



Dr. John Douillard

A Permanent Solution to Weight Gain,
Cravings and Emotional Eating

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DR. JOHN DOUILLARD

A PERMANENT SOLUTION TO WEIGHT GAIN, CRAVINGS AND EMOTIONAL EATING

Shelley: Hi Dr. Douillard, thank you for taking the time to do this. My first question for you is, please explain to our listeners what your approach with Ayurveda is and how it can be used to help lose weight and create optimal health.

Dr. Douillard: Well, thank you for that introduction and you know, the thing about Ayurvedic medicine is Ayurveda is a science of life and Ayush means life and Veda means knowledge and so, really what it is, is the knowledge of life and it's really the knowledge of your life and ultimately what translates

in Ayurveda is the knowledge of the truth of your life because Veda is truth, the word Veda means truth, so it's the truth of your life, which is what Ayurveda is about.

So ultimately what Ayurveda is about is getting to having us release and access the truth of who we are, so it has a lot to do with the physical body and how we create a lot of physical density and put a lot of baggage and armor and weight on, oftentimes to protect us emotionally, we oftentimes eat in ways that feeds the mind and makes the mind happy and satisfied, but we store a lot of fat and we store a lot of sugar as fat and the next thing we know we've got ourselves into trouble gaining weight and we have less than optimal health.

So, when you look at an Ayurvedic perspective, I'm going to talk to you about how to bring the body back into balance, how to live your life in harmony with nature, because Ayurveda is a science of life, how to live your life in sync with the cycles of nature. I mean birds fly south, whales migrate, leaves turn red and fall off of trees. Everything in nature is connected to cycles and we are a too, but we've, in a way, lost our connection to those cycles, so when you're in your life going with the current of nature,

it's like you're going downstream, you don't feel like your life is a struggle and so many of my clients, you know I give seminars and I say "How many of you feel like at the end of the day you're exhausted, you feel stressed or depleted, you feel like you just want to go crash on the bed or meditate or go work out or do something, to have a glass of wine to recover and kind of recharge from the day?"

That means your life is a struggle and as we hopefully go through this interview today, I'd like to give you the strategies and tools so you finish your day with the same energy as you started, and that would be kind of step one, and along the way, you begin to live a life that allows you to have no cravings throughout the day and your body naturally burns the fuel you are designed and not find ourselves the need to inject ourselves with sugars, candies



Starbucks coffee, different types of foods that give the brain an injection, make the brain feel satisfied, but wreak havoc on our body, and that would be kind of the second step, and then ultimately, as you begin to get, here's the crazy part right, in many of us in our lifestyle, we eat a lot of hidden sugars in America. The diet is very far from natural whole foods.

When you think about what they ate 100 years ago and what we eat today, and Jack Lalane was a friend of mine, I met him a couple of times anyway, and he told me, he said that we should never eat anything out of a wrapper and he says "I never touch anything with a wrapper."

So when you think about the stuff that has a wrapper around it, it's been preserved, dredged, lasting on your counter for three weeks before they could be eaten, milk can last in your fridge for a month. I mean, this stuff, most of those things that last are really sugars in hiding, and the amount of sugar that get into this are so incredible that literally one third of the American population are pre-diabetic as we speak, and 90% of those people, that's 19 million people in America as we speak today, according to the CDC, don't know they have pre-diabetes.

So we are walking down a road, and the number one thing when you have pre-diabetes is you have high blood sugar. You know what your body does with that blood sugar when it's high in your bloodstream?

It puts it into your belly as fat, it puts it into your hips as fat, it raises your cholesterol, it glycates, it actually hooks onto proteins and sticks to your arteries and makes your arterial wall thick and causes heart disease. I mean, these are the issues just because we have a diet that has all of these hidden little sugars that we have no idea exist, and what happens is the brain gets addicted to those sugars.

Sugars, coffee, activate dopamine receptors in the brain, sex activates dopamine receptors in the brain, money activates dopamine receptors in the brain, so we have become little legal drug addicts and the brain, whenever it gets a little stressed out, it goes "Ooh, I want that." I know, I see the logo of the Starbucks and my dopamine level starts to rise and I can't stop, I'm going in there for a shot of espresso. I have no control of myself.

So the brain is driving the desire for these sugars and our industry is providing it for us and our blood sugars go up and the extra sugar goes right into our fat and we become obese and create heart disease and of course we feel yucky in terms of optimal health, so that's kind of an overview of where we're going with Ayurveda, going back to basics, looking at your individual nature, how do you hook up with nature's cycles, live in harmony with those cycles, go downstream with the current and then understand how to not be a victim, a slave of the dopamine receptors of your own brain that are driving you to do stuff that our commercial industry is providing for us in a in a very, very happy way.



They are loving providing all the sugar because it's with the brain and we are all addicted and then we are being fed by these pushers in a way. This may sound crazy, but really, that's what happening.

Shelley: Wow! No, and thank you because you're also talking about how we got here as a country, as a population with these statistics, and so, thank you, and you talk about controlling our weight by eliminating these cravings and emotional eating through your approach, please continue.

Dr. Douillard: Well, one of the things, the big thing that we have in our culture that's a disaster is this idea that we should eat six meals a day. And snacking and grazing, eating six little tiny meals a day. The big problem with that, one eats breakfast and then a snack, and then lunch and then a snack and then supper and a snack and then bed, then your body gets used to being fed every two to three hours.

Dr. Douillard: You have a breakfast and then a carrot, then in-between breakfast and lunch, you burn the carrot, it's healthy and it's good for you, but you didn't burn your fat that day because your body was designed, literally, designed to burn from breakfast all the way to lunch, it is supposed to burn your fat to get there, and then from lunch, you have all the way until supper, you are supposed to burn your fat in-between that meal, but if you have an apple or some nuts, all healthy good stuff, but you didn't burn your fat that day, you burned the nuts, and so you broke the fast from supper, you're supposed to burn fat all the way to breakfast and break the fast with breakfast, that's where the word comes from. There are actually studies that show that human beings were designed to actually burn exclusively fat all night long and break the fast with breakfast.

That's a really huge thing, because when you burn fat all night long, the fat is calm fuel, stabilizes your mood fuel, it detoxifies you, it lasts a long time, so you can go the distance without craving and bonking, it's stable energy fuel, it de-stagnates your lymphatic system fuel, so your cells can drain all the slugs in-between the cells, which allows your immune system to function for your fuel, your intestinal track has drained right into what's called the gut-associated lymphatic tissue and most of the belly fat that people have is congested lymph around their belly, most of the hip fat around women's waist and thighs and stuff that we complain about, is because of congested lymph that can't drain through via the lymph around the gut, so all that lymph gets congested and when you are a good fat burner, you create a chemistry that neutralizes the acidity in the body, the acidity, and that allows the lymph to drain.

So, fat is calm fuel, stable fuel, non-emergency fuel, sleep through the night fuel, burn fat, lose weight of course fuel, of course if we are going to lose weight, but that's like this last good thing that happens, is you lose weight, the best thing is you actually created an environment that is not in an emergency state.



Most people live their life in a full-blown emergency and when the body is in an emergency stress, you know what it says? Hey, any fat you can find, store it, because that's the calm-stable fuel, that's the good fuel, let's put down under the mattress and this lady, this guy is crazy, so until he's convinced that the war is over, I am going to store the fat and keep it there.

So for us to get the body to burn fat and be a better fat burner, and we all do, not just to lose weight, but to actually burn the right kind of fuel so we have stable mood, stable energy, more mental clarity, better heart health, we have to do that by giving the body a reason to burn fat and if you have breakfast-snack, lunch-snack, supper-snack, why should I burn my fat, they feed me every two hours, it's like every time I turn around, there is food in my stomach, I might just burn what they just fed me, why should I go into my fat stores and create ketosis, it's a big hassle, there's toxic waste products from that, the big chore, I am just going to sit back in my lounge chair and just let them feed me every two hours, and that's exactly what happens and then, here's the crazy part, right? So what people do is we eat every two hours – bum, bum, bum, bum, bum – and then we say okay now I'm going to go to bed and I want to sleep for nine hours and go to bed and sleep all night long.

Your body goes: "Really? You've been feeding me for every two hours for the last two years, and now I'm supposed to sleep for nine; I mean, when do I get fed? I'm supposed to get fed every two hours." And then you wake up in the middle of the night you wonder why you can't sleep.

So insomnia is an epidemic issue and this is actually the topic of my newsletter, actually this week; is the number two reason for insomnia is blood sugar issues, because people have conditioned themselves to basically be addicted to being fed every two hours. Ever try to sleep all night? Like really? That's not going to happen.

You have to condition the body to be a better fat burner and then you can sleep through the night. And in the morning when you wake up, you break the fast. When I was a kid we had supper at 6:00 at night. 5:30 – 6:00, kids were back on the street by 6:30, playing kick the can, and come back in at 8:00; you go to bed, there was no snacks; kitchen was closed at 6, over.

You could maybe have a big glass of water, brush your teeth, go to bed. Wake up in the morning, have breakfast at 7:00. We just fasted. We were 10 years old. We fasted as kids from 6:00 at night all the way til 7 in the morning. That's 13 hours of the day.

That's more than half of your day fasting. Now, if you did that to your kids today, I'm sure social services would knock on your door and say "Excuse me, Mrs. Jones, you kidding me? You've got to feed your kids, you've got to snack them!" Right? "You can't do that."

Now we have snacks in schools and stuff. I mean it's just unbelievable what's going on, and we're just creating little blood sugar monsters. And they can't think, they can't think straight because their blood sugar is going up and down and up and down.



That's why 90 million people are pre-diabetic and in the next ten years experts say that every adult will be pre-diabetic. It's just off the charts what's happening. The first piece of the puzzle is this way.

Now, the proponents of three meal a day people they say, well it's really good for you because you keep your blood sugar stable throughout the day and you don't have the highs and lows. I get that. If you open up the text book of medicine and you read about hypoglycemia, it will say if your blood sugar is hypoglycemic, which means you go up and then down and then up and then down; then you eat little meals all day long and it keeps it stable. It's a medicinal diet to fix a medical problem. It is not a way of life. We give medicines out into our culture and it used to be when I was a kid, you get on the medicine, get better, get off. Right?

Now, you get on the medicine, you never get off, and that's what happened with this diet. Now, America's been diagnosed with hypoglycemia; everyone's being told eat six meals a day; and they say well, it increases what's called thermogenesis, which means it increases the heat and increases metabolic activity, so you lose weight faster; and I recently wrote an article about this and cited the research. There's no proof of that. It's not true. That doesn't happen.

They also say that it actually keeps your blood sugar stable and keeps you from having less what are called insulin spikes. Well, in my article I cite the research that says that's not true either. It actually creates more insulin spikes and gives you more opportunities to over-eat and actually creates more blood sugar. So, that's not true.

And they say "Well people lose weight with these six meals a day." No they don't. Studies have shown that they don't do that either. So, there's really no proof to that this being of value at all.

They say "Well yeah, but hunter-gatherers did eat, nibbled all day long, and they ate six meals a day out there in the forest." Really? Okay, Shelly, let's you and I go for a walk in the woods and we'll just eat what we find and we'll just pig out. We'll go for a nice walk in the woods and we'll just pig out; anything we find we can eat, we'll eat it okay?

Shelley: Okay.

Dr. Douillard: How many meals are we going to have?

Shelley: Oh – you know, it's not going to be a lot.

Dr. Douillard: You know, I mean, yeah – we're gonna be starving when we finish that day.

Shelley: Yeah.



Dr. Douillard: We're gonna be like "I want to get some food because I haven't found a thing in the forest today." We are way more abundant with food than they were 1,000 or 2,000 or 10,000 years ago, because most of the grasses and trees we have here are imported. They were never – we've carried all these plants from other parts of the world – These forests are way more rich – you know, Hawaii, for example, was a desert. There was no food on that island until the colonies brought all the fruits and stuff.

So it was really feast or famine in the old days; in hunter-gatherer days. We would have a woolly-mammoth soup and stew we would eat that for a day or two and then basically we would maybe go for another three days with nothing. We had the ability to be really good fat burners and that made us have the ability to survive. If we didn't have that ability to burn fat, we don't exist today having this conversation. We've lost that.

Go to Italy. We went to Italy a couple of years ago with my family and we were driving around in Tuscany, kind of in the rural areas, not the commercial areas; and there's a two hour window when the restaurants are open for breakfast, a two hour window when they're open for lunch and a two hour window when they're open for supper; and that's it.

There's no food to be had. There's no snack food; no delicatessens where you can go in and get a little something whenever you want. The town is closed by five o'clock. It's over at five o'clock and there's no place to get snacks.

Their culture exists three times a day eat, period. Step one to lose weight. Three good meals per day; relax, take time, dine. Make those meals count. We did a study on this, based on my 3-Season Diet book, and we had about 20 people eat three meals a day, no snacks; and I said, "Okay guys, three meals a day, no snacks, and you can eat whatever you want, breakfast, lunch and supper, but nothing in between." They're like "Really? But what about my snacks?"

And I said "You can eat whatever you want. You have a Twinkie for breakfast, you're not going to make it to lunch; not going to work. You've got to have really good wholesome food, otherwise you're not going to make it, okay?" So, they had good breakfasts, good lunches and good suppers.

In two weeks we measured their anxiety, depression, cravings, fatigue, exhaustion and insomnia; and in two weeks they were all significantly improved, and they lost 1.2 pounds per week during the entire study.

But what was really interesting was the first thing that happened in the study was they didn't lose weight right away; they felt better right away. Their mood was better. Their sleep through the night was better. Their stable energy through the day was better.



When I promised them, I said “I promise you’re going to finish your day with the same energy as you started.” And you know what happened? At the end of the study they were like – during the first week of the study, they were freaking out; “Oh my God, I can’t do it; I can’t have my snacks; I’m starving; this is no good.” By the second week, it was like a revival meeting. They were all standing up going “I can’t believe how good I feel, I’ve never felt this good. Oh, my god!”

Why? Because they were off the roller coaster ride. They were off the high and the low of the blood sugar, and we created stability; and that stability was the first step in weight loss. You have to first convince the body the war is over; that life is not a physiological emergency; and they started to make energy last from breakfast to lunch without needing a snack; and from lunch to supper without needing a snack; from supper to bed without having a bedtime snack.

You see what we do? We just nibble, nibble, nibble. Why would the body burn fat? It won’t. Why should it? It won’t. It simply won’t. We don’t as a culture ‘cause we just nibble and snack. So, that’s step one. Get rid of that.

I had one woman, who during the study, she said “I didn’t lose any weight this week – we met every week – and she’s like, “I feel so fantastic, I’ll never stop eating this way.” I said – and every week she’d sit there and she’d raise her hand and say “How are you doing Suzanne this week?” She’d say “I feel fantastic; I love it; I’ll never stop eating this way, but I haven’t lost any weight.” I’m like, “really Suzanne?”

This is a weight-loss study, if you could lose a little weight here, it would help us out.” and she goes “I just haven’t lost any weight.” The whole study went by she hadn’t lost a pound. It’s all great. It’s all nice.

Six months later she came into my office as a patient, and she said, “John, guess what?” And I said, “What?” And she goes, “I lost twenty-five pounds”; I go “when?” She goes “I don’t know I don’t have a scale, I just started noticing that my pants were getting loose and I went got myself measured and weighed and I was twenty-five pounds less, and I was just blown away by that.” And then she said, “How do you think that happened?” I said, “Well the only explanation, even during the study was first, the body wants to be convinced the war is over before the fat is burned.” This one was a ballistic, ninety hour a week, single mom work here, boom boom boom, going 90 miles an hour. Her life was not a full-blown emergency.

So it took a little while for her body to really convince that the three meals a day were real, and that it was safe to burn the fat between the meals, and she lost the weight. How many years, Shelly, did it take for us to put on these pounds? You know what I mean? People all want that. “I want 30 pounds in a month.” Really, you really want that? You really think that’s going to last? You think you’re going to be able to get a way of life diet that’s going to sustain you in that regard? I don’t think so.



Shelley: Yeah. I've been taught eating six meals a day as a nutritionist because everyone I see, tend to be in that pre-diabetic state.

Dr. Douillard: Right.

Shelley: And this is revolutionary to me because then once they get through that stage, taking them back to just three meals a day would be extremely important and healthy. I'm really happy to be learning this at this time too. The 3-Season Diet book, can you explain? There's three seasons –

Dr. Douillard: Sure. The three seasons. Let me tell you one little – there's an old saying, and it's an Indian saying, that if you eat one meal a day, you're a yogi, which means like a spiritual person, right? Doesn't do much, just sit in the cave and meditate. And then two meals a day, you're a bogi. A bogi is like a worker class person, a laborer kind of person. Three meals a day, you're a rogi. A rogi is a sick person in a hospital, mostly dead. They don't have a name for four, five and six meals people because you're mostly dead at three.

So this is a traditional culture that's coming out for thousands of years. If you look over our shoulder at traditional cultures, there's no culture on the planet that says six meals a day. This came from the health clubs back in the 70's. I was there. I watched it all happen. Bodybuilders were eating high-protein diets, and if they didn't eat six meals a day, they would fall over.

They would literally fall over. So they had to have little meals a day because they were trying to have lots of proteins, no carbs, so they would rip all the fat off their body and it worked. And, of course, in health clubs, if you have a lot of fat in muscle and no fat, everybody wants to get that way. So the culture in the 70's in health clubs became, "Hey, you want to lose all the weight? Have a high-protein diet, don't have any fat and eat little meals all day long. Whatever you eat, you burn. You never store anything. God forbid. This is America. You don't want to store fat."

So that's where it started and, now in health clubs, they're still preaching the same exact thing that was preached in the 70's. And that happens because America became hypoglycemic over the years because of the coffee and the sugars and the dark chocolate and the Cokes and the diets, this and this and that, all these little sugars. And America didn't have stable blood sugar any more and the highs and lows in blood sugar are really a major cause and contributor to stress in the body and those stressors create stress-fighting hormones which have waste products which are free radicals which oxidize your cholesterol into high cholesterol and then America became and had high cholesterol.

So we created a whole anti-cholesterol program, which is don't eat any fat which is not the right thing to do, and we traded diets to help eventually get rid of all the fats and eat a no fat diet, and that didn't work.



Now, we stumbled upon the fact that it must be the blood sugar so that just says everybody eat little meals all day long and deal with the blood sugar issue.

And, again, it's just that we overshot the runway so we just go after these things with such a vengeance that we create more extreme imbalances in our body versus the simpleness of whole foods that come out of the ground without a package, without preservatives and eaten three times a day, make sure each meal has protein in it, has lots of greens, lots and lots and lots of greens, and then starch to stabilize. And those three things are balanced, and that's how we've eaten for thousands of years.

You have a gorilla, for example. They have the exact same digestion as you and I do. We could flop it out and they would be fine and we'd be basically fine in terms of digestion. And they'd have their body-laden vegetables a day. And they're the only animal in the planet that has identical digestive system as us.

So they get their sugars from chewing on vegetables all day long. Now, we have the luxury – and they will eat a little meat and they'll eat grains too, but they basically live off of green vegetables. So we really screwed up there. We don't get enough of those and we get a lot of canned, processed, packaged stuff. And it's a challenge to get the amount of vegetables that we truly need to be healthy. So that's enough said.

But then going into the three-season diet, thinking about what to eat, nature provides a very distinct harvest three times a year. There is the spring harvest, which is the first harvest of the year. Spring is nature's new year, and that spring harvest is greens and sprouts and cherries and berries and lots and lots of greens. And those fresh fluorescent greens that cover the valleys in the spring are uniquely different than the summer greens. They're more rich in chlorophyll and they fertilize the good bacteria of your intestinal tract and they prepare us for a whole year of digesting.

A number of fruits and vegetables come along and are very, very high carbohydrate foods. The spring diet is very low fat time of the year. It's a very austere harvest, not a lot of fat in that harvest.

Dr. Douillard: Then the summer comes along and it's a very high energy and high carb diet, but it's fruits and vegetables, not packaged breads and processed foods and they give us energy throughout the day. In fact, those summer foods are – as you go to the end of the summer and the summer gets really, really hot, the other thing called thermal accumulation where the Earth gets warmer and the foods are cooked on the vine and the foods are pre-cooked on the vine by the sun.

And our digestive strength, according to Ayurveda, at the end of the summer gets weaker and helps to disperse the excess heat in the body.



Our survival as a species is here because we were the ones who are able to get rid of heat out of the body well. That's why we're here. The Cro-Magnons and the Neanderthals – the Neanderthals were bigger and better looking, stronger. They were really wonderful but they were bigger and thicker and they couldn't get rid of the heat. And as the Earth got hotter, us little guys survived because we could dispense and disperse the heat in our body better.

One of those strategies is to eat the foods at the end of the summer that are cooked on the vine, not in our stomach. And what we do at the end of the summer, we're eating burgers and fries and buffalo wings and all this heavy stuff that has nothing to do with what nature provided in the summer time, and that's hot food that takes a lot of heat to digest in a hot body at the end of the hot season, we overheat and we inflame. So understanding how nature did this is so beautiful. It's a hot season. What did nature provide? Cool foods.

In the winter when it gets cold, nuts and seeds and soups and stews and meats are more likely to be harvested in the winter because there's nothing growing. In the summer and the spring, you can't eat the stuff out of your garden fast enough. Any of us who have a garden know that you just can't eat the veggies fast enough. So you're not going to harvest your chickens when you have vegetables to be eaten. You can eat those in the summer and you can harvest your chickens in the winter.

And that's how it's been forever, for thousands and thousands of years.

So there are three growing seasons: the spring growing season, which is kind of a low-fat time of the year; there's a summer growing season or a harvest and that's kind of a high-carb fruit and veggie time of the year.

Then there's an end of the summer harvest, which is kind of for winter eating like the October harvest so that has all the nuts and all the potatoes and the dense vegetables that took the whole year to grow, be harvested, and they last us through the winter, and that's a high-protein, high-fat diet. So in nature, there are three growing seasons, one resting season. So we have low-fat in the spring, high-carb in the summer and a high-protein diet in the winter. And those are the three best-selling diets that everybody argues over.

In nature, you get each of those for four months of the year. This way, you never create any deficiencies or any extreme kind of restrictive ways of eating. You create downs because you're living connected to the cycles of nature.

It's a beautiful thing. And we all kind of do that. We all kind of crave more soups and stews in the winter and fresh salads and clean greens in the spring and fruits in the summer. So we all do that but we can actually get better at doing it if we do it more and there are incredible benefits in that.



Shelley: Yeah, the spring diet, the one where there's a lot of greens and sprouts, you've created something called the Colorado cleanse, and I was just reading a little bit about that, and is that a seasonal cleanse or is it something that you shift as you go through the seasons?

Dr. Douillard: The Colorado cleanse – we have available – people can do it anytime of the year. Also, twice a year in April and in October, we do it together as a group, where a whole group of people or a community does it together, where they get an email from me every morning. I cleanse with them and I guide them through the cleanse or there's a book – there's a kit with all the food and herbs and supplies you need, there are online forms, you can communicate with other cleansers from around the world, there are conference calls that I do throughout the cleanse and there are online or conference online question-and-answer sessions that we do.

So it's a community effort that we all group together and people feel like they're part of a community doing this cleanse together. So twice a year we do it and, yes, the best times to cleanse are twice a year.

But the problem is that the big question you have to ask before you do any kind of detox – and this is really important because lots of people do detox to lose weight – but you have to ask the question, “Wait a minute.

If I'm toxic–” and most of us are, by the way, because with the hard to digest stuff, like the mercury that covers most of America from the coal mine plumes that lace even your organic spinach and vegetables have mercury on them. The fat soluble, hard to digest chemicals and the pollutants in pollens and preservatives and pesticides, we ingest those and they're all fat soluble.

So if you're not a good fat burner, back to that, then you not only lose weight, you don't actually – you not only stabilize your mood, but you also don't break down those hard-to-digest fat soluble chemicals, and they find their way into your fat cells and into your brain tissue and they cause all kinds of problems years and years later. So many people say, “Well, I don't eat greasy foods because I don't feel good when I eat it. I don't eat wheat. I don't eat dairy. I stopped eating all the hard-to-digest foods in my diet. I feel pretty good.”

Well, a lot of us have done that and, as a result, have created an issue where I still have weak digestion but I don't eat hard-to-digest food so I feel pretty good but what about the toxins in the environment? Where are they going? You need a really strong digestion to break down the mercury from the coal mine plumes on the spinach.

So what do you do with that? That goes into your gut. It goes into your blood stream, goes into your liver, into your fat and even into your brain. And now they're finding heavy metals in people's brain tissue.



So then they say, “Well, let’s detoxify that.” Okay, great idea. So I’m going to go on a detox and chelate all of the yuck out of my fat cells. Okay, well, wait a minute. Hold on. Stop. Why do you think it got into the fat cells in the first place? Why did your body not properly dispense with the mercury when it was just ingested into your system? We have the capacity to do that, to pull all these chemicals and toxins. Why did your body put it in the fat cells? Because the digestive system and the detox pathways were compromised to begin with. Right?

So I’m going to do a detox. I’m going to flush it out of my fat cells, but where does it go? The liver’s already saying, “Don’t look at me. I’m so overwhelmed, I can’t do it. Forget about it.” So the lymph system is congested, saying “Are you kidding me? Get away from me.”

So the body doesn’t know what to do with it. It just moves from one fat cell to another. So before – it isn’t like the one they have cleansed. They lose a bunch of weight but then they’re right back where they started because they didn’t reset any digestive or detox function.

So that’s why I created the Colorado cleanse because I wanted to create a two-week cleanse where we reset digestion. We flush the bile in your liver. We clean out the pancreatic ducts in the bile ducts first. We turn the digestive fire on so you can cook the gluten and the dairy. We heal and repair the intestinal tract and flush the lymphatic system on the outside of your gut wall, so all the digestive processes are functioning, then we pull it out of the fat cells and then at the very end, we do another digestive reset at the end.

So it’s a comprehensive approach so we create a better digester. Of course, if someone’s cleaned out and detoxed, by the end, you’re functioning now as a better digester, a better detoxifier without the tradings and the tendency to slip back into your old ways. And we traced someone who doesn’t have the tendency on the high-injectable foods, like the sugars and the coffees and the sweets and all those kinds of things.

Shelley: Well, this also brings me to a question. You talked about emotions as well in a cleanse and the Ayurvedic perspective, but your unique perspective actually. If you could just share a little about that, what happens?

Dr. Douillard: Part of the cleanse that we do is get you off all the sugars and break this dopamine addiction that we all have. And I think very, very few of us actually really live a sugar-free diet and, therefore what’s really amazing is that when people get off the sugar, all of a sudden, that rev, the stimulation, the excited nervous system, the unsettled nervous system thinking incessantly, they begin to settle down.

And then from a level of clarity, they begin to have more awareness of what their creative mind is doing and begin to become to be more aware of their behavioral patterns, their addiction to working 90 hours a week or their addiction to gambling or sex or fame or addiction to sugar and how they really are affected by coffee or their dark chocolate sneaking habits or their jelly beans in their glove compartment or whatever it might be.



They begin to become aware because we turned down the volume. And the big important part of the cleanse is to help turn down the volume so we have more inner awareness. And this is really what Ayurveda was designed to do.

Ayurveda, we always think about it as the system of Vedic textbook. The Vedic literature has this branch called Ayurveda, which is the system that heals the body. But it wasn't to heal the body and make you live a hundred years, it was to take the density of the physical body away so we had more clarity so we could see what our crazy mind has conjured up in the name of safety and security.

And many of us have created patterns of behavior and belief systems as young children that's all safe and secure. When I was a kid, they made fun of my lunchbox and my backpack. I got hurt feelings. I had to morph myself with my mind and my emotions to create a new version of myself and I projected on the screen the class clown or I projected on the screen the perfect straight A student or I projected on the screen the kind of shy, humble kid. Who wouldn't like me? I'm so nice to everybody.

Or I projected the pleaser, I project – We all project something on the screen that becomes a safer version of ourselves. And then as long as that's working, we keep with it. Trust me. And now as adults, we're still projecting the same dumb movie on the screen.

And as you begin to get less crazy and the body becomes less dense and the body becomes more still, you begin to slip into the director's chair and you begin to be the observer of your own self. Watch your own movie and then you go, "Oh, really? I can't believe I'm actually still projecting that ridiculous movie on the screen."

Dr. Douillard: And you have the awareness to see that it's just, "Why am I doing that? Why am I acting in this way around my family? I feel like a 5-year old. I still act like a 3-year old or like a little kid around my family. What do I become another person in this certain kind of stressful situations? How come I can't stay true to my loving, kind nature?"

You know, we're all like the sun. The nature of the sun is to give love and light and to be giving. But our mind goes, "Whoa, whoa, whoa! If you do that, what if you don't get anything back?" If you love your husband fully and he doesn't love you back, you're in big trouble. You'd better just love him like in small doses and make sure you give him five ounces of love and he'll give five ounces back and, as long as it's all equal, we're good to go.

Well, the problem is when we have that little equation set up in the mind, it sets up the equation that if I buy you a birthday present, Shelly, for \$20, you get one from the dollar store, my mind calculated out very quickly, bam, like really fast, you owe me \$19. And if I don't get my \$19 from you, I'm going to feel like hurt by you. I'm really like, "God, Shelly, I kind of liked her, man. She owes me \$19." I'm probably going to be either mean to you, passively aggressive.



I might even throw pots and pans at you, but what I also might do is I might go buy some new shoes, I might drink a bottle of wine, I might go get some dark chocolates. I'm going to do something to get the equivalent of that \$19 back, to get myself back into balance. You with me?

Shelley: Yeah.

Dr. Douillard: And then I take that mindset and I create a new emotion around that whole that you hurt me, that \$19 lack there, and I take that and I put that in my fat cells as they are called molecules of emotion.

And they stay there in my fat cells and they will ultimately make me do the same dumb stuff again and again and again through my entire life. So now as an adult, how many of us sit there and go, "Hey, you know what's really interesting? I react to my same stress around my family members in the same way I did 20 years ago.

Nothing's changed. I am the same emotional reactive person. I do the same dumb stuff like I did ever since I was in high school, and nothing's really changed." Why?

Because we created those protective patterns in our mind, we stored them in our fat cells. But because life is an emergency and the body in an emergency says what? Store fat. Don't let it burn. I don't have access to releasing those old emotional patterns and making transformational change.

So during the Colorado cleanse and the detox that we do here at Life Spa, the whole point – at least one of the major points – is to get the body to be still and calm, make the body a better fat burner. Of course, when you burn fat, you're in a stable mood, you sleep through the night, all that goo

d stuff, but you also – the magic part is you release the fat soluble molecules of emotion and it gives you another level of clarity and access to making transformational change to those old, ridiculous patterns of behavior that we all have that simply aren't serving us today any longer.

Shelley: Yes. So the cleansing of emotions through your dietary cleanse, it's beautiful. I –

Dr. Douillard: A huge part.

Shelley: Yeah.

Dr. Douillard: At the end of the day – I think we all know this – it's this crazy mind of ours that really gets us into trouble. The stuff that we obsess over or in the thinking and the worrying and the anxiety and stuff our mind spins out on stuff that doesn't really matter.



We know it's happening. We have no access to making a change so we just take a drug to numb it or shut it down or block it or inhibit it or whatever. When we're cleansing, it's such a great opportunity for us to get off the sugar, off the highs and lows, create more signs so you become aware of what this crazy mind has created and then create a transformational change in actions that will guide you through this self-inquiry process where you can really begin to free yourself from those emotions and, as a result, you become a better fat burner, which means you stay more calm, you stay more clear, you don't have the highs and lows, you don't get addicted back to the crazy dopamine activating "I've got to have it. I've got to have my sugar. I've got to have my dark chocolate kind of stuff." And a big part of this allows us, it is helping us to reset stronger and better digestion.

There's so many of us who just say, "Well, stop eating the gluten." "Stop eating the dairy." Like in Boulder, for example; if you eat gluten they'd give you a ticket because gluten is deemed an illegal food in Boulder, Colorado, because it's such a bad food. All and the [inaudible] with gluten is, gluten is a hard to digest protein.

Dairy has casein; it's a hard to digest protein. Most people can't digest those proteins because their digestion has gotten weaker. So instead of fixing the digestion, we just say, "Don't eat gluten." And that's the thing that we do as a culture, which is a problem – is we just try to solve the problem for the short-term and never really look down the road in long-term.

What I'm trying to do is create health, to promote wellbeing for people in the second half of their life. From 50 on, make the second half better than the first half - because most many people can endure anything through the first half. It's in the second half that things can really start to go down on us, you know?

Shelley: I mean I've seen that a lot, with the different varying diets that come forward. But I think, there's an underlying root to it. And like you're saying, it's these proteins. But also, what's your take on genetically-modified? Because I know some of the wheat out there is or some of the grains, we're finding out to have been genetically modified. How does this, in your mind, affect our ability to digest?

Dr. Douillard: This is a big problem, the genetically-modified foods that we eat. Take wheat, for example. They have not only genetically modified it in so many ways that we don't even know the long-term implications of that on our health. And I think it's absolutely a devastating, sick experiment. We're all being experimented on. It's just terrible. But you know, what happened to the wheat, for example, it grows faster, it grows quicker, its glycemic index is higher.

So now, wheat, for example, is a major injection in terms of sugar. And if you take a regular, off the shelf, good, whole wheat, organic bread, there's four grams of sugar in it and about 33 or 34 grams of carbohydrates.



And if you take that with a refrigerated the one you get in the freezer at the store – it would that have – like the sprouted green grains are really the whole grain. The amount of sugar in that is zero and the amount of carbs is about half of that. So it's completely less of a carbohydrate hit.

If we look at wheat, dairy, and things, it's not so much the gluten that I think is the big issue for most of the people. It's the sugar impact. It's the glycemic index. I mean, yes, gluten is a hard-to-digest protein. Yes, we all have weak digestion. Yes, we should strengthen the digestion so that the gluten never sees your small intestine and rips your gut to shreds, and yes, gluten will act like an irritant to your gut wall, if it passes by your stomach and gallbladder. But it shouldn't, it should be broken down.

So that's definitely a big part of the reset digestion puzzle. But the other half of that is the glycemic index of that grain, because it's so processed and it has been hybridized in such a way to be so fast, that it is rendered a major surge into the blood sugar. And like I said, when those blood sugar go up from the breads and the sugars and the dried fruit and all these hidden sugars, they become a major issue on the blood sugar.

And the blood sugar, like I've said, when it gets high, the extra sugar gets stored as fat, creates insulin-resistance, which affects your ability to actually get energy from the sugars and of course it creates problems with your arterial function and cardiovascular health. So we really have to be careful about the kind of grains that we eat and not just because it says organic on it doesn't really mean anything, anymore.

It's still way, way processed. And then, of course, try to get as many genetically or non-modified foods as possible; that means, really supporting your local farmers and your farmers' markets and buying locally grown foods from sources that you know. It's so, so important. And yes, even though there's mercury on the good spinach as well, it still means that we have to always continue to improve and strengthen our digestion.

Many people who are trying to lose weight, they have yucky digestion. They can be asked of how their bowel movements are and they move their bowels every other day or they take 5-6 things to go everyday, if they get lucky, they have mucous in their stool.

One day they have good stools and they have bad stools, one day they have mucous in their stool. One day it's loose, one day it's constipated. This is the intestinal tract is trying to say, "Okay, it's too dry so I have to create some mucous."

And then the mucous membrane make a little mucous and they overshoot their runway and now you see mucous in your stool, so you go back from constipation to loose. That means that there's so much irritation of the intestinal wall that the intestinal wall gets irritated, inflamed, and the villi, which are the absorption of your toxins and then your nutrients becomes compromised.



And then, the lymph on the outside your gut wall swells and becomes congested. That's where 80% of your immunity is, right there. There is an article in my newsletters called, 'The Most Important Half Inch in your Body.' And that's the half inch between the villi of your gut and the lymph on the outside of your gut. Now if that is yucky, which it is for most folks who have extra weight on their belly, that has to be destagnated first. If your lymph is congested, you're going to get swelling breasts when you menstruate, extra weight around your belly or hips, cellulite, rashes, holding on to water, rings getting tight, rashes, eczema, acne, allergies, sinus allergies, food allergies.

All these things come from this congested lymph inside the gut due to those villi being broken down. And what crazy is that 95% of the serotonin in our body, which is used by our brain to help deal with moods, and hundreds of neurotransmitters for mood stability are manufactured inside your intestinal tract. They are stored inside your intestinal tract; only 5% of the serotonin at any given time is in your brain.

Research has shown, it is conclusive that we process our stress through our intestinal tract, not through our nervous system.

It's called the second brain or the enteric nervous system, as profound as the central nervous system and completely separate. So when we talk about digestive health, we're talking about – you know, there are doctors now who are treating addictions by supporting digestive health because of the overwhelming amount of neurotransmitters that are produced in the gut that affect the quality and clarity of the brain. Amazing, right?

Shelley: Yeah, definitely.

Dr. Douillard: So when that gut gets yucky and gets congested and your bowel function gets kind of wacky, or you eat gluten or dairy and it's like terrible, then these are little red flags. You've got to fix that. And those toxins are taken out to your lymph.

They default back to your liver and your liver goes really, "Oh, my God! There's no way I can do this." The liver, what does it do with it? It dumps it into your fat cells and you can't anyway get anymore in your brain. And you can't think when you're 60, 70, 80. And then, stay with me here for a second, this is interesting. The liver becomes so congested from all the toxins, that the gut is dumping into it, which it's shouldn't be doing that, but the whole digestive system has gone south and the liver is taking the brunt of all these and the bile gets taken in the liver.

Dr. Douillard: And the bile is supposed to digest fat! So I eat greasy food and I feel sick to my stomach. You're not producing bile to emulsify those fats. I'm not saying greasy food is not good for you, but if you ate it, you should be able to digest it. If you don't, that's an indicator you don't have the strength of digestion you need to break down the mercury and the pesticides and other fat-soluble chemicals.



And then, here's the worst part; your bile is there to neutralize the acid from your stomach, so if you don't have any bile, what's going to happen to the acid in your stomach? The acid in your stomach will become reduced, because the body will not let that acid be produced and dumped into the small intestine, because it will burn a hole in your gut and kill you. So the body turns some fire down, because the bile is not flowing well, because the intestinal tract is congested.

And now the digestive acid is turned off, now, you can't cook wheat or dairy. So you got the other bad. It's up to you getting those two. We go from the regular American diet, which of course isn't great - we're really not great - to be a vegan, to a vegetarian, to a vegan, to a raw-foods is because we keep trying to find foods that I can tolerate, as opposed to going back and fixing the real problem, which is resetting digestion, which is really what we have to do and we want to fine-comb through that digestion. In my video newsletters, I run through this so many times and troubleshoot this for people so that they can really look and watch the video or read the newsletters.

They can really get a sense of how this system works and begin to troubleshoot their own system and what to do to bring it back. We can all digest phenomenally well. My goal, personally, is to digest like an 18-year old. I'm 55 now, better than I've ever been in my life and I'm still making it better. And this is no reason why it can't be perfect. There's no excuse. Age is not an excuse, folks! Don't believe that. It should be that you can't make digestive enzymes just because you're old. That's so not true! Not true.

Shelley: I am with you. I'm with you. Longevity all starts in the digestive tract.

Dr. Douillard: Yeah, we have our clinic here. We're doing a couple of things. We have here, of course, my practice. We have our video newsletters, which we put out every week, which is really I think amazing educational resource and then we have a Panchakarma Center, where people come for a week or more sometimes and they do retreats, where they do two to three hours of yoga, breathing and meditation per day, they do special diet, they go and do two to three hours of Ayurvedic therapies with two therapists working on them everyday, special herbs that they're on.

So it's a complete overhaul, I work with them with Ayurvedic psychology and the self-inquiry, I mean, really kind of reset digestion, detoxify the fat cells, unravel all the molecules of emotion, and really our goal is to get the density of the body to be reduced, create more clarity, and make those transformational changes that are holding us back from having spiritual growth and joy in our life and that's the thing most people are just haunted by, our emotions, which are just not serving us always.

Shelley: It's truly holistic, your approach is just covering every aspect. It's beautiful to know that you're doing this work and just thank you for that.



Yeah, I want to ask you couple of practical questions before we go. So, I want the listeners to start something today if they can, so if you could recommend a food or beverage to avoid, what would that be?

Dr. Douillard: Sugar. Get off the sugar, try it, see what happens, and then get off the sugar and just for week or month, challenge yourself and see if you can get off the sugar. I promise you that is our nemesis. One third of the American public as we speak today are pre-diabetic, that's 19 million people. We are going down the road of major, major blood sugar issues. The blood sugar in the morning should be between 85 and 90. pre-diabetes is 110. Now, most doctors don't even say anything to you until you are into 120.

The normal blood sugar for the last 50 years is 80 to 120. So there is this big gaping hole in our medical screening process that allows people to become – you're a diabetic at 126. If the doctor doesn't say anything sometimes until 110 or 120. You're supposed to be 80 to 85 in the morning when you first wake up and do your blood sugar.

I tell my patients go buy a \$17 blood sugar monitoring, a computer glucometer at Walgreens for \$17 and check their first morning blood sugar, make darn sure it's between 80 and 85. If it's not between 80 and 85, then it's in the 90s, if you have between 85 and 90, your first morning blood sugar, your risk of dying of a heart attack or stroke is increased by 20% and between 90 and 95, it goes up another 25%, between 95 and 100, another 20%.

You're talking about major heart attack risk in your life and nobody says a word until you're at 110. So what happens between 85 and 110? It could be 10 to 15 years of you eating healthy sugars, and so many patients who are healthy junk fooders, they eat you know, berries and dried fruits date sugar and molasses, and you know, good, healthy sugars, and dark chocolate, and all these things we think of, but they're just sugar junkies like we all are, and it's the same injection to the bloodstream and when I checked their first morning blood sugar, they are pre-diabetic and had no idea and that's the risk, 90% of us are knocking on that diabetic door and don't know it.

This is such a major thing Shelly, that people need to be aware of and they can test themselves for \$17, they get this thing and they find out, make sure their family are not in the harm's way. I test my kids, the other morning, I got my 11-year-old, I went to his room and took out his arm underneath the covers, and he said dad, what you doing? I said don't move, and I got his blood and he's like dad are you serous? and I told him the night before we're going to do this, so he knew, and then I checked his blood sugar and he was fine, but there was a tough crack you know, but the thing is, you know it is important, it's so insidious and we don't realize it, so really folks, please, really, tune into this sugar thing, our American diet is really is out of control with these hidden sugars.

Shelley: Yeah.



Dr. Douillard: So that's the one thing to avoid for sure.

Shelley: Thank you, and then, if you would add a food or an herb or supplement, what would to do, for losing weight?

Dr. Douillard: Oh, for losing weight you do the gorilla thing, you got to eat more vegetables, we do not eat anywhere near the amount of vegetables we need to create good bowel movements and good lymphatic flow and all that. You just got to be chewing on invisibles and the interesting thing is when you eat a lot of vegetables that are like either salad or like steamed, it takes a while to eat those vegetables you know, you've got to eat a lot of them. So, it forces you to kind of chill and relax and make the meal count, but yeah, more greens, I mean, that's the fresh vegetables, that is the one thing that we just – we have two stings of broccoli on our plate and the rest of it is just acidic foods, so that's huge.

Shelley: Yeah, and what about activities, like a physical exercise?

Dr. Douillard: Yeah, my first book, Body Mind and Sport was on exercise and how to exercise properly and all my newsletters are archived, they are for free. Anybody can go and look at them or watch them and I have one called 12-Minute Workout, which I call Chasing The Rabbit, which is how the hunter-gatherers probably did it and if you can envision them chasing a rabbit and the rabbit dives into the hole and some hops out and then they chase it again and it hops into a hole and you sprint, then you rest, you sprint and you rest, and that's kind of how, what happens is when you do that, it activates what's called fast muscle twitch fiber in your body, so the fast muscle twitches go, we have slow switch and fast switch and ask anybody over 40 when was the last time you ran as fast as you could, they're going to like, oh my gosh, let me think.

Ask a 12-year-old and they go, "What you mean? I ran over here as fast as I could." So, we don't use the youth twitch muscle fiber, we use this old twitch muscle fiber and so, becoming young again is act young, start running as fast as you could lifting tuna fish cans up and down, if that's what you can do for a minute, and then rest for a minute, and do that four times and you're done, it's a twelve-minute workout, you walk up and down the steps, run up and down the steps in your house for a minute and then rest for a minute, do that four times with a two-minute warmup and two-minute cool down of twelve minutes. So, start using your body go fast again, use those fast twitch fibers yoga is great, but it's slow twitch fiber. 26

Dr. Douillard: We need to become youthful again and there are lots of research that shows this increases growth hormone, it increases longevity, it balances blood sugar, it lowers cholesterol, just by using your fast-twitch muscle fibers, because your muscles are the ones that use that sugar and if you don't use those muscles, they don't know how to use the sugar anymore and the sugar increases in your blood and the body goes, ooh, get that out of my blood, make fat, belly fat, oh good idea, we'll do that, that's how it happens.



Shelley: Well, thank you, and any other techniques or practices you'd advise anyone if they wanted to support their weight loss?

Dr. Douillard: You know, I think the major thing in life is to realize the pace of our life in America, it's really, really fast, and that traditional cultures did everything we talked about today, but they also are so mellow about it they're not racing here to there, here to there and I know we have busy lives and I'm not saying that we should stop doing the stuff we do, but there is a way of doing it that allows us to be more calm in the process and I wrote an article and there is a video called the One-Minute Meditation and it's 30 seconds of balanced breathing with 30 seconds of being still.

You can do it in your car while you're pumping, when your gas is being pumped, or right before you go into your office.

It's very, very simple. If you watch the video and it takes two minutes to learn how to do the one minute meditation, learn how to pump more oxygen into your brain, when your brain gets oxygenated, it becomes calm. It allows you to create calm throughout your day and when the body is calm, it burns fat, not sugar.

So, so much of what we're talking about here is getting the rev to be reduced so we can be who we really are, not the protected version of ourselves, but the more authentic, joyful, loving, and most powerful version of ourselves.

Shelley: Thank you so much.

Dr. Douillard: You're very welcome.

Shelley: Well, this has been an amazing interview John. I'm just so grateful that you could take the time and share your wisdom here with us and our listeners.

I know many will benefit during this summit with your words and your advice and I really look forward to learning more from you and also having our listeners contact you and your life spa and your programs, and I for one am a fan of your newsletter, because every time I get it, I learn so much. There is so much depth there, so thank you, but if you could please let our listeners know how they could find out more about you and your work.

Dr. Douillard: Sure my website is lifespa.com and then of course there you can signup for our three-weekly video newsletter. You know like I said, there is a wealth of archived newsletters for lot of the stuff, digesting things we talk about today, but every week, there's always a cool topic of taking some of these ancient principles and proving them with modern science, that's kind of my goal is to take these principles and prove them with our modern ability to say hey, this really is valid and this ancient technique really did work and let's use it and kind of help us get back on track,.



That's a free newsletter, so you can sign-up for that. There are lots of free downloads and lots of free information that we give as well. So we try to be as educational as we possibly can and just check out the website, at lifepa.com.

Shelley: Well thank you, we're so honored that you're a part of our team here, as an expert.

Dr. Douillard: Oh I'm happy to do it, I love the concept, and it was great loads of fun having this interview, so thanks for thinking of me, I really appreciate it. Thank you

Shelley, bye-bye.



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