




Is fasting worth it? With Georgi Dinkov



Paul Saladino MD 
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@thomaskeets3194

Intermittent fasting saved my life! It healed my body and restored my health. I also did it with a clean low, carb whole foods diet.

  Reply

13 replies



@felipe3354

Georgi is by far my favorite guest on this show

  Reply

17 replies



@vanamoatoes2063

The fact that we have free access to this level of information is really profound. Thanks Paul and Georgi!

  Reply



@WaddupBoi

Amazing discussion. It can't be denied that seed oils are almost definitely the problem here!

  Reply



@takeabreathyoga

Love this one. Thanks, Paul, for being open-minded and not dogmatic, promoting an orthorexic mindset

  Reply



Tinnitus Ringing In...
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Elon Musk (Interview) |
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Oxalates are ruining your
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Don't Worry About "Bad"
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Georgi Dinki
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Andrew Huberman -
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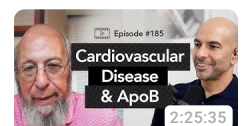
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@rodolfo...

Could you make Georgi a permanent guest on the show, like once a month? I need to know his view on berberine(plant based cousin of metformin), Ashwaghandha (cortisol lowering) and so many other things...

Reply

1 reply



@edmahonejr.9364

This discussion confirms the hypothesis that a lot of these diseases Escalated when seed. Oils and hydrogenated became popular many many years ago. I can still remember my grandmother using Crisco, because she said it was better than lard.

Reply



@Acer0c

Just finished watching, what an exceptional video. I'm definitely going to make multiple changes to my diet and eating habits after watching this. I'm relived to hear George's thoughts on fructose. Thank you both so much for all this great information.

Reply

4 replies



@ArcturusAndromeda

This is bloody amazing. Thank you. Keep 'em coming!!

Reply



@martinnilsson495

Awesome episode. Thanks! I've now been eating "prometabolic" for six months, eating as soon as I get hungry and havn't gained a pound (might actually have lost some, although I don't own a scale). Feel so much better in mind and body compared to when I did IF before that. My search is over.....

Reply

5 replies



@nothingtoseehere2456

Great stuff 😊 I watched all 3 now. I think we need a 4th one!

Reply



@connorjcharchuk9381

Intermittent fasting has been shown in humans to reduce inflammatory markers substantially. Anyone dealing with chronic inflammation should absolutely try fasting.

Reply

8 replies



@ASMRMonkeypro

You added so much knowledge and understanding to my life. Thank you!

Reply



@bloodyrediculous

The discussion on charcoal is something that needs a follow-up. Some cultures still retain this habit of consuming charcoal to counter toxins, and some monkeys have also been documented doing this habitually. Despite this, this is the first time I have heard anyone talk about charcoal use in humans. What would be an effective protocol for using charcoal? I don't think you would want to use it all the time since it could also bind to protein in your food and prevent you from absorbing as much of the

Reply

4 replies



@csmo2896

Great info. Thanks. I just started HIIT training last week. I love it!

Reply



@vikingcrypto3431

Great interview guys, a lot of takeaways to implement.

Reply



I Ate Bacon, Eggs & Butt ...



"They Are Ly To You!" - Pe ...



Fox News Hemorrhagi ...



Animal-base vs. Ray Peat ...



Sunscreen a skincare ...



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CIA Spy on Mind Games: ...



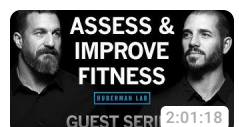
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Heart Surge Shocking Re ...



Why PEANU BUTTER is c ...



Dr. Andy Gal How to Asse ...



Farage: The Trump ...



Mom Explai What It Took ...



Fasting For Survival

B @brendantully1950
This guy is doing a phenom job - debunking all the BS we've been told by Big Pharma and Big Food. My top go-to for health info and common sense.

👍 🗨️ Reply

▼ 4 replies

Classic Jukebox @ClassicJukeboxBand
As for intense exercise, I love Paul's opinion. As running, evolutionary creatures, we have a "fight or flight" mechanism for a reason. It's because if we can sprint, or fight off predators, we survive. If we can't, we get checked out of the gene pool. The most important part of exercise is the recovery period, not the fat burning during the exercise. Rest is when you get fit, and the more intense the exercise, the quicker you get fit because your body is thinking you are to get killed if you don't get fit real

👍 🗨️ Reply

bellacinzia5960 @bellacinzia5960
I LOVE fasting,,, I feel so good and full of energy when I fast,,, also I'm not normally hungry anyway until afternoon time, so it's not hard ,,I'm on the carnivore with minimal very low or no oxalate veggies,,

👍 🗨️ Reply

AC3R0C @Acer0c
Hmm, I have been IF with a meal at noon and at 6. I think I might try a small breakfast like Paul does and see how it works. Been thinking of trying it and this video seems like the push I need finally try it. Thank you.

👍 🗨️ Reply

▼ 2 replies

D @deirdrehanvey8752
Georgi is the best guess! Thanks you both for sharing your life saving knowledge .

👍 🗨️ Reply

▼ 4 replies

L @lauriesherman5340
So interesting...I'm always trying to fix my gut and have made good progress but now, I'm so confused between less plants (which hate me for sure) and moving more toward a higher meat ratio...sooo confusing Paul...you and other in the carnivore space kinda mimic my actual experience. I got rid of my SIBO and do feel better but eating more plants were killing me! Naturally, when I ate more meat, I always felt better...

👍 🗨️ Reply

▼ 2 replies

@DG-ti1jb @DG-ti1jb
I had a negative experience from I.F. I did 18:6 for a month- about 4 days a week. I lost 15lbs and never gained it back. I am now too thin- doctor does not have any answer. BMI is technically in range at 20 so she is not freaking out but I am too thin, says everyone...all the time which is annoying. I think I sped up my metabolism 14%. I realize I.F. is probably great for many people- this is simply my experience. My n of 1 means very little but just good to be aware of. Like anything, a take it easy approach is

👍 🗨️ Reply

▼ 5 replies

@jonanderson6882 @jonanderson6882
I've been playing with Glycine . ~5-10 grams/day. The clarity of mind in the morning is testament enough. Combine that with NAC=Amazing!

👍 🗨️ Reply

d @donpatterson3205
Great podcast and thanks for having Georgi on. I remember not that long ago Dr Baker said "this ray peat garbage" .Ray Peat has some incredible research and science behind him.

👍 🗨️ Reply

@brodeize @brodeize
Im fasting for 5 days now - 48 hours followed by a big meal. My anhedonic symptoms are literally much better now. Could be just for a moment but it feels good.

👍 🗨️ Reply

▼ 3 replies

How to lose weight

Cardiologist the Over-

Autophagy: Fasting vs

Everything You Thought You

High Cholesterol

CARNIVORE Diet (Beginn

No.1 Heart Surgeon:

Carnivore on Budget (7

Does SUGAR CAUSE

Avoid this Toxin in the Food

The Streets Taught Him

How to NOT from a Hear

Healing acn with diet: go

Sleep Toolkit Tools for

What If You 5 EGGS A D:

D @DavidS-ox3li
Amazing interview with so many new insights. He mentioned that GLP1 agonists increase all cause mortality however all the studies I have seen show the opposite so would like to see what study he is referring to.

👍 🗨️ Reply

M @mikeemiike3979
I don't know the details, but my aunt would fast for many days. I know that occasionally, fasting is beneficial, but she developed cancer. My suspicion is that she wasn't eating well when not fasting. She drank too much wine sometimes, one of her daughters made and sold veggie smoothies (she may have consumed that) and i think she rarely had animal products (she hated milk). That's all I know.

👍 🗨️ Reply

@Marlene612
Phenomenal work Guys. ❤️

👍 🗨️ Reply

@JesusGarcia-ur2wk
I've been on OMAD for a 1 year now! Lost 56 pounds in 3 months. 213 to 158 Pounds.

👍 🗨️ Reply

▼ 3 replies

t @tuphdc8779
16:8 fasting has worked so well for me. Higher energy levels, less appetite. Its evolutionarily consistent to not eat all the time

👍 🗨️ Reply

▼ 17 replies

B @brookstorm9789
Thank you for this wonderful guest, outstanding

👍 🗨️ Reply

@jpaul4820
Need an advanced degree in nutrition science to understand most of this. That's what makes this so darn hard to be informed. Georgi is an absolute madman.

👍 🗨️ Reply

▼ 4 replies

D @worldoflies999
God bless you Paul; I bought your heart and soil beef organs and also subscribed. I'm looking forward to getting other products you sell.

👍 🗨️ Reply

J @joshwalker3872
I think the real problem is being overlooked when yall are talking about blood glucose and starches. The issue I and most others have is the ability to limit these highly available and addictive foods. It works in costa rica when you get to podcast and surf for a living but that's not the common situation

👍 🗨️ Reply

▼ 4 replies

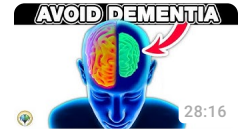
@bloodyrediculous
I wonder about the relationship between longevity, muscle mass, and strength. It was mentioned that muscle mass is strongly correlated with longevity, but my guess is that is mainly indicative of muscle mass loss being a very bad thing rather than an indication that more muscle mass is always better. Assuming individuals of equal body fat % and minimal muscle mass loss during ageing, would total mass still be the best indicator of longevity or would something like strength be a better marker?

👍 🗨️ Reply

▼ 3 replies



#1 Absolute Best Way To



How to Optimize Yo



Dr. Justin Sonnenburg



Failed Atten to Destroy



Dr. Peter Att Exercise,



The 5 Best Ways to Tre



Supercharge Exercise



Dr. Anthony Chaffee -



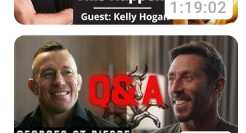
Robert F Kennedy Jr:



Using Deliberate C



Woman Eats Only MEAT f



Q&A W/ Georges St-



CARNIVORE Diet Mistake

Is animal-ba the optimal

T @tylerbreaux2395
I'm 31 and not healthy and have been intermittent fasting for a couple years and I'm definitely doing worse now than before. Attempting extended fasts definitely seem to be really bad for me as well and that's only 2 or 3 days, longest I've managed was 7 days and it was horrible. My chronic pains and whatnot just keep getting worse. I guess I'll be stopping the intermittent fasting for a while to see if I do any better eating normally. Disappointed tbh, I believe fasting to be very beneficial, but I guess like with

👍 🗨️ Reply

▼ 7 replies

AC3R0C @Acer0c
Two hour video, awesome. 😊

👍 🗨️ Reply

M @mustafashaban
Really great interview. Just want to know what actionable steps needed to implement the science mentioned in the video?

👍 🗨️ Reply

D @drobert7123
Georgie straight brang it! The brain on this man is impressive. Great podcast Paul. Keep them coming

👍 🗨️ Reply

▼ 3 replies

🚫 @solomani5959
43:35 what about people like me who naturally skips breakfast? I'll usually eat 2 to 3 hours after waking. I did try for 3 months recently when I switched to animal based from keto and didn't like it. I feel better eating breakfast later. What this means is I end up fasting 13 to 16 hours daily.

👍 🗨️ Reply

▼ 3 replies

🌄 @DG-ti1jb
I am a fan of low starch (sugar), quality meat, some non-starchy veg (fiber) and good movement- nothing crazy but keep moving. The quality of the food really matters. I wanted to do some fasting but it did not work for me. If I can gain some weight back, I might try it again but to a lesser degree- like 18:6 once a week.

👍 🗨️ Reply

👩 @AlexProudfoot1
Thank you both for this information. Please, Dr Paul, or Georgi Dinkov, might you translate this valuable information for Jo(e) Public? I make my own gummies using grass-fed beef gelatin, dissolved in water and whole lemon added - juice and zest and a pinch sea salt.

👍 🗨️ Reply

🌳 @catcan221
Omg 🤔😂😂😂 I grew up on Csndyland and Willy Wonka and the Chocolate Factory! I was a sugar addict and sadly repeated that with my kids. My drug of choice was expensive ice cream. I do miss that but know it is poison. My kids are thin and fit so they do not understand the threat. I am now trying to explain how wrong I was (they are teens) but not sure they are listening. They have seen me radically change my own eating and lose nearly 30 pounds. So hopefully seeing my health change will help them

👍 🗨️ Reply

▼ 2 replies

D @dianabenjamin7837
Brad Marshall recently did an episode on his channel, and I think also blog post where he thinks starches are better than sugar because the sugar will unregulated the production of SCD1. I would love to hear you or gorgi explain this as he obviously doesn't like the idea of sugar and fructose, saying it will turn your saturated fat into unsaturated.

👍 🗨️ Reply

👤 @JakeConvey
I believe the main message is not to fast too excessive (when trying to build muscle vs healing and detoxing illness) and stop snacking so much. Don't combine carbs/sugar and protein in same meal. Fasting is super good for chronic illness and finding mental and spiritual connections individual to each person/situation. Development of humility and patience by not snacking all the time. Knowing what your food is worth and not eating too much. Also you can help a fast by eating things like green tea, raw

👍 🗨️ Reply

IS ANIMAL-BASED 1:22:30



Dr. Rhonda Patrick: ...



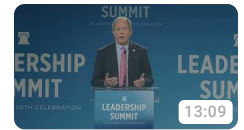
Scientist reacts to Carnivore ...



Biological Influences C ...



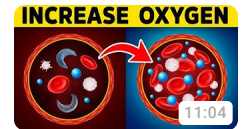
Vivek Ramaswami: ...



The TRUTH About Electri ...



The 6 Foods You Should ...



The Secret to Increasing ...



Jack Hibbs: The Great ...

CANCER Has this Diet [Ke ...

Ep. 384 | Food Clutter (with ...

Woman Doe Eat PLANTS ...

Animal-based diet 101: 20 ...

How Fasting changes ...

Dylan Mulvaney's ...

You've Been ...

▼ 9 replies

@lironkayvan3759

Can you do a show on how to activate brown fat vs white fat and what the benefits are? Thanks

👍 🗨️ Reply

@winstonbrown347

You just have to accept that everyone is biochemically different based on how they utilize resources. Fast oxidizers/stressed out people do bad with high sugar, I've tested it out. I need lots of protein and fat. Some need a mix like yourself. Some need no fat, high fat, etc. it doesn't matter how well you intellectualize an idea, you won't find a status quo. Enjoy your life, what you have, worry less and have fun.

👍 🗨️ Reply

▼ 1 reply

@IndigoAwakener

LOVE YOUR CHATS WITH GEORGI.....

👍 🗨️ Reply

@heaz32

Interesting take on eccentric load not being very good for your health. From a rehab perspective, eccentrics provide better tissue adaptation for building strength and more resilient ligaments and tendons.

👍 🗨️ Reply

▼ 2 replies

@jeffreythompson6282

On the Randal cycle: you talked about low fat high carbs, but didn't talk about low carbs high fat. From what I understand both approaches work, it's that high fat and high carbs combo that is deadly. (Pufas aside)

👍 🗨️ Reply

▼ 17 replies

@MK-ft3qt

There needs to be a consensus that cancer is more likely caused by mitochondrial metabolic syndrome. If we know this to be true like Dr. Seyfried indicates, everyone needs to concur. 😊

👍 🗨️ Reply

@johnrimac3106

I do 20 minutes per week of high intensity Doug McGuff super slow exercise, and nothing else. I'm in great shape as a 70 year old. I'm in better shape than when I was 20, and I'm a chick magnet. I'm also a carnivore.

👍 🗨️ Reply

@TheBeautyanna

Fasting is sacred!! I have been doing for 12 years feel great! Boxing 🥊 4 times a week!! I am 50 and I look 30!! Super fitted people always ask if I stay hours in the gym lifting! 🏋️ once a week or twice a month I fast 24 hours!!

👍 🗨️ Reply

@Snapkrackpop

can you address the issue of cortisol being too low in the morning? i did a saliva CAR test and my cortisol was very low

👍 🗨️ Reply

@cabolynn

Maybe consider getting Georgi on to discuss the many benefits of glycine. Great show!

👍 🗨️ Reply

▼ 1 reply

@DorianoPaisanoCarta

I love Paul... but I admit that it's been triggering how much he changes ...which doesn't mean he's wrong. He's obviously doing his research and the results speak for itself.. he always reminds us that your mileage may vary.. just as Georgi says too. Still, we should all do our research and apply the information to our own individual situation and bio reality. I have achieved success with Keto and fasting but now I see that it doesn't always mean that those were the sole reasons for success. The intermittent fastin

👍 🗨️ Reply

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Dr. Peter Att
Improve Viti

Joe Rogan -
Carnivore Di



Proper Hum
Diet Q&A wi

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TOOLS TO
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Optimizing
brain health

How to Lose
Belly Fat

Carnivore Di
Dangers? 2

Dr. Max
Gulhane -

@alec1511900

It makes sense that if high fibre diets lead to more endotoxins, this would have a negative effect on long term health. However, there is epidemiology that shows a correlation between high fibre diets and better health and longevity. Even if the epidemiology can't prove that the fibre is the cause of better health outcomes, it does strongly imply that the increase in microbiome from fibre, and therefore the supposed endotoxin increase, is not causing worse health outcomes as Georgi claims?

  Reply

▼ 7 replies

@smorgan125

What they are saying about fasting effects on cancer flies in the face of Thomas Seyfried's work. He has shown that targeting glucose and glutamine will starve cancer since these are the 2 primary energy drives of cancer.

You do this with extreme methods of fasting. One such an example included 21 days water fast and simultaneous weekly fasts.

  Reply

▼ 1 reply

@frankiewhite5430

I feel great fasting so it does something Paul

  Reply

▼ 1 reply