

Brian: I'm Brian Goodhart, 47 years old, and I live in Charlotte, North Carolina.

Interviewer: Got you. Brian, just in – in brief, can you tell us a little bit about your journey, your wellness journey? Was it a -- was it a direct path? Was it a winding path? Take me through that journey a little bit.

Brian: For me, I was athletic fit and in 2005, I was in a severe snowboarding accident that fractured four vertebra. I decided not to go to narcotic pain relief route and was trying to avoid surgery. Over the course of the next several years, my pain compounded, got worse, pounds started adding up, and I still went the route of no narcotic pain, but you know every physician, every orthopedic surgeon I went to was like here have a drug, you know, here we're going to cut on you.

And I don't know, six, seven years ago, I was ready to finally have surgery and went for a final opinion with a neurosurgeon. And he looked at me, he looked at me in the face and he said, "I will send you to 50 orthopedic surgeons who will cut on you." He said, "You will spend the rest of your life being cut on." And he said, "Brian, lose the weight you've put on and strengthen your core."

And when I say it had gotten so bad, there were days we call question mark days. I couldn't get out of bed without assistance. That is how debilitating it had become, the inflammation, the pain.

A few years ago, what, two and a half years ago, I found this new way of eating and almost immediately, the inflammation and the pain started to subside. Serious pain that I had been in for, you know, 15 years started to -- to -- I'm sorry, for 10 years started to just melt away and with that melting away, so did the weight I had gained over the course of that time. Not only did the weight go away, my percent of body fat shifted. I'm 47 years old and I -- this new way of eating, I have the percent of body fat of -- of a relatively high level athlete eating in this way.

Yeah. It was life changing. I was able to avoid surgery. The only medications I took, I took a prescription non-steroidal anti-inflammatory and a muscle relaxer. I can't remember the last time I took either of those. Well over two years and I lead -- I am back to leading an -- the same active life. I haven't been snowboarding yet. It's on my list, but I'm back to leading the same active life I led before and I'm -- I'm fitter than I was before.

I struggled throughout my late teens, 20s, and early 30s to maintain 175 to 185, and to maintain body fat. When I say struggled, I was in the gym an hour and hour and a half

every single day on top of a 12-hour workday. I mean, unsustainable in a personal -- at a personal level and you know sooner or later your joints are just going to wear out doing that.

You know, so, all in all, it was -- it was completely unsustainable and this way of life has changed, this way of eating has changed everything for me.

Interviewer: Brian, if I understand correctly, you broke your back and were in horrific pain, gained a significant amount of weight. How much weight did you gain?

Brian: I went from -- well, I didn't weigh myself. I went from 180 to 256 pounds.

Interviewer: Okay, so a broken back and 70 pound weight gain.

Brian: Yeah.

Interviewer: Okay. So you've broken back, 70 pound weight gain, you changed the way you eat and you -- so if you could -- if you could sort of say broke my back, 70 pound weight gain, I started eating ta ra ta ra ta ra, I instead of eating ta ra ta ra ta ra and the result was well, 70 pounds pain's gone, I feel transformed, something along those lines?

Brian: Yeah. So you want me to start and say about that I injured myself [indiscernible 00:05:09]?

Interviewer: No, not like...

Brian: Yeah. Got you.

Interviewer: I sort of not like the -- like this is sort of a very short sound bite version of the story you just said.

Brian: Okay. Got you. Several years ago, I broke my back and as a result, gained a significant amount of weight, about 70 pounds, terrible inflammation. I went through a process of discovery and changed the way I eat and in doing so, actually, found a new set point and lost a 100 pounds. So I'd weigh 20 pounds less than I did before my accident. Those 20 pounds that I had before the accident took a lot of time at the gym just -- just to stay at that 170, 175 pounds.

Now, you know, with this new way of eating, of course, I'm active. I work out, but it's a half hour a day and if I miss a day, I miss a day. There's no -- I don't freak out over it because I know it's the food that I'm eating and the way I'm taking care of myself. It's

more than spending hours in a gym or running or whatever that happened to be at that time. It's simple changes in diet, just incredibly simple.

I always thought I ate a healthy diet. Really didn't eat fast food, but I ate a ton of white potatoes, of pasta, you know, but in my mind I made the pasta myself or went to a nice restaurant and ate the pasta. So how could that be bad for you? I mean, it just I wasn't eating boxes of Kraft Macaroni and Cheese. So, in my mind, I always thought I had a healthy diet couldn't have been further from the truth.

Now my diet is filled with tons of greens, stuff I've always liked anyway. I go through spinach like it's I can't even tell you how much spinach we go through in our house and it's crazy how once you steamed or cooked spinach, it's -- it takes a lot to actually make a plate of spinach. Eating it raw is much better.

Eggs, I eat tons of high quality protein. Fats, I don't worry about fat. The fats I eat are all full fat. I don't eat anything that's a low fat. I'm convinced that that has been the -- all you have to do is look around to see what the low fat -- what low fat has done to our country. We've recently renovated our house. As house going through old pictures, we're living small. That's also part of my mindset change. We decided we want to live with less and live an easier simpler life and I'm flipping through photos.

I was born -- I'm 47. I was born in '71 and I look at kids I went to grade school with, kids I went to high school with. You don't see no one in those photos is heavy in the early 70s and 80s. They just weren't. I drive by schools now or see friends, kids and there's something wrong with our diet, with the way we eat. I wasn't a superstar athlete. I was athletic.

Kids have gained. You look at the statistics at the amount of weight kids have gained over the years. It's -- it's shocking to me and the answer is so simple. Eat whole foods. Eat quality protein. Eat good fats, avocado, you know, it's not about for me anyway, I don't use canola oil. I use canola oil to season my iron skillet. You know what I mean? That's about it seriously. There's a whole world of other oils that are healthy, avocado oil. It's great for making eggs who would have thought, but it has no flavor. It makes perfect eggs.

Tons and tons of vegetables, which are so easy to cook. You think about making pasta in my former life, right, before I found this new way of eating. How long you sit there and wait for a pot of water to boil? It's insane. Vegetables are cooked in a couple of seconds. Anyone that says that this is too hard or difficult just hasn't leaned in and given it a try

and that's -- that's what I firmly believe and you got to start by just getting rid of everything in your house.

And you've got to go through your cabinets and because we're so programmed for this convenience in this quick life, I could talk to people all the time that like you must spend hours in the kitchen. A dinner takes me 15 minutes to make and I'm a foodie. I mean, if I go way out off the deep end, you know, maybe it might take an hour, but that's just because I wanted to take an hour because I want to try something new.

The standard American diet that most people are eating right now, it's so redundant they eat the same thing all the time and I can look back two and a half, three years ago and that's what I did. I ate the same types of foods constantly. You know, once a week, I had risotto. Once a week, I made pasta, you know, once a week, I made pizza, but hey, you know, I was making my own whole-wheat crust, so it's all good, right? No. I mean, it's not, you know, it's not the kind of food we should be putting in our bodies to -- to fuel our bodies.

You know, I'm 47 and I feel better than I've ever felt in my entire life. People look at me and say, "Oh, you're crazy. You don't." I was like I feel so much better, joint pain gone. The anti -- even if it's not about losing weight, the anti-inflammatory properties to this way of eating are -- they're phenomenal and everyone I know who is leaned into this way of eating says the exact same thing. You know, whether it's arthritis, a hand, a knee, you know, the older we get, our joints just by repetitive use are going to start breaking down.

You know, I feel pretty good for 47 and several years ago, I would have said, "Wow, five years ago I was in a pretty bad state and never ever thought I could feel the way I feel today. Never thought I'd have the energy." Everyone on the circles around people half my age and that's not hyperbole. I seriously we're on the circles around people who are half my age.

Mentally, it's all of a sudden this fog is lifted, you know, you -- I've always been terrible with names, but I can remember names quicker and that might sound something completely ban although most people, but it's a sign of respect to remember someone's name. All of a sudden, you know, my brain is working again, it's functioning at a high level. I'm very mathematically inclined and I can remember during the dark period, whatever you want to call it, not being able to do simple things for me that were simple in the past, not be able to do that, not even be able to -- I'd have to sit down and figure out even how to do it.

Now, you know, we finished a renovation on our house and when I say a renovation, I mean a gut tearing the house down to the studs. That was my own general contractor and we started it I guess a year before I found this way of eating. Then got halfway through and it was a painful year if you've ever lived in a house that was being torn up while you're living in it, it's painful.

After I found this way of eating, I finally decided, you know, it got to where my body had reached this new set point and I had been on it for at my set point for a year and I was like, okay, I need to finish this and then this was the hard part of the house. This is the part that you actually live in that we were finishing. We finished it. It was the easiest thing I've done.

Yeah, even emotionally, you know, I wasn't having a breakdown because you know things are going to go wrong when you're doing something like that. You know, I felt great about it and you know, of course, it -- was it perfect? No, mentally, and there were days, you know, when everything breaks, you're like, eh, I'm done with this, but overall, you know, it was smooth. It was easy.

I wish more people would -- would believe in this. I've had countless people tell me this is too hard. This can't be done or one of my favorites is you -- you have to starve yourself, you know. I think it's funny because if, for instance, I was starving myself which I don't because I'm quite sure although I've never -- I have not counted a calorie since I found this way of eating, I think I'd still probably like losing weight and 18 months now at this new actually, probably closer to 20 months at this new set point and my weight has varied a pound or two in 20 months up or down the pattern.

It's, yeah, there's nothing difficult about it. Yeah, you eat. You can -- you can eat more food if truth -- truth be told and you stay full. You're not loading yourself up with -- with bread and uh, you know, I -- people think that I'm insane, the whole bread thing. At our local restaurants, we dine out quite a bit and I'll eat a burger, but I order it without bread and I'm going to eat a good burger, you know, I'm not going to if I'm going to eat a burger, I'm not going to drop by the local fast food place and get a burger you know, it's going to be a good burger, but I'm the no bun guy, you know, at these, you know, these restaurants. They're like oh, you're the no bun guy with broccoli. It's like yeah, yeah. That's -- that's the guy. That's who I am.

People with -- with kids, I've heard a lot of people say, "I have kids. We can't do this. I can't take this or that away from my kid." Wow, it's not taking anything away from your

kids. It is setting your kids up for a lifetime of healthy eating, having a healthy mind, healthy body. I have lots of friends who are schoolteachers and they constantly talk about the fog these kids are in. You know, they can't think. They can't -- they don't concentrate. You know, I think a lot of that has to do with the food, you know.

I was fortunate enough to have had a mom who didn't cook. So I think I was fortunate because our food was pretty simple, you know, it was eggs. It was -- but there was nothing. We never had sugary cereal. So, thankfully, I never fell into that -- into that trap, but I look and I try not to judge, but it's hard. I look at people's carts at the store or this is embarrassing, but when I'm in people's houses, you know, when people open their pantry, you kind of look and I try not to judge, but I don't think you're taking anything away from your kids, but I think you're setting your kids up for a lifetime of happiness and good health and you know what more would you want to give them?

I recently had a conversation with a relative of mine and she said, "I can't -- I give so much to my kids. I can't do this. Doesn't eat the way I eat. It takes too long." And my answer or my retort was I think the best gift you could give your kids is your own personal health to be around for your kids 20, 30, 40 years from now when your kids are getting married or having kids. Yeah, so...

Interviewer: Wow. That is -- it's, Brian, that is -- you're making my job very easy. That is extremely powerful and one thing I wanted to talk more about because you're an educator, right?

Brian: No.

Interviewer: What you were?

Brian: I'm at my house -- I stay at home.

Interviewer: But what you were on a panel for that, but anyways...

Brian: Yeah, I [indiscernible 00:20:01] a lot of -- a lot of boards.

Interviewer: Oh, okay.

Brian: And I'm also I'm studying theology.

Interviewer: So, anything, okay.

Brian: It's kind of like a whole second life this whole way of eating.

Interviewer: Got you. Got you. So when you -- when you're working, when you're chatting with people and they say, this is too -- this is too difficult for me to help my children with, it's almost one of the ways we've talked about this in the past is so learning to read is not easy, but being illiterate really makes life hard.

Brian: Yeah.

Interviewer: It sounds like the type of wellness transformation you've had is almost equivalent to going from being like someone who's illiterate to being literate, like you have a whole new experience of the world because you've gained literacy.

Brian: Yeah.

Interviewer: Why is it that we as a culture will say, for example, like, you know, going to school, kids don't want to go to school, but we send them to school; they don't want to learn arithmetic, but we teach them arithmetic; they probably don't want to learn to read, but we teach them to read because we know it's required for them to live a productive healthy life. Why don't we treat wellness and nutrition that way?

Brian: Wow. So why don't we treat wellness and nutrition the same way we believe every kids who are going to read, do basic math?

Interviewer: What about wellness literacy?

Brian: Yeah. I wish I knew why we didn't because you know if we teach kids, first of all, I think at the very basic part of that conversation, if we teach kids wellness literacy and teach them how to be healthy and how to fuel their bodies in a healthy manner, you know, they're going to be ready and prepared with minds to learn, number one. So that's the first thing. The second thing, well, yeah, I'm just going to say it. I think we are as a nation are owned by -- by big food. I'm going to be honest.

I don't have any kids. So I don't know what kids watch these days, but myself as a kid even in the 70s and 80s, kids shows were commercials were filled with sugary foods, sugary cereals. You look at what kids when I'm at the grocery store and I'm at the grocery store a lot by choice. You don't have to. I just I'd rather shop the day of. You look at what kids are asking for and clamoring for. When the mom or the dad is going -- when they're going down the produce aisle, the kids not -- most are not clamoring for an apple or a pear, much less spinach, you know, that they want whatever the new cereal is or the pop-tart or whatever the thing that that's -- that's easy. Yeah.



Interviewer: But it sounds like...

Brian: But we've also -- we've not only taken away literacy from kids which I was never taught about healthy eating. I thought what I ate was healthy, but I think it goes hand in hand with the schools, with schools in general just not emphasizing the body long term. You know, throughout my entire academic career until college a required subject I think every day was physical education, was PE and speak to lots of it. I don't think that's required anymore, but I know throughout my 12 years, yeah, I think it was every day. They've cut even just that basic get out and move part.

Yeah. We need to get on board with teaching kids dietary literacy for lack of a better word. The statistics bear out. We have got to do this. There's not a choice. As I was saying before these I can look at pictures. There was not an overweight kid. We have an elementary school not far from the house and you drive-by in the middle of an afternoon when kids are out. There are a lot of overweight young kids. I mean, yeah, I don't even what elementary school would be 8, 9, 10, I guess. Yeah, it's shocking and it's -- it's, you know, what they're being fed at home.

And also I've heard just about school lunches from -- from friends of mine who are educators and they will tell you time and time again, when there's a choice between something healthy and something not very healthy, even if it's a school that makes them put everything on their tray, 9 times out of 10 the healthy stuff is what gets dumped out at the end, you know, it's the pizza, the fries, those are the things that they're consuming. Any vegetable gets tossed out.

Interviewer: Well, and Brian, have you -- so you mentioned a term a couple times which I think is really powerful, which is set point.

Brian: Hmm.

Interviewer: So it seems like in starvation models, it's a fight against the body. It's a -- it's a constant battle, but you talked about you established a new set point and that you eat foods. You enjoy to eat. You eat them in abundance and you maintain an incredibly healthy weight. Can you tell me a little bit about this concept of set point weight and your relationship with your body?

Brian: All right. I've done a lot of reading on nutrition and health and exercise in general and inflammation the last several years and as I adopted this new way of eating, you know, the weight just started naturally coming off and I was feeling better. And I saw a



show on Nova about set point, and it was disturbing. There were a couple of doctors and they were like you can never change your body's set point. It is what it is and I don't remember the physicians' names. I think I really misunderstood what they were saying. So I had gone from anywhere in my adult life from mid-teens through 35, between 175 and 185, spending a lot of time in the gym to maintain that, a lot of time, hours a week, hours a day sometimes and it was a struggle to stay there.

Adopted this new way of eating January 2016. The weight just started melting off. Not only the weight, the body fat. So if you've heard the – well, I'm sure most people have heard the concept skinny on the outside, fat on the inside. So I kept having as I was losing weight my percent of body fat checked. I wanted to make sure that I wasn't like this weight wasn't coming off and I was still at -- I was at close to 40 percent body fat at my when I topped out. The weights coming off, I lost a 100 pounds at 11 months to say people weren't shocked, they were shocked. People that saw me even every day were shocked.

The set point, I had got down to that 175, 185 and people got very nervous when I kept losing. Honestly, so did I. I was looking at the scale and I'm like wow, I'm eating a lot. Why am I still losing weight? And that was probably nine months into it, I guess, nine, yeah, eight, nine months. I got down to where I was prior to my accident. Weight kept coming off and I was like you know what? I'm going to go with it. I'm healthy. I've had no other health issues, period. I thankfully, I have no idea how, but you know my heart was great. My blood sugar was great. I must be like a miracle of modern science because even with all that weight, it didn't affect me negatively. It affects most people negatively. I was fortunate.

So I'd let the weight come off and all of a sudden, it stopped 11 months in, I just stopped losing weight right at about I think it was I was at 157 pounds and it was crazy to look at the scale and see I was not -- I hadn't been 175 pounds, I mean, 157 pounds. I was probably 14. I don't even know. I can't even tell you the last time, but it was -- it was shocking. I was a 157 pounds 13, 14% body fat, right? It stopped. I was eating the exact same amount of food as I was eating when I was losing weight and I probably even forced myself after I got down to that 175. There were a couple, I was trying to eat a little bit more just thinking yeah, I'm under feeding myself.

You know, 20 months later I totally understand what the doctors on Nova were saying. I thought the set point was that 255 and I will never ever be able to get off that when I watched that that show. No, the one -- the 255 was definitely not a set point, absolutely,

not. The 175, 185 I had lived with while in a pretty dreadful diet in hindsight was not -- that was a lot of physical work and I was eating terrible food and didn't probably wasn't a nice person to be around in general, I would say, even just from a personality standpoint, yeah, I was not nice. That's pretty mean. I think when you have to spend that much time in the gym every day, yeah, yeah I was not a nice person.

This 157 one where I am right now, this is where my -- this is where my body belongs. I feel great at this. It's not a lot of work. I enjoy being active, you know, I'm back in the gym. I work out with a trainer, but it's that is such a small tiny little part of this whole way I -- those are things I enjoyed that I couldn't do when I gained all -- all the weight. I mean, I just physically could not do those things. So I missed them. So now I do them, but I don't do them to maintain my weight. I do them because I enjoy it, you know, I like being active and I'd missed being active. When you cannot be active because in my situation my back, like the weight I was carrying, yeah, there's a certain joint that comes along with getting that part of your life back, yeah.

Interviewer: Brian, so it sounds, I mean, that that's so powerful. So you were -- I'm going to estimate. You were around 260.

Brian: Yeah.

Interviewer: You had to fight to be at 175. Before you were 260. Now you're at essentially 160.

Brian: Yeah.

Interviewer: So it sounds like your experience was almost like there was this naturally thin person...

Brian: Yeah.

Interviewer: ...inside you this whole time.

Brian: Yeah.

Interviewer: And you just unlocked him.

Brian: Yeah.

Interviewer: Because now you're there. You're at 157. You're not trying. It doesn't sound like.

Brian: Oh, no, absolutely not.

Interviewer: No.

Brian: No, it's funny that someone actually said that they're like you look like one of those people that's just naturally thin. It was kind of funny that they said that because I've never seen myself as that and you know I had one -- I'm 6 feet tall. At 175, I was relatively fit, but look as I told you it took a lot of work to maintain that 175, a lot of unsustainable work as it is at 47 also like I said that who has time to spend or who wants to give up that much of their life, you know, to spend that much time in a gym? I don't and I am nicer.

Interviewer: Yeah.

Brian: A lot nicer to people around me.

Interviewer: So what do you -- what do you think is the fundamental difference? Are you good?

Male Speaker: Yeah.

Interviewer: Okay. What is the -- how -- so -- so many people are trapped in this, I need to count calories. I need to consciously eat less and exercise more, but your body seems to -- you eat more food and you maintain a lower weight than you ever have in your life. How -- how is that even possible?

Brian: To eat the quantity of food I eat and not count calories, I'm eating the right foods now. That's the difference and I'm eating, you know, a balance of the right foods. I don't go off -- I'm not -- I don't do -- I did this silly thing when I was trying to lose weight. It's what's called the military diet, right? And I was obviously failed at everything I tried. That's why I think the longest I ever stayed on a diet was maybe a week and I think because I think it was 600 calories a day. It was the only time I ever counted calories and you know that was insane. It was insane. There was nothing more freeing than to hear someone say, you could eat whatever you want to eat. So it's the right types of food and lose weight and you don't have to count calories.

I get everyone's stuck in this counting calories. I totally get it, the whole energy model, you know, I understand I wasn't very good, but I took physics. So -- so I understand, you know, energy and calories, but what a dreadful way to live to sit there and enter everything into your -- into your app? Okay. This -- no, I could just eat the right kind of food, you know, get some good quality protein, vegetables. There's an endless world. It's

funny our refrigerator is always so overstuffed with -- with vegetables. You know, once a week I kind of have to do this clean-out where I'm like I just create whatever just because I detest throwing food away. And yeah, it works out 90% of the time and if not, I eat it because it's still halfway decent.

No, to your point people say that you definitely count calories, no, not once. Just get rid of all of the crap, all of the processed crap, you know, I'm sorry. Whole wheat bread isn't that a whole wheat, number one. It's over processed flour, you know. Yeah. Just get rid of it. Anything one of the biggest things I was taught was to totally disregard the nutrition label on food, just disregard it. Instead look at the ingredient list, and I have very few things at the house that actually have an ingredient list because when you're eating whole fresh foods, they typically don't have a, you know, a health label or an ingredient list, but they say, you know, take a look at the ingredient list because that's going to tell you everything you need to know in the fewer items that are on that ingredient list probably the better it is for you and if there's stuff you cannot pronounce without a advanced degree in Latin or Greek, yeah, you definitely need to throw that out. That needs to go.

Yeah. So you can forget about entering stuff into an app. You can forget about counting calories if you eat quality whole foods in a mixture, you know. You can't eat bananas from the time you wake up until the time you go to bed. I'm sorry. You just, I mean, I guess you could, but it would not be very healthy, you know, and there's so much literature out there on it now. You know, read a book. Read a magazine articles. Seriously, it's not -- it's not hard, but get rid of all this stuff that you have in the house right now, you know, that's not a whole food, that's not good.

And then I have a simple thing. I've kind -- I stay away from whites, so kind of if it's white, I don't eat it. Yeah. Potatoes, no, I don't eat potatoes I'll have an occasional sweet potato, but I don't eat any potatoes. I can't remember the last time, well, then far more than two and a half years. White rice, no. Hey, and you have to experiment with food. I found it my body, I just can't eat rice at all, and I don't miss it. I -- even like a brown rice or a wild rice or a black rice, it increases my inflammation and everybody's going to be different, but for me that's what it does. You know, cauliflower, believe it or not, makes a pretty decent substitute for rice. Actually, a really good substitute.

We fooled people at our house had shrimp and grits, but made the grits with and we live in the south with cauliflower, no one knew. I mean, no one had a clue until afterwards, of course, then someone said what if someone was allergic to cauliflower and I was like

wow, no, I know anyone that's allergic to cauliflower, but yeah, I guess, I would have been sued. I don't know. So, yeah, you know, I have a good mixture of foods, totally lost where I was going with that.

Interviewer: That's actually, you know, this is great because I -- so it sounds, Brian, you know, one thing these people might be watching this might say, okay, so I'm throwing out all the garbage in my house. I'm getting rid of all the garbage. Does that mean I can't go out to eat anymore like what happens to my social life?

Brian: Oh, no. I mean, going, oh, if I had to stop going out to eat, I'm a major foodie. We have planned vacations around restaurants we want to visit. I'm not -- we did a trip up the west coast from LA to Portland last year and jokingly called it, you know, it was the James Beard and Michelin-starred restaurant because we all along -- all of our stops over two weeks we made the stops because there were restaurants we wanted to go to. There is not -- I have yet to go to a restaurant that where I couldn't find something on the menu I could or wanted to eat and I don't say could because that's terrible that I wanted to eat or where if it was something where the restaurant wouldn't make a small adjustment for me.

And I have a new theory in restaurants. If they're not going to make the tiniest of adjustment, which for me would be leave them right off, whatever, I mean, they're small because if it's that, if I need them to make that big, I'm just not going to order that particular item, but and I mean the spectrum of restaurants. You can go from a very now I don't eat fast food and I've sort of never been a fast food eater so, but I think you could even apply these principles to that, you know, get a salad just forego the sugary dressing or you know eat the burger without -- get the grilled chicken sandwich instead of the fried chicken sandwich and don't eat the bread.

But, you know, any one of my favorite places in Charlotte, it's a dive Mexican restaurant, I mean a dive, the tiny little hole in the wall and everyone is associated to Mexican tex-mex kind of food with, you know, rice and I have no problem eating in this place. I order my food with no tortillas which they're more than happy to oblige and instead of getting the rice, you know, I'll double up on the beans. It comes with a refried. I'll say, I want black beans instead. Yeah. I've, you know, if -- if this way of eating meant I had to give up going out to restaurants, yeah, that would have been -- I'm not saying I wouldn't have done it because I feel great now, but yeah, no, that would have been hard. Yeah. Yeah. That would have been close to impossible. Yeah. You have to go up.

Interviewer: That's awesome. That's absolutely awesome. You have covered a trip, but you made -- I'm like I don't even need to look at this. This is so fantastic. Let me see here because this is -- did you -- I'm trying to think of the way -- best way to phrase this question.

Brian: Yeah.

Interviewer: It sounds like you're -- so put this way. Are there foods that you used to have a craving for that you not only no longer crave, but may kind of offend or disgust you, and do you have foods that used to offend or disgust you that you now crave?

Brian: Okay. Foods that -- oh, yeah, they're definitely foods that I craved. If they were all the bad ones, I craved the bread, white potatoes. Potatoes, okay, I'm going to say that is the one thing that I craved in any form maybe it's because I'm Midwestern, mashed potatoes, potatoes with cheese, French fries. I craved potatoes. I don't think there is gnocchi. I don't think there was a day that went by in my maybe my entire life that I did not eat potatoes. Yeah. The idea now of eating potatoes, white potatoes, it makes me sick to my stomach. I mean, it seriously makes me sick to my stomach and going out especially is -- is challenging with a group of people, you know, someone will order something with potatoes, and they look at me or let's say, there's an appetizer that has potato in it, especially, like a tapas place, Papas Bravas or something, people will pass it around. They're like, oh, Brian, eat that. You've done so good. Treat yourself. Eat that.

Yeah. If someone told I have -- I've yet to use this, but in my mind when I was told this, it reverberates every time someone tells me to eat it, why would I want to put something into my body that is poison to my body? So, you know, that's what I and it really, yeah, potatoes, no. The idea of a French fry, yeah, uh-uh, it's -- it maybe because I ate so many of them and I now I feel so good without those and they were just -- they were a huge part of my diet.

Interviewer: Yeah.

Brian: And I thought, you know, it's not that I hate French fries all the time. I thought I was doing pretty well. Yeah. I thought, you know, I'd slice and make really nice potato dishes, you know, it wasn't -- I wasn't downing, you know, curtains on McDonald's French fries a day. Yeah. So, definitely, that's a food that I love that, yeah, it kind of repulses me now. Conversely, kale, I'm not joking and it's so cliché. It really is absolutely cliché. I didn't -- I just never thought I can wrap my head around kale in a million years. I was just I've always liked spinach. So I've -- I've never been put off by green leafy things,

but there was something about the texture of kale, something about kind of the bitterness, I guess, of kale. Yeah. I have a like a love affair with kale now. It's crazy and I have found ways till I put kale into everything. I mean, I'll chop it up and throw it into chilli.

I -- one of my favorite things, it's a kale and artichoke basic, it's quiche, but without a crust. It's egg. It's pretty much egg, kale, and artichoke. It's you throw in the oven and bake a crispy kale, like just crisp it with some olive oil in the oven. It is a great substitute for chips, which actually on the potato side that really was never kind of my thing. Chips were never my thing thankfully, because I hear they're difficult to give up, but no, kale, yeah, kale is the one thing if someone said wow, you can never have kale again, yeah, I'd have a hard time with that because shockingly, I enjoy it now and there's a lot of ways to make it and throw it into your food so.