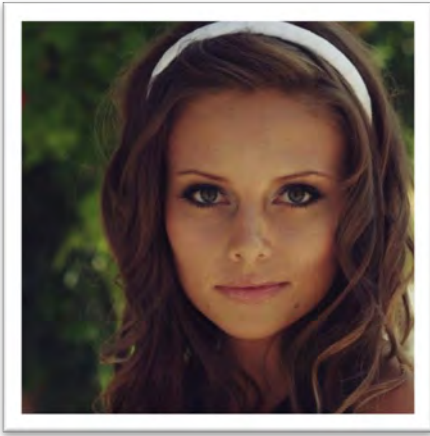


Keto Kitchen Makeover

Guest: Megan Kelly



The contents of this presentation are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This presentation does not provide medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Dr. Jockers: Welcome, everybody, to the Keto Edge Summit where we are dispelling the myths, helping you overcome the hurdles, and empowering you to improve your brain and your body through the ketogenic lifestyle. I'm your host, Dr. David Jockers. I'm really excited about today's guest. She's a very good friend of mine and really going to dive into this topic of how to set up your kitchen to be successful with the ketogenic lifestyle. She's a busy mom, entrepreneur, blogger. She's got a beautiful baby and a busy husband, who's awesome, named Ken. We're going to dive into this topic with Megan Kelly.

So Megan is a nutrition practitioner and licensed esthetician, specializing in women's health and neurobiology. She runs an awesome blog with great recipes and health times at renewingallthings.com. So, Megan, super excited to have you today and really jump into this topic on how to set up your kitchen appropriately on a ketogenic lifestyle.

Megan Kelly: Yeah. Happy to be here. Thanks.

Dr. Jockers: Absolutely. How did you get involved with natural health anyways? What's your story like? And just share that with the audience.

Megan Kelly: Yeah. I guess the short version would be I started having all of my health problems from really bad anxiety to acne to missing cycle and then just family members dealing with really weird, rare issues and depression. So throughout kind of a long journey, found functional medicine and functional

nutrition and just really saw the power of the body to be able to heal from anything if you take away what's harming it and giving it what it needs. So now, I just love to help people figure out what that looks like for them.

Dr. Jockers: Yeah. Absolutely. That's awesome. She's also a great health coach and just so compassionate and caring and really works to help people overcome limiting beliefs. What do you see being the biggest challenge that you see with people that you're coaching?

Megan Kelly: I would say, honestly, the biggest thing that most people have been coming to me and telling me about right now is just information overload and just so much information, sometimes conflicting information. And they don't know what to do, what not to do, where to even start. They're kind of paralyzed on where to start. So the stress of that I see as actually being a huge interference of getting healthy in the first place.

Dr. Jockers: Without a doubt.

Megan Kelly: Yeah.

Dr. Jockers: I know in your bio you talked a lot about neurobiology. I know that's a topic that you're really interested in. So can you explain that to the listeners and how you help people improve their neurobiology.

Megan Kelly: Yeah. Anytime I work with anyone, the first thing I kind of start with is their mind because I find that that actually has the biggest impact over anything to start. So we kind of look at what are their thinking patterns, what are their mental habits, because thinking patterns like lack or comparison or all of these things that are putting your body into a state where it can't heal, we kind of have to wire those out first and wire in new beliefs.

And so, I really work with people on giving them hope. Every thought that they think is a structure in their brain. So your brain is full of all of these structures that you already have in there, and so it takes three cycles of 21 days to break those down and to replace them with something else. So I kind of take people on that journey of becoming aware of that and saying, "You don't always have to be like that. That won't always be your automatic reaction. If you can take one journey to get through that, you can really, really make new thought patterns your automatic."

Dr. Jockers: Yeah, absolutely. And it's kind of using the scientific principle of neurogenesis and plasticity. So our brain is plastic, and what that means is it can be changed and altered. And basically, it's kind of like if we're in the forest

or if we're in a cornfield and we want to go on a certain path, we can walk over that certain path and kind of tread down the grass. And now, it's a built-in path. And we do that with our brain, with the way that we're thinking. So it's really exciting that we can rewire our brain. We don't have to be... We don't have to have the same limitations that we've always had.

For me, Megan, my family growing up, we went bankrupt. And I watched my mom—it really imprinted on me. My mom crying because she had to give up her Jeep because she couldn't make the payments. So for me, I saw that at seven years old, and I was like, *Wow, we can have things taken away from us.* We lost our house. We had to get a rental home.

So I learned to hustle and work hard but also to be super frugal. There were some benefits to it, but also, at the same time, I always had this fear that I was going to lose it all. And that's something I've had to really, really work with. And do you see that often when you're working with clients? And what are some other big, limiting beliefs that you're working with?

Megan Kelly: Yeah. I would say that's probably the biggest one. Kind of the whole mentality, huge worry and anxiety about money, so many people. But also, just lack of time, lack of relationships. Just all this kind of lack that you wish you had more of this so you could do this. Even in living a healthy lifestyle, a lot of people say, "I can't do this because I don't have time. I don't have someone to help me." Just all of these things that they're putting in their way that can hold them back. So we really kind of just work on pulling those out and really kind of just exposing everything that they do have available to them. That's just so huge.

Dr. Jockers: Yeah, and that really takes us into our topic today because we're talking about setting up your ketogenic kitchen, getting all the right foods and whatnot. So the main limiting beliefs people are going to have are: *I can't afford it.* They're also going to be thinking, *I don't have time. This is a new skillset that I've got to learn. I don't have time for this.* These are going to be some of the major limiting beliefs.

So if there's people out there thinking that, what would you tell them as we get started with this?

Megan Kelly: I would say, first, just the awareness of it is the biggest key. It's ok that you're thinking that because that's just a habit that you have and that's ok. A lot of people get really down on themselves that they're thinking all this, but that's ok. So you just acknowledge it and then you just say, "I'm

just going to do the best that I can every day.” And when you do that, you’re literally wiring that out and wiring new perspectives and new habits in.

Dr. Jockers: Yeah. I love that. I love that. And I would say also, to add, just gratitude and focusing on small wins.

Megan Kelly: Absolutely.

Dr. Jockers: Even today, making one of the changes that Megan and I talk about. And then anchoring that small win in. Celebrating it. Just going crazy. If you find a recipe that your family likes that’s ketogenic, just like celebrate like crazy when you find that. Give everybody high fives.

Megan Kelly: Seriously.

Dr. Jockers: Make a huge deal out of it because those emotions help really link in the new pathways.

Megan Kelly: Yeah. So I have like a mental practice that I teach everyone. It’s actually kind of the core of everything that I do. So if everyone can just remember this. It’s 4 Ps, so do this every single day. One is presence. You have to get present. What am I thinking? What am I focusing on? What am I feeling? Because a lot of times we don’t even know. And so you go to that.

And then two is praise, just like you said. Think of anything and everything you’re grateful about, especially in the area that you’re struggling in. If you’re overwhelmed about food, grateful you have food.

So the third P is perspective because that’ll also change everything. So when you’re overwhelmed, when you’re anything, you put things in perspective. One, how can I see this differently? Two, I really am so blessed that I actually get to do all of this right now.

And then the fourth P is party. So that’s when you actually choose, that’s the trigger you choose to switch your emotional energy and go into that energy of the person that you’re wanting to be because you do have to fake it until you make it.

So everyone that does that every day, they say—it’s changed my life because it’s a mental framework that allows you to get out of your mind and actually change. So that’s a great tool.

Dr. Jockers: I love it. That’s just really, really great content right there for our listeners. As we get into this, we’ve had so many interviews about the benefits

of the ketogenic diet, great foods, things like that. But really getting into that mindset and starting to apply those neurobiology principles, that's what's going to help you be successful, I would say, more than even just the knowledge like you were talking about. People just have information overload.

Information's going to get you so far. It's going to help improve the awareness component like you were talking about. But then you've got to lock in on those other Ps to actually put it into action and make it consistent...

Megan Kelly: For sure.

Dr. Jockers: And ultimately sustainable in your life.

Megan Kelly: Exactly.

Dr. Jockers: And so, you're a busy mom, entrepreneur. So what are some of the things you do to help prioritize health in your life?

Megan Kelly: So it kind of goes into what we were just talking about. I am obsessed with habits. So I think that you have to wire in the practices that lead to health and make them automatic to make anything sustainable and to make anything easy.

I've been doing this for the last couple of years. Every three or four months, I just pick one health practice that I like to wire in and do it until it becomes automatic. And I don't stop until it is automatic. It could be different for different people, but I doing that I've just picked up so many health practices that most of them are in my morning and night routine, just all stacked. From practices for your mind, your body, and food and everything in the morning and night that just change everything. And now, it's automatic, so I don't even have to think about doing it. Wiring in health practices is what has helped me the most.

Dr. Jockers: Yeah. That makes so much sense. It's like you put in the work on the frontend, just recreating that neural pathway through habit change. And that's something that you're really good at helping people with is establishing that. Once you have that, everything else becomes easier. You don't really have to think about it. In a sense, you're almost on autopilot in those areas which allows you to have a lot more cognitive resources to do all the other things, make all the other challenging decisions you're going to experience during the course of the day.

Megan Kelly: Yeah.

Dr. Jockers: I love it. Well, let's jump into really setting up the kitchen in general. So talk about some of the key things we need to have in our kitchen to really be successful with this ketogenic lifestyle.

Megan Kelly: Having a well-stocked kitchen, it just changes everything. It makes everything so much easier. So a few of the categories that you can have on hand with some good items in it. So we'll start with flours. The two main flours you probably want to get are coconut flour and almond flour. And then also have a bunch of nuts and seeds on hand because you just grind those into flours that you can use for so many recipes that you'll probably see.

And then, sweeteners. My two favorites are monk fruit and stevia. Those are kind of the ones that kind of work the best in most recipes. And then, pantry items that you really want to have if we need to throw together a meal fast, it really makes it easy. I really like to have the coconut meat tortillas. I like doing the miracle noodles and kelp noodles. I like doing the SeaSnax, grain-free granola, protein powders, collagen. Just having all of that there to make it easy to throw together meals is just such a game-changer.

Dr. Jockers: Yeah, you've got to have that pantry set up. That's just so important. One thing I always tell my clients is you've got to protect your own home. You've got to protect your environment. Once you walk out of your house, you're subject to a whole multitude of different temptations and different circumstances. But if you set your pantry up right and your refrigerator up right, obviously, you're not going to slip up when you're at home.

So a lot of times, people have their candy or their sugar hiding in the back. And they go for it emotionally. So if you're able to get rid of that kind of stuff, purge your house of those things and then stock it right. And for people that are out there, the initial investment up front is a lot more than long term. Because once you start having this stuff in your house, your overall cost of your food products goes down. A lot of these things, they have a long shelf life, and you're only going to be using small amounts at a time. A little bit goes a long way.

Megan Kelly: Yeah. And so, even just having everything I talked about and then a few good condiments, good quality dressings, mayonnaise, sauces like coconut aminos or spices. A lot of people don't have time that often to throw together these elaborate recipes. So that's why I really like to make things super simple. And you can just get your protein, your vegetables, throw some of that on there, and it's a meal. You don't have to think about it. It's not hard, and it tastes really good.

Dr. Jockers: Yeah, absolutely. With a lot of your recipes, you can spend one day making them. This is great just with really the ketogenic lifestyle in general. They're so packed through with healthy calories, healthy fats, that you only need to take a few and you're really satiated. And then you can keep the rest in the refrigerator. Like, any of your coconut butter recipes, your chocolate fudge recipes, turmeric coconut cream cups, which my wife and I absolutely love. Those types of recipes, you can make a whole bunch. You could make literally a month's worth, have a few in a sense, and it'll last a month.

The other thing is just kind of investing, whether it's a day or just a few hours, making a lot of these recipes and then refrigerating them or freezing them, keeping them on hand like that.

Megan Kelly: Yeah. That's huge. Just taking one day a week. It doesn't even have to be a couple of hours. But just one batch of something you can snack on for dessert or something like that. It really does save you throughout the week.

Dr. Jockers: Yeah, absolutely. And I know you mentioned coconut flour. Coconut flour's a tough one. It really is an art to bake with. And I know there are different books out there that help explain that, how to do it. But it's so dry. You've got to use a lot of liquids with it. I know you've been working with it now for a while, so what's your experience been with that?

Megan Kelly: Yeah, it definitely, like you said, takes a lot of liquid. You definitely can't use it as a 1:1 replacement for different flours. Almond flour, you can almost do that with. But a lot of people are having trouble with nuts, and you don't want that much nuts anyway. With coconut flour, what I've found really helpful is definitely to use a lot of liquids but even just adding other fats in liquids like the coconut oil, like even avocado oil and stuff actually makes it not dry in different recipes.

What I actually like to do, like the nuts, like grinding different sprouted nuts and seeds a lot better to kind of combine that with the coconut flour. It kind of makes a good combination. So combining coconut flour with kind of other stuff is the key to a lot of recipes.

Dr. Jockers: Yeah. Because if you just have a straight coconut flour recipe, which we do have a lot, a lot of people are thrown off because they're like, "It doesn't seem like that's much coconut flour, and that's a lot of egg."

Megan Kelly: Yeah.

Dr. Jockers: Coconut milk. So people start to question the actual recipe when they see that.

Megan Kelly: Yeah.

Dr. Jockers: You just need a lot more, like whether you're using eggs or coconut milk, coconut oil, stuff like that. You need a lot more liquids because it is so drying.

Megan Kelly: Yeah.

Dr. Jockers: For sure. And you had mentioned stevia and monk fruit. These are sweeteners that don't have any sugar. So no impact on your blood sugar. Most people respond really well to them. Occasionally, some people have a little bit of a sensitivity to stevia, I've found, because it is in the ragweed family. Monk fruit would definitely be the way to go with that.

It's not easy nowadays to find a pure monk fruit. A lot of times it's also got erythritol. There are some decent brands out there that have a combination there. Just kind of check with how your body's responding. I know, for me, sugar alcohols, I get bloated when I consume them. But stevia, I do great with. So everybody's a little bit unique and different. There's a lot of people that you find with the sugar alcohols.

Megan Kelly: Right.

Dr. Jockers: Yeah, a lot of people are concerned about, in a sense, doing a lot of sweeteners on a ketogenic lifestyle. I kind of have different thoughts on it. So for me, it's like, "Hey, I think having some sweetness in your day brings more joy to your life." That's what I find.

Megan Kelly: Yeah.

Dr. Jockers: I know, for me, my blood sugar stays stable when I'm using stevia. For some people, it doesn't. But what are your thoughts on that?

Megan Kelly: Yeah. I think it's great. I think especially at the beginning and transitioning to that I think you have to. You don't want to feel like you're depriving yourself. We want to make it last long term. So whatever you have to do to have that, just do that. And it really is, like you said, we have got to learn how to listen to our body and how foods affect us because a lot of us don't know how to do that or we don't know how food's affecting us. So that's another big thing I really like to talk about.

Dr. Jockers: Yeah, that is really big. Let's jump into that real quick. For me, one of the foods I'm extremely sensitive to is peanuts. And I think the reason why is I used to eat, literally, like eight ounces of peanut butter almost every day. Now, I would get the healthy type, MaraNatha Farms. This was in my 20s. And I loved it. I would put a whole bunch of blueberries in there, something like that, and I would literally eat the whole thing.

So then all of a sudden... It wasn't like my throat would close up, but I would have to clear my throat all the time. And my energy would just drop.

Megan Kelly: Yeah.

Dr. Jockers: And nobody explained that that's a food sensitivity. I just kind of figured it out on myself that I feel bad. So what are some of the symptoms that you see with people when they're sensitive to a food?

Megan Kelly: I would say a big one is just fatigue. Fatigue and low energy, bloating. It doesn't even necessarily have to be like you feel digestive issues, but bloating is a big one that a lot of people come to me. Skin issues are a really big one that I like to talk about.

Dr. Jockers: So like acne, rosacea, eczema.

Megan Kelly: Yeah, right. Acne, really, really big.

Dr. Jockers: Oh, yeah.

Megan Kelly: But the low energy, a lot of times when people go to that and I have them kind of see what they're eating and they actually correlate foods to them getting low energy. So that's a big one to look for.

Dr. Jockers: Yeah. And that's huge. As we're talking about all the best foods and how to set up your pantry and everything, you've got to realize that as good—Megan and I are going to say, “Hey, this food is awesome.” If you're having a poor response to it, take that food out. Good news is there's plenty of other [inaudible].

Megan Kelly: Yeah. Right.

Dr. Jockers: So that's the good news. Now, let's talk about proper digestion, how to really... Because this is not talked about a whole lot necessarily in the health world. Like, good digestive hygiene, how to set yourself up for optimal digestion when you are consuming these foods.

Megan Kelly: Yeah. It's funny. I like to ask a lot of my clients what they think are some things they can do to improve their digestion and gut health and metabolism. And I get a lot of good answers like digestive enzymes and bone broth and probiotics and fermented foods. I'm like, all of that's great, but there's three other huge, powerful, basic areas that you have to master first before you do any of that.

So the first one is just the state that you're in when you're eating. I think most people now have heard of the parasympathetic rest-and-digest state and how that's important to eat. But I don't think we realize how critical it actually is for your digestion and assimilation of the nutrients and your metabolism. And so, getting into that state of the relaxation response, it actually helps you be able to listen to how that food's affecting you.

A lot of people, they don't know how food's affecting them because they're not digesting it because they're not in actually a state that their body is processing it. So that's one area that is so powerful that is very underrated.

Dr. Jockers: It's so important. So in our society, we have a fast-food culture. Just the idea of fast food alone is like the worst thing for your digestive tract.

Megan Kelly: Yeah.

Dr. Jockers: We look at eating as just another task. We don't realize that it's a very complex mechanism that our body has to go through. And we need to be in a relaxed state. So we've got that sympathetic fight-or-flight response which helps us perform well. We need that for performance. We need that for exercise. We need that for survival-based things.

But the other part of our nervous system is what's associated with digestion. We want to really prioritize that and focus on putting ourselves in a state where we've got more blood flow going into our digestive tract, where we're able to produce more digestive enzymes and digestive juices in general. And I always tell people stress is the antagonist to good digestion. And that's a key mantra people need to realize.

If you're under a lot of stress or if you're just doing a lot of things in a sense with your physical body, whether it's running around or working really hard and it's tough when you're a mother because you're chasing around kids half the time. I watch my wife do that. But that's not a great state to consume food. So we want to kind of change it around. And what I'll tell people is during your stressful times, focus on liquid nutrition: smoothies, juices, different things like that because that's really easy on the digestive system.

Even like a well-cooked soup or broth, that's really, really good on the digestive system because—the blender, if it's a smoothie, the blender's done the job. It's already done the digestion, so it's quick assimilation into the body. You're going to get those nutrients. If you set it up with those good fats, you're going to get the support of fats. But you're not going to put a lot of stress on the gut.

But when you're having that solid food meal, you need to really take time to relax that stress response, especially if it has meat. Meat has a lot of health benefits, but also, it takes a lot of digestive juices to produce. So why don't you go into some ways people can just unwind and relax before their meal?

Megan Kelly: Yeah. Eating is supposed to be this amazing experience, and we're not actually taking time to find pleasure in it because pleasure in your food is actually huge in your body digests it and assimilates it and nourishes it. And actually, just sitting down—and this is kind of the second area I'll tie into it—chewing your food. It's not a sexy answer, and it's not a supplement. But it is so powerful in what it will do for your digestion, to get rid of bloating, for your energy. And it's really hard.

Like you said, I have a one-year-old running around. It's actually hard to chew your food a lot. I've seen with myself and so many of my clients amazing differences when they just slow down, take a few breaths before their meal, actually get present. You can go through the four Ps when you're eating actually. It'll put your body into a state that is highest for metabolic burning, that will actually assimilate all the nutrients that you're getting from it. Because a lot of people are eating all these healthy foods and they're not even getting the nutrients from them. They're not digesting all the amazing nutrients from it.

And so, focusing on the state that you're in while you're eating and chewing your food, breathing, being present, like really feeling the pleasure and the goodness of the food will do more than you can imagine for your digestion and how your body actually uses the food.

Dr. Jockers: That's absolutely vital information that people need to know is to just slow down and really focus on chewing. I was one of six kids, hence why my parents went bankrupt. So with us, we didn't have a whole lot of money. So when the food went on the table, it was like a race for who could get the seconds.

Megan Kelly: Yeah, I'm sure.

Dr. Jockers: We just learned to eat so fast. And that's the worst thing for digestion. Ultimately, it caught up with me in my early 20s, developing irritable bowel syndrome. But basically, we want to really make sure we're taking that time. And I don't know if your one-year-old does this, because it's tough when you have little kids. Like my guys, they'll literally throw their food on the ground at this age.

Megan Kelly: Oh, yeah.

Dr. Jockers: They throw their food. They throw their bottles. Our little Joshua broke a glass yesterday, just kind of threw it. So we shouldn't have given him the glass to begin with. Sometimes you have chaos like that...

Megan Kelly: Uh-huh. Oh, yeah.

Dr. Jockers: Having those four Ps and locking in that habit just helps settle you. And that's so important. For me in my house, we pray before our meal and that prayer before our meal not only is a great time to connect with God but also at the same time it's really focused on gratitude and relaxing the stress response, getting us back into that parasympathetic response. And my wife and I try to practice that when one of the boys is throwing food or throwing a fit, that we just stop eating, address it and then go back and pray again.

Megan Kelly: Yeah.

Dr. Jockers: And just kind of get back into that state because it's going to make a big difference in how we digest our food. And you're right: we don't want to spend all this money and time preparing food and then just be stressed while we're eating and not get the benefits of it.

Megan Kelly: Exactly.

Dr. Jockers: And that's going to set yourself up for food sensitivities.

Megan Kelly: Uh-huh. Yeah. Exactly. And that's kind of the last area that I'd really like to talk about. The thoughts that you have about what you're eating is a huge signal to your body, to what your body does with it. We won't go down the rabbit hole of the mind's effect over the body, but if you just even look at the hundreds of placebo studies, one of the most famous ones, taking a pill that they think is chemo and their hair fell out.

So if your thoughts are strong enough to make your hair fall out when you're consuming something that you think will, what do you think happens when

you're thinking, *I shouldn't be eating this. This is going to make me break out.* Or like you said, just being stressed out with all the chaos going around. That's a huge signal to what your body's going to do with that food.

So like you said, before you eat, blessing the food, thinking things like, *My body's going to fully digest and assimilate this. This food is nourishing every cell in my body.* That is more powerful than we can even understand because of the mind's effect on the body. So intentionally thinking things before you eat, I honestly think that's going to be the next kind of... Like how to intentionally use the placebo effect in your everyday life is going to be some of the most powerful areas that we're going into in the health field.

Dr. Jockers: I love that. And that is so important. And some other digestive hygiene type strategies, I'll tell people you want your food to be very aromatic. You want it to be able to smell really good. And using herbs, a lot of herbs, on your food can help with that. In fact, you should be able to smell it across the house. It should smell like that. And that actually naturally gets you salivating, and you're starting to produce those digestive juices. That's really key. What are some herbs you really like to use with your foods?

Megan Kelly: I would say my go-to ones. I always use turmeric on everything. You can have that taste or not, but I really like to do that. And then, I kind of just like to make my own spice blends of things. So Italian seasonings and rosemary. You're baking things in the oven and it kind of, like you said, lights up the whole house. Garlic. Onion. All the basic ones. Any of that. Really, you don't even have to have specific things. Kind of just throw it on there. Like you said, it'll really get your body ready to eat before you even look at it.

Dr. Jockers: Yeah, exactly. So you're doing all the preparation work to help you. So yeah, turmeric is one of the best, but it isn't very aromatic. It really doesn't have that great smell.

Megan Kelly: No.

Dr. Jockers: But like you were saying, those Mediterranean herbs: oregano, basil, thyme. These things are awesome. Rosemary. They have such a good smell and flavor to them. They enhance the overall flavor component of the food. They smell good. They're what we call carminative. So they help with intestinal motility.

Megan Kelly: Right.

Dr. Jockers: If your intestines are moving really fast, they help slow it down. If your intestines aren't moving fast, if you're constipated, they're going to help speed it up and get things moving. It's like a no-brainer to have them. And they're antimicrobials. They kill off bad bacteria. It's like a no-brainer to put more of these in our food.

Cinnamon, when you're doing something sweet.

Megan Kelly: Yeah.

Dr. Jockers: It's really good for blood sugar. Yeah, we've got to use more of these types of herbs. People always ask me, "Do I have to do them fresh?" I'm like, "Fresh is great, but you could totally do them dried as well."

Megan Kelly: Yeah.

Dr. Jockers: You could even do like essential oils. You could diffuse essential oils. Another good idea.

Megan Kelly: Yeah.

Dr. Jockers: And also, music. Music can really help set a good mood.

Megan Kelly: Oh, yeah.

Dr. Jockers: If you put on some really calming, relaxing music. Like I'll put on the Yanni station on my Pandora when I'm preparing food. Yanni, just that classical type.

Megan Kelly: Uh-huh. Yeah.

Dr. Jockers: So good for just relaxing that stress response. There's so many things that we can do to kind of create this environment that prepares us.

Megan Kelly: Exactly. Yeah. So I would say whatever that is for you, whatever gets you into that state, whether it's music, smells, listening to something, even just moving and taking a second to stop and think, just do it. Do it for a month and see what you notice.

Dr. Jockers: Yeah, it's huge. There's a book: *How to Think Like Leonardo Da Vinci*. Have you read that?

Megan Kelly: I've read that. Yeah.

Dr. Jockers: He really focused. He would take five minutes every day and focus on one sense. So he would take time and just see what he saw or whatever it was.

Megan Kelly: Yeah.

Dr. Jockers: And we can actually add all those components into meal prep. So if you've got a good smell with the food you're consuming. You're putting on some light music. You are using different colors, so you're seeing different colors. You eat colors. Different textures. So you're getting that kinesthetic feeling. There's all these different types of... Our senses just kind of enhancing those senses, it's going to be really good for the brain and really good for that pleasure component of consuming the food.

Megan Kelly: Yeah. And we've lost that so much in our high-paced, overloaded world that we're always just going from one thing to another. We're kind of losing the ability to stop and focus on one thing for a long amount of time. And doing that is just, like you said, powerful on so many different levels. And so, that's one of the number-one habits I would say first start with is the ability to be present and hold the focus on something. I would say start with that because that'll cascade in every other area of your life.

Dr. Jockers: Yeah. Absolutely. So key. And so how about doing a little bit of fermented foods, especially when you're consuming meat? I know in my family we love pickles. We do good organic pickles. Do you like adding in fermented foods?

Megan Kelly: Oh, yeah. I used to make them all the time. I haven't so much since I've had my daughter.

Dr. Jockers: That was back before you were a mother.

Megan Kelly: Yeah. I definitely buy them. But I like all of those. I'm obsessed with kimchi. I just love kimchi. And it's really easy. At dinner, get whatever, whether it's pickles, fermented fruit, just get it out every night at dinner and put it on the table. It's a really easy strategy you can use. Great for your digestion, great for your immunity, everything like that. So definitely get that and just put it on the table every night.

Dr. Jockers: Yeah, I find that I digest my meat so much better with adding in—doesn't have to be a lot—just a little bit of fermented foods. You think about sushi; it comes with pickled ginger. These kinds of traditional dishes.

Sauerkraut. So in Europe, they would do a lot of fermented cabbage and sauerkraut. Kimchi in Asia. Our ancestors were doing this all the time.

Megan Kelly: Yeah.

Dr. Jockers: We've lost the desire for sour.

Megan Kelly: Yeah.

Dr. Jockers: But sour, that bitter, I would say bitter is good for the liver.

Megan Kelly: Yeah.

Dr. Jockers: And the liver produces bile. And we're consuming a lot of fat on a ketogenic diet.

Megan Kelly: Right. You need that.

Dr. Jockers: You need bile release.

Megan Kelly: Yeah. And I would say one thing that's actually really good is when you do start consuming those bitter fermented foods, it actually starts taking away sugar cravings.

Dr. Jockers: Yes, it definitely does.

Megan Kelly: Even if you don't like it at first, it really is an acquired taste. I think you can learn to like it and it really will start taking away sugar cravings. It's amazing.

Dr. Jockers: Yeah, absolutely. You've just got to give it a chance. I always tell people really the process of getting healthy, it's kind of like getting a master's degree in your own health.

Megan Kelly: Yeah.

Dr. Jockers: And so, if you were to go back to school and get an advanced degree, it's going to take you anywhere from a minimum of six months, maybe two, three, four years to do it and you're going to invest a lot of time, money, and energy into doing it. So don't feel like you've got to go full throttle, you've got to do everything 100% right from the start. Just like going back to school, you've got to learn how to study. You've got to learn the different topics, and it's just going to take this slow, steady investment of your time, money, and energy.

But once you get things mastered, you carry that with you for the rest of your life. You're able to help other people with it. So there's really no greater degree. I was in college for nine years. I barely use—honestly, I barely use the content that I learned in medical school.

Megan Kelly: Yeah.

Dr. Jockers: But the whole process over the last 10 years of me—really the last 15 years—really transforming my own healthy, I carry that with me every day and I'm going to be using that for the rest of my life. So there's no greater investment of your time, money, and energy than doing the things Megan's talking about here.

Megan Kelly: Yeah. Especially for your family.

Dr. Jockers: Yes.

Megan Kelly: Like I said, I am so, so happy that I know all the things I know now before I got pregnant.

Dr. Jockers: Yes.

Megan Kelly: And even now in how to feed her. It's just so important for the next coming generations.

Dr. Jockers: That is so critical too because you've taken the time and continue to take the time to work on your own health and develop the habits. And now, your daughter's going to see that. She's going to watch that and watch you putting that into practice. And you're her main role model.

Megan Kelly: Right.

Dr. Jockers: She's going to naturally start to do it and adopt it. It's like breaking the curse of chronic, unnecessary disease in your family and low-level thinking and poor behaviors just by putting in the investment in your life now.

Megan Kelly: Yeah.

Dr. Jockers: It's so powerful.

Megan Kelly: It really is. That's everything. Everything that we wish we would've had, I feel like a lot of people in this generation now that are getting into this, you kind of can get into that victim mentality of, *Oh, I wish I*

would've grown up like this, or something like that. But our bodies are amazing. They can be completely different. That's what's empowering. You can be completely healthy and affect the next three generations after you.

Dr. Jockers: Absolutely. So going back to that limiting belief idea, if you're having limiting beliefs as you're listening to this summit that this is going to be really hard for you, this and that, focus in on the fact that it is a process, number one, and just be ok with that. Celebrate those small wins and realize the big impact, like Megan just talked about, that you're changing generations in your family with this. So it's so powerful.

Even if your kids are already grown up, if you start implementing this... I have so many patients that they started implementing it, modeling it, seeing results, it just became part of their everyday structure and routine because they had habituated these activities. And over time—it wasn't like right away—their families started adopting it. Their families started asking questions. They wanted to know more and led them on. So there is a long-term gain with this. And that's something very important to remember.

Now, let's transition into carb cycling. For some people, being real strict keto seems to work great for them. Other people, they start to have symptoms.

Megan Kelly: Yeah.

Dr. Jockers: They start to just not feel as good. And I think one big key is listening to your body. And there is a time, an appropriate time to cycle in a little bit more carbs and kind of develop this level of metabolic flexibility where you're able to cycle in and out of ketosis. Explain how you do that.

Megan Kelly: Yeah. For a while, I really wasn't being that intentional about carb cycling or actually knowing how much carbs I was eating, when I was eating them. So I actually had to add more carbs in and be more intentional about that to get my cycle back for pregnancy and, even now, like breastfeeding. So that's what I really like to talk, especially with women, about, especially if they're having any problems with their cycle missing or fertility, pregnancy, breastfeeding.

Everybody is different, so it's really about working to see what do you need in this season of your life. Because everyone, especially me now, you're going to go through different seasons where you might have to eat a little bit differently. So you kind of have to figure out what that looks like for you. And so, especially women, breastfeeding, all of that kind of stuff, I add in more carbs and just see how they feel and to see, obviously, how their body is

reacting to it. I think that's just kind of important to look at those factors to see if you might need to add more carbs in.

But you can still do it in a cyclical way. So you can get the benefits of a ketogenic diet but also get what your body needs at that time.

Dr. Jockers: Yeah, absolutely. So one of our interviews is with Mark Sisson. And he talked a lot about kind of this idea of developing the metabolic machinery. So you start with kind of a lower carb template.

Megan Kelly: Yeah.

Dr. Jockers: Where you're kind of keeping your carbs certainly under 150 grams a day, which really once you take grains out, it's not that hard. You take out grains, white potatoes, stuff like that, it's really not that hard. And you kind of develop this metabolic machinery. Then you can go real low carb, unless you're pregnant or breastfeeding.

Megan Kelly: Yeah.

Dr. Jockers: And just see how you do and see how you're feeling. And if you're starting to notice some worsening symptoms, energy really going down, constipation, maybe losing some hair, things like that, then add in some carbs, some healthy carbs, which we'll talk about in a second. See how your body responds. See where you're at.

Megan Kelly: Right.

Dr. Jockers: And then you can dive down, go real low carb for maybe a day or two and then add back a little bit of carbs and kind of see what the best routine is for you. Maybe it's adding more carbs once a week, maybe it's once every two weeks, maybe it's once a month, maybe it's two or three times a week you find out for yourself.

Megan Kelly: Yeah, exactly.

Dr. Jockers: And that's what you do.

Megan Kelly: Yeah. It's all about that experimentation. It really is. Our bodies are so unique. So the skill of being able to find out and figure out how food's affecting you is just so important.

Dr. Jockers: Yeah. And that really goes into this idea of ketogenic lifestyle because it's not just about the diet. The diet does have profound benefits to

the body of reducing inflammation, improving brain, helping your body just get rid of abnormal cells. There's so many great benefits, but it's really about a lifestyle and figuring out how to incorporate and get these benefits in your own lifestyle. So, really glad that you're able to share that. What are some of the best carbs? If somebody were going to have a higher carb day, should they just go to like Domino's and eat a whole lot of pizza? What would be the better, more nutrient-dense carb sources?

Megan Kelly: Yeah. It's funny. A lot of people, that's what they say. They're like, "Ok, so on my high-carb day, I can just go wherever?" Well, actually, the really interesting thing that you might need to look at. So for me, when I was eating carbs, it was a lot from just winter squashes and sweet potatoes and everything. And it was less than I thought it was. So I thought I was eating a lot more carbs than I was because, like you said, when you just get your carbs from vegetables basically, it is kind of hard, depending on what you eat, to eat a lot, which is really nice.

So the best carb sources that if you need to go higher, things like plantains and sweet potatoes and potatoes and all the winter squashes, all of that. It's so good for you on so many levels for blood sugar regulation. You actually get all that fiber and everything in without just downing a thing of pasta.

Dr. Jockers: Yeah. And you want those nutrient-dense sources like you're talking about.

Megan Kelly: Exactly.

Dr. Jockers: Squash. Carrots are another really good one. You've got beets. Beets are a great one. Also, some fruit. Berries: super rich in nutrients. They have a low glycemic impact. Maybe a green apple, Granny Smith apple. Something along those lines. Or just if you're feeling like, hey, I want to really have a higher carb day, definitely doing some higher sugar fruit like pineapples or watermelon in the summer.

I always tell people, watermelons, they're for the people that are out there playing flag football or running around, because they do have a lot of sugar in them. They're not for the old folks that are just kind of sitting there watching all the kids run around.

Megan Kelly: Right. That's good.

Dr. Jockers: If you have a watermelon, make sure you're active too.

Megan Kelly: Yeah.

Dr. Jockers: So when you have those little bit higher carb days, make sure... We've got to build in just movement in general into our lives. But especially so when you're having a higher carb day, it's a really good idea to just get regular movement whether it's walk around your neighborhood, playing with your kids, something along those lines. Just get more movement in. That's going to help as well with keeping blood sugar stable.

Megan Kelly: Yeah. Absolutely. I think that kind of goes hand-in-hand with the keto diet. Like you said, it's a lifestyle. So it's not only learning to eat a certain way but it's learning how to move throughout the whole day because we're not doing that anymore either.

Dr. Jockers: Yeah.

Megan Kelly: So it's building in things in your house that make you move without thinking about it. So that's kind of what I'm all about. Like, how do you make it so you don't have to use willpower to think about it? Even right now, I don't have chairs or couches or anything, so it kind of makes you move around. All of that is so important.

Dr. Jockers: Yeah, absolutely. Getting in those basic movements. It's just so important. Yeah. Incorporating those into your daily lifestyle.

Megan Kelly: Yeah.

Dr. Jockers: Megan, this has been an incredible interview and just great content that everybody needs to know. What are some parting words of inspiration that you can give people?

Megan Kelly: Well, I would say kind of repeating everything that we just talked about. Habits will change everything for you.

Dr. Jockers: Yeah.

Megan Kelly: Habits. Getting present and aware of what your thinking habits are, what your physical habits are, what your eating habits are, becoming aware of those, and then wiring in health practices that you want to have and doing it until it becomes automatic. You just have to get through a short period, but then your life will be changed forever. You won't have to think about it all the time. So I think focusing on habits is just the most important thing you can do.

Dr. Jockers: Yeah. I would totally agree. It's so worth it. So, Megan, where can people learn more about you?

Megan Kelly: Everything that we do and talk about, you can just go to renewingallthings.com and that's all on social media and newsletter. Everything's there.

Dr. Jockers: Yeah, definitely check out Megan's website. Tons of great recipes on there. Check out her Facebook and be sure to connect with her. She also does coaching, so if you want help with that habit transformation, I'd encourage you to reach out to her on that. And in general, the listener, if you're getting value out of this interview, we've got 32 interviews in this summit. We've got some of the best speakers on this topic.

So I want to encourage you to consider owning the entire Keto Edge Summit for yourself. That way, you get lifetime access to all the interviews, the transcripts, basically all the bonuses, everything you need to be successful with your ketogenic journey.

And if you would consider doing that, we would be super honored and blessed. And I hope you have an incredible day. God bless, everybody.