

ask DR. BEN

PODCAST TRANSCRIPT

Speaker: Dr. Ben Johnson

Episode 26: Diet, Nutrition, and Your Skin

Hello, and welcome to the Ask Dr. Ben Podcast. I'm your host, Ben Johnson. As a holistic-minded physician, I've spent the last 20 years looking outside the box and conducting research to find the true causes of skin conditions and other diseases. And while the focus of my work has been on aesthetic medicine and unlocking the secrets to reversing skin damage, this podcast will also include many other exciting revelations pertaining to you and your family's health and wellbeing. So let's get started.

Well hello everybody, and welcome back to another episode of Ask Dr. Ben. I really appreciate you following along with these podcasts, and today we're going to be talking about nutrition, diet and your skin.

I feel like I've really gotten a good understanding, and something to share with you, my advice as it stands today. But I will tell you that I am still reviewing and evaluating all of the possibilities and by no means am I an expert in this category of skin health, but I do think I have some good ideas for you. So let's jump right in and talk about how to guide yourself and your family during this time when it's really hard to find food that's good for you, and it's even harder to find food that does not contain a lot of toxins that can affect your skin in a negative way.

I know first and foremost how challenging it is just to try to stay healthy during these times. Sometimes budget requires you to eat less expensively, which usually means more toxic food is going into your body. Then secondly, it's also hard to find access to food. Then thirdly, the state of the world today and the restaurants and everything. It's just a real challenge.

I know sometimes we're going for more comfort food. Sometimes we're going for more ease and convenient food, and almost never are we putting in the extra effort to stay as healthy as possible.

That said, I have to say I see some people who have definitely gained a lot of weight during this whole pandemic, and then I've seen other people who have gotten fit during this pandemic. So it is interesting to see the trend one way or the other. I'm hoping you're on the get fit category. I know this has been true for me. Focusing on your health is such an important thing to do right now, and nutrition is a critical part of that.

So the first summarized statement I'll make is I have become pretty darn convinced that the model for the body, for the healthiest body, and there's some fluctuation on this depending on body type, the model for the body is that you should generally eat 50 percent carbs, 25 percent fat and 25 percent protein. Now what varies on this to some degree is are you someone who's in the gym lifting weights wanting to gain a little bit more muscle? Well then you might go to as much as 30 percent protein, although I would argue that 25 percent protein is going to be enough in most cases.

Most people think that that extra protein shake that they're taking right after their workout is creating some huge advantage for them. But they just need to know and you need to know

ask DR. BEN

PODCAST TRANSCRIPT

that your body's really good at recycling so there's not a lot of amino acid additions in a diet that are making a big difference beyond the core basic 25 percent protein model.

Now I've heard some really intelligent arguments for 15 percent protein, and I think that is the low end of a range for somebody who doesn't have a lot of muscle mass. We're born genetically with different structural muscle masses. I think I've mentioned this in another podcast, I estimate there's probably eight distinctive body types with layers of muscle that vary.

The other thing that varies is our microbiome. Each of us has a distinctive designed microbiome that tolerates more dairy or doesn't tolerate dairy at all, or that does well digesting meats or doesn't. It's not quite eat right for your blood type, I'm not jumping on that bandwagon per se. I think what the blood type does is it does identify some trends, and your DNA determines your blood type. Your DNA determines your microbiome. So there's corollaries, although I don't know that it's a perfect fit.

But yes, I tend to believe that people that have higher muscle content per body mass are going to be those that will thrive on a more meat or more protein diet. Generally, I'm going to just say, I think in fact, people who tend to move towards veganism or vegetarianism, veganism more specifically, are less likely to be big-muscled individuals, heavier muscle-based individuals. I'm not just speaking of the bodybuilder types. Some people, you know either are born with a scant amount of muscle and you have a very sort of thinner frame, called ectomorph, then others are born with more dense muscle mass.

It's all a variable on genes and your diet should reflect that to some degree. I actually think your cravings may reflect that. So that's why I say I tend to see people, less people, with this more muscular build by design falling into the vegan category. I know there's so much political banter between the vegans and vegetarians and the carnivores, because we're all convinced to some degree or another we're right, and I'm not trying to jump on any of those bandwagons. I think you can thrive on a vegan diet. You can thrive on a vegetarian diet, and you can thrive on a meat-incorporated diet. But not everybody can. You let your intuition guide you as to what sounds best to you.

We're going to talk and get into some of the toxins and how and what to avoid in your diet. But most importantly, when I talk about this first section of how much carbs should you have, and I would say I've heard the arguments that you shouldn't even count your calories, you shouldn't count carbs. I tend to agree, but you have to be at a really healthy baseline for that to be totally valid.

I tend not to count calories. I'm not sure ... Calories work in funny ways. For example, you might eat 200 grams of carbohydrates. But how much does that weigh in your muscle if it's deposited into your muscle? It weighs a lot more. So carbohydrates can carry a higher weight, but it's muscle weight. It's such a distinctive thing because we always think of the bad weight as being our fat and muscle content is not bad. That's why your weight can fluctuate so much from day to day. We're going to talk about salt next and salts fluctuate your weight quite significantly from day to day.

Weight's a tricky one for me, because I don't really want you focused too much on the scale. You want to focus more on what is your body? How is your body reshaping?

ask DR. BEN

PODCAST TRANSCRIPT

There's a lot of people who do a really low fat diet, thinking that's going to make them less fat. But that's not true unless they're super carb overloaded, in which case they really do need to be careful about monitoring their fat because their fat is not being burned. They're not burning fat because they're burning carbs.

Remember carbs are the fuel that is the easiest to burn, not the most productive in energy, but the easiest to burn and the quickest to burn when you're in excess. Your body will always compensate by burning carbs first. If you're somebody who eats a lot of carbs in your diet, then you do have to be more careful about fat. All right, we'll get into more of that I'm sure as we scroll down through this list.

On the carbs I really want you to focus on not taking in anything refined, anything bleached. For God's sake we have enough bleaching going on in our world. So do not take bleached sugar. Do not take refined sugar. You're looking for sugar cane, alternative sources of sugar, could be anything that hasn't been processed or treated. It could be maple syrup, it could be honey. It could be sources like that, or it could be unprocessed sugar granules from sugar cane. All those things are fine to me.

I'm also a believer that Stevia is currently the best artificial sweetener on the market right now, the least toxic if you will. It does not appear to alter the microbiome. I believe all the other sugar alternatives are in fact changing the epigenetics of your microbiome, shifting the behavior of the bugs that are growing in your gut, the good bugs, making you less tolerant, potentially making you absorb sugar more readily.

This is why they say Diet Coke makes people fat because it actually changes your microbiome. When it does, those changes cause you to absorb and hold more sugar.

Now I am a believer that the main way that sugar causes weight gain is in the muscle and not in fat. It is true that sugar can be made into fat, but I don't believe that it is on a regular basis. The only time I believe that your sugar is made into fat in most humans on the planet today is in starvation mode where people are literally so depleted of their fat, their healthy fat contents. Their fat contents dropped, in women let's say below somewhere between 16 and 18 percent and in men let's say below 7 percent fat.

Then all of a sudden, the body doesn't have fat as a fuel anymore, and once it burns through its carbs, it will literally take carbs and turn them into fatty acids so that it can make cholesterol for you and different things like that. There are strategies your body has, your brilliant body. Let me remind you again as I often like to do in my podcasts, oh man, the remarkable way that your body performs and shifts based on the whims of your eco-based diet is just incredible.

All right. Stay away from refined flours and refined sugars, highly inflammatory, highly poisonous to the body. They atrophy your fat pads. They can be a real problem. So just remember, trying to do good carbs is always a good thing.

Okay. Now when we get into salt, a similar model. I want you taking sea salt, ideally pink Himalayan sea salt's my favorite. Nothing refined, no table salt, no iodized salt. I want you to actually get your iodine from nascent atomic iodine. I don't want you relying on iodide from your salt. That's actually not a healthy version of it by my take. Atomic iodine also called nascent iodine, separate that from your salt, and use pink Himalayan salt.

ask DR. BEN

PODCAST TRANSCRIPT

What's going to happen then is you are going to have less uptake of it. Now it's still true that a salty meal with pink Himalayan salt can cause weight gain, and the main reason why is that the salt is in your bloodstream at a concentration your bloodstream is not comfortable with. So it will move that salt to your fat to assist in balancing out the amount of salt in your bloodstream.

However, when you use pink Himalayan salt over refined salt, table salt, you will not hold the salt in for as long. It's not a toxin in your body. It's simply a repository in the fat cell and of course fluid goes with it. So it's less likely to cause weight gain if it's a healthy version of salt and it is less likely to cause cellulite dimpling and things like that on the skin. It's less likely to cause puffiness in the cheeks, which is a salt fat pad zone, and also under the eyes.

If you take in a lot of table salt, you're more likely to hurt your kidneys, so you'll get puffiness in the lower lids as a result of that salt; whereas pink Himalayan salt is less likely to create that level of trauma. Really important in the beauty category, salt is a big fluctuator of weight. That's another reason why people don't get on scales because one day you're like, wow, it's so good, the next day you're like, whoa, that's so bad. Think about nutrition for the skin.

Next category is alcohol, some of your people's favorite category. The question is always how does alcohol affect your nutrition? How does it affect your skin health? It's a funny thing, alcohol. When it is ingested or consumed, it does tend to cause dehydration. You can see dehydration of your skin. It causes puffiness in the lower lids, because it affects your kidneys negatively so you can see puffiness under the eyes as a common beauty/skin effect.

It really however, takes quite a bit of abuse to get your system to show it on the skin in different ways, so here's what I would say. Number one, worst way that alcohol affects your skin is the chronic hard alcohol drinker who sees liver damage start to show up with blood vessels called telangiectasias or broken capillaries on the face. That usually is diffused broken capillaries. It's reflecting pretty severe liver damage. I'm talking about true alcoholics here that are getting this.

Although patchy liver, if you drink pretty consistently, let's say you like beer pretty consistently, you're less likely to see that severe damage of the capillaries and telangiectasias. But you are more likely to develop puffiness, yeast-based toxicity in your gut that we can talk about here.

Because what you see when you drink beer, you're more likely to see rosacea in the upper cheeks and in the forehead. You'll still see the puffiness under the eyes. That's pretty much with all alcohol, because that's your kidneys. You're more likely to see acne in the cheeks, in the forehead and the temples because you're feeding candida with yeast base. Of course, there's fermentation in wine and other alcohols as well, but there's a more yeast heavy focus in beer.

With wine you might see some acne on the neck, and you might see some jawline acne. This is from preservatives causing the jawline acne and pesticides causing the neck acne. I tend to see this more in cheaper wines. I also see this more in, unfortunately, US-based, California-based wines where pesticides are used more readily in our country than in other countries.

ask DR. BEN

PODCAST TRANSCRIPT

So when I drink wine, I try to ask for Australia and New Zealand wine or European wines as a preference over US wines.

Moving on to some of the nutritional aspects of your diet, I've asked you to consider eating about 25 percent fat. I've had some really interesting debates lately with dietitians about fats, and I get it. I do understand the argument for saturated fats being less necessary by the body, but they're still a source of nutrition. So as long as you're avoiding hydrogenated fats, I am not on a huge bandwagon with saturated fats. Do I think polyunsaturated fats are better? Absolutely. They are better for you overall with their net gain and net nutrient value to the body. But saturated fats are still a source of fuel. They're still something that your body can rely on as part of the 25 percent fat that you incorporate.

I know that it might be a little controversial for some, but again, I come from the perspective that saturated fat on its own is not a big source of inflammation the way processed flour or refined sugar or refined salt are. It is a nutrient source that doesn't necessarily have to cause harm to the body.

Now in a lot of cases, when you're getting your saturated fats, they are coming with toxins. That combination of saturated fat plus refined sugar, plus pesticides, hormones, and food preservatives, that is a toxic mix and mess. This should be avoided.

So yes, it's true that if you're getting your saturated fats from normal dairy, so not organic dairy, then yeah, you're going to get a bunch of other crap with it and yeah, the chance of inflammation is there. People want to point me to studies that say, hey, this fat is linked to this heart disease.

But I just want to remind you that there's such crossover between when I eat this much fat in my diet and it's coming from poorly-treated cows that have been pickled with hormones and stuff, that's going to be a different health outcome than if I'm doing grass fed, lean meat from say elk, or what have you. I don't personally like elk meat. But, what I'm trying to get at is organic meat really does make a difference.

The types of meat you get, pork is going to have more toxins in it because of the nature of the animal than cow is. I'm not going to give you all those layers today. That's quite a complicated ... That's a whole book. That's not in my current shortlist to write. But I want you to try to take that common sense to your diet so that you know what to think about. But yeah, polyunsaturated fats better.

So sometimes people ask me, "well, is butter bad for you?" Butter can be bad for you. Organic butter, grass fed organic butter is pretty low on my list of things that I worry about. I happen to like butter. I get it if you want to do almond butter or try something else. I'm resisting going away from the processed fats, the margarines of the world that are still out and being sold even though they're research proven to be toxic.

So yeah, I don't mind my fats. I don't mind my half and half in my coffee. I don't mind that stuff as long as I'm searching for grass fed, organic in most cases.

Okay, that leads me to dairy. How does dairy affect the skin? It's affecting more and more people the wrong way. I don't mean to say that's a sign that dairy should be eliminated from all diets everywhere, although I know dieticians who do. My take on dairy is you either have the microbiome to handle it or you don't. There are some people born with a microbiome

ask DR. BEN

PODCAST TRANSCRIPT

that doesn't tolerate a lot of dairy, and chances are they normally wouldn't crave a lot of dairy. I think people who crave a lot of dairy probably have a microbiome that does tolerate dairy just fine, and that has to do with lactobacillus strains and balance and health of the microbiome.

I'm going to speak to you from the idea that you have taken [Osmosis Recovery](#) and you have restored your microbiome. You have controlled your yeast if you had yeast overgrowth with our [Skin Perfection Elixir](#), and your gut is at a baseline DNA-designed microbiome. Remember your DNA is what determines your microbiome, this is my perspective of course. As a result of that, if you get back to baseline and that's usually three months of one tablespoon a day of [Recovery](#), if you get back to baseline, then you should be able to tolerate dairy if that's right for you.

Now what can it cause if it is overly pasteurized or full of other junk? It can cause mucus and mucus leads to candida overgrowth, which can lead to acne and blackheads. Mucus can cause a different strain of candida overgrowth, which can lead to IBS and/or constipation and bloating. So mucus is a factor. There's a lot of people who cut dairy out of their diet, their mucus does get better.

But remember just cutting your dairy out doesn't automatically trigger a bunch of old mucus to leave. You might need our mucus cleanse called [Skin Clarifier](#), anywhere from one to three rounds. So if you feel a little better on one round but things didn't quite clear up, chances are you need a second round. Almost nobody needs more than three rounds.

Other things to think about with dairy, there's a conversation about whether or not dairy is addictive. My intuition is dairy is not addictive. There's these caseins, the caseins that apparently resemble endorphins or something. I'm not buying it.

Then there's the IGF-1 argument and they're like, "oh, IGF-1 can promote cancers." I'm not buying it. I don't think cow IGF-1 is having much of an impact on the body. I don't think it's surviving stomach acid very well in addition to that.

In general, I don't think the cow hormones are having a significant impact on us unless they're added to the cow's food, which is what average dairy does. They have a bunch of, let's call them designer hormones that are causing harm to your liver and I think the cause of liver spots.

Liver spots mostly come from meat and dairy products that have these alternative hormone supplements that they're giving our cows. Do I prefer whole milk or two percent? I'm a whole milk guy. It's your preference really on all of that.

But yes, by removing dairy people have seen their eczemas clear up. They've seen psoriasis get better, acne get better, all that congested skin get better. That's all about the fact that dairy forms mucus. I find that dairy and fried foods are the two most common mucus-forming foods. So I get why people cut it out.

If you're a vegetarian, you could be a pescatarian. You could have little tidbits of diet ... Find that niche that works for you.

Now if you're all about the politics of it and the saving of the animals of it, I get it. But I do worry sometimes that if your instincts are more about the animals and less about what

ask DR. BEN

PODCAST TRANSCRIPT

you're truly craving, that you may fall into that category where your body does not thrive on a vegan diet. There are just those of you who are not thriving on a vegan diet and you're in denial because it makes so much sense to you because of your passion for animal health and safety. But let your body be determinant.

That leads me into this diet conversation. Let me just say nuts and seeds are great for the skin and contain a lot of amino acids and healthy lipids that are going to be good for you. One of the things I've found about veganism is first of all, you can get fat being a vegan. That's what I have gleaned. I did not realize that was not uncommon.

But also because there's so many oils and alternative sources of food that are high calorie, high nutrient dense foods. That's what I want to get to, is it is harder as a vegan to be healthy because you really do have to put the work in or at least find good sources if you're not putting the work in for lots of healthy foods. I just think if you like to cook and you know how to make vegetable dishes deliciously and you know your stuff, then you should absolutely continue.

But I do appreciate for those people how hard it is if you don't have vegan restaurants near you to keep up adequate calorie content. I know when I've tried to cut meat and dairy out of my diet, I don't cook enough and I don't crave enough of those alternative foods, so I just end up not eating enough and that's not a healthy way to do this diet. You want to eat plentifully, and that's where I guess I would say I lean towards a meal and a half a day. That's me, some people might need more.

Now what's funny, the leaner I get, the closer I get to 6 percent body fat, the less my body allows me to go 12 hours without eating. So I might have a meal, I might only have a major meal at dinner, work through lunch, have some calorie content in my food choices in the morning, but not a big meal in the morning. This is just how I've found my comfort zone. It seems to work for me.

But like I said, as my body fat is inching closer and closer to 6 percent, I find that now I'm really hungry in the middle of the day. So I honor that. If I'm really hungry in the middle of the day, I'm grabbing nuts and seeds, maybe some mix that's got a few dried fruits in it, it just all depends.

If you're working out in the morning, that's going to change your body's requirements. If your glycogen stores are right at baseline, in other words, you don't have a lot of excess glycogen and your body fat's low, then yeah, your body might be struggling a little bit to find its fuel sources. Don't let that happen. That's why I don't like the keto no-carb diet, because glycogen stores are the main fuel source. They're the main quick go-to around your muscle.

That leads me to this final thought, which is just remember if you are going to focus on getting more plant foods in your diet, which is clearly by the research shown to be a healthier approach, than just remember to stay organic as much as possible. You want to avoid the pesticide-laden foods. I think that's one of the challenges of people that only eat vegetables, it's hard to find all organic so you end up taking in maybe a higher percentage of pesticide in your diet.

ask DR. BEN

PODCAST TRANSCRIPT

Although that has been challenged, I've had dieticians challenge that concept. But that seems to me logical. If my entire diet is based on plants and not all the plants, even organic plants contain more pesticides than say organic dairy because they can re-spray them and the different rules they're allowed or there's contaminant spray or whatever it is. I think there's a slightly higher risk of pesticide accumulation in the body for which you would take our [Skin Defense](#) by the way. [Skin Defense](#) binds these pesticides really effectively, same with food preservatives.

That's the other thing. A lot of times there's vegan meals, but they're highly preserved bars. If you're in a vegan mindset, you're always looking for nutrition sources. So try to avoid the store-bought bars that have a lot of preservatives in them.

Then just ultimately I would say for good skin health you need to get detoxed. You want to clean out the toxins in the fat cells. This can be a process, usually three months. It could be as much as 6 to 12. I've even seen 24-month cases for people who live in farming communities or have had real heavy doses of fast food as children. They might need a really long time to detox their fat cell, and that's going to affect how their appearance is, the level of swelling in their cheeks, the level of swelling under their eyes, general skin quality.

Then we want to, once your microbiome is healthy, honor the cravings that you might be going for. I tend to think that the cravings are intelligent when your microbiome is healthy. So get your microbiome healthy with our [Recovery](#) and really start paying attention to the food you eat. You'll see sometimes which foods are triggering breakouts and which ones aren't.

For example, a lot of vegans supplement with pea protein. I find that breaks people out right next to their chin, not right in the middle chin but on the side chin zones. So I don't recommend pea protein as an additional source of protein for people, and you're going to see your skin start to glow if you avoid it. You get good omegas in, especially the omegas that come from the [Recovery](#) product, such a balanced presentation. You're going to get your good fats from that, and try to hang in there on the alcohol consumption and this is a good starter for us all.

So that's nutrition for your skin. I'm sure I'll be providing more details as I continue to dive in more and more and understand how it all works from this holistic perspective that I take on the body. Hope you enjoyed it and we'll see you next time.

I hope you've enjoyed this episode of Ask Dr. Ben. Please leave a review if you can, and subscribe to the show on Apple Podcasts to get access to all of my upcoming episodes. My website is osmosisbeauty.com, and you can find me on Facebook at Osmosis Beauty. You can also follow me on Instagram @osmosis_beauty. Thanks for listening.