

Andy Lazris: Hi, it's Sunday morning, snowy in... down here in Baltimore, and up there in New York, where you are, Alan, and .

Alan Roth: Lots of snow, Andy.

Andy Lazris: to snow, and we're talking return to healing, and there's so many things we could talk about. And Alan and I talked about all these topics, but...

Andy Lazris: We wanted to talk a little about nutrition stuff, because it is... the way it's portrayed by the medical establishment.

Andy Lazris: And the way it actually exists are almost like two different universes. You know, it's like a Star Trek alternative universe. So I went down to visit my mom this weekend, I just got back, and I had an Uber drive from the airport to our house, and the guy was a talker, and he,

Andy Lazris: nicest guy, from Spain, probably in his 70s, and he talked about health.

Andy Lazris: he didn't know who I was, and he started talking about how in this country, you know, we... we are relying on people who are basically tied to the drug companies, and they want to... they're basically salesmen for the drug companies. I said, who do you mean by that? He said, well, the doctors.

Andy Lazris: And he said, they don't know anything about nutrition. He said, do you ever hear about nutrition from a doctor? He said, they talk... they talk nonsense. He said, in Europe, I said, because he's from Spain, I said, you guys live, like, 8 years longer on average than we do in Spain and Portugal and those places. He said, yeah, because...

Andy Lazris: we don't have to study nutrition, we know how to eat. He said, we eat regular food. We don't have these fad diets. He said, so we were talking about fat. You know, there are some studies, Alan, that just came out, and we put out a newsletter every two months in our practice, and I had lots of stuff on the fact that

Andy Lazris: High-fat diets, including animal fat, by the way, which is rightly, you know, the nutrition Medical Nutrition Committee.

Andy Lazris: community hates all fats, but the nutrition community doesn't, but animal fats reduce the rate of dementia fairly significantly. I'm talking about eating the high-fat

Andy Lazris: versions of animal fats over time. We know that people on a low-fat diet have more diabetes, they have more heart disease, because we know sugar is the culprit, right? And we also know that someone also complained that, you know, Kennedy made a new nutrition triangle,

Andy Lazris: It's pretty much flipped it off.

Alan Roth: upside down.

Andy Lazris: flipped it up down, says what we're saying now. You know, you gotta... you gotta eat more,

Andy Lazris: grains, fats, you know, nuts, oils, all that kind of stuff, less sugar. And it's funny that the... and this was in our book, the person who made the last nutrition triangle, was paid by the sugar lobby. He was a... he was a,

Andy Lazris: Harvard professor, he wrote a bunch of articles that he basically made up showing fats were bad, sugar was not a culprit, and in his little nutrition drawing, which was the one that was just replaced, yeah, it was just, fats were the evil entity, and it shouldn't be that way. And when this guy found out, at the end of the ride, I said, you know, I'm a doctor.

Andy Lazris: He stopped the car.

Andy Lazris: Nice day.

Andy Lazris: Doctors don't talk this way. Where'd you get any training in this? You know, the doctors just want to give you pills and give you diagnoses until you have, this is wrong with you, that's wrong with you, this is wrong with you. So yeah, the idea that

Andy Lazris: And by the way, my patients... I work in a very liberal community. The fact that Kennedy had anything to do with this nutrition triangle means it was wrong. It's just like...

Alan Roth: Absolutely.

Andy Lazris: This binary. Anything that the cardiologists say is right, anything Kennedy say has got to be wacko, because he said Tylenol caused autism, and no one can get past some of the crazy things that guy said.

Andy Lazris: But he knows about nutrition, and he knows that that's the center.

Alan Roth: And he also knows that, you know, one of the biggest problems in this country is, you know.

Alan Roth: Ultra-processed foods. Like, it's so common sense, and the world doesn't eat the way we do, and again, it comes back to common sense, Andy. We need to look at the parts of the world that live the longest, and watch what they eat. And it's variable in the different parts of the world.

Alan Roth: You know, some parts of the world drink a lot of wine, and they live longer than us. Some parts are close to plant-based diets. But if you go back to the cavemen, you know, they were hunters and gatherers, you know, they ate meat. They cooked their meat.

Alan Roth: And they ate what they found on the ground, you know? Whatever they found, they ate, and they got stronger, and they didn't die from cancer back then, you know? We created this with the stuff we put into people, and the chemicals we put into our water, and the processed, you know, all crap we have in food.

Alan Roth: So, you know, there's clear evidence of certain things that are...

Alan Roth: bad for you, and then there's some clear evidence of certain things that are good for you. You know, I just read, you know, coffee's been one of those things that's gone back and forth over the years.

Andy Lazris: It's true.

Alan Roth: And, you know, just like aspirin, but, you know, there's a lot coming out on coffee now that, you know, 2 cups of coffee, people have 2 cups a day, live longer.

Alan Roth: Now, I've...

Andy Lazris: In the morning, especially.

Alan Roth: It has to be in the morning. Two cups of coffee in the morning, and you will live longer. Now, I always say it's like, you know, the Diet Coke thing, you know, if you have Diet Coke, you know, you're making yourself fat, therefore Diet Coke makes people fat. Well, how do you separate Diet Coke from everything else in a study? You can't.

Alan Roth: It's impossible.

Andy Lazris: It's a correlation, yeah.

Alan Roth: It's a total correlation, you know? So, who the heck would want to drink Diet Coke if you weren't overweight? You know, it's... it's silly things and goes back to the common sense. You know, so we know that, you know, omega fatty acids in salmon are good for you.

Alan Roth: But if you eat, you know, 5 doses of salmon or tuna, you know, there's other things you gotta worry about.

Andy Lazris: Mercury, you got Mercury?

Alan Roth: Exactly.

Andy Lazris: Oh, dear.

Alan Roth: It's... we know!

Andy Lazris: Federation is what you're, what you're...

Alan Roth: Exactly, too much of anything is bad for you.

Andy Lazris: But people in this country like to go all out, right? If... when the low-fat craze came, everything, all fat got replaced, right? We were eating cookies

Andy Lazris: that were no fat. And guess what? If there's no fat in the cookie, how do you make it taste good? It's all sugar.

Andy Lazris: So it was like you're eating a pile of sugar. The whole fat, low-fat craze thing led to this swing toward more sugar and white flour, and then they invented a fake fat, margarine, which turned out to be far more toxic. But again, it's ultra-processed, right? Everything we're doing now is ultra-processed. We are not eating whole foods, and you ask a doctor what that means, and 90% of the time, they're gonna not... they're gonna not even understand what you're talking about.

Andy Lazris: They'll say, well, just stick to the low fat. That's what they say. Look, you mentioned all over the world they eat differently. There are places that do eat a decent amount of meat, even in the Blue Zones, the Sardinians.

Alan Roth: S.

Andy Lazris: eat meat, and they look at the cows that are in Sardinia, and those cows, which graze up and down the mountains.

Andy Lazris: are eating so much vegetation that when they study the meat, it's loaded with all these omega-3 fatty acids that feed the gut bacteria, and actually, it's almost like you're eating a pile of vegetables.

Alan Roth: And there's no antibiotics in there!

Andy Lazris: And there's no antibiotics.

Alan Roth: And there's no hormones!

Andy Lazris: No hormones, and they're... and the cows walk, they're not in these stuck pens. And by the way, this is true of eggs, right? When I was part of... so eggs, you know, they're... when the chickens come run around and eat

Andy Lazris: organic grass, not like... because a lot of the chickens are fed this pesticide-laden corn and other... other...

Andy Lazris: processed corn and all, and so are the... so is the beef, by the way. You know, that's what you're eating. You're eating all the, all the pesticides, all this ultra-processed food, and the hormones and antibiotics that the cows have. I said, you know, if you look back in time 100 years.

Andy Lazris: I ask my patients sometimes, they said, how much did Benjamin Franklin eat Pasture-raised eggs, and organic.

Andy Lazris: vegetables and grass-fed beef, and my patients are like, I don't know, he... I don't think they had that back then. I'm like, that's all they had! That's all they had back then. There was not processed food back then. And, you know, people, when they escaped

Andy Lazris: Childhood illnesses?

Andy Lazris: lived as longer or longer back then, and that's another thing people don't realize, is that this longevity we have now is primarily from the fact that we...

Andy Lazris: We could treat some infections, and we... women don't die in childbirth, and we know surgical anesthesia technique, and we know you shouldn't drink water that someone just pooped in. That's all it is, right?

Alan Roth: People live longer, you know, Andy, so...

Andy Lazris: We're living shorter now. We're living shorter now, because we're eating the cardiology diet, the cardiologist diet, so we're eating shorter. Which, by the way, Alan, is very good for the cardiologist. Absolutely.

Alan Roth: Absolutely. So, I raise chickens, Andy. I don't know if we.

Andy Lazris: Oh, I didn't know that! I didn't know that about you.

Alan Roth: So, you know, where I live, I can't exactly free-range the chickens. You know, my neighbors would just not be happy. So, you know, I give my chickens corn, you know, and again, I don't know what's in it.

Andy Lazris: And to help them lay eggs, I use something called egg layer pellets. And if you read the ingredients in egg layer pellets to help chickens make low eggs, you'd be like, holy crap, I would not eat that chicken.

Alan Roth: So, you know, and that's... and that's in my backyard, so it's...

Alan Roth: what are you gonna do? But there's just so much lack of common sense. So, you know...

Alan Roth: In my residency program, you're right, there's very little attention to nutrition. So, me and Andy have been trained in integrative medicine, me and Andy have been trained in exercise, we've been trained in nutrition, we've read about it extensively, we talk about it extensively, but it comes down...

Alan Roth: to common sense. Too much of anything is bad for you. Too much of good things is bad for you.

Alan Roth: So it's all about moderation, you know.

Alan Roth: Simple things, like do not eat ultra-processed food. Do not eat processed foods, you know? We know that, like, you know, the color of ham in a ham sandwich is not natural.

Andy Lazris: You know, like, how did it get that way?

Alan Roth: You ever see a ham, a pig's skin looking like that, or a... it's...

Alan Roth: It's about common sense. Now, if you love ham, and that's your favorite thing, and you want a ham sandwich, you know, have it once a month, it won't kill you. But if you have that stuff every day for lunch, it will kill you.

Andy Lazris: And that's the whole thing, is, you know, people can still add foods that are bad for them. I'm a sugar addict, but I keep it out of my house, as all addicts should do. That doesn't mean I am, you know, I'm a Puritan about sugar, I'll still eat it sometimes, but I understand

Andy Lazris: that... what it's doing to me. It's... it's clearly not good for me. And I think small quantities probably are no big deal. Yeah.

Alan Roth: I agree.

Andy Lazris: problem with that, but I do supplement it. People say, well, you're in a heart... I say, I'm on a high-carb, high-fat diet. They said, what does that mean? That's not what we're supposed to be on. I said, well, fiber's all carbs. I said, fruits and vegetables are all carbs. I said, nuts, oils, avocados are all fat. I said, I eat... I eat, like, these, you know, these pasture-raised eggs. You see the yolk in a pasture-raised egg.

Andy Lazris: It's dark, right? It's good for you.

Andy Lazris: And it's actually, again, loaded with omega-3s, feeds the gut bacteria really healthy, and I have a half a cow sitting in my freezer that I got from a farm.

Andy Lazris: Where they feed them, where they run around, and they eat organic grass, and they don't get any shots of anything. You know, so that's what I'm eating, those kind of foods, and yeah, the little bit of sugar, who cares? But I gotta tell you, when I eat that way, I feel better, too.

Andy Lazris: It's not... it's not just a matter of...

Andy Lazris: of healthy, it's a matter of how you feel, how you think, how sharp you are, all that stuff. And yeah, it's not just coffee, it's eating well. It's the whole package.

Alan Roth: Absolutely! Look, I've had some weight problems in my life, you know, I work 16, 18-hour days, and I gotta grab things to eat when I can.

Alan Roth: And that's a huge downfall, you know? And, you know, a bunch of years ago, I just decided I need to change the way I'm eating, or I'm gonna die young. And I didn't want to die young, I've worked too hard in my life.

Andy Lazris: I want to retire one day.

Alan Roth: I want to enjoy it. Even if I don't retire, at least I want to get a little old.

Alan Roth: And it's like, you know, my lunches were, you know, pizza, takeout, Chinese, or the deli. Like, that's what's there in an inner city where, you know, I work and practice. Like, you know, there's not health food stores to get...

Andy Lazris: Right? Which is another problem, too, by the way.

Alan Roth: So I started, you know, bringing my lunch to work, you know? It was one quick change that, you know, 15 pounds came off me in, like, a month, just by...

Alan Roth: Bringing my lunch to work, you know?

Andy Lazris: Yeah. And, you know, with these GLP-1s out there, those are the shots that you don't have to eat well, right? You just get a shot. That's the ultimate medical approach to weight.

Andy Lazris: We don't know what these are going to do long-term, or what they're even doing to you short-term, but one thing they found, there was a recent study that showed that people who take these, a lot of them have become malnourished. And by malnourished, it means they're not getting the nutrients they need, and their gut bacteria is dying. What happens when the gut bacteria dies?

Andy Lazris: diabetes, heart disease, cancer, infections, fatigue, diarrhea, all sorts of problems. Why? Because they're just cut out

Andy Lazris: Calories, but they're still eating junk.

Alan Roth: Yeah, so we know the gut is the start of good health. It really is. And if you don't put good stuff into you.

Alan Roth: Every system in your body gets messed up totally.

Alan Roth: If you're doing that. It's clear. And again, it is not from one thing.

Alan Roth: Again, because if you have, you know, a PBJ sandwich once in a while on white bread, which is, you know.

Andy Lazris: Probably Wonder Bread. I'm sorry, we're gonna get sued now. Do they still make Wonder Bread? I don't even know.

Alan Roth: They do! And when you look at the ingredients, to me, the only way I could eat a PBJ is on, you know, white.

Alan Roth: bad bread, you know? Like, it just doesn't taste good on multigrain, and it doesn't even taste good on, like, homemade bread. Like, I've tried it. It's, like, not the same. It's gotta be on that Fresh Wonder Bread.

Alan Roth: Alright, so if you have it once a month, it's not gonna kill you. You need... we need diversity in our foods, and Andy, you said it. It's about fruits, and vegetables, and meats, and eggs, and chicken, and fish.

Alan Roth: and from healthy sources, and remove ultra-processed foods, or really, not just ultra, like, any processed food is just really bad. We need to eat food that's whole foods.

Andy Lazris: And it is, it is, you know, some people have a... when I took this bogus,

Andy Lazris: program, which was lifestyle Medicine. And I say bogus because they were really... they felt like they were providing alternative medicine, but they were really just providing the same garbage that the whole medical system does. Exactly. All about prediabetes and lowering cholesterol and all the nonsense we know is... doesn't exist.

Andy Lazris: So, when I took it, they basically said, that...

Andy Lazris: anything you put in a blender is processed. So... and they said dried fruits are processed. And I'm like, you gotta make a line here, because there's nothing wrong with dried fruits. You can make a smoothie with all sorts of good stuff in it, and it's great for you. And calling that processed then links it to, you know, basically.

Alan Roth: Ridiculous.

Andy Lazris: Yeah, they link it to the other stuff, which is Ultra Process, so...

Alan Roth: You could kind of say, because you're using a food processor.

Andy Lazris: Yeah, exactly! It's all, like, again, it just... it blasts common sense away, right? We... because we know that's perfectly fine to do that.

Alan Roth: So I actually went a different route in my training, so I trained through a fellowship at the University of Arizona Andrew Weil Center.

Andy Lazris: Oh, yeah.

Alan Roth: Which is less, you know, commercialized. There's some, you know, they need their corporate sponsors as well, but it's much less, so when I started, people saying, well, you know, you're an integrative doc, how are you not a member of the American College of Lifestyle Medicine, and there's a board exam you could take, and all of that, and I'm like.

Alan Roth: why did I need a board exam for? I'm a board-certified, double board certified in family medicine and hospice and palliative care. Like, do I need the credibility to be able to say, eat healthy and exercise? And that's what it's about, and if you look at some of their corporate sponsors, okay...

Alan Roth: It's, you know, and many of them, you know, even some of our own academies have corporate sponsors, you know, not just the drug companies, but food companies, you know.

Andy Lazris: Organically.

Alan Roth: A bunch of years ago, the American Academy of Family Physicians made this deal with Coca-Cola. Like, everybody was like, oh my god, like, it lasted one year, because the membership went up in nuts.

Alan Roth: It went crazy. I go to a meeting that's sponsored by the American Dairy Society, and a bunch of people at the meeting were like, how dare you? Like, you can't say that! Milk is making people sick, and this, it's like...

Andy Lazris: And by the way, you know, this was a big contention I had, because I talked to the person in charge of the society, because I would have failed the exam just by answering

questions that I knew from nutrition. My nutrition training were right, and that they, in their dogmatic, one-right-answer way of thinking about things, all eggs are bad, all meat's bad.

Andy Lazris: So I said, how come you don't distinguish between pest... I said, not once in this 80-hour course did you mention the word organic. I said, you just put all things in the same category. You never mention pasture-raised, or grass-fed, or anything. I said, all meat's the same. I said, yeah, 90% of meat's terrible.

Andy Lazris: Because it's highly processed. I said, and the Dairy Association, by the way, the ones who sponsor these things, are all about, you know, using garbage cows to make garbage milk. They're not from local farmers, they're the big industrial farms that are doing that.

Andy Lazris: So you have to distinguish, right? The best thing, always, and we can't do it today, Alan, but is to buy local.

Andy Lazris: If you can, buy as much local as you can, so things aren't shipped across the world, where they lose most of their nutritional value, and eat in season as much as you can. Now, obviously, you can't always do that, but

Andy Lazris: It's even better to eat frozen vegetables than to have vegetables that are... that were sitting there for, you know, coming from Argentina and just sitting there forever. So, again, that's common sense. And this guy in the... in the freaking Uber knew that! You know, he... not because he took a single course.

Andy Lazris: But because it made sense. And it was the way he was.

Alan Roth: I was raised in the country.

Andy Lazris: How he was raised, exactly.

Alan Roth: You also know a little bit about being careful about, you know, where you're raised and eating local, so, you know, Long Island, which is where I live, I work in the city, but I live on Long Island.

Alan Roth: unfortunately had major military plants there, and the island was either military plants or potato farms. And unfortunately.

Alan Roth: The potato farms used tons of pesticides, and the military dumped these forever chemicals into the ground, so you can't eat local.

Andy Lazris: You're right, you're right, you gotta have a caveat.

Alan Roth: Nor drink the water, so I'll just add that in. But you're right, you know, most parts of the world are safe and healthy, you know.

Andy Lazris: Up.

Alan Roth: upstate New York, which doesn't have this, like, that's where we try and get a lot of our products from, like, the farms and stuff out there.

Andy Lazris: Yeah, that's low.

Alan Roth: You know...

Andy Lazris: Because they're local, in this day and age, local would be...

Alan Roth: Unfortunately, Long Island is a toxic waste dog.

Andy Lazris: Even California can be local, because it gets here immediately. So, you know, anywhere in the United States is kind of local. And you bring that... the point up that you... it's not good enough. Like, you could have organic rice.

Andy Lazris: Here's a... rice is a good example. Where they grow a lot of rice, they used to have cotton.

Andy Lazris: And cotton, the main way to fertilize cotton was with arsenic.

Andy Lazris: And so, arsenic is in the ground, and now they're growing rice in that, and the rice has a lot of arsenic in it. Arsenic's not good.

Alan Roth: Good for you, Andy?

Andy Lazris: It might, you know, here's the funny thing, I don't know, it might be, no one's looked at it, but it's just the idea, you could buy organic rice, but that doesn't mean it's still healthy, because it's still growing whatever was there.

Andy Lazris: you have to know it was in the ground. In Baltimore, it was a bunch of, you know, a bunch of steel factories, and it's just... the ground is poison in Baltimore. So you really can't

grow anything in the city. So you have to know, you have to... it's exactly right. But these are little things that you can figure out, and they're super important.

Andy Lazris: But knowing... the problem, Alan, and this... and a lot of people bring this up, is that people say, well.

Andy Lazris: where do I get any nutrition advice? You know, first of all, I work with a lot of good nutritionists who also would have failed the boards for lifestyle medicine. They... and they... one of them said to me, what are they, from the 1980s?

Andy Lazris: He said, have they read not a single study since the 1980s? I said, they are... it's written... it was set up by a guy who writes a book, How Not to Die. I think his name is Giggler.

Andy Lazris: And the guy makes some good points, but he's dogmatic. You have to do exactly what he says, or you're... or you're wrong, and that's... and that's how he set up this course. But, yeah.

Alan Roth: I mean, my advice to many people, you know, and unfortunately, you know, I am writing a lot of the GLPs for weight loss, because you're pushed to it.

Andy Lazris: You're pushed, I do too, I'm pushed.

Alan Roth: But again, you know, it's about common sense. A lot of fresh fruits and vegetables. You know, people go on these diets, and like, they go on a no-carb diet, and they don't eat fruits. You know, they don't eat some vegetables. They don't eat meat. They don't eat fish.

Alan Roth: The more diversified the diet is, the less likely you're gonna be able to get some side effect from whatever toxin it is that they have.

Alan Roth: So, I tell people, diversify your diet. If you love something, and it's really bad for you, don't eat it more than once a month, or something like that. But don't deprive yourself, because psychologically, you're going to be angry about it. Like, you know, like, for me, it's two things.

Alan Roth: You know, you're gonna... people might get sick, everybody might not know what White Castle is. White Castle is my birthday dinner every year, okay?

Andy Lazris: It's... it's...

Alan Roth: It's horrible for you. They put it on that grill, and it's

Alan Roth: It's probably dog meat. I'm sorry for the dog lovers. I have... I'm a dog lover. You know, here's my doggies here. I love my little girls.

Alan Roth: But... Like, so once a year, I eat it.

Andy Lazris: It's, it's just... It's a treat. It's a treat.

Alan Roth: And maybe, like, 3 times a year, I'll have a hot dog, because, like, I love hot dogs with mustard and sauerkraut, and it's the same with a bagel. I mean, bagels are really bad, like, have it every few months, you know?

Andy Lazris: Yep.

Alan Roth: But I crack up when a diabetic comes in, and they have a bagel for breakfast every day, and that's not so unhealthy, right? I was like, no, it's like 17 slices of bread in that bagel.

Andy Lazris: I...

Alan Roth: It weighs a pound!

Andy Lazris: I always ask, what's better breakfast, a bowl of oatmeal and eggs, or a toast with jelly and orange juice? You know, toast and jelly and orange juice, you're basically just having sugar. That's the whole thing.

Andy Lazris: Some people think that's healthy, so they always pick that one, because the eggs are on my other one, and people have been taught that eggs are so evil, you know?

Alan Roth: I eat eggs, I don't eat a ton of them, but I eat it a couple times a week, you know?

Andy Lazris: pasture-raised eggs, I eat probably two a day of pasture-raised eggs, and I feel better, you know, doing that.

Alan Roth: Yeah?

Andy Lazris: There's this one great book, and I took this guy's course, too, and I can't pronounce the guy, so I'm not gonna bother, but it's called Fiber Fueled.

Andy Lazris: And the guy is, a vegetarian because he says he's got a meat addiction. He used to live in Chicago, he ate meat all the time. And so most of the book is vegetarian, but he

acknowledges that if you have good meat, good eggs, good, you know, good fish, that's fine. But his,

Andy Lazris: His whole concept in the book, and I encourage anyone to get this, because it's...

Andy Lazris: really common sense, is diversity. He says, every day, you need to have so many different colors, so many different fruits and vegetables. He uses chia seeds, flax seeds, you know, throw in all this stuff. He said they all feed different parts of the gut microbiome.

Andy Lazris: They're all crucial. You cannot stick with just a couple things and just say that, now I'm healthy. Has to be different every day. Oh, 100%.

Alan Roth: It's about common sense. It is about diversity, the colors I like, but when you're talking to kids, you need to tell the kids, not the colors like, you know, the pink marshmallows.

Andy Lazris: Yeah, that's true.

Alan Roth: That, that, that.

Andy Lazris: All my marshmallows are all there! My M&Ms, just the M&Ms alone, I got my colors.

Alan Roth: See, you gotta say, eat diversified things, eat organic, real organic, natural things, eat whole foods, keep away from processed foods, and you will be okay.

Andy Lazris: Right, and the other stuff is kind of... is kind of like in the... just tossed in, well, what about meat? That's up to you. But if you're gonna eat meat, eat good meat. And don't eat as much, you know, because honestly, the grass-fed beef, they say, well, it's, like, twice as expensive, and I say, eat half as much. I said, then we're in good shape.

Andy Lazris: Yeah. Have it twice a month. Have it twice a month.

Alan Roth: Great, I think.

Andy Lazris: My big, thing that I eat when I'm in New York is a Reuben, which similarly is not great, but it's got the sauerkraut. So fermented foods are also great for you, and you New Yorkers, and I'm a New Yorker.

Alan Roth: bet.

Andy Lazris: There's a guy, there's a place called the Pickle Guy in Manhattan. They ferment everything. They ferment mangoes, you name it, it's fermented, and it's all really good, and good for you, too.

Alan Roth: So another one of my poisons, and I have it about once a year, is a pastrami sandwich from Katz's Deli.

Andy Lazris: Yeah, love it.

Alan Roth: You can't beat it.

Andy Lazris: You can't feed it, it's the whole experience.

Alan Roth: Exactly.

Andy Lazris: So, yeah, I think...

Alan Roth: Common sense.

Andy Lazris: You do not have to go to a nutritionist. You can, but you have to pick the right one, because they could be dogmatic, too. So, you don't... you don't want to go to a place where they say, this is exactly how you have to eat. You know, you have to have a sense of eating, use the common sense.

Andy Lazris: You know, cheating is fine, just, you know, you're not gonna do it all the time. In fact, a lot of studies on nutrition presume that you're only going to be compliant 80% of the time.

Andy Lazris: That's about the rule of thumb that most people can handle. You don't have to be... this doesn't have to be your religion, you know, to do this, but it is what's going to keep you healthy.

Alan Roth: Absolutely.

Andy Lazris: doctor, it's not getting all the pills, it's what's going to keep you healthy. So, we'll talk about, next time what's not keeping you healthy, which are a lot of scam doctors who are on TV.

Alan Roth: A lot of money.

Andy Lazris: Making a lot of money, so that's what we'll talk about next time. Have a good time in the, snow.

Alan Roth: Don't forget, guys, the return to healing, we talk about all of this in there, and a lot about common sense of what is wrong with our messed up healthcare system.

Andy Lazris: And how to fix it. We documented so you could say, yeah, this is all documented, so... Take care. Take care, Alan.

Alan Roth: Bye-bye.