

Nutrition - Ref 87NK - Draft Transcript

with Natalia Kerkham

6th August 2020

TRANSCRIPT

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Steven Bruce

My guest today is a bit of an oddity because she is one of a handful of people in the country who is trained both in nutrition and in herbal medicine. She's also a lecturer of the College of naturopathic nutrition. And we've had her on the show once before because one of her particular interests in fact, her MSC thesis as well, was on the subject of nutrition and migraines. We're not gonna talk about migraines today, but it's great to have Natalia Kirkham, back in the studio with us even if it is virtually by zoom, Natalia. Welcome,

Natalia Kerkham

Keith.

Steven Bruce

We're going to talk about seven essentials that you believe we should be confident in passing on to our patients and you'll explain what that is in a minute. I just thought we can't ignore the whole Coronavirus thing at the moment. How is nutrition a part of the battle against the bug.

Natalia Kerkham

And really it's about keeping your immune system as healthy as it can be. And in terms of nutrition, it goes right back to the basics of An apple a day. You know, as basic as that. There's plenty of research that generally people who eat their five a day and more particularly An apple a day, there is even research on an apple a day, get fewer respiratory bugs, their lungs are healthier. They breathe better. And so really, it's, you know, there's nothing. No great secrets there. It's a healthy diet with plenty of fresh fruit and vege.

Steven Bruce

We've heard a lot about vitamin D, through various sources on this programme is there's more to it than just vitamin D, I imagine.

Natalia Kerkham

Yeah. Yeah. Basically all the regimens. Vitamin C, B vitamins, I could just go through the alphabet soup. This one's really that would be fairly dull. And just yet, keep A good balanced, healthy diet herbally it gets more interesting. Anybody who ever takes a shirt? Yes, keeps on doing it. Lots and lots of evidence that that is protective. And it is a question I often get it is quite safe to take akinesia in low dose doses long term. And it's I think of it as being like a sort of internal pee pee really. It definitely is a tonic to the immune system. It keeps it on its toes without straining it. And the third, but obviously taking it

Steven Bruce

to talk about evidence there. And so just as a brief aside, the the references that you've got for a lot of the things that are coming up, I've taken them off the slide because they almost certainly wouldn't be visible on normal screens, but I'm going to make those available to people afterwards. But in terms of the the evidence recognition, is that specific to Coronavirus or is that against viruses, generally,

Natalia Kerkham

it's against viruses generally. There hasn't been time for To be any research through really about akinesia, specifically for Coronavirus, or for very much else really the mechanism of action for akinesia It appears that it creates a quicker, sharper immune response. If you imagine a sort of a graph showing a curve of the intensity of the response, rather than one that builds over three or four days into a nice sort of full bell curve, you get more like a spike in a couple of days. That then falls away quite quickly, but it gets the immune system working quickly to jump on anything before it can really start multiplying and gets a hold

Steven Bruce

of theories as to why that happened.

Natalia Kerkham

Sorry,

Steven Bruce

opposed any theories as to why that happened?

Natalia Kerkham

Um, it's we think it's the outcome. minds in the machinations that speed up the immune response and get it going exactly why is not certain. We do traditionally acupuncture was used by Plains Indians in North America for things like snake bites, because it actually localises the bite it stops the venom from spreading holds it in the tissue rather than allowing it to get into the into the bloodstream. But exactly how it works on on the immune system in on viruses is is not quite certain yet.

Steven Bruce

Okay? And of course, there's no reason for us to know if the evidence shows that it works and that's quite handy. I take it we can find this over the counter is there a preferred manufacturer or type of akinesia that people should go for?

Natalia Kerkham

The one I like over the counter, obviously I've got my all my hubs. Here. You Look at them now which I buy from wholesalers. The other counter one that I tend to recommend to people who aren't having my Herbes is made by a Vogel vo GL. You can buy it in Holland and Barrett any health food shop, very high quality made in Switzerland. And very fast receptive

Steven Bruce

mode is the dose recommended on their packaging the correct dose because often manufacturers understate the dose that's required and they

Natalia Kerkham

don't know about actually,

Steven Bruce

what I'm thinking about the the government recommended daily allowance of there is usually no more than it's supposed to be.

Natalia Kerkham

Yes, yeah, nutritionally, you're the dose of vitamin C is enough that you don't get scurvy. Great. It's not enough for health. No, it's I can assure you that the dose will be the the appropriate one on the packaging.

Steven Bruce

Well, we haven't covered akinesia We better get on to our seven things. We're run out of time when we so your first one here, sleuth. food. I love the slogan the middle snail.

Natalia Kerkham

Yes, um, this is actually one of my absolute top recommendations to patients, anybody with any sort of digestive disorder and also people with mental health issues, anxiety, depression, stress. And it's really basic and they always look very disappointed when I say, and it is quite simply chew your food properly to a mush and take time to savour it before you swallow it. Which, you know, it's what your mom was telling you. But it can be a very, very effective tool, particularly for people who tend to bolt their food and get either digestive problems with bloating, wind pain, or who are very stressed There's no set number of choose to take. You know, you hear people say, Well, you must chew your food 30 times, I defy anybody to chew a mouthful of yoghurt 30 times. It does rather depend on what you're eating. Yeah, but this works because it really gets the process of digestion off to a good start. digestion is simply the breakdown of food from a big lump of apple or salmon or yoghurt, whatever, into individual molecules that can then be absorbed into the body and nourish it. And chewing is the first stage of digestion. And it's the only part that you can control consciously. Once you've swallowed the food, the digestive system takes over automatically, you've no more control over it, but you can control how will you chew it. It's also the only truly mechanical stage of digestion because you haven't got teeth anywhere else. I can find to the mouse.

Steven Bruce

I got a question I can Asia for you, I'm afraid it's there's been a discussion going on about how the longevity of the effect of eken Asia. And as somebody pointed somebody mentioned, they thought that it lost its effectiveness after five days. Someone else said that it also encouraged the cytokine storm with COVID-19. Is that something that you've heard anything about?

Natalia Kerkham

I haven't, I don't know where from explanation is not a stimulant to the immune system, it is a modulator and it should be encouraging a proportionate but strong response. I will quite happily use akinesia for example, in autoimmune conditions. And surprisingly, I don't have a lot of experience with COVID because it's not been around very long. And certainly with autoimmune conditions, not perhaps during a flare up,

but in between times. It helps because what it's doing is it's getting the immune system to look where it should be looking and do what it should be doing and not and sort of distracting it from doing the things it shouldn't be doing and causing problems. So as the longevity, I mean, I just take a dose every day.

Steven Bruce

Yeah, and I guess in terms of longevity, you could say that about all things you can say about vitamin D, the effectiveness of vitamin D expires after a certain amount of time even if you get it from the sun.

Natalia Kerkham

Yeah, it takes a little longer because it's fat soluble, and it just hang around in the body for a while. But yeah, after a while you do lose the effects achalasia I would just take it every day. I don't actually know how long it stays in the body. I don't

Steven Bruce

know and Korean actually did ask what what specifically is the dose you'd recommend per day.

Natalia Kerkham

The dose I would recommend, I do this in herbal terms. So I would recommend one once one and a half Mills have a wanting one tincture, which is a tincture that has been made with. For every hundred grammes of plant material, you have 100 mil of the water alcohol liquid that it's soaked in. Right 10 is not an awful lot to people who aren't herbalists and isn't.

Steven Bruce

As we said earlier on if you get if you go to Holland and Barrett and you buy the stuff, there'll be

Natalia Kerkham

times I would always just say, yes, follow the follow the instructions on the pack, because the manufacturer knows how strong it is. And you know,

Steven Bruce

sorry, sorry, I interrupted your flow there by dragging us back to akinesia. We run slow food.

Natalia Kerkham

So yes, I'm chewing. Yes, it gets digestion started, and it makes proper chewing makes it much easier for the digestive system to work on the food chemically, and break it down further as it goes down. That means you're much less likely to get little undigested lumps arriving in the large intestine. I'm getting tangled up with the microbiome down there. The friendly uns, indeed more hostile bacteria because they're not really ready to deal with undigested lumps of food particularly. And that's where you will tend to get fermentation, which can lead to bloating, wind pain. That chilling helps to prevent that from happening.

Steven Bruce

by curiosity. I mean, you will obviously get more patients coming to you more clients coming to you for this sort of advice. Are you find Do you find that eating too fast is a common problem and one with serious side effects? And have you seen good results from people being given this advice?

Natalia Kerkham

Yes, it is. get quite a lot of people who, you know, have any breakfast they have while they're walking around the kitchen getting ready to leave the house, perhaps not quite at the moment. But they rush their breakfast. Maybe don't leave their day. Or leave their work to have lunch. So they're sitting perhaps in front of a computer screen, pressing a sandwich into their face while they get on with what they're doing. And they're just, you know, doing that you're not aware of perhaps just trying to get that food done as quickly as they possibly can. The who comes to mind was a patient with a very stressful job, she managed an emergency service control centre and had quite marked digestive IBS type issues. And, you know, by the end, when she was feeling, you know, way better, she finally said to me, You know, I'm sure the Herbes helped and all the other bits and pieces but really, I think the thing that's done it is sitting down and chewing, and I just made her well advised to I couldn't make her to leave her desk at lunchtime, go and sit in the snack room for 15 minutes with a sandwich and eat it quietly and that was actually having a big impact.

Steven Bruce

It occurs to me I mean, I've, I've read, I've read a lot of Malcolm Kendrick, so work GP who is very anti statins, and he's very hot on cardiovascular research and so on. And one of the things he pointed out in one of his earlier books was that people often say that the metal Mediterranean diet is good for people and that it helps in various ways. But he's also pointed out that the Mediterranean culture is to take much more time over their food and that lower stress

Steven Bruce

element may be a big component in supposedly better help.

Natalia Kerkham

You think of all those countries where you know the little shop shut for about four hours.

Steven Bruce

That's infuriating when you're there.

Natalia Kerkham

Sorry.

Steven Bruce

It's infuriating when you're there

Natalia Kerkham

it is. Yes, yes. When you really just wanted to go and buy a book or something and the shops are all shot, because everybody's gone for lunch. Yeah. And sitting down cost me sitting down in company. eating the food together, savouring it, enjoying it chatting to people relaxing, your food will do a lot more good. And in fact, the other thing that slow eating does is it improves the messaging right the way down the vagus nerve, which is, of course, the base, a large chunk of your parasympathetic nervous system. It's all about rest and digest. As you're chewing, that's sending messages down the system saying, Okay, guys, get ready foods coming, get the you know, get the juices flowing, it's on its way. And if you're chewing slowly, you're giving it rather longer to prepare itself and be all ready for it. Also, by engaging the parasympathetic nervous system, you're almost forcing yourself to relax. Because when that's up sympathetic fight or flight is, is dumped down and that's Where the whole sort of mental health aspect comes in. So those people sitting out rounded, you know, round a table somewhere in southern France in a group of people having a nice relaxed meal at lunchtime are doing both the physical and the mental health. A huge favour.

Steven Bruce

Yeah. Anyway enough of this slow stuff. We're not getting very far. Oh, in Italy we need to move on because you've got seven points and we're a quarter of an hour in already. Oh, wow. This one is about variety. Yes.

Natalia Kerkham

Um, so one of the keys really to a healthy diet is just to eat lots of different foods by tend to toss an eye roll when I hear people going on about superfoods. And a little voice in my head just goes marketing. They're trying to sell you something for more than it's worth. It might be coming from a Gillian McKeith thing the superfoods might have been Yeah, you still get new ones coming up. You know, it'll be blueberries this week and avocado Are those next week or something you've never heard of and can only get in London that WiFi barrier as well. goji berries. Yeah. But there are lots of superfoods, real unprocessed foods. It's really as as simple as that nutrition can be very, very simple sometimes. If there is just one my little rant sorry, if there is one superfood out there, it's one that never gets mentioned. And I'd be it'd be quite interesting to know how many people go you when I say it, and that's the liver. liver is brilliant. Shouldn't overdo it, you know, that's hundred grammes of it once a week or once a fortnight and I've just got the stats here. 100 grammes of lamb's liver gives you two months worth of fitting in B 12. a month full of vitamin A. So you have to do to be careful with it. Five days worth of vitamin B to a day's worth of all things folic acid, which, given its name we tend to think of as coming from fruit and vege. But you can also get it from lamb, and lots and lots of other vitamins and minerals as well so that if anything's a superfood, it's got to be liver.

Steven Bruce

b 12 you're talking about is coming as being delivered in a useful format to the body because b 12 was a bit of a funny bitumen, isn't it?

Natalia Kerkham

Well, it's one that is only available from animal foods. And you there isn't any known toxicity with it, you know, saying oh, you can get two months worth in 100 grammes of lambs liver sounds like you could very easily overdose, but there is no known toxicity from high levels of it. So that's not a worry.

Steven Bruce

Whereas it's pretty much the same with all vitamins, isn't it? I mean, if you if you eat too much, then you just get expensive urine.

Natalia Kerkham

If you eat too much, you can supplement yourself into problems and you can actually overdose with them in a with them. Never because vitamin A is toxic and overdose. Pregnant women are advised not to eat liver because of the central overload of bitumen a. Apart from that fitmin b six, some high levels can give transients neuropathy. Again, that's, you're not going to get that from Fuji. You can do it with supplements occasionally. But it's a neuropathy that goes away when you stop taking the high levels of basics.

Steven Bruce

I imagine with most of the problems that occur with vitamins and so on, you're going to have to eat a serious amount of either supplementation or food that contains and before you see problems means rather like drinking water that you drink enough water it'll kill you.

Natalia Kerkham

Yes, exactly. And this is again, why a wide variety of foods. Thank you for neatly bringing me back to that. A wide variety of foods is a great idea because you'll get some of everything, but you shouldn't get too much of anything. And it's very easy to actually become very limited in the foods, the different foods that you eat. It's a bit of an exaggeration, possibly, but you could have Shredded Wheat for breakfast, toast mid morning a sandwich for lunch, biscuit in the middle of the afternoon have pasta for tea, and you basically just eaten wheat, wheat, wheat and wheat. And there's nothing wrong with wheat, except it's crowding everything else out. Yeah, I'm having lots of different things is going to give you a much more balanced diet.

Steven Bruce

So he's asked the obvious question, she says her mum used to force feed her liver when she was a child. She I remember at school used to make me the liver and I hated it. She's now a vegetarian, which I'm not but she wants to know what she should do in order to get a B 12.

Natalia Kerkham

As soon as she's vegetarian rather than vegan. There isn't a problem. It's in dairy, it's in eggs. And B 12 is it's quite unusual for somebody eating animal products at all to become low on on B 12. If you aren't vegan then a lot of the sort of vegan products are fortified with B 12. So a lot of the dairy substitutes contain b 12. Lots of breakfast cereals have added B vitamins including v 12. So it's not too difficult.

Steven Bruce

Bob Allen has asked about supplements he says that he's heard that stuff from the bigger companies like boots and Holland and Barrett are generally poor quality. What's your opinion on that?

Natalia Kerkham

I tend to like well, I always recommend that people buy specific brands that I know and trust. Some are available only by practitioners. Others can be bought by the general public. People like biocare anybody can buy those site plan is a really nice company that very ethical, but she got a strong suit of vegan ethic behind them and they tend to go for food form nutrients as well which are very well absorbed. Certainly for anybody with a delicate digestion I think about site plan supplements because they tend to be a lot easier on the system than some of the others and those are readily available to anybody. See why to PLN if you want to Google

Steven Bruce

he sent in a weird supplement as Bob he says, Is there any truth in the rumour that eating a polar bears liver or eating polar bears living at home unnecessarily can be toxic due to the amount of vitamin A

Natalia Kerkham

is on no I i couldn't exactly give

Steven Bruce

you a bit of a shortage of polar bears livers in Waitrose I found but nevertheless

Natalia Kerkham

No no. With it was it panic buying at the beginning of he was planning I need my pastor my toilet paper my polar bear lover? I believe it is yes. So home Did you know that it can be tough sic vis a vis mi N A does have a certain amount of toxicity to it. For people who don't eat liver and things, a lot of people get their vitamin ash from plant sources and that's a precursor which is beta carotene and your body will only convert as much beta carotene into vitamin A as it wants to leave the rest. swings and roundabouts. Not everybody is very efficient at doing that conversion. So some people cannot get in a 30 and a on vegan diets that's

Steven Bruce

appropriate preempted thereby moving on to slide three conscious of the time left on the programme. But if we have more questions about polar bears livers, I'll let you know.

Natalia Kerkham

Right here. All right, I will charge on into protein. Um, very few people actually protein deficient. Certainly in our society. There's plenty of protein around. It's more really a matter of the timing of When you eat that protein and I tend to recommend that people eat a good portion of protein at each meal, breakfast, lunch and dinner because quite often, breakfast in particular can be very low on protein. A lot of people will have just you know, cereal and a bit of milk. And that is fairly low on protein. And quite a lot of lunches. When you look at them when I look at diet diaries can again be quite low on protein. You know, a jacket potato

with a bit of a topping is mostly carbohydrate and the potato, a sandwich that is too big doorsteps of bread and a tiny little bit of filling in the middle. Again, not a lot of protein in there. And the benefit really of having protein through the day is that it gives you a lovely steady release of energy and also keeps you full of longer in terms of that release of energy, it's like putting on a really good quality piece of coal on the fire. It will burn steadily and gently and keep going for hours. A lot of the carbohydrates particularly more refined ones, it's more like setting like a piece of paper and it burns up flares up really quickly and then it's gone, leaving you hungry. That can leave people with energy dips, that sort of afternoon dip that a lot of people get anytime from sort of about three o'clock through to sort of going home time again what people have going home time at the moment. I have heard people say that you know they're almost too tired to get home from work.

Steven Bruce

people asking where they buy their energy dips no

Natalia Kerkham

pad their energy dips.

Steven Bruce

Don't come up with another question to going back to your stuff about liver and Italia. A couple of people have said that surely liver needs to be organic with all the chemicals were put into animals now removed. Where do you stand on that? How long do those chemicals stay in the liver? Is it a problem?

Natalia Kerkham

Well, I, I would certainly I get organic liver, and I advise people to get it. I go to a specialist, organic meat suppliers who will sell organic liver, because, yeah, the liver is the great detoxifying organ. And that means it's full of toxins a lot of the time. And so certainly you don't want to be in the liver of something that has been given a load of growth hormones and antibiotics. sprayed with toxic chemicals or whatever. So yes, I absolutely agree with that.

Steven Bruce

We've got more of our polar bears. Apparently, the Vimeo team, we've got Vimeo in the Facebook team watching this and the Vimeo team so it's not just about the liver being toxic is a question of how the polar bear feels about it as well.

Natalia Kerkham

As the polar bear is probably not too much. It's probably using the liver itself and doesn't really want that to happen. Yeah.

Steven Bruce

So this is I reckon this one must upset an awful lot of our patients because the idea of eating fat sounds counterintuitive to people who want to be healthy and lose weight, doesn't it?

Natalia Kerkham

Yeah, but fat is an essential nutrient and the sort of fat phobic very low fat diets are a really bad idea for long term health. Every one of your cell membranes coming to you know this, every one of your cell membranes is composed largely a fat 60% of your brain by weight is fat. So just for mental health fats are vital. And you also need to be eating fat in order to absorb the fat soluble vitamins back to vitamin A, vitamin D, also Ian K. And if you're not taking a fat to absorb those Then your skin will suffer. epithelium will suffer. So the whole lining of your lungs were back to COVID. Again, almost lining the lungs lining of your digestive tract will all be less robust. Obviously, you need the vitamin D for bone health, if nothing else, and probably to keep your immune system going, keep you free of COVID you need them for blood clotting and much, much more. So very low fat diets are generally a bad idea.

Steven Bruce

We've got a question from Carolyn who says should older people be eating more protein? I don't know whether she means whether they should be eating more than other people or simply the fact that she's noticed that they seem to eat less protein and more carbs and if that's something you've seen in your own practice.

Natalia Kerkham

That's an interesting question. Um, I don't know that they need to be eating more protein than anybody else.

Steven Bruce

Have you noticed amongst your have patients that perhaps they've stopped eating as much protein?

Natalia Kerkham

No, not particularly. I mean, it's a very mixed bag and of course the people I see tend to be quite health conscious anyway. So they're perhaps not the ones living on teacakes and

Steven Bruce

simplistic to suggest that eating protein might help combat sarcopenia No, because I inherent muscle wasting that comes with with age.

Natalia Kerkham

I don't know. Um, I wouldn't think so. I think that's probably more about breakdown. But I don't know.

Steven Bruce

Okay, I'm sorry, I dragged you away from friends. No, questions always come in one stage later.

Natalia Kerkham

Yeah. We were on fat. Why don't we? Oh yes, structure of fats. Yay, my favourite. So there are basically two types of fat saturated and unsaturated. So you've got those one above the other, their structure of saturated fat is very, very simple. It's just a long carbon chain with a load of hydrogen coming off it, and then a, an acid group at the top. Yep. And that's, that's your saturated fat, the, the length of the carbon chain can vary considerably, it can be in a saturated fat, it can be as short as four carbons. And as long as 24. In the unsaturated fats, then there's not quite enough hydrogen to go around. And because of that, you can see there at the bottom, so towards the right hand side of that, that diagram, there will be where there's not enough hydrogen, then there'll be a double carbon bond within the fat to just take up the vacancy. And that's basically the difference between them. And that that kink in it means that That those fats don't fit together as neatly. And so saturated fats will tend to be solid at room temperature, and saturated ones will tend to be liquid at room temperature. And it's quite an easy way to gauge how saturated fat is by just see how hard is it at room temperature. And the softer it is, the more unsaturated it is.

Steven Bruce

That's been demonised a bit over recent years.

Natalia Kerkham

They have. And I was coming on to that. Yes. So all right, we'll go straight into the saturated fats. There is no evidence that saturated fats damage health. And I have a reference on here was a meta analysis done in 2010. That covered studies, looking at 21 days that looked at almost 350,000 people, for anything between five and 23 years. So some of these were very, very long lost. In studies, and it was in all of them, saturated fat intake had been recorded by the subjects 11,000 people developed cardio vascular disease or, or had a stroke. And the study found no association between that and saturated fat intake. So that's an awful lot of people study for an awful long time or for a long time, and no association found. And that makes sense. To me. That's perhaps a bit of confirmation bias there for me, because it seems to me that we have been eating saturated fat forever since before we were modern humans. It's always been there in our diet. And our bodies produce saturated fats, the liver will produce saturated fats when it needs them. And so it seems a little improbable that that would be a deadly poison. Yeah, yeah, that would be so bad for you.

Steven Bruce

Is it only in manufactured alternatives to butter and things like that that we find on the saturated fat?

Natalia Kerkham

No, um, no, there are unsaturated fats everywhere. I'm 60% of lard is unsaturated fat. Okay, only 40% of lard is saturated. Just a fun little statistic. They are perfectly natural. So fish oils are unsaturated fats. Sunflower oil isn't saturated.

Steven Bruce

Yeah, really cool. fish oils are healthy for us. They are. But didn't you just say in your statistics that they were worse statistics for health with unsaturated and saturated?

Natalia Kerkham

No, just there was no such association between saturated fat intake and cardiovascular disease. Right. Okay. And note some of the some of the unsaturated fats have positive health benefits. There's good evidence that extra virgin olive oil is positively good for cardiovascular health, people who have that are healthier than people who don't. And then some of the polyunsaturated fats, the ones with more than one double carbon bonds have to be obtained from the diet the body cannot make them but we do need them and those are the omega threes, which are these fish oils and the Omega sixes and they're essential for good mental health for hormone balance for healthy blood clotting. The threes are anti inflammatory. the Sixers are pro inflammatory but you need both

Steven Bruce

Yeah, now got a copy of your slide up full screen. So hopefully they can they can see that the bonds that you're talking about there,

Natalia Kerkham

oh right, most of them

Steven Bruce

anyway because they're fairly standard on the Yeah. The dreaded trends is yet to

Natalia Kerkham

transition. Now the chances are another form of unsaturated fats. They are found in nature. They're small quantities, naturally occurring foods but very, very small quantities. The problems really start with them when they are found in processed foods. They're quite often formed by applying heat or pressure to unsaturated fats. And the difference you can see they've still got that double bond they are unsaturated fats. But were with most of them, the the SIS ones that we call as we call them. The CES ones are what I've got there under and saturated. They've got the kinking them, because the two missing hydrogens are on the same side of the chain. And that causes the chain to kink. With the trans fats, the missing hydrogens are on opposite sides of the chain. And that means the chain is straight. That means the fats more likely to be solid at room temperature because it will all fit together nice and, and foreign, which is also useful if you're making something like monitoring. But the body doesn't really know what to do with large quantities of trans fats. And that's when they can do damage to health. And that that is very well established. You may know that. Denmark Bandon in 2004. And in the next three years, deaths from cardiovascular disease fell by over 3%. That might not sound like an awful lot. But if you translated that into the population of the UK, you'd have a About nine and a half thousand fewer deaths from cardiovascular disease every year. That's a lot of deaths. And that has been reproduced in other countries over time.

Steven Bruce

Rebecca has asked a question about where you stand on good and bad fats. And I'm kind of assuming that there is a community that understands those two terms in the same way we understand good and bad

cholesterol, which frankly is also a little bollocks. But is this is good and bad fat the same as trans and saturated, saturated

Natalia Kerkham

very often by bad fats. what's meant is saturated, which is where I start sort of, Okay, so since Yeah. In my book, The only bad fats, trans fats and rancid fats fats are much more stable than unsaturated fats because it's that double carbon bond and the unsaturated fat that is not very stable is prone to oxidisation. Because carbon would rather not bond with more carbon, it would rather find something else to bind to. So it's prone to oxidise oxidisation. And those tastes disgusting anyway. And they are again, they're bad for you, but you're not going to eat them because they're vile. So the trans and the rancid fats are bad. Everything else is at least good nourishment, and may also have positive health benefits.

Steven Bruce

You reckon you can do three more in just five minutes. let's not let's not rush it. I have been asked for the references. And as I said at the beginning of the broadcast, we will send everyone the references to this but just sticking them up on the screen, I don't think would help because it will be in tiny little letters. Yeah.

Natalia Kerkham

So yeah, getting spices into your diet is a really great idea. You've got sort of over overlapping to her herbal medicine here and a lot of the herbs I've got on my shelf you would recognise from the kitchen anyway that very concentrated and basically all the culinary herbs and spices have medicinal benefits as well pretty much so you know having a curry is a really good idea lovely cookbook called the cancer fighting kitchen has a great section on all the benefits of the different herbs and spices. It's also an excellent cookbook she's very good on her flavours I do recommend it and not just for the health benefits. three key spices that I'm very keen on are garlic, ginger and chillies the quite hot they get circulation going, they're good for the digestion and they're also actually quite strongly anti inflammatory chilli isn't for everybody not everybody copes with that.

Steven Bruce

Include turmeric, which I gather is another thing.

Natalia Kerkham

Oh yeah. Yeah, it's sort of been a bit of a super superfood one. turmeric and ginger are very closely related. Turmeric has something like over 100 compounds in it the unknown to be anti cancer which is quite astonishing Really? I think it's I think it's only over 100 it might be over 1000 I can't remember now it is yeah, it's one of the great anti inflammatory sort of super herbs and spices

Steven Bruce

risk of eating into what little time we've got left cellmates sent in a question saying a lot of her younger patients tend to survive on tinned food because it's convenient. Is there is there inevitably going to be a bad side to tinned food or is it nutritionally just as good as its nonton counterpart?

Natalia Kerkham

It's not as fresh and particularly water soluble this humans tend to have degrade over time. So yeah, it's particularly with the fruit and vege honestly, frozen is much better. Frozen is often fresher than fresh. And because fresh stuff is set out in the super under the lights it's been handled and poked and prodded by people. Frozen has probably been frozen very quickly after harvesting and then catching the dark in a bag. So yeah, frozen is tends to be a much better alternative rather than tinned particularly for fruit and vege anything

Steven Bruce

well, we've got a couple of minutes left so we can talk about the nervous a little brown here.

Natalia Kerkham

Yeah, or not. So what's fibre good for the obvious things helps prevent you getting banged up. Less obviously, it's tends to feed the friendly bacteria, the more hostile ones tend to prefer Sugar and then what they produce as a sort of their kind of byproducts butyric acids, which is a product of the friendly bacteria is actually food for the monocytes lining the colon. So it has lots of benefits that way. Wheat fibre that dreaded all brand is fat is too harsh for some people, particularly people with IBS do not get on with it. Gentle ways of getting the fibre or things like groundling seeds. Avocados are very high in fibre fibre, although you wouldn't think it from that extra porridge is great, of course potato skins, really good. Nuts, legumes, so lentils, chickpeas beans, and just having plenty of fruit and vege are all good ways of getting fibre.

Steven Bruce

And we've got about a minute left I think so we can do this and then maybe we'll just have a couple of seconds of questions after that.

Natalia Kerkham

Okay. Drink plenty, probably about a litre and a half a day of fluids. Even mild dehydration can lead to fatigue, reduced alertness and just makes everything harder. fluids as important as fibre for preventing constipation. Water is the original and best, but also things like unsweetened tea and herb teas still water it flows with tea bagging it milk and even coffee only becomes diuretic after you've had a fair bit, but avoid fluids that have got undesirable additions like sugary drinks and that includes fruit juices, energy drinks, please avoid them. fizzy drinks the acidity damages teeth, alcohol sadly, and anything has artificial sweeteners in it.

Steven Bruce

I was about to ask you about aspartame is one of the main artificial sweeteners isn't it?

Natalia Kerkham

Yeah. unpleasant for you. Yeah. Yeah. If you've got to have the sweetness honestly go for the sugar it's the devil we know

Steven Bruce

Rebecca who asked that question about good and bad fats are sent in a follow up on that she says is saturated fat better for cooking or frying as it's less likely to become a trans fat? She says she finds confusing I think everybody does.

Natalia Kerkham

Yeah, absolutely. Saturated fat is much more stable and so particularly if you're wanting to cook at quite high temperatures or something like coconut oil or ghee both you know good traditional fats Coconut oil is a saturated fat I know of and you think how hard it is at room temperature. Excellent for frying with if you're just sort of sweating and onion or something olive oil will cope with that. But just don't fry with things like sunflower oil, because it does no favours apparently walkers crisps or fried and sunflower oil and that oil is heated and cooled up to 30 times per batch. You just dread to think what state it's in by the time you get to the 30th batch of crisps they fried in oil.

Steven Bruce

One final one for you. If I may not tell you I've just had days. I thought Wait a minute, this was somebody asking whether we should eat Scotch bonnet but actually it's somebody who's calling themselves Scotch bonnet amongst the Vimeo crowd and wants to know about butter ghee because it tastes rancid but it's supposed to be good for you

Natalia Kerkham

never noticed it tasting them said it's just

Steven Bruce

it's very much a component of Indian cooking isn't it? And I've I've likewise I've never noticed the rancid I wonder

Natalia Kerkham

if it was just a bad batch because it also keeps really well. Um, yeah. So I don't know about that.

Steven Bruce

Sounds awesome. Scotch bonnet a way to go and find some non rancid key

Natalia Kerkham

Yeah, to fry the scotch bonnets in that'd be a good career.

Steven Bruce

That's, that's been great. And I'm sorry, we had to rush a little bit towards the end of what I'm going to do for everybody as though I will send them a handout of these slides so they've got the seven topics which they can talk about a patient's but also they'll have the references as well, the research that you've mentioned in there, and of course will, they'll have your details if they want to contact you for further information and so on. I think you're quite good at following up with emails and stuff on these.

Natalia Kerkham

Um, yeah, I do my best. Somebody is bothered to get in touch. It's, you know, it's rude not to respond. Yeah.

Steven Bruce

It's been lovely and lovely to see to talk to you again. And I hope at some point in the future we get by last time we were in a studio, we actually made smoothies, I think called is your two different recipes that you had we tried them out on Matt, the Butler, if you remember.

Natalia Kerkham

Now, one of them was your recipe. I was trying to say which one he liked best.

Steven Bruce

I don't hold out to be much of a cook. It's been great. We'll get you in the studio again in the near future. I'm sure once we get anyone back in the studio, but for now. Thank you very much for your time. It's been a delight talking to you. Thank you