.

Dr. Elisa Song, amazing what you know and what you're sharing with us here today. And I'd love for people to take more time with you. You mentioned or I mentioned this, and you said this HealthyKidsHappyKids.com, the kind of information you're providing is so that anybody

can tap in to this from wherever they are around the world?

Dr. Song: Absolutely, absolutely. I started Healthy Kids, Happy Kids, my online blog so it could really be a resource for parents wherever they are, a lot of practitioners, as well. So parents and practitioners who really don't have access to a lot of integrated pediatric information or maybe they do, but they want more. And so that site is always ever building with more content. It's just me. It's my labor of love and my passion.

But I do have a busy pediatric practice and my two young children who are absolutely my priority. But I [inaudible] as often as I can. And I do YouTube videos, and interviews, and really fun things to really educate and inform. And I would say, for parents and practitioners, who are really looking for a community of people to support themselves and educate themselves on integrative pediatrics, from the two summits that I hosted back in 2016 and 2017, it was called The Thriving Child Summit, a Facebook group started.

I started a Facebook group for that summit, but it's just taken this beautiful life of its own. So it's on Facebook. It's The Thriving Child Community Facebook group. And literally we have parents and practitioners from, I think at this point now, like 50 countries around the world that are there to learn from each other. I pop in and support, as well.

And the knowledge is incredible because sometimes if you're in a town, even here in the Bay Area, San Francisco, where you'd think, "Oh, there are so many opportunities to have an integrative, holistic community of parents," not necessarily the case so you may feel very alone and not feel like you have enough other holistic mommas or holistic practitioners to really bounce ideas off of or get your support from. So that's a great place.

GET OFF YOUR SUGAR

— summit —

Dr. Bell: And that's the point even of this summit, as well, the Get Off Your Sugar Summit, is to establish more community, more access to information that you may not have found locally. And if you happen to be in the Bay Area, you've got Dr. Song. But again, you can access her from all over the world and links, as we've mentioned earlier, WholeFamilyWellness.org, as well. Dr. Song, I appreciate you participating the way you have and educating folks through this summit. Thank you so much.

Dr. Song: Oh, thanks for having me. I'm looking forward to sharing.

Dr. Bell: And on behalf of Dr. Daryl Gioffre and myself, Robert Scott Bell, we'll continue sharing

this great information. You'll have access points to be able to get this, download this information, and watch it, and review it, and share it with others. And there's also information on the Get Off Your Sugar Summit through Instagram, through Facebook, and all of these different sites.

And I want to again thank Dr. Song for being here with us. And I hope you'll stay plugged in to all the great learnings that's happening here on this Get Off Your Sugar Summit. So thanks once again, Dr. Song, appreciate you so very much.

Dr. Song: Okay, thanks so much, Robert.



3 Mistakes to Avoid When Trying to Kick Sugar

Florence Christophers, CHC

Dr. Gioffre: Hello, everyone, and welcome back to the Get Off Your Sugar Summit, along with my co-host Dr. Robert Scott Bell, my name is Dr. Daryl Gioffre, I'm the CEO and founder of Alkaline and the Gioffre Wellness Center here in New York City, I'm also the author of *Get Off Your Acid*.

And today, I have the pleasure to introduce to you and to bring on this speaker who's really someone who's so passionate about the topic of sugar, she's an expert in the topic of sugar addiction, but beyond that, she's somebody who's literally coached and helped countless and countless numbers of people get over their addiction to sugar. And today, we're going to get into some really interesting things about why we're addicted, but also really what sugar is, and what we need to look out for.

And, I think, one of the things I really love about her most is her practical approach to sugar and how this is affecting you and your lifestyle. And we're going to talk really about how you can make these changes in your life and make it a practical change so that you can have something that's more sustainable. So it's a pleasure and honor to bring on to the Get Off Your Sugar Summit, Florence Christophers.

Florence: Thank you so much, Dr. Daryl.

Dr. Gioffre: So what I'd like to do is give you a little bit more of a formal

introduction, then we can jump right in. So Florence Christophers is a co-founder of the annual Kick Sugar Summit, which she co-founded in 2015, along with her co-founder Michael Collins. And we have the, again, privilege and honor of interviewing him, as well. And it was just an awesome, awesome interview. So they really are this dynamic duo. So please go check out what they're doing because they are changing so many lives at KickSugarSummit.com. So check it out. It's amazing.

She's also the head coach of a company that helps men and women reduce or eliminate their consumption of processed carbohydrates. And the strategy she teaches helps clients find freedom from cravings, compulsive overeating, and food obsession so that they can feel better, look better, sleep better, and think better. She offers private coaching and an online six-weeks to sugar freedom group coaching, which is based on her sugar freedom formula that will 100% set you free. So I want to find out more about that. It sounds awesome.

She works together with clients to create a meal plan of their choice and teaches advanced self-care techniques designed to help boost their feel-good neurotransmitters and thrive in your new sugar-free life. So here's one of my favorite things about Florence's approach, it's not abstinence, it's one day at a time. It's awesome. It's 100% recovery. It's lifetime freedom.

GET OFF YOUR SUGAR

— summit —

And that's the word we're going to talk about soon—freedom—because that's really what we need to do is get you, guys, away from sugar towards that freedom in your life. So her website is KickSugarCoach.com. And again, I can't wait to hear more about it. So, Florence, welcome again. It's a pleasure to have you here.

Florence: Oh, thank you so much.

Dr. Gioffre: So I would love to start out by telling us maybe a little bit more about just your history, your background, and how you became interested in sugar and helping people with sugar.

Florence: Awesome! Yes, I have been thinking about sugar, struggling with sugar, researching sugar, coaching about sugar for decades and decades. I think that it's odd to think that this is my issue in my lifetime just to be so clear that this was the thing that robbed me of decades of peace of mind and health. And I am so happy now to be professionally working in this space.

Can I just clarify two quick little things? One, I am the founder of the Kick Sugar Summit. So I had been working on that for one year before I met Michael. He was one of my speakers on my first summit.

Dr. Gioffre: Wow! Got you.

Florence: At the end of the first summit, he had asked if he could join forces with me. And I said, "Yes you could."

Dr. Gioffre: Awesome!

Florence: Yeah. And I'll tell you the story about how I came up with the idea to host the world's very first sugar summit, sugar addiction recovery summit, because that was a pretty amazing moment in my life. The other thing I just wanted to clarify is that I do not teach people how to kick

sugar one day at a time. I think one day at a time is a long, hard, difficult, relapsed-prone wrath path to freedom. But I'll tell you about some alternatives to kick sugar addiction that makes it easier.

So my story is a little bit like many, many sugar addicts. I loved sugar as a kid. I was born and raised on sugar. I had Pop Tarts, and Rice Krispies, and junk for breakfast, and more junk for lunch, and more junk for dinner, and junk in between. My lunch, literally, for some stretches consisted of white bread with butter or margarine. And on the table, this was my father's side of the family, my grandparents would feed me this when I was over there for lunch, I had the choice of chocolate sprinkles or brown sugar. And I could pile it on and I could roll up my little sandwich and eat it like a, I don't know, like a donair.

So disgusting when I think about it now. But that's what I was raised on. So no surprise, I was becoming very overweight in my teenage years. I struggled with acne, depression, infections. Blinding migraines, Dr. Daryl, they were terrible. Truly, there were days when I was left in the dark. And I wanted to die.

By the time I hit my early 20s, I was desperate for a solution. I had been in and out of doctors' offices. I had been on extraordinary numbers of pharmaceuticals. And I just couldn't figure it out because I knew something was wrong with my body. And when I would lie in the dark and hold my head, while all my university buddies were off partying on weekends, I was like in the dark vomiting and wanting to die. And I just kept thinking "Head of mine, I know you are not happy. I don't know what to do. Like give me some insights."

And I never really got any. I shouldn't say that. That's not entirely true. I kept thinking, "Is it something I'm eating? Is there something I'm

GET OFF YOUR SUGAR

— summit —

drinking? What am I doing wrong? I know my body needs me. It's begging for help." But I didn't know what to do. And I was in and out of doctors' offices, and specialists, and scans of my head. And I had chronic, chronic, debilitating migraines. And I kept saying to them, "Wow, is there something I'm eating?" And they'd say, "Oh, no, no, no. There's no connection."

Dr. Gioffre: No relation to the food at all.

Florence: [audio fades] there's no connection to diet and disease. And I'm like, "Well, okay, I'm barking up the wrong tree." But little did I know, one day I was about, I was about 20, I think, and I had gone in to the University of Alberta, very advanced medical team, to try and figure out if there was something...They were doing scans on my head.

And the nurse came into the office. While I was waiting for the doctor, she came in to see me. And I had turn off the lights. So I was sitting in the dark. And she comes in and she's like, "Oh." She goes, "Oh, sorry, oh." She goes, "Oh, you have migraines." I said, "Yes." She goes, "Oh, I get them, too. I understand. Let's keep the light off. We'll just keep the door ajar a little bit so we can have a little bit of light to chat.

So here's the deal, I have figured out that there are certain foods that trigger migraines. And I'm going to write them down here for you. And when you next have a migraine, I want you to look at this list, and look to see if you've been eating any of these foods and pull them out." And she also turned around and looked me dead in the eye and she said, "I want you to never, ever tell anybody that I gave you this list. Am I clear? Have I been clear?" And she said, "I could lose my job. If you tell somebody this list came from me, I could lose my job. And I will deny it."

Dr. Gioffre: That's crazy.

Florence: Right. She was worried for her job because she was telling one of these patients that [audio skips]. And they were very common. It was cheese, it was gluten, it was sugar, it was wine, it was chocolate, whatever, right all the classic, refined meats like things with MSG. Anyways, I looked at the list. And I remember looking at the list and looking at her going, "Oh, my, God, that's all I eat. I'm a university student. Like what else is there to eat?"

She's like, "Oh, yeah, we all think that. There's a whole world of beautiful whole foods out there. You go find them."

So she sent me off to go and try and make these dietary changes that were profoundly dramatic for me. And I slowly was able to because some of them were easy to pull out like hotdogs and salami, no problem. Wine, no problem. But the sugar and the flour were really difficult. And I'd say that cheese was difficult, too. But eventually, I got the cheese out. And over many years of effort, I got the gluten out, too. But that sugar, oh, my, gosh, I would—

Dr. Gioffre: Florence, if I can ask you a question about that, what was it that made it so hard about the sugar and the cheese that was different from the other foods? So was there something about it?

Florence: Yeah, the big three, right, wheat, dairy, sugar, we all know they have morphine-like properties now. We know they're addictive. They know those foods affect our brain chemistry. They spike our feel-good neurotransmitters. And our bodies like to feel good. They love pleasure. Especially if you're someone that's sensitive to foods, you have a brain that lights up like a Christmas tree, to quote Dr. Mark Hyman, with sugar, and flour, and refined carbohydrates.

So I had a brain that loved these foods. It lit me up. I felt fantastic. But eventually, over time, of

GET OFF YOUR SUGAR

— summit —

course, your blood sugars are like this [*moves hands up and down*]. And you feel great, then you feel awful. You're depressed. And then you start nibbling and you're looking for your little snacks. And so I was going into a rollercoaster like this is a kid, to this is a teen, to this is an adult

And I was having really dark stretches of depression. And I deeply knew, I deeply knew this was body. My life was charmed. I had great parents. I was a university student. I was bright. I loved being in school. I was a philosophy student. I studied all night thinking about the big questions of the universe. I had tons of friends. I lived on campus. Nothing was broken. I was fit. I was active. I was happy, except for when I'd have these terrible depressions that I now know were profoundly tied to my sugar addiction.

So sugar eventually, it occurred to me, "I think I'm addicted to sugar." Now, this was 1990. And I started to say to my friends, "I read the *Sugar Blues*. It totally changed my life and got me so jacked up to get sugar-free." I was like, "I'm going to do this!" And I just deeply knew that this was going to be a turning point in my life. And I thought it would be easy because I read the book. I thought, "Oh, I've just got to stop eating sugar."

But it was a 26-year struggle and finally 100% sugar-free. But it was extraordinary stretches of being off it and being on it, being off it, being on it. It was ridiculous. And it wasted some of the best years of my life.

Dr. Gioffre: Why do you think it took so long? What do you think it was?

Florence: Yeah, I'll get to that in a second. I'll just finish that thought because you're right that's the piece that I was missing. But I remember one stretch thinking, "I'm just going to give it up for two weeks to see if it helps with my migraines." And so I was doing that. And by day three or

four...I started this experiment feeling fantastic and pumped, no headaches, totally great.

By day three or four, I was sick, I had headaches, I was depressed. I knew something was going on with the sugar. And I also knew that in the middle of the night when I was craving Oreo cookies, like they were crack cocaine, I thought, "Oh, my, God, I think I'm addicted to sugar." And I remember starting to talk to my friends about that. And this was 1990, pre-Internet, no books on it, right. Like, I was way out, way, way early days.

And I remember saying to my friends, "I think I'm addicted to sugar." And my friend Graham [*inaudible*], who I am still friends with, I remember him slapping his thigh and he was like, "Oh, Florence, you're so funny. You can't be addicted to sugar. You need that to live." But I knew I was addicted. And so there was this deep desire in me to get free.

And so, at the time, all I knew to do was to try harder. To put energy and more passion into having longer stretches of being sugar-free. Really what I was just trying to discover is would they help my migraines. I didn't have any idea at the time that, not only would they help them profoundly, they'd shift my infections, and my skin, and my acne, and my depression, all of that would lift. But at the time, I was just hoping they'd help my migraines.

But I couldn't get 30 freaking days to save my life. I couldn't. And because the piece that I didn't understand is that willpower and passion doesn't work for addiction, it works if your sugar consumption is a bad habit. But a bad habit and a sugar addiction are different. And I needed to understand that this addiction requires me to be 100% abstinent. And once you really get that, that abstinence is your path to freedom, oh, the whole game changes.

GET OFF YOUR SUGAR

— summit —

Plus, once you really get what is sugar? It's not just the white, refined stuff that's so obvious. Like, sugar's very broad. Unless you really understand what is sugar to your body, and you get that out of your diet, you're free. The reality is this, that we eat sugar because we crave it, no cravings, no problem.

But you need to figure out what specifically triggers your cravings. And that's very different for everybody. Usually, it's a refined carbohydrate, of course, but some people's definition can be quite narrow and others need to be quite broad in order to get free from cravings. And that was a piece I didn't understand, either.

Dr. Gioffre: Wow, it's interesting you talking about migraines. And so many things you are saying resonates with me because that's how I grew up. I had migraines for a good portion of my life. And same story, it's like no doctor I ever went to can give me the answer that I want and not a single doctor to your point talked about diet and nutrition.

Now, at that time, that age, I didn't have the whereabouts to even think about that so I didn't ask the question, but it never came up. So it's shocking that so many doctors, not just back then growing up, but also now, are not addressing the nutritional component, the deficiency component, the toxicity component because, obviously, that has so much to do with why we crave sugar. Correct?

Florence: Yes, and it is so tragic that we are still trying to treat migraines without the support of diet. For some people, they are completely eliminated. Completely. I still persisted. Even after being sugar-free, I would still get occasional moon time migraines, but they're much, much better. But 99% of my migraines disappeared. How much quicker I could have been out there having fun and enjoying my life instead of being in the dark

suffering, it's terrible.

Dr. Gioffre: Yeah, and as a chiropractor, a lot of people think of chiropractors as someone that sees back pain. And we see a lot of people with back pain. But the crazy thing, Florence, is that the number one reason why people come to see me, in my office here in the city, is migraine headaches above back pain. So this is something that a lot of people are dealing with. It's, I think, becoming an epidemic. And we have to really start to look deeper upstream to what is the true cause of why these things are happening. And, obviously, sugar, for you, for me, was a big part of that.

So I definitely want to get in and tackle the difference between, you mentioned, habit versus addiction because that's so important. But you talked about what is sugar? You mentioned that line before. So maybe that will be a great place to start. Can you just go in a little bit as the differences between sugar so people get a better understanding of really what sugar is?

Florence: Yeah, yeah, it's so crucial to this conversation. So basically, sugars are saccharides. And saccharides can be a monosaccharide, which means it's a single molecule, a disaccharide, which means it's two molecules bound together, or a polysaccharide, which is multiple sugar molecules put together.

So most people, when they think of sugar, they think of white refined table sugar. And they're right. And white refined table sugar is a disaccharide. So there's a glucose molecule, which is pure sugar with a fructose molecule, which is also sugar. And those two are bound together 50/50. And because fructose is present, that sugar is sweet. And any time fructose is a molecule that's attached to a saccharide, it will be sweet. But it doesn't mean that just because the saccharide isn't sweet, it doesn't mean it's not sugar.

GET OFF YOUR SUGAR

— summit —

So, for example, grains are polysaccharides, which means that there is anywhere from 12 to 15 molecules of glucose strung together. Glucose is pure sugar. If it happened to have been bound with fructose, it would have been sweet, but it isn't, it's still pure sugar. Grains are sugar. And the more we refine them, the more they act like sugar in our bodies. In fact, white bread, a piece of white toast or even whole grain toast can jack your blood sugar higher than a tablespoon or a teaspoon of white refined sugar.

Dr. Gioffre: Wow!

Florence: Right. And so it's so important to know that just because it's not sweet, it doesn't mean it isn't sugar, and it doesn't mean it's not addictive, and it doesn't mean it's not triggering your cravings and keeping you hooked. And my great passion, in the conversation, around sugar is the addiction piece because it is not enough to say to someone who's a sugar addict, "Oh, you just need to give it up."

Oh, my, goodness, yeah that was a whole lot easier than it sounded because I kept making these mistakes. And one of them is that I didn't have a broad enough understanding of what is sugar because I was so focused on just the white obvious stuff. So anything that ends in an, "ose" is sugar, which can include lactose, right.

Lots of sugar addicts are addicted to the big three: grains, dairy, and sugar. Not everybody, not always, we're not all the same, but often those are the big three that trip our addiction. And unless, you're clear about that, you can spend decades struggling. And it breaks my heart.

Dr. Gioffre: So you mentioned lactose. And you said the big three are grains, dairy, and sugar. Obviously, those are monsters. Can you talk a little bit about the lactose and dairy for a minute because that's a big one? When most of us are

born, so many children are given cows' milk.

And I always say think about this from a common-sense standpoint, we're the only mammals that consume another mammal's breastmilk after weaning. Cows don't even consume cows' milk. So why is it something that we are using so much in our society and in our culture? And how come we're not really told about this from mainstream doctors and people that are supposed to be guiding us on nutritional protocol?

Florence: Yes. Well, one of the reasons is quite frankly there are people that do just fine on dairy. They truly do. They are perfectly healthy. Perhaps even more healthy because they are completely capable of digesting dairy and turning it into good things for their bodies. But it's not everybody. So when you have these campaigns that say drink milk, it's good for a body, it could be, maybe, but for many of us, it isn't. So that's the thing about these one size fits all diet plans is that they might work for somebody, but not you.

Sugar is addictive for two reasons to sugar addicts. So people who love sugar that are on your summit that are thinking about their relationship to sugar might need to experiment with dairy. Dairy has casomorphin, which acts like a morphine. For real, it's an opiate, it can hook us in. And anyone who's ever tried to get off of dairy, because they have a good reason to get off it and found it was a struggle, they'll know what I'm talking about.

And there's also this lactose piece that for some of us can give us just that little bit of a sugar buzz. And we love it and it keeps us addicted. And you won't find your freedom. And you keep thinking, "Well, I do fine for a while. And then, I relapse." Well, it could be because there's still sources of sugar in your diet that are creating these cravings to keep your addiction alive. And sweetheart, just give it up, it's not worth it.

GET OFF YOUR SUGAR

— summit —

Dr. Gioffre: And you mentioned how you talk about the common sugar that we see in the white package. Everybody knows this is processed sugar. But where so many people are getting bit is those hidden sugars, those unusual suspects. If you look at just the standard American breakfast, by the time people are done with breakfast, they're already over the normal amount of sugar that the World Health Organization says we should be consuming. So talk a little bit about that. And that's just to start the day.

And then, the day goes on, and on, and on. And there's the difference between grazing and eating three meals a day or two meals a day. I read a study showing the average American consumes food 18 times a day. So we're literally dumping these crappy carbohydrates into our blood, spiking insulin leptin. So talk a little bit about that because I think that's a big issue for a lot of people. People don't know they're getting the sugar in their body.

Florence: Oh, my, gosh, there's so much good stuff in there, yes. So the World Health Organization sugar sources, and the three meals a day versus 18 times grazing. Okay, let me start with the grazing. Many, many, many people graze because they're constantly topping up their sugar levels because they know that when they dip, they feel awful, they get hangry, they get headaches, they feel queasy, they just have cravings. So many of those people that are grazing 18 times a day, my guess, is that the vast majority of them are sugar addicts. Right?

Dr. Gioffre: Definitely.

Florence: And there's many that, I think, it's unthinkable that they eat 18 times a day. The second thing is that the World Health Organization is absolutely fascinating to me. No international body that is so backed by science that is funded by countries all over the

world would ever come out and say here is our international recommendation—no more than six added teaspoons for women and no more than nine for men, if they didn't have some serious freaking science behind them because they'd get eaten alive. They'd get eaten alive by sugar addicts. We hate hearing stuff like that.

And B, they'd get eaten alive by the sugar industry, and lobbyists, and other doctors who think this is just quackery. We know absolutely unequivocally, scientifically that added sugars are damaging to the body. And so I just wanted to reinforce that that if you're like on the fence, "Oh, it's not so bad," no, it's that bad. Truly.

So my best recommendation about where you're getting your carbohydrates, where are you getting your sugar is to use something like MyFitness Pal or Cronometer. Maybe there's all kinds of different Apps that you can use. You can go online and find out how much grams of sugar am I actually eating in a day? Take three typical days. I get all my clients to do this. Give me three typical days of what you're eating.

We plug them into this app and show them in black and white, "Here's how much protein you're getting. Here's how much fats, omega-3 fats you're getting. Here's how much folate you're not getting. Here's how much grams of sugar and carbohydrates you're getting, right. Look at how unbelievably nutritionally deficient you are when you just keep gravitating to these carbs." And even the whole healthy, organic carbs can be problematic for people who are addicted to sugar.

In fact, if you look at the glycemic index, which I know is very individual, everyone breaks down sugar differently, carbohydrates differently in their body, but generally speaking, a baked sweet potato is higher on the glycemic index than bread like all these things that you just know for sure are bad for you. So it gets a bit tricky, but it's helpful

GET OFF YOUR SUGAR

— summit —

to track your food. Plug it into one of these Apps, and have a look, and you'll see it stark as day.

Dr. Gioffre: And it's such a shocking exercise. I do this with my clients. And one thing I also recommend is look at your past, like maybe past 48 hours or past three days, because so many times when I was doing it, tell me your next three days, they'll change them a little bit because they know you're going to look at it. So look at your last three days and see, because that's more objective. But it's shocking what you find.

And we see this a lot, but it's shocking to them. And it's so empowering to them for them to discover, "Well, I'm actually eating that much sugar," they had no idea. And talking about the 18 times of food a day, and most people will think of meals as like breakfast, lunch, and dinner, but it's grabbing the little snack here and there, are these people hungry or is there something deeper going on there that's making them want to constantly grab that food?

Florence: My guess is the food they're grabbing are carbohydrates, typically refined. And it's because they're probably one of us, Darryl. I love that you and I have the courage to go completely public with the world to say, "I'm a 100% recovered sugar addict," no shame in that. My brain lit up like a Christmas tree on sugar. I loved it. I ate it all day long. But I know that my capacity, even my interest in grazing is zero. I cannot eat between meals. I no longer snack. I'm not interested in topping out my sugar levels anymore because I'm not addicted. It's over.

And I think that people who are grazing that much are just, they get that little nibble, the little void that only addicts understand this, there's this little void feeling, this little empty feeling, this little bit of feeling of distress like I just need a little something, something. And all of a sudden, you're off at the candy jar or, I don't know, you're

nibbling on chocolate or something like that.

Dr. Gioffre: So you mentioned this word addiction many times today. It's just a powerful word because when you think of addiction, people are thinking of alcohol addiction or drug addiction. Is sugar a drug? And you talked about those two words before. Is it a bad habit versus addiction? So let's dive into that because I think this is so important. How does somebody know where they are? "Am I addicted? Is this just something that, you know, I have a little bit of a bad habit, a little bit of a sweet tooth?" So what's the difference?

Florence: Yeah, what a great question. So I like to stress to everybody around me that just because you overeat sugar, we all eat too much sugar. We know that. We're all eating too much sugar. And many of us are eating way too much sugar. But it doesn't mean that just because you're eating too much sugar, you're a sugar addict. It doesn't mean that.

If you look at the bell curve, typically on an addiction, in any addiction, the tip of the bell curve, 8% to 15% of the population will become truly addicted to that substance. So that's alcohol, cigarettes, heroin, whatever. Sugar is similar. Only some of us light us like a Christmas tree when we eat sugar and refined carbohydrates. But the vast majority of the population do not. I shouldn't say that entirely.

So there's a book called *The Affliction of Addiction* by Adam McArnold. And he argues that the substance that you become addicted to is one that has two features. One, it acts very quickly. So the speed at which it impacts your brain chemistry boosts your feel-good neurotransmitters, serotonin, your dopamine, your norepinephrine, your catecholamines, all of those feel-good neurotransmitters, the speed at which your body responds to that substance of choice and the intensity of how quickly it boosts that brain chemistry, that is the sole determinant

GET OFF YOUR SUGAR

— summit —

about whether or not you will become substance dependent or addicted to that substance.

There are plenty of people on the planet that could take or leave sugar. They eat too much, but really with a really good reason, and some new recipes, and maybe some science, and some support, they're totally going to eliminate or reduce their sugar significantly, well under that recommended goal of no more than nine teaspoons for men and no more than six for women, those are individuals that have a bad habit. They've got into the habit of grabbing quick, easy, cheap foods. But sugar addicts are different. And they need to know that.

You need to know which one you are. So if you like, it would be helpful, I have a sugar addiction quiz that I created that can sometimes help people figure out, in black and white, where they fall on that continuum. So 8% to 15% are sugar addicts. It's an opiate for us. And I could tell you about some of the science, it suggests that it truly is an opiate.

Dr. Gioffre: Eighteen to how many percent?

Florence: Eight to fifteen.

Dr. Gioffre: Eight to fifteen.

Florence: I will say, Dr. Vera Tarman, who wrote the book called *Food Junkies*, which is an awesome book, by the way, she argues, "No, no, no, Florence, there's way more people that are sugar addicted now." But, yes, in a normal population, it's 15% of the population, roughly, would be addicted to a substance, even like with exposure. But she said she thinks that the whole bell curve is way skewed now. That way more people are addicted because of pure problems and exposure. Just the sheer amount of sugar going into our bodies, she thinks it can trip a sugar addiction wire, which is really a compelling argument.

So that said, I do have a sugar addiction quiz that's entirely based on the DSM-4. So the DSM-4, when psychologists and psychiatrists are trying to decide whether or not someone qualifies as addicted, alcoholic, drug addict, or whatever, we call it substance dependency now just to be less stigmatized about the word addiction, which really let me just take a moment to do a little bit of a rant about that word because not everybody lights up with sugar.

Okay, well, too bad for you. But so what? So what that we have brains that are responsive to life and responsive to sugar? The reality is is that you have to have a very strong constitution to be an addict. And you have to have a brain that's responsive to life. And the beautiful thing about being a sugar addict or any kind of addict is that when we get off of sugar, our brains are still capable of being lit up by sunsets, or the smell of fresh rain, by laughing our head off because we have a friend that's funny.

We are people that are so blessed with brain chemistry and bodies that are sensitive and full of life and full of energy. So I never think of it as a stigma. I make no apologies for the fact that my brain fell in love with sugar. Unfortunately, it was an unrequited love affair. I love it, but it didn't love me. It ravaged my life and my body.

So if we look at the DSM-4, there's different kinds of categories that determine whether or not you're a substance abuser, you're addicted. So the first one is tolerance. So do you find that you need to eat more sugar, and more bacon, more flour, more processed carbohydrates to get your fix? If you say yes to that, if you say yes to any three... So three yeses to any of the following questions means you officially qualify as substance dependent. So tolerance is the first one.

The second one is withdrawal. Do you find that when you don't, when you cut it out of your diet, when you stop eating or drinking sweet foods and

GET OFF YOUR SUGAR

— summit —

drinks, do you have withdrawal symptoms? Do you have cravings? Do you get shaky hands? Do you get headaches? Do you get irritable? Those are called withdrawal symptoms.

Question number three, do you binge on sweet foods and/or drinks, especially after you've pulled them out of your diet. So if you've gone on a bit of an abstinence kick, do you find that when you break your abstinence, do you go off the deep end? That's called a binge or loss of control. Do you experience a loss of control over the quantity of your ingestion of sweet foods? Do you eat or drink sweet foods in...

Do you eat sugar and refined carbohydrates more often than you'd like? So do you have an idea in your head that you probably shouldn't eat it more than once a day or maybe every now and then or are you just fine that you're doing it more than you really want? Do you find that you crave or have a persistent desire to eat or drink refined carbohydrates? That's called persistence desire, basically cravings. Do you have cravings? Not everybody has sugar cravings.

I know for sugar addicts, they're like, "What? No, no," they don't. If it's there, they'll nibble on a cookie. We all know these people that'll eat three quarters of a cookie, leaving a little bit on their plate. And you look at them like, "What is wrong with you? How do you leave three quarters of a cookie on your plate: You mind if I eat it?"

Dr. Gioffre: Yeah, me and Mike were talking about that and laughing. I was saying I was the guy at the wedding where I saw like the cookie tray come out and I was like looking around for the people so I could go and grab the cookie and not feel like I was being watched because I was grabbing so many, right. So these are great questions that we can ask ourselves—tolerance, withdrawal symptoms--

Florence: Craving.

Dr. Gioffre: if we do a food binge, and cravings to see if we can, basically, classify ourselves in that substance dependent.

Florence: But there's four more. There's four more.

Dr. Gioffre: Go ahead.

Florence: So have you experienced unsuccessful efforts to cut back or quit eating refined carbohydrates? Have you noticed that you spend a significant amount of time, energy, or money in securing your favorite junk foods? Have you gone out at two o'clock in the morning in the middle of a blizzard to go get your ice cream fix?

Do you spend more time than you'd like recovering from the consequences of your sugar consumption? Do you find that you're tired or you have headaches? Is it robbing you of your health and mental health? Have your social, occupational, or recreational activities been reduced or cancelled because of your consumption of refined carbohydrates?

Have you skipped out on an opportunity to go and be with people and be social to stay home and binge or to eat? And the final question is do you continue to eat processed, refined carbohydrates despite knowledge of persistent physical or psychological problems that are either caused or made worse by the consumption of junk food?

So all you need is three. And if you've got three, according to the DSM, you're addicted. You're one of us. Okay, so that makes us, we're the lucky ones because here is the thing that addicts need to do. And this is what will set you free. This core insight will really be helpful.

If you're truly sugar addicted, then you need to

GET OFF YOUR SUGAR

— summit —

give it up forever. We never again eat refined carbohydrates. That makes us the lucky ones because once you've recalibrated your palette, and you're on whole foods, and you fall freaking in love with salads, and steamed broccoli, and whatever, and salmon, and whatever, lentils, too, whatever the whole foods that you're eating, once you've learned to break up with sugar and fall in love with fruits and veggies, and foods that truly nourish your body, and how you feel on them, you will look at that food and go, "You couldn't pay me." You're not missing out. But the beautiful thing is, is that you no longer have any of that going in your bloodstream. You are free.

Dr. Gioffre: It's almost your blood saying you've experienced the worst of it to get you to the point where you're not putting any of it in your body. And that's the freedom that you're talking about.

Florence: Yes. There is sugar abstinence where people work really, really hard one day at a time to stay sugar abstinent. So that didn't work for me. I spent years in 12-step programs doing the typical, "Just for today, I'm not going to eat sugar." And I managed to cobble together two years of perfect back to back abstinence.

But, Dr. Daryl, I was not free. I was not free in the head. It was extraordinary amounts of effort. I was going to three meetings a week. I was making phone calls every day. I was working the steps. It was extraordinary amounts of work. And I remember one day being as depressed at the thought of having to spend every Wednesday night for the rest of my life going to 12-step meetings, as much as they were wonderful, the friends I made, and the people there were great, I was depressed at the thought that I could never do something on a Wednesday night because, "Oh, I've got my 12-step meeting," because if I don't go to my meetings, I could relapse.

And God knows I didn't want to do that. And

that was a different kind of prison. And it was a different kind of food obsession. I wasn't obsessed about eating sugar anymore, I was obsessed about staying abstinent. And in my experience, there's better ways of kicking sugar than the one day at a time approach. But there are different ways. Ways that worked better for me and worked better for the clients that I work with.

Dr. Gioffre: Yeah, that's phenomenal. What about the higher sugar fruits things like pineapple, bananas? Is that something that you think people shouldn't be eating because of what the higher fructose levels are? Is that okay because it's wrapped with what nature gives them as far as the vitamins, the minerals, and all the fiber that's attached to it?

Florence: Ah, such a great question because I get that question a lot. Here's what I say is I help people get off of the processed, refined carbohydrates, it's their job to figure out what whole-food meal plan they're going to work with. And the reality is most of us profoundly experiment until we find the right ratios for our bodies. There is no one size fits all. There's no read a book on Keto, and do Keto, and have it work perfect because there's so many different right ways to do Keto. And there's ways to do it wrong for your body.

So for some of my clients, whole foods, including fruit, are not a problem. Nope. For others, in the early days, they find that they pull them out because at the end, they trigger cravings and they want freedom. Or they find that it spikes their blood sugars and they're not getting the results they want.

The beauty is, is that in the early days, you get off the processed stuff, you get on the whole foods, and then there's a process of experimenting to figure out what seems to work for your body. But

GET OFF YOUR SUGAR

— summit —

in and of themselves, fruits are extraordinarily healthy.

Dr. Gioffre: Yeah, because the reality is we are all biochemically different so you have to really trial and error. Find out what's going to work for you in your own life. And I think we ought to talk about...You mentioned we have to stay from those processed sugars, which obviously the ones that are bad, but what are these processed sugars doing to us? They're massively depleting your body.

There're studies showing that it takes 54 molecules of magnesium to neutralize one molecule of sugar. So it's literally draining our body of the minerals that we need to perform. And so it's not just about getting rid of the bad, but giving our body more of these healthy foods, these healthy low-sugar vegetables, and healthy ketogenic fats, giving the body the things that it needs to help deal with the effects that sugar's done to your body for possibly a long period of time.

Florence: Absolutely, that's so well put. Absolutely. There's a whole phase, we're very nutritionally deficient. Sugar addicts are very nutritionally deficient for two reasons. One, the love of sugar and refined carbohydrates crowds out other food choices. We're just not even eating the foods that could replenish and keep our bodies healthy. It's crowding them out and also the foods that we keep in our diets.

So if we're still eating some grains, for some of us, the phytic acid's in there and the lectins, etcetera, can block the uptake of the good nutrition that we're eating so we're like, "But I'm doing everything right. Just occasionally, I cheat." Like you're not getting the results you want, it could be because, for some people, they need to treat nutrition therapeutically. Especially the first 90 days, six months, you are entirely focused on

replenishing, and restoring, and remineralizing your body.

Dr. Gioffre: Yeah, and sugar, obviously, massively inflames the gut. It's acidifying to the gut. It creates leaky gut. So even to your point, when people try to get over this and be healthy, they're probably not even absorbing the nutrients in the foods that they're eating so they got to go and get that gut fixed. The microbiome is such a big aspect of this. So I think we have to really pay attention to that, as well, right?

Florence: Yes, yup.

Dr. Gioffre: So you talk about the three biggest mistakes people make when they're trying to get off your sugar. Can you go into that a little bit?

Florence: Yeah, sure. And I kind of have touched on it, but I'll summarize it.

Dr. Gioffre: Yeah.

Florence: The first mistake is they try and use willpower to kick sugar. Willpower doesn't work for addiction. If you're listening to this interview and you're not someone who said yes to three or more on that quiz, you're likely someone who has a bad sugar habit.

And the beautiful news is you will have the option of being able to significantly cut back through willpower, through support, through some new recipes, some good science, and good information, you're going to be able to really seriously pull back on your sugar consumption. And you're going to be able to dabble, and not trigger your addiction, and be off the deep end the next day. That's awesome.

If you're an addict, however, willpower doesn't work for addiction because they're just so intense. The body's just so deeply dug in to that pleasure

GET OFF YOUR SUGAR

— summit —

that it goes, literally it goes rogue. We can see in CAT scans that for addicts, when they ingest their substance of choice, their drug of choice...And heck yeah, sugar's a drug. We know it's a drug through science with mice and rats. We haven't got human studies yet, but that's coming. It acts as a drug for us.

And what it does is, because the limbic center of our brain is for pain and pleasure, and that's what lights up, it cuts the blood supply to our neocortex, the rational part that can put the brakes on things and say, "Yeah, no, I'm not eating that. That doesn't, that doesn't love me back. That is...That's a love affair. I need, I need to break up with that sugar," but it doesn't come onboard because you can see that brain supply is cut off. So it's gone rogue. It's no longer subjected to the immune system of the rational brain.

So the very first mistake is sugar addicts typically try harder, they put more effort into it. But that isn't what gets you free. What gets you free is a really clear understanding about what is addiction. And addiction is simply this. There's lots of definitions. Here is the one that I work with. Here is the one that set me free. Here's the one I love. And it comes out of the drug and alcohol recovery field. I didn't invent this. The technique I use to help my clients get sugar-free comes out of the drug and alcohol recovery field. And it just works like a charm.

So there's two parts of us. There's a part of us that's addicted to sugar and there's a part of us that's not. And once you have two minds about a substance, an opiate, and sugar's an opiate, you betcha, for us. Not for everyone, bell curve 8% to 15% it's an opiate for us. So for the rest of the planet that looks at us, "Like, how could you be addicted to sugar?" "I don't know, I say to cigarette smokers, how could you possibly be addicted to cigarettes. It's not my job of choice. It does nothing for me."

But to them, it does. So everyone's individual in the way how we respond to substances on the planet. The more refined they are, the more likely they are to act quickly and powerfully on our brain. And we know sugar, when it's refined, is an opiate. So we are not an addict when we are just enjoying sugar, when we're just drinking alcohol, when we're shooting up heroin. If it's just pure pleasure, then there's no second part of us that's looking at this going, "I don't want to be doing this anymore. The pain that it's bringing is not worth the pleasure it's bringing."

The scales have tipped. In that moment, you become of two minds, that's the moment you're an addict, not until then. Until then, you're just exercising your Constitutional right to enjoy black forest cake. The moment in every addicts' life when a part of you splits off and there's a part of you that's looking at sugar and knowing, "This is killing me. I'm addicted. I don't want to be eating this anymore."

And that's your higher mind or your higher self, your neocortex, the rational part of your brain. But the part of you, the limbic part of the brain, that pleasure drive, that rogue pleasure drive, I call it, "It," it's addicted. And it will never not be addicted, and it will never not want to eat sugar, and it never, never, ever wants you to stop eating sugar. It thinks it's stupid, "Why don't we moderate? You know, that's too extreme. It's impossible. You can't do this. You'll be antisocial. People will think you're a freak." And it starts beeping off. And addicts can literally hear that voice in their head.

So in an addiction, what happens is this is that the higher human mind, the rational brain or the higher self, in a moment of craving or temptation is no longer separate, observing what's happening with this pleasure drive, it collapse into it. And it becomes one in the same. And in that moment, you think you want the doughnut or the Dorito.

GET OFF YOUR SUGAR

— summit —

But it isn't true. So what I do with my addicts, my sugar addicts, is I help them restore that split so they can look at what it wants, "Oh, it wants a Dorito. It wants a doughnut."

And I help them use a strategy that isolates that pleasure drive and observes it. And once they can observe it, that collapse stops. And it just becomes effortless to give it up. I know that sounds...It would probably take me half an hour to fully explain it, but basically that's what an addiction is, is that we collapse into the body pleasure.

For many people—I say this to my clients. And not everybody will resonate with this—but our higher self, our higher mind, our consciousness, we are not our bodies and we are not our minds. We have a body and we have a mind. They are there to serve us. But in any addiction what happens is that we serve it. It says, "Ah, hello, I would like this. Chop, chop, Florence, go and get it."

And I might be able to hold out for three days and say, "No, I don't want to be eating that," but there's all this tension and there's all this power struggle, and using willpower, "No, you can't. I'm not." And it's exhausting. And sooner or later, my willpower runs thin, my passion, and my truth, and my good intentions just completely bottom out. And I relapse.

And that is the story of sugar addicts who use willpower. Willpower was never designed to help us fight an addiction. It's perfectly designed to help us get out of bed in the morning when we're tired, or it's warm in our beds and cold outside, and it's time to go to work, you're going to the gym, that's perfect for willpower. It's a short burst, about 15 minutes, it gets our butt in gear so we can get on with what we need to do.

But can you imagine trying to use willpower all freaking day to cope with temptations and

cravings. It's exhausting. And it's always brought...I know with my clients when they come in with stretches of abstinence and then relapse, abstinence, relax, I tell them, "You're using willpower. Let me teach you a skill. It's easier."

Dr. Gioffre: Yeah, and they're making decisions all day long. You get an email. You get a ping on your phone. You don't even realize that your mind is constantly deciding. And that's willpower. And it's happening subconsciously. So by the time people get home, they're just spent, they're exhausted. And they don't, most of the time, prepare for their meals or their dinner. So then what happens, they tend to go for the easy carbohydrate. So that becomes an issue when they're tired, they're exhausted, they can't think, they can't prep, that's another issue. So I think preparation and thinking about what your day, your week's going to look like becomes an important part, as far as the food choices you make.

Florence: Yes, yes, sorry. Yes, absolutely. And eventually, you're so committed to your meal prepping and planning because your sugar freedom from cravings, from thinking about it so much, from wasting money, from eating foods, and even while you're eating it, you're like, "I don't really want to be eating this." And it's very demoralizing. There's nothing that destroys our self-respect and self-esteem more than breaking promises to our own self. And that restores so quickly on the other side of sugar addiction recovery.

And there's also one other piece that I think sugar...The greatest crime of sugar addiction for me is this that there are millions of us that spend the last few minutes of our beautiful day feeling shame, guilt, or regret about what we ate that day because we're locked into this power struggle with refined carbohydrates. And that is no way to end the day. So the greatest gift of being sugar-free and totally free, not steps, and not fighting, and

GET OFF YOUR SUGAR

— summit —

not being obsessed about food, truly free, is that you can end your day in peace. You're not beating yourself up thinking, "What in the hell is wrong with me?"

Dr. Gioffre: Yeah.

Florence: So the first mistake is people trying to use willpower. The second mistake is that they don't have a broad enough definition of sugar for their body. And I don't care what the gurus are saying, you and your body know more than 10 doctors. We can help you. We can give you science, and research, and our own experience. But truly at the end of the day, you are your own nutritional guru and you need to figure out what trips your cravings.

My recommendation, typically, is to pull out all of the common sources of sugar and then add them back in. Just get free. You feel like, "Oh, man, you couldn't pay me to eat sugar. I'm good." And then add them back in to see what you can tolerate.

The third mistake that people make is that they think that just because it's not sugar, we're good to go. So I've had clients get 100% sugar-free and a year later, they circle back around to say, "I was effortless, easily sugar-free for a year. And then I just relapsed." And I'll be like, "Weird, let's look at what's going on." And every single time, they are not eating a meal plan that's nutritious.

And I say to them that's not your addiction anymore, that's your poor body being so malnourished that the only way that it could actually feel good is to call for those foods that have opiate-like properties that tweak brain chemistry because it doesn't have enough amino acid protein to build the feel-good neurotransmitters in your brain. You don't have enough fat.

Now some people do fine low-fat. Some people

do higher fats. It's all good. But you don't have enough fat in your diet to build your hormones. You don't have enough leafy greens or vegetables to remineralize your body. How in the heck are you supposed to stay sugar-free if you don't have a meal plan that's truly nourishing? So let's just focus on your meal plan and your sugar freedom's going to come really quickly.

Dr. Gioffre: Yeah, I think that's an important point, especially for people the Ketogenic diet had become such a huge, huge topic, number one researching Google health. And a lot of people understand, but there are many people that don't understand it, they just hop on the bandwagon. And they're increasing all the healthy fats. We have to understand that there's good fats and bad fats.

But a lot of people aren't getting, as you said, the vegetables in. And we need those vegetables because of the minerals. And if we're getting too much fat and not enough fiber in the vegetables, that could cause toxemia in our gut and other deficiencies. So it's important that we keep that well-balanced nutrition as we move into this off your sugar diet. Correct?

Florence: Yes, I so love that you said that. I take a very agnostic stance on the whole food wars because I know people who are freaking thriving being vegans. You're not going to look them in the eyeball and say, "You've got this wrong," because if you look at their blood, you look at their eyeballs, you look at their skin, holy shmoly, they are freaking radiant. And if you want you can take 11 vials of my blood. And I'm going to tell you, I am in range on everything.

So I know vegans that thrive. Now, it may be the case that they thrive for three years and then something shifts and they realize, "No, I need to add some fish in, or I need to eat some eggs, or I need to go back to beef," whatever. It might be

GET OFF YOUR SUGAR

— summit —

just for that stretch of time, they're just fine. But there are people that thrive being vegan, there are people that thrive being Keto, and everything, Paleo.

The bottom line is that all of those meal plans can work because they're all doing the same thing. They've all got the common denominator. If it's not what they're eating, it's what they're not eating. First and foremost, they all pull out the refined carbohydrates, which is going to get you 80% of your results. The other 20% is where you've got to figure out where you fall on that macro ratio.

So do you do better higher fat, lower carb? Do you do better lower fat, higher carb? Everything's whole foods, of course. There're no processed foods that go in our bodies anymore. But everyone's a little bit different there. And what's worst for one phase of your life and one season, you just need to be nimble. You need to be that tuned into your body.

But here's the thing about Keto is that people think Keto is bacon, and eggs, and avocado, or a burger, a juicy burger with a slab of cheddar cheese, and some bacon on top, and guacamole. And there are people that thrive on that. That would kill me. That would literally kill me. I am a high-plant based woman. I do stretches of Keto, but I'm more Ketotarian, not sort of, more Ketotarian because I do fish, I do chicken, and I do turkey. But I have tried high fat, high meat, it is not right for my body.

And I don't care if it's right for somebody else's body. So even if you're interested in Keto, know that you can be a vegan Keto or you could be a raw food carnivore. I know people that are eating, literally, raw meat. And they did not heal their gut. I have a client, Dr. Daryl, I will kid you not, 74, did not heal her gut until she went 100% carnivore. And a lot of it was raw.

Dr. Gioffre: Wow! Wow! So I think the name of this game is really getting in touch with who you are. It's your unique biochemistry. And I think diet variation's important, as well. You mentioned that someone could go on a vegetarian diet, things can shift. So if you look at our ancestors, they were hunters and gatherers, and they moved, and their diets shift.

So the body doesn't like one specific food. And it's been shown that if you eat one food over, and over, and over, your dopamine receptors will come down because your body wants to search for multiple areas of nutrition because it needs different vitamins and minerals so it's going to ask you to bring those dopamine levels down so you start to search for other sources of food. So change it up. You're never going to go to a trainer and do the same thing over, and over, and over, you're going to go stagnant. And you're probably leave the trainer before you do that. So switch it up.

Florence, this has been so incredible so far. We just have, literally, just a couple of minutes left. I want to ask you a question because I'm a New Yorker and I see so many clients that are just on the go. And a lot are eating out at restaurants. They travel a lot. Do you have any tips and tricks for people that have to eat out a lot? They can't get into the kitchen, which the ideal goal is to get back into relationship when making food. Get into the kitchen. But some people, it's just not practical. So what do you say to those folks?

Florence: Oh, I love it. That's a great question. So first of all, I want to say, I say to my clients that you can trust your body when it comes to whole foods, but you cannot trust your body when it comes to processed foods. So if your body's calling for something that is processed or refined, it's been hijacked, it's been fooled, those foods have been brilliantly engineered in laboratory with scientists, it is designed to hit our bliss point. And

GET OFF YOUR SUGAR

— summit —

there's other ways of hitting our bliss point. Trust me, you can live without sugar. And it's better on the other side.

So that said, when you're eating out, this is a strategy that I actually pulled from my 12-step days. I was in a food addiction recovery program. And my sponsor had me type up on a little card—wonder if I have the wording handy—basically, it says, "Dear Chef, I have severe food allergies or I have significant...Or I have food allergies. You don't want to be that extreme. I have food allergies and food sensitivities. Here's what I would love for my meal tonight: a protein without any sauces, no MSG, chemicals, just a plain protein, a side salad, and your seasonal steamed vegetables, no sauce, no MSG, no sugar, nothing, just plain. Whatever you come up with would be absolutely fantastic. Thank you so much. Much appreciated, Florence."

And it sounds like it won't all fit in a card, but it does. And you laminate it and you keep it in your wallet. Every restaurant in the world can work with that. Mostly. Even a McDonald's can work with that. "Okay, great. I can have a patty. She can have a salad. We don't have any cooked vegetables. Can you live with the salad and the patty?" Yes.

Dr. Gioffre: Minus the salad dressing at McDonald's, which is loaded with sugar everybody.

Florence: Oh, yes, everything's plain. The other thing that you can do is you can call ahead. Eventually, you value your sugar freedom so highly that you will think nothing of taking care of yourself. You will call ahead. You'll bring your own food to potlucks. You learn to come up with...I call it the one mind. I have all my clients, before they're done coaching with me is I make them come up, it's called the broken record line. And it's the one line they use to gracefully decline offers

of refined carbohydrates. Mine is, "Oh, that looks so good. Oh, my, gosh."

I had someone at work one time, because they knew I was gluten-free and sugar-free, make these beautiful cupcakes with this gorgeous, fluffy, pink icing. And it was my first day at work and she'd gone out of her way to make these cupcakes for everybody at work and for me. And they're gluten-free and they're sugar-free. And I still wouldn't eat them, of course, right, because I think she'd used erythritol or I don't even know, stuff, processed junk that I still don't eat.

Anyways, here's this incredibly awkward moment because it's love. It's just a gesture of I'm trying to delight you. I'm trying to welcome you to this work team. And I had to use one line. And thank, God, I had it. And it was polish, I'm like, "Oh, my, gosh, those look so beautiful. Thank you so much. I love the pink. Oh, my goodness." Now, I can go one of two directions. I can say, "Ah, I'm so sorry to tell you that I suffer from migraines so I can't eat that. But my daughter will love...Would you mind if I gave this to my daughter? She's 17. She's going to be over the moon about this."

So I praised them. I received the love that they're really trying to express. Or what I've done before is, "Oh, my, gosh, that's so beautiful. I'm going to save this for my snack time. Was that alright? Oh, my, gosh, I can hardly wait. I'm not hungry now, but I'm going to save this for my break later," or whatever. And it goes in the garbage.

Dr. Gioffre: I was going to say, you go and you dump it in the garbage.

Florence: I go to the women's bathroom and it's in the garbage, whatever, or flush it down the toilet, whatever. Gone. But the very first line is appreciation. It's the receiving because it really is that give/receive exchange. I never told anybody that I went sugar-free. It took me months even

GET OFF YOUR SUGAR

— summit —

to tell my husband that I was 100% sugar-free because it invites comment, it triggers people. And it's no one's business. It's a deeply private decision.

No one's walking around telling, "Oh, I don't eat peanuts." That's nice. No one needs to know that we don't eat sugar, and refined carbohydrates, unless they do because you're going to be at an event and they're wondering if there's going to be food that you can eat there. So that's just taking care of yourself. So that's on an as needed basis. Is that helpful?

Dr. Gioffre: That was incredible. I loved it. Florence, you are just a breath of fresh air today. I so appreciate your passion. It literally exudes from you and everything that you say. In 30 seconds, can you give us one action step or anything whether we said it, didn't say it, something to inspire people, or something practical to help them get off sugar, what would you say in your closing remarks, one thing?

Florence: I would say that you begin to feel the joy of the answered prayer. If you're one of us, and you're a sugar addict, and you're looking to get free, that you begin to feel in your body the joy of what it would be like when you're free because the more you can get in touch with that feeling, the joy of the answered prayer, the joy of knowing that you just don't eat it, and you're free, that will make it easier to move through the journey of getting sugar-free.

So you could also even use the one line that I sometimes teach my client. I get them to write it down, "I am sugar-free and deeply grateful, I am deeply, deeply grateful." I'm sure you are, too, Dr. Daryl. And if you're not there yet, you will get there. You will grow into that truth, but start to fan those flames because that part of us that's addicted is terrified of giving up sugar. It feels grief and fear.

And it's going to start beating it off in our heads and saying things like, "Don't listen to that woman. You're not addicted, or she's stupid, or she doesn't know what she's talking about or..." That's it. That's not you. You know in your heart of hearts and in the depths of your bones. If you're one of us, you know it. And on the other side of that is a life that is so much better without sugar. And you can start to feel the gratitude of that, even before you're there.

Dr. Gioffre: And I think that was an amazing way to end it. The word gratitude hits home. I never forget the quote of Toni Robbins, "When you express gratitude, your fear disappears." It's amazing. Yeah. So, Florence Christophers, thank you so much. You're absolutely amazing. Appreciate you taking the time to be with us today.

Florence: Oh, my, pleasure. Thanks for doing this.

Dr. Gioffre: Alright, everybody, there you have it, Florence Christophers. You can check her out at KickSugarSummit.com and also KickSugar...

Florence: Yep, KickSugarCoach.

Dr. Gioffre: Yeah, KickSugarCoach, I was going there, KickSugarCoach.com. And please check her out. She's doing some amazing things. Alright, everybody, there we have it. It was so great to have you be with us today. And check us out for updates at GetOffYourSugar.com and, of course, our social media @GetOffYourSugar in Instagram and Facebook.com. Get off your sugar! So until then, with Florence Christophers and on behalf of Dr. Robert Scott Bell, I'm Dr. Daryl Gioffre, we'll see you next time. Get off your sugar, everybody!

GET OFF YOUR
SUGAR
— summit —

