



Medicine Stories Podcast

Episode 87 with Kymber Maulden

ELEMENTAL INTERBEING, FOOD
INFORMATION OVERWHELM, AND CELL
DEEP NOURISHMENT FOR WOMEN

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(Excerpt from today's show by Kymber Maulden)

We are so connected. We are so in reliance with the Earth and the Sun and the minerals and the elements that we cannot survive, we will start to deteriorate without getting these things from those external sources.

(Intro music: acoustic guitar, folk song "Wild Eyes" by Mariee Sioux)

[Intro]

[00:00:17]

Amber: Hi, friends, welcome to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth. I'm Amber Magnolia Hill. This is Episode 87 with Kymber Maulden all about food and energy, generation at the cellular level.

We're specifically speaking to women in this episode, but it's for anyone with a body that contains cells inside of it. So yeah, do you ever feel like your body isn't working, right? Like you want a little more energy or to not have gut or autoimmune, hormonal, fertility, et cetera issues? Or do you ever feel super overwhelmed by all the conflicting nutritional information out there? If you said no to either of those, you must be very young (*Amber laughs*), or maybe you've already found the prometabolic framework.

So we talked about this in the episode, but I really want to frame this conversation very clearly from the beginning. So this is a long episode — two hours is the interview. And then there's like an hour and a half of bonus audio over at Patreon. And I'll talk about that, too. And this is not going to be a short intro because this feels so big and so important, and has been so positively life changing for

me that I really want to do it right, because this also can be overwhelming: understanding the prometabolic framework.

So prometabolic has also been known in the past as the bioenergetic view. And it's not so much a nutritional philosophy as a deep understanding of the human cell. And this work arises not from nutritionists, but from biologists who were studying cell function. So as I say to Kymber in the beginning of the interview, my concept of metabolism really goes back to my mom in the 80s and 90s, speaking of metabolism as how to burn as much calories or fat as quickly as possible.

And we talk about food confusion, right? It goes back at least till the 80s. I know a little earlier than that. We talk about the Ansel Keys study, for example, in this conversation, which came up in the 70s, which gave the entire country some really bad nutrition information about metabolism. Really, it just comes down to cellular energy production, or how well each cell in the body is able to take the inputs that we give it: food, calories, oxygen, sunlight, and turn that into energy. It's that simple.

So, so many common modern health problems have an underlying metabolic cause, you know, we're like doing all these Band Aid things with pharmaceuticals, or even herbs to address them. Like, if we were just addressing our metabolism, that could take care of everything. Owen said to me recently, like, "Wow, I feel like understanding prometabolic makes so much fall into place." And I said, "Dude, I was just thinking the exact same thing." Like, all these nutritional things I've heard my entire life, the ones that have made sense, the ones that haven't, that all makes sense within this framework. It's not a diet, although there are definitely lists of the best foods you can eat to support your metabolism and the foods that are going to really disrupt metabolic function.

[0:04:15]

Amber: Most women — I'm guessing this goes for men, too, but for sure, most women — because the bodies of biological females are so vastly different, are hypometabolic, which means our metabolisms are not working to the best of their capabilities. And something I've learned through this, and this very much applied to me, most women are not eating enough food; we're not getting sufficient calories. I was getting vastly too little calories every day until very recently, especially moms. If you have a little one or multiple little ones, you are barely feeding yourself, right? And so eating enough food is just as important as eating foods that support the metabolism.

So I'm gonna say it again: this is not some flash-in-the-pan, fad diet, even though the word "prometabolic" is new and becoming pretty hot right now. It's just a deep understanding of human biology and how to best support the cells in making the energy that runs the entire body.

I've spent a couple months now eating this way, and I've spent that entire time working on this episode and the Patreon bonuses that go with it, as well, just really trying to distill down to its essence what feel like the most important starting points. So this episode is meant to be a starting point. You might feel a little lost at points during the interview, if you don't have, like, any background, whatsoever, in nutritional sciences. Kymber's qualified, and I have just been really interested my whole life, as my mom was, in trying to, like, figure out what is the healthiest thing for me to be doing. And I have been so overwhelmed, so many times. I have come to deeply believe things that I read in a book or saw from an influencer, that then got completely turned on its head. This has happened to me a number of times since finding the prometabolic framework.

I was talking to a friend about this recently. And she was saying that, you know, at some point, she just gave up trying to figure out nutrition and just is eating what she wants, what she feels called to. And I get that, and I've definitely considered doing that many times myself. And I'm not saying that's not healthy — I think that can be very healthy. But for me, in the end, like, truth exists, and there is, there are answers around what can help us to be the healthiest we can be. And I'm willing to, like, slog through overwhelming information and misinformation to get there. And gosh, you guys, it has made such a difference in my life and my energy levels and my symptoms in the last couple months just to be eating foods that are higher in bioavailable nutrients and lower in nutrient inhibitors.

[0:07:19]

Amber: I know a lot of people are coming from vegan backgrounds, and there's so much information — or vegetarian — out there about incorporating animal proteins and fats into the diet. I think now what we're starting to see is a lot of people coming from paleo-carnivore backgrounds who need information on carbs. That is another thing that I was doing was really inhibiting or minimizing my carbohydrate intake, really so subconsciously. Like I never said, "Okay, I'm gonna do this." It was just in the back of my mind, I was like, "Hmm, carbs are bad, you know. Carbs make you fat." And for years, I was doing that, and it was causing all these symptoms in my body. So I think it's kind of interesting.

And I'm curious, I'd love to know the numbers on how many people have been vegan or vegetarian, and now how many people have done paleo, keto, or carnivore, because we talk a lot about restrictive diets in this interview, and how, you know, they don't work because they're hard and people bounce back, but also, they really suppress the metabolism.

Another thing I've realized is that I have been running on stress hormones for probably since my oldest child was born, 15 and a half years ago, just running on stress hormones. And I think so many people, so many women, and so many mothers are doing the same. And once you start getting sufficient calories, sufficient carbohydrates, your body can start running on what it's supposed to, food, and start to stop running off of stress hormones, which causes so many problems.

[0:09:03]

Amber: Okay, I'm going to tell you quickly about the two Patreon bonuses; they're both audio bonuses. So the first one is a bonus conversation between Kymber and I. And so Kymber has this amazing online course called [Habitually Healthy](#), which I signed up for like the day or two after I found her on Instagram because I just I knew this was going to be big, and I knew it was information I wanted. And as part of Habitually Healthy when you sign up, you get a free health consult with her.

So this is my health consult. Although, to be honest, because I'm an interviewer at heart, and so I've just really been more of an extension of this interview, but it is really like a look at my — it's an hour and 11 minutes — at my personal health and where I've been and where I'm at now. So we talk about my history with fasting and why I can't and shouldn't ever do it again. I can't meaning like for the last year I've been like I literally can't do this anymore. I don't know why, but I know I can't.

We talk about the evolutionary lens of health and biology that is the foundational view of so much of what I've discussed on this podcast. You know the thing about how we're genetically identical to our Paleolithic ancestors, and what that actually gets wrong. So that has been a major paradigm shift for me. We talked about two major health influencers who have certainly had an impact on me over the years, Dave Asprey and Dr. Zac Bush, and what in the prometabolic framework they get wrong. We talk about raw, vegan, fruitarian diets and how "you cannot spiritually bypass your way out of your metabolic needs." That's a direct quote from Kymber. And I think that's so important, and I've known so many people who've tried to do that.

We talk about food and the menstrual cycle, and I share the menstrual cycle-centered planner that I use. You can also use the moon cycle as part of this planner, if you don't menstruate. I love this planner. And I also talk about my favorite cycle tracking app. We talked about frustrations and overwhelm around meal planning and meal prep. And what Kymber and I eat when we're hangry, like the really quick, easy snacks that are going to give you what you need. That truth about protein and women: and Kymber shares the general macronutrient ratio she shoots for and why she personally doesn't measure anything.

So the cool thing about prometabolic is that it really takes each individual into consideration. So there is no macronutrient ratio that's recommended for everyone. You know, like in keto, it's very clear what percentage of your diet should be protein, fats and carbs. But in prometabolic it's different. It's really respecting bio-individuality. But you know, Kymber shares what she more or less shoots for.

[0:11:58]

Amber: So then the second Patreon offering — this is all at patreon.com/medicinstories for \$2 a month patrons. Thank you. I love you. I decided, so when both of these interviews were conducted, it was over a month ago. And sitting down to get this episode out, I realized, wow, my life and my health have really changed a lot since these interviews were conducted because I made a very strong effort to be eating prometabolically this whole time. So I decided I need to share with you guys what has changed for me.

One month of prometabolic eating and having sufficient carbs and, literally, just sufficient calories, enough food for the first time in my adult life, and really sufficient nutrients for the first time in my entire life, considering that I grew up solely on processed foods, and the radical shift in my relationship to my body, the one thing I never thought would happen to me that I am convinced is due to prometabolic eating, how my whole family loves eating this way, and it's completely shifted the food culture in my house. I'm so grateful for this! There's, like, no more squabbling over what we're preparing for food from the 15 year old or the five year old. Everyone is on board and everyone is loving it. How I've upped my meal planning and meal prep game, the prometabolic podcast I've been bingeing, and recipe resources — I think this is super important. It is for me, at least, when I'm figuring out a new way of eating is to just have someone tell me what to fucking cook, and these recipes have been great, coming from multiple different sources.

Two things I didn't say in that recording that I'm going to say now. Well, the first one is an hour after I recorded that I started my period and I'm on day four now, by far, the easiest period I ever remember having in 30 years of having a cycle. The second is that months ago a friend was placing a

wholesale order with this bougie (and I think it is really high quality) supplement company Symbiotica. And I ordered, I don't know, a bunch of supplements, like eight or 10 supplements because she was getting this wholesale price. But it ended up taking months for the whole thing to finally get completed because all these other people were going in on it and complications of gathering money from people.

And I finally got the supplements last week and I was going through the box and like reading them and trying to remember like, "Wait, why did I think I need this?" and realizing, like, I don't need this anymore. The symptoms I was trying to address through the supplements have been gone since I have been getting sufficient food in my body and supporting my metabolism at the cellular level. Like, holy shit! Holy shit! (*Amber laughs*) All this money I could have saved and all this money I will be saving in the future. Okay, so you can find Patreon Medicine Stories. You can just search that and those will both be there for you.

[0:15:01]

Amber: So let me tell you a bit about Kymber:

Kymber Maulden is a functional nutritionist and women's health coach, operating within the prometabolic and bioenergetic health space. She's passionate about helping women reclaim their female bodies through developing body literacy and embracing self-care as healthcare. She recently launched a women's health course, *Habitually Healthy*, and also offers private coaching to women seeking more individualized support.

So yeah, again, if you sign up for *Habitually Healthy*, you will get that free, one-on-one call with her. And if you have any labs, she can help you read the labs. I don't have any, but I might get some like the mineral hair analysis just to see where I'm at with my minerals. *Habitually Healthy* has been lovely for me, and you get lifetime access. It's slide-based, so it's not just someone's face talking at you, but there's visuals which I find really helpful. And it's a lot, like it's hours and hours and hours and hours of information. So I think of it as just a resource library, you have lifetime access, so you can jump back into it anytime you want. And you can find that link for *Habitually Healthy* in the show notes.

There's also links for Kymber's, two e-books down there. One is [The Reparative Eating Guide](#), and one is called [Nourishing Our Sanity](#). So that one, of course, is all about mental health. And *The Reparative Eating Guide* I have found super helpful, and it's kind of like here's what to eat, this is what you eat, which I don't know, like I need that. So okay, everything is in the show notes.

Thanks for sticking with me through this extended intro. And again, it's a long interview, I really recommend listening to the end. I really recommend checking out the bonus audio on Patreon. Not only has this really, profoundly shaped, changed my life and my family's life for the better, but I have seen at this point, I'm following all sorts of different people. And you know, I always have a ton of resources in the show notes here and on Patreon. For all the folks I've been following and learning from besides Kymber. I have just seen so many thousands of women say the same thing. They're resolving infertility, they're resolving cysts, PCOS, endometriosis, like deep seated, really difficult autoimmune issues, all sorts of gut and digestive stuff. Which, yeah, listen to the end of this interview to hear Kymber and I talk about the one food, so simple, that you can eat every day, that

has had a dramatic, positive effect on my digestion. It's like, amazing and so easy and really based in, like, deep science. Just stick with it. It's a lot of information, and you might feel overwhelmed, and talking about food information, overwhelm is definitely a part of this interview. But in time, it's so worth it to really understand how your cells and your biology work at the deepest level, and just be able to eat really good, delicious food that's, like, such a non-restrictive way of eating. It's a joyful way of eating.

So obviously, I feel very positively about prometabolic. I want to spread the word. That's what I'm doing today. Thank you so much, Kymber, for being the first person to open my eyes to this I knew immediately that this was profound, and that I would eventually share it and I'm so happy to be doing so now. So without further ado, here is my interview with Kymber Maulden.

(Transitional music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[Interview Begins]

[0:18:42]

Amber: Hi Kymber, welcome!

Kymber: Hi Amber.

Amber: I'm so happy that I found you and that we can bring this prometabolic message to more people.

Kymber: Yay! Yeah, me too. I'm really excited to dig into all this with you.

Amber: Let's start with kind of a two-parter: how did you fall into this work, and what is metabolism? Because I think about what, how I know my mom conceived of it, you know, like in the 80s and 90s which was "how fast you can burn calories and lose weight." And then what is "prometabolic," as well?

Kymber: Yeah, it's interesting because that term, "prometabolic, it's still, you know, somewhat new. And when I was in school for health science, and I was in my mid 20s, and I was on what I thought would be a path towards dietetics, and I was struggling with my health. I think I added in animal foods like a year prior and was just still really struggling with how to resolve my health issues as a no-longer-vegan. And I found this couple who — now I don't know if you follow them, but they're on Instagram as the real food gangsters.

Amber: Yes, I am.

KyMBER: I love them so much. I found them totally random. A friend of my housemate's was like, "There's this couple that does this weird nutrition stuff. You should check them out. They're in San Diego." And so I had a consult with Jeanne, and then ended up working with them.

And I was just in a place in my life where now I've experienced several other women who come to work with me where kind of I can relate, like, have a lot going on and a lot of stress patterns and behavior patterns that I don't really know how to stop, like working way too much. Dating someone that is stressing me out because of the attachment incongruencies there, and not really in a place to actually address the stress component of my health. And so they did definitely plant some seeds in me that I took with me beyond once I stopped working with them.

But I was not a great client. Like I was like, stressed in every session. And I had a really hard time tracking my food, which was something that she had me do, wanted me to do in order to really understand my symptoms, and track my temperature and my pulse. And I couldn't even do that because I was moving so much. So I just continued working with them and didn't even, like, finish the full package.

And I actually also drove — this is, like, in 2012. So this is, like, crazy, it's already been a decade— I actually drove all the way from Oakland, where I was living, to San Diego to see her in person once. That was like the last time that we had a session. And they introduced me — I can't remember whether it was directly or indirectly through referencing him — to Ray Peat. And I started, I immediately was like, "There's something to this guy." Like the way he communicates, the way he connects dots, he's an out of the box thinker — things that really speak to me as a person.

[0:21:29]

Amber: Can you tell us more about who Ray Peat is? That was going to be one of my questions, too.

KyMBER: Yeah, Ray Peat is a researcher and nutrition researcher and health science researcher and has written many books and articles. And he's I think he's in his mid 80s at this point, and he has his PhD in biology and physiology. And actually, you know, I pulled up his — if you don't mind, I'm gonna read, really quickly...

Amber: Yeah, please.

KyMBER: Some of the stuff in his "About Me":

His approach gives priority to environmental influences on development, regenerative processes, and an evolutionary perspective. When biophysics, biochemistry and physiology are worked into a comprehensive view of the organism, it appears that the degenerative processes are caused by effects in our environment.

So he takes an evolutionary lens, but he doesn't take it from, like, an ideological standpoint; he takes it from a very practical standpoint. And he also utilizes epigenetics a lot. So he is very much aware and applies that to his like framework of health.

And then I started my work with progesterone and related hormones. And in my dissertation, I outline my ideas regarding progesterone, and the hormones closely related to it, as protectors of the body's structure and energy against the harmful effects of estrogen, radiation, stress, and a lack of oxygen. And the key idea was that energy and structure are interdependent at every level.

So this is a really important quote that I've used a few different times. And this basically means that all the structural health issues that we all seem to be having in mass amounts, especially women in this culture — whether that's chronic blood sugar, chronic blood pressure issues, cholesterol issues, autoimmune condition, issue issues, issues with digestion and motility — those are what I would consider “structural” issues. Those will always come hand-in-hand with an energetic issue.

So what's happening at the level of the cell as the cell works to try to produce the energy for our entire metabolism to function. So you're never going to have a health issue that doesn't also have a cellular component to it, an energetic component to it at the level of the cell. And this is something that doesn't really get talked about enough. Like energy and metabolism, it tends to get focused on in, like, fitness and bodybuilding and, like, areas of nutrition and health, where people are intentionally trying to seek a specific physique. But in that general health world, it doesn't really seem... it seems to be completely ignored.

So since then, it seems that all the problems of development and degeneration can be alleviated by the appropriate use of energy-protective materials — this is me quoting him again: “when we realize that our human nature is problematic, we can begin to explore our best potentials.” I think — I'm not sure completely what he means by problematic, but my sense is that we very easily capitalize things and can.

Like, one thing that I really immediately loved about Pete is that he is really good at not only does he understand the deep science and understanding, like, the physiological aspects of health, but he also zooms out very easily and connects dots between cultural issues and why we believe the things we do and all the problems with the the marketing and basically like turning people into the market and the commodification of health.

And there's so much incentive to mislead people, across the board — whether it's agricultural, pharmaceuticals, medicine, research. And that makes you sound like a conspiracy theorist, but he's actually really brilliant. And I spent hours listening to podcasts back then with him and trying to wrap my mind around his theories. And I was just getting into the hard sciences, and I was not very well; like my energy was really low. And it just, I wasn't in a place in my life where it could land. So I really enjoyed him.

I actually I think a lot of people have a hard time with him. So they find him to be inaccessible because he's long-winded and rambles. And he kind of reminds me of, like, Noam Chomsky, like, you have to listen to hours and hours of him to really fully understand his theories. I love that about him. But it was more that I didn't have the maturity and knowledge base for it to land. I wasn't in the place for it to land.

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KyMBER: So I stopped working with those people, finished my two-year science degree that was going to be a dietetics license, and then decided to go into a private nutrition school instead, which was more holistic. And then just continued my education and, you know, researching and networking and stuff slowly, and had to go through like several more years of being into the keto world, being into the paleo worlds, being into the carnivore world — like, really like cycling through these fairly, like, rigid, ideological frameworks of health — to kind of slowly make my way back to him.

And that was when I started to see this prometabolic, bioenergetic approach starting to grow online, and then rediscovered, you know, Jeanne and Josh Rubin, and people like Jessica Ash and other people, and was like, “Wow, this is so great that these people are already there!” They really understand his work. And it's not just his work, like the prometabolic approach, bioenergetic approach; it's really like a synthesis of several different peoples approaches and bodies of work, that look at the metabolism as a whole in the context of this culture, and how to best cater our healing work towards the foundational processes, first and foremost — such as cellular energy production, and things like enzymes and hormones and whatnot.

[0:27:10]

Amber: Yeah, so okay, my understanding, obviously, like the cell is the basis for every function, every organ, every system in the body, and

KyMBER: And the mitochondria within the cell.

Amber: Mhmm. And this is actually why this all makes so much sense to me is because I got really interested in mitochondria years ago, because it's passed solely through the mother line. And I was like, oh, that's so interesting. And like, wanted to just understand more about the germline and the gametes and the egg and all that stuff. And so when I started finding you and prometabolic, I was like, “Oh, I actually understand what they're talking about.”

So the food we take in the air, the sunlight, these inputs, become the energy that runs every single cell in our body. And my understanding is that, that is metabolism.

KyMBER: That is metabolism. So metabolism, when people use, I think the word “metabolism” often people it stops at like how fast you can burn calories, like how quickly, like what you're saying with your mom. And so a lot of people think of metabolism and that's kind of where it ends. But metabolism is basically the process of our bodies using oxygen and fat and glucose to respire, to convert into actual energy that will power our mitochondria, which are, like, the power grids within our cells that have their own DNA and are essentially, like, running the show. And we need to be doing that constantly, every second that we're alive, from the time that we're born until we die.

And it's not enough to have the fuel, which would be the oxygen, the glucose, the fat. Especially the oxygen, the glucose — those are, like, the two big ones. We also have to have the cofactors. And so this is a big part of this bioenergetic prometabolic approach is understanding how important that is. Like it's not enough to just get fuel into your system. Because if you're in a stressed state, which so

many people are, and that includes not having, it's a stress not to have those cofactors. And so your body may not be able to use the fuel that you take in, because you don't have the things that you need to actually make those cellular processes work.

And so this is where it's like really, really important to not remove certain things, because you have some ideological, very overly simplified or incomplete understanding of those things, like certain food groups or whatever, because you could be inhibiting your body's ability to produce energy. And that's not something that's just going to show up overtly, all at once; it's going to be probably a slow burn because your body is resilient. And so it will grab nutrients, it will steal from other places.

And we'll start to downregulate certain things and prioritize some things over other things. And this is why you see so many women that, like, lose their period, you know, start struggling with fertility, lose their hair, their skin starts aging, you know. They even will put on, like, safety weight. All of these things are basically their body's signals that our body has stopped prioritizing those things. Like, it's focusing on survival, because it does not have the raw materials that it needs to produce energy.

So every other illness, all the symptoms and illnesses that we have, although they do need to be, at a certain point, they need to be addressed on their own for their own sake, underneath that is a cellular energy issue, and that has to be resolved. Otherwise, all the things that you're doing are not going to get you well. You're going to be consistently — and I see this with a lot of people — they just have recurring issues. They just come back year after year. They might resolve their symptoms for a little while, and then it comes back again.

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KyMBER: So yeah, so you mentioned, when you sent over your email, you wanted to, you mentioned “metabolic safety.”

Amber: Yeah, it seems like that's a good place to talk about that.

KyMBER: Yeah, so that's something that I — personally, that term and that concept really hits home with me — and it's something I tend to prioritize and want to emphasize.

Because we all are dealing with stress that we often don't realize we're dealing with, because we're living in a culture where there's a certain pace and a lot of impact and things that just naturally stress our system out — and we can go into what stresses it, specifically — but it's going to be really hard for your body to repair and heal, if it doesn't even have what it needs just to sustain itself, you know.

And so, you're gonna have to get yourself to a place where you're not in survival mode, where you're not constantly, like I was telling you, when I was working with, you know, Jeanne back in 2012, or whatever, I could not get myself into a sense of metabolic safety. So it was really hard for her. She had a limited capacity to help me, like, because I was not high agency at that time. Like, you have to get yourself to a place where you're high enough agency, where you can actually resource yourself, and get the things that you need to get yourself into a sense of safety, so your body can start to repair itself.

And for me, this is like, across the board. I'm speaking specifically to women, because I work with women, we are very sensitive to stress, we are more likely to diet, we're more likely to have history of eating disorder, we're more likely more sensitive to signals, cultural messages around our appearance, our body size and weight, morality and what we should be doing, and eating to be a good person. We're more catered to by the toxic beauty and body care industry that just like floods our system with these toxins that are themselves a stressor, metabolically. Since we're more likely to restrict, we're more likely to have nutrient deficiencies that will then disrupt those cellular functions that we need to rely on.

And we're also like, more sensitive, I think, because we are social creatures, and we are designed to carry a baby. And we have like this very responsive, reproductive process that we're kind of needing to protect, even if it's unconscious. I think we're more sensitive to relationship issues, too.

Like, I have this theory, it's just a theory. But a lot of my clients have similar to me have like sensitive attachment styles and have, like, a history of, you know, insecure attachments that have affected their health and their food choices and their ability to really, like, feel secure and safe enough to heal themselves. And so, that's also a component; like you have to get yourself into a sense of metabolic safety in all areas of your life, in order for your system to not consistently be hijacked.

[0:33:22]

Amber: What aspects of modern life disrupt people's, and women's, especially, metabolism? And if, perhaps, you could specifically speak to yourself and what your issues were in your early twenties or, you know, make it more general, too.

KyMBER: Yeah, for me, I think the messages from our culture is a big one, like, and this is, you know, I know you have a teenage daughter. I just, it's hard for me, too. I have friends with, you know, preteen daughters, and there's just so many messages that we're getting sent all the time that are sending us signals that we need to do things that are dramatic or unconscious or destructive to our health in some way, whether that's like sexual behaviors, or restricting our foods, or buying certain products or — so that's one, it's just the culture itself. And then dieting, which I include and, you know, there's different forms of dieting. And there's a difference between healthy eating and dieting and what that looks like.

And so, women are more likely to go vegan. Like the vast majority of, of the demographic that's most affected by vegan propaganda is females between the ages of like 13 and 30 or something. And so that comes with a lot of nutrient deficiencies and a lot of problems, especially the longer you do it. Low carb and keto and carnivore, all these restrictive diets, are stressors to our system, because we are intentionally choosing to abstain from foods, not for reasons that tie in with our, you know, place on the planet. And like, I mean, historically, people in traditional cultures ate certain things and not other things because it was what they had access to. This is more of, like, a self-inflicted restriction because of beliefs we have, that we haven't really, we don't really understand, and then the products we get told we should use.

And so it really blows my mind now how many women... like, I grew up, I also grew up without my mom most of the time. My dad raised us, and so I didn't really have a strong, matriarchal force in my house to teach me about my body, but I talked to so many women that did. And they still did not,

they were not told about their ovulation, they were not told about cervical fluid, and like, just knowing that these things happen to your body, and that they're natural or normal, and there's healthy ways to approach it and to take care of yourself — so you don't have to just feel like you need to use scented products to, like, cover up the way you smell, or, like, use toxic tampons every month to just, like, plug yourself up, so you can go about your day and act like you're not on your period.

So there's so many things that we're taught to do with our bodies that become normalized that actually contribute to oxidative stress, contribute to endocrine disruption, contribute to toxic burden and chemicals that end up in our breast tissue and can affect our, you know, pelvic area and the cells in that area. Yeah, so that's... there's a lot. It's so many things.

[0:36:14]

KyMBER: And I don't want to seem like an alarmist, because it's this weird paradox where we're living in a time where women have more freedom in the West than we've ever had. And I definitely, like think that that's a beautiful thing, in many aspects. Like, what women have had to go through, historically, was pretty brutal. And we have more freedom to take care of ourselves, like, we actually can go, and we can have ongoing nutrients. Like I can go to the grocery store whenever I want and buy food. Like, it's just a really, really brilliant thing. We have like indoor plumbing, and like all these things that we just completely take for granted, right? But there's just so many, like, synthetic lights, you know, having fluorescent lights on us all the time, not spending enough time outside, for women, specifically.

And this is one that I feel really strongly about, and I haven't spoken about; I'm still trying to find my voice around it and figure out a way to frame it. But like, I genuinely feel like women progressing has actually our progress came with a price, like it came with a metabolic price. And so, to be a progressive, empowered woman often means to escalate ourselves in ways, within systems that were designed for men.

And so, taking birth control and completely shutting your cycle down for the sake of your, like, sexual freedom is one big one that's controversial. But it's come with some serious, stressful, unintended consequences for women's health. Trying to work out and get our body to this, like, low body fat is just such a stretch. Like the way that we approach exercise, it's such a stressful, masculine way to care for our bodies to try to stay in shape or whatever.

And I saw this meme online recently. I think it might have been Carnivore Aurelius, actually posted it because he's like, the king of wonderful... I just love the shit that he posts. He, I think it was him, and it was like "what we think a fit woman's body should look like," and it was like this woman that's like super toned, and then "what a real fit body of woman looks like," and it was a pregnant woman (*KyMBER laughs*). And it was like, that's beautiful!

Like, that's actually what our biological purpose is — as controversial as this is now — is to procreate. Like, that's what a woman's biological purpose, not like her purpose as a sentient being or like a human, you know, but like, that's what nature designed us to do. And so doing all these things to make us look like we're so toned and in shape and like 2% body fat, that's actually not. Like, there's consequences for that, and it's incredibly stressful.

Amber: Yeah, reproduction is the point of all of life, not just human life. And if you're female, then that's just like the biological, metabolic truth of your evolutionary past and why you are, who you are, and how you are now. And so that's why this is the lens through which we look at health and metabolism.

Kymber: Yeah, and that's a particular lens I take because I work only with women. And so a lot of these things can be applied to men and women, like the truths within the prometabolic space. But I look, specifically, at women, and I fall into this category, too.

Like, I have been, you know, "health-oriented" since my late teens, early twenties. I worked with children, I was a birth worker. I've never been on hormonal birth control, but I didn't track my cycle or give a shit about my fertility. Like, I didn't think twice about it because I was behaving like a man who has endless amounts of time to have a family. It's an afterthought, and I never really thought about how my starvation diets, or like stress patterns were affecting my fertility, and what that meant for my entire metabolism.

[0:39:42]

Kymber: There's this really great book called, [This Is Your Brain on Birth Control](#). It's one of the best books for helping women. I mean, I've never been on birth control, so it's not something that I was concerned about myself. But really, understanding like all of the globally-collected data on birth control, and then also just like sex hormones, like women, we are made, like our sex hormones make us who we are.

And I mean, they contribute to everything from our senses — like our sense of smell and taste, and like, whether we like to listen to music or whether we like to, you know, listen to a podcast. Those things can actually be linked to specific hormonal changes throughout the month. Who we choose as a mate, how we feel about ourselves, our energy levels, just so many things are affected by our sex hormones. And so that cycle we have every month is intricately linked with who we are and with our levels of health throughout our lives. And to not know that, like to have this like, lost, ancestral wisdom, and then to call it like, progress?

Amber: Right? It's the opposite.

Kymber: It's totally bizarre. It's

Amber: It's upholding these patriarchal ideals, actually, is what it.

Kymber: Yeah. And it's a really, like, shocking thing when you step back, and you look at statistics around how many women are unhappy, and like, the largest demographic of women that are on antidepressants, which is women, are the largest group of people that take antidepressants. But the largest demographic of women who take antidepressants is women between them, it was like 39-45, or something.

And I heard a theory recently on Chris Williamson, he's this podcaster that I really admire. I've been listening to a lot lately. And he was talking about how his theory, and I actually see relevance to this,

is that that's a stage in progress, but like a modern progressive woman's life when she's hit a wall, and she realizes she's not going to have a family. Like, that's a big fucking thing to have to swallow and realize, like, you didn't prioritize it and now that ship has passed. You can adopt, and you can do it solo. But like, you haven't prioritized family, and that's not something you can get back.

And I'm 35, and I'm like, at that place now, where I'm like, realizing this is really important to me. So every relationship I get into, at this point, I screen the guy. I'm like, "I want a kid in a few years, like, Can you handle that? Like, do you want that?" And then I like start looking for signs of a good dad (*KyMBER laughs*), looking for signs of good genes, too, like, does he take care of himself? Is his thyroid low? (*KyMBER laughs*)

Amber: Yeah, I see that in so many friends, and that makes sense to me, too, biologically, for women, but just men and women. I'm 41, and so, you know, my friends range in age from 30 to 50. And at about this age is when people go, "Oh, shit, like, that's not going to happen for me," you know, a career or family relationship, whatever the goals were. So yeah, just just a straight observation there.

[0:42:51]

Amber: Let's talk about glucose and carbs. Let's kind of get more into the nitty gritty of all of this, because so in the Patreon bonus, you and I talk more about my history with food. You and I both have been kind of paleo-carnivore-keto adjacent at points in our past (*Amber laughs*).

And I realized, like a couple months ago that I still subconsciously, will be like, "I'm going to take a small portion of rice. I'm gonna skip the toast this morning." Agh, we talked about this on Patreon, too, but just the constantly fucking changing rules of nutrition. It's like I want to talk about PUFAs, too, and fish oils, for sure, with you today. But actually, let me say this, too: so what I'm finding with prometabolic is like, this isn't that though. This is not like a fad, flash-in-the-pan, based on shoddy science trend, because really, this is deeply biologically-rooted. Like, Ray Peat is actually not a nutritionist — he's a biologist.

KyMBER: No, so this is the funny thing. There's not really a Ray Peat diet. Like, if you look, there's hashtags for "Ray Peat diet." He doesn't, I mean, there's certain things he recommends, but again, you got to spend hours listening to his stuff to see to understand why he recommends them and

Amber: Let me frame this, too. I think I said this on Patreon also, but it seems to me like there's Ray Peat, and maybe it sounds like a couple of others who were doing this deep, biological research, but I find him hard, too. I haven't listened to him, but I find him hard to read because my brain doesn't work like that. But then there's you and Jessica Ash and Cows Eat Grass on Instagram and other people who are kind of like the second generation who are synthesizing those ideas and making them accessible to the layperson. So thank you for that. And now I think that's why prometabolic is flourishing right now because it's suddenly become accessible. And so part of the, like, total brain flip flop (*Amber laughs*) that's happened for me in the last few months is like, "Wait, I should be eating like maybe up to 70% carbs?"

KyMBER: Yeah. Yeah, it's a trip for people. And again, it's not like, it's not all, like, all — what am I trying to say? — all size fits...one size fits all. There you go. Like, so many of us come into this healing

approach, from a different place. Like, most of us have metabolic, like most of us are hypometabolic, which basically means — when I say hypometabolic, I mean — there's specific processes that regulate our system and have a big impact on everything that tend to slow down. They slow down, and they drop. So you're thinking of hypothyroid, hypoglycemia, like low, low thyroid, low blood sugar, low nutrient status. So this is what, when I say "hypometabolic," that's what I mean. And a lot of times we won't even know that we're in a state of hypometabolic. You can be in that state for years and years.

Amber: Do you think most people are hypometabolic, most women?

KyMBER: Yeah. And again, like, I'm cautious to say that because it sounds kind of alarmist or a very general extreme thing to say. And I got this years ago, too. I remember working with Jeanne and just really trying to wrap my mind around the things she was telling me to do. And I'm like, "Well, what about them? They juice all the time, and they're healthy. And what about them?" And I remember being like, "Or what about salads? Salads have nutrients in them and greens."

And I remember her just being like, "Which body are we talking about? Like, are we talking about your body or someone else's body? Because you have no idea what's going on in their body. And just because yours is starting to show symptoms of stress doesn't mean that there's isn't gonna get there, too.

Amber: And just because they look good on Instagram doesn't mean they are thriving.

KyMBER: Or that they will be healthy in five years. And so a lot of people can handle certain diets for longer than others. And a lot of people can handle stress for longer than others. And so, even Jessica Ash put this out a while ago, because she, you know, she's got a really large following. Her and her business has grown exponentially in the last two years, and she's got a lot of people that give her shit for her recommendations. She also gets a lot of people who are benefiting.

So it's like, I think way more people benefiting but because she has such a large audience, and she gives some advice to me, but on a large scale — like advice similar to mine, but on a large scale, and she gets shit. And so at one point, she was like, "If you want to give me shit for recommending carbs, or recommending animal foods, fine. If you don't want to, like, take my advice or work with me, or, you know, that's fine, I'll see you in two years." (*KyMBER laughs*) And I was like, that's so true. And that's usually what happens is people will get, you know, triggered.

[0:47:30]

KyMBER: And then, like I made a post, I made a post yesterday about fasting, what's wrong with fasting. And I didn't even go into, like, great detail, because it was a simplified post with only one slide and you know, the character limits and stuff. But I got several DMs and, you know, a handful of comments in the comment section. People that were clearly triggered, all women that were clearly triggered, and were like, "Well, fasting works for me. You should differentiate between longer fast and intermittent fasting. Intermittent fasting is like..."

Did you read, actually read, what I wrote? Because it's like I actually addressed, you know, the mechanisms that we get sold on for why we should fast address that. And then I gave the caveat or

like gave the trade-offs. And it was like it's not landing at all, because they are still in the state of like, "Fasting is good for me. And this is what works for me." And I'm just like not even going to respond and try to convince them of anything because I'll see them in a few years.

Amber: As we talk about on the Patreon bonus, too, we talk about my history. That would have been me a year ago. I would have been like, "Oh, but fasting, it's good for all reasons." And then over the last year, I've been like, I can't do it anymore. And now I'm realizing all the health detriments, which we talk about there on Patreon.

But I always say this about vegans too, like the people coming at me right now for how great their vegan diet is. I'm like, sweet, you'll be messaging me in a few years like, "Oh, my God, you know, my health crashed. I turned." And then you're going to do your post about being an ex-vegan, and then all the people in the comments there are going to come at you. And then in a couple years, they're going to do their posts about their health crash and their exit. I've seen this play out now on social media for over 10 years.

KyMBER: Yeah, totally. Yeah, and that's if you're lucky, and your health crashes early, and then you can change your mind. This is the thing about like, this insidious thing about ideology is that like, depending on how much identity you've created for yourself and around it, you could be in this world for years and years, and your health is clearly not benefiting, but you're not willing to admit it because you've sunk. There's so much like sunk cost in this identity you've created.

So the low carb — and I'm curious, were you ever carnivore? Did you do that?

Amber: Not really. I mean, I was never like, "I'm carnivore now!", but I was definitely, deeply influenced by this idea that like our ancestors would have eaten a lot of meat, a lot of muscle meat, a lot of protein, and low carbs and then also keto. Like I said to you, I actually did keto for like two weeks maybe. But I was still really influenced by the idea that, like, a lot of fat is really good, and the less carbs the better.

KyMBER: Yeah, so keto has never really worked for me. So I was never really like on the Keto train just because it didn't seem practical. I couldn't do it, and I wasn't actually seeing consistent results with women. The idea again, the idea of keto, people doing these like crash keto diets to prepare for, you know, a wedding or event or something. But the actual, like putting yourself into a state of ketosis, checking your ketones all the time, eating really strict, is not done well by a lot of people. It's not. Women's hormones will crash pretty quickly. So I never really endorsed that, necessarily. I just really didn't look very much into energy metabolism enough for a few years to really understand why intuitively didn't make sense to me.

Carnivore actually made more sense to me, and I think partly because I do have a history of lots of food intolerances, and a lot of plant foods don't work well for a lot of people. And there's legit reasons for that. Like, plants evolved to protect themselves using chemicals, and they are like master biochemists. And they will poison you to various degrees to get you to like not eat their babies and not like put them out of business. And so this is like a very legit argument for not eating certain plants, you know, and so I got really sucked into that.

And also, when you're eating carnivore, you're still consuming glucose. You're converting. That's the difference between keto — you're not in ketosis when you're carnivore really. You can, I guess you can be, but most people do it, there's a lot of people who actually do better, especially women, on carnivore than ketosis, because they're actually consuming more glucose. They're converting more glucose.

It's still, I think, again, like it's an overly simplified approach to just say, "Oh, convert, like, just convert your protein into glucose." Like, it's not a simple thing. Your body requires stress pathways in order to make that conversion. And same with ketosis, like if you're converting fat into ketones, if you're running off of ketones, that's a stressful pathway, a stressful process that you're going to have to, it's going to have to require the activation of stress hormones, even if you're eating enough fat. Even for people who have enough fat in their system, they're still going to be stressing themselves out by making that conversion.

So these conversions, like running on ketones, and then gluconeogenesis, where you're converting either your body's tissue or amino acids from the food you're consuming into glucose, it's not a straight flip a switch, and your body's doing it. It's a stressful process that we have evolved to have because of inconsistent, lack, or lack of access to carbs. It wasn't something that we were designed to rely on, because it's like in some way beneficial to our health.

[0:52:39]

KyMBER: And so I think it's a very misguided belief that we should be using it because our ancestors, because we evolved with this mechanism. It's a survival mechanism. And that's what you do, you put yourself into a survival state. And so what happens is also like you have to consume much higher amounts of protein, because your body needs that protein for all of the vast processes that require protein in the body. And then you will be converting a lot into glucose, because there's parts of our body that absolutely have to have glucose.

Like that's the thing that doesn't make sense to me why we would downplay the use and importance of glucose because there's parts in our body, there's processes in our body that like cannot function without glucose, which is why we have this mechanism that will convert excess protein into glucose for times of scarcity, when we needed to survive and have glucose at the same time if all we had was some meat or something. And so it doesn't make any sense, like when you start to look at the stress component that's completely ignored by a lot of people in the carnivore, and like, keto space.

And I wrote an e-book called *Nourishing Our Sanity* in like 2019. I published it in the beginning of 2020. And I did a lot of networking — well, some networking. I think that pandemic kind of put that on hold quite a bit — but like networking with people online to help spread the word of the e-book, and to like, help promote it. And so, I got a lot of people in the carnivore and keto space that followed me on Instagram and would engage with my content. And then the moment that I started to post stuff about carbs, I, like, lost all of them. And I got like a few of them that would consistently, — like, I won't name any names but like, drop comments under my posts just being like... It really would come back down to, "Well, our ancestors didn't have the carbs. Our ancestors didn't have to eat every three to four hours." I was like, that's what they keep going back to; like this trope of "what our ancestors did." None of the actual science was being addressed at all.

And a lot of these people, a lot of the women were just if you go onto the pages, they looked like they had men's bodies, like they were aspiring to heal by having like, you know, 0% body fat or something. And I'm like, why? Like, why? Like, why would you? And then just like, again, the fact that they had no interest in engaging with my content after I started posting things that they didn't find comfortable or agreeable, and then they would unfollow me is like a statement to how open-minded they were of like evolving and changing their ideas up.

[0:55:08]

KyMBER: When we don't have enough glucose for those basic, cellular, energy production processes, we will always rely on stress hormones, like always. And so this idea that we can just run on ketones, and then it's as simple as that is misguided and dangerous. And I see a lot of women come from that world who have a lot of problems with carb metabolism that were just exasperated by these diets.

And I, myself, have had gut issues — like I had a stressful childhood and was on a standard American diet and then had an eating disorder and then dieted a lot, and then was on antibiotics for four years straight for my skin when I was a teenager, and then went into being vegan. So there's like a constant assault to my digestive tract, right? And the only things that I knew how to do in the second half of my twenties, and even the first few years of my thirties, was restrict carbs. That was the only thing I knew how to do to make my IBS go away. And it was a cycle of like, restricting carbs down, starting to get my stress levels go up, my sleep goes to shit. And I just crave carbs all the time. So then I would, you know, binge on carbs occasionally, because I would lose control. And then add carbs back in, start to feel, like, more grounded and more like calmed, calmed down, and then IBS would come back up, and then remove them.

And this is a cycle that so many people are in: like, removing your carbs doesn't actually help your body. It decreases your body's ability to metabolize carbs. And so you will become like a self-fulfilling prophecy. Because you remove carbs, you feel better, you add them back, and you feel like shit. So you're like, "Oh, I should remove them again." And it's like, really, it's not actually getting at the root of anything. It's constantly managing your symptoms by removing something that your body absolutely needs on, like, a foundational level.

[0:57:04]

Amber: Yeah, so you have written that "A resilient body can handle most foods," and that's kind of you know, the point of prometabolic approach in eating is to get your body to that place of resilience, and that, "Elimination diets are not for long term use."

So let's talk more about elimination diets because just so many of us do it. And that was one of the big reasons I used to fast, too, was just like, give my digestive system a huge break, so that I can slowly reintroduce foods and figure out what I'm reacting to. And it was, yeah, so many of us are just constantly chasing: what should I cut out of my diet?

KyMBER: Yeah, it's really insidious in the health world, you know. Like, I will still have reactions to certain foods occasionally, just because, you know, years of stress and current stress patterns that I can let get out of whack easily. And so, like, for instance, recently, I was having some breakouts and just out of sheer curiosity, because I know pretty much what it's related to, but out of sheer

curiosity, I looked up YouTube with suggestions from, like, big, influential, big influencers, who have like thousands of people watching their YouTube videos, and pretty much every single one of them was like, "Cut out dairy, cut out sugar, cut out grains, cut out coffee, cut out chocolate." And there wasn't really a solid game plan for how to reintroduce them. There wasn't suggestions for how to replace the nutrients you lose when you cut out things like dairy, and you cut out things like carbs, or, you know, eggs was another one, sugar.

And so, to me, it's just like this, it's clear to me that there's a lack of foundational understanding around what's actually happening when we're having negative reactions to foods, and how to go about addressing that in a sustainable way. And on the one hand, food intolerances are real, and we have to acknowledge them and work with them. Because if someone feels like shit, because it's also a stressor to be eating something that your body isn't tolerating well, especially if you're eating it in mass quantities and so it's a stressor. So being mindful of that and being aware of it is important.

I don't... See, like, if you are in a place where you're super metabolically-taxed like I was in my mid 20s, when I started to want to reintroduce animal foods or have to reintroduce animal foods. I did a food allergy test or a food intolerance test. I was intolerant to everything, like literally, like chicken, broccoli. I mean, because my system was so sensitive, and my digestive tract was so damaged, and I was so nutrient deficient, I didn't have the enzymes to break so many foods down, and things were getting into my bloodstream and causing immune reactions. And so I just became crazy because it was like I can eat sunflower seeds, but not almonds, because it's like there was no rhyme or reason as to why I was reacting to certain things over other things because my body was just constantly reacting. And so if that's a place where someone's at, it's really important to just, first of all get a baseline understanding of what it means to eat a bioavailable food, like a nutrient-dense, bioavailable food.

So I have a guide, like a little e-book that I created around this, just to help people understand what it means to eat something that will give your body more nutrients, and with less energy exerted to eat it. So that's something that we should all know, regardless of what foods we think we're intolerant to, we need to know that so that we can fuel ourselves to so we can get to a place where the intolerances are resolved. We need to have the energy and the nutrients to resolve the intolerance.

[1:00:33]

KyMBER: So, just focusing on what we're intolerant to is missing the point: like we actually have to look at the underlying mechanisms that are creating the intolerances, and then flood our system with nutrients by eating more bioavailable foods. And so that would be, you know, like organ meats, eating, you know, having bone broth.

Most people who have food egg intolerances actually can handle eggs, if they increase the quality of their eggs or even just eat the yolks for a while or eat the yolks raw. And most people who have dairy intolerances can get their body to a place where they can handle dairy if they're, you know, improving their lactase production, improving their hormones, their sex hormones, which actually play a role in lactase production. Eating high quality, higher quality dairy, so getting, like, raw dairy. So there's like these very clear, simple ways that you can actually improve the function of your metabolism so that those intolerances become less of an issue.

And then there's foods that I would say they're not even really foods, they're pseudo foods that we need to be removing, in general. And I don't have a lot of these, but polyunsaturated fatty acids, high fructose corn syrup, like really low quality, processed gluten, processed soy, you know, lots of additives — so foods that you're eating that just have all of these additives and anti-caking agents or things with preservatives, things that are actually going to be inhibiting enzyme production and will affect the function of your gut. These are things that we need to be removing, because they are actually inhibiting us from digesting the other things that we could be eating, like dairy, or even grains, properly-prepared grains. It's just, there's so many people that get to a place where they're so sensitive, and I was there where they can't handle any, like, a whole host of plants.

And this is what a lot of people in the carnivore world are at. They've gotten to a place where they're so fucking sensitive that they can handle nothing but steak, and I'm like, there's consequences to eating nothing but steak. Like, that's a lot of iron, that's a lot of iron, you know, tryptophan and amino acids that can be more inflammatory. So a lot of amino acids, probably too much through your system, and you're just missing a whole bunch of shit. Like there's a whole bunch of minerals and like nutrients you're just not going to get from. And then you're stressing yourself out by making these conversions, right, by just eating nothing but protein, having to rely on that for glucose conversion.

So, you know, one thing that I've heard also with a few other prometabolic people online is that like, which I also advocate for but I think it really triggers people is there's going to be an adjustment period for eating more dense food. So for a lot of people that have gut issues, or stress patterns, or some kind of, like, addiction or attachment to feeling light, which is a big part of like being in the vegan community or even the raw food community.

Like I used to use that word a lot. It's like "I feel heavy when I eat that," for meat and animal foods feel heavy. Any food that's dense, even like potatoes, like things that are more dense foods can feel heavy, and you can have a hard time digesting them. So there's a period where you just need to eat them anyway. Like, I really feel like there is this period where you actually have to be eating more dense foods and kind of make it through the awkward "what the hell am I doing to my body dealing with these foods" period to get to a place where you can actually handle them because just living off of smoothies and juices and salads is actually perpetuating the problem, and you will stay intolerant to a whole bunch of things.

There's a few women in my community that have, like, a lot of sensitivities, and I see what they eat and just how small they are. And there were a few women that gave me feedback on my course early on, and one or both of them had issues with the fact that I was not catering to intolerances more; like my course is advocating for eating more. And that really triggered them and left them feeling unmet because their life is like one big intolerance-restrictive diet. And it makes me sad because there's not... like there has to be a place for it to land for me to say, "You're gonna have to get through this period of discomfort with eating and just eat more." Like, just fucking eat more.

And you can take minerals, you can do things to increase your enzyme production. Do some like nervous system regulation stuff to get your nervous system and your anxiety level down because food makes you feel uncomfortable. But in the end, like, you're gonna have to get yourself to a place

where you're accepting that you're going to have to eat more, and it's going to be uncomfortable. People don't want to hear that though.

[1:05:10]

Amber: Yeah, Jessica Ash is always posting about that, how with her huge following that she'll post something about how nuts and seeds really should be eaten in very moderate amounts, and there's all these issues, things like that. And people will come at her like, "Oh my god! What?! I love nuts!" And she's like, "Dude, like, this nervous system activation is a part of the problem. Like y'all need to chill and stop thinking about foods in terms of black and white and good and bad, and can't or can."

And that has been a really helpful framing for me too, because I'll be like, "Oh, shit, I shouldn't be doing that. What?! Okay, calm down." So, so much. I love the way Jessica comes at her critics, too. She's, like, so fierce. *(both laugh)*

KyMBER: She's so fierce. And that's actually gotten like, I feel like that's gotten bigger because I've been paying, you know, I absolutely love her stuff. She's one of the few people that I actually go in and pay attention to, and I have just seen her getting more fierce. And that's a reaction to having, you know, like when your business explodes at the level that hers has, your energy has to be managed. Your energy has to have better boundaries, and I think her, like, ability to allow herself to be candid and sharp, it's just like her way of taking care of herself *(KyMBER laughs)*. I personally love it.

Amber: And I'm sick of like the coddling that we're all doing to each other at this. You and I were kind of talking about this before we recorded, too. Like, I don't want to coddle my audience, and I don't want people to coddle me either. Like, just speak the truth and speak plainly.

KyMBER: Yeah, women have really helped me — Jessica Ash. Also I was just talk talking with Katya recently, also, about me feeling like I have women that will unfollow me or report me if I post something where my skin shows or, like, I've had some more like conservative women in my audience that have reported things that I've posted. Like, I had a cervical mucus post that I did once, and it was reported within... and I lost, like, 100 followers immediately. It's like, what just happened? And I realized, well, this is a thing.

And so, I got afraid of offending someone. Like I started like becoming more — and I started noticing this about myself — like censoring myself and afraid. My business is still pretty new, and these women have helped inspire me, too, like, "No, this is the way I'm gonna run my business and present myself, and I'm not actively trying to hurt or ostracize or, you know, offend anyone." But if someone picks it that way, then that's their responsibility to leave. You stick around and manage their own discomfort.

Amber: Yep, and goodbye. It's fine! Like be an adult and unfollow, if you don't like what someone's talking about.

So you're talking about Katya Nova, who is a mother of four and was vegan, and she has over 100,000 followers, and has for a long time, and with her first couple of kids was like sharing about the vegan food. And then now, with the birth of her fourth, did a 180 and is now working on this

project called Confessions of an Ex-Vegan, which I recommended she interview you, and she did, and I love it. I was part of her Matriarch, it is part of her Matriarch online community.

KyMBER: Yeah.

[1:08:15]

Amber: Okay, so well, speaking of what we should and shouldn't eat. Like really though, on the no list that is — or on the very little list that is really important to know about — is PUFAs, polyunsaturated fatty acids.

KyMBER: Yeah.

Amber: So like, I just, I have noticed such a difference since really cutting them out of my diet. And it's been a thing in our home where sometimes still, like a little come home from the grocery store, and like, I got like the seaweed packs, you know, and then I'll look at it. I'll be like, dude, like canola oil: second ingredient. It's just everywhere. It's everywhere.

We had friends over the other day. They brought this amazing salad dressing like feta dressing. I was like, "What is this?" I look at it. I'm like, sunflower oil is the second ingredient. They were like, "Damn it. No!" (*Amber laughs*) It's in everything. So let's talk about those please.

KyMBER: Let's talk about those please. Yeah, they're very new to our diet. I mean, well, on the one hand, like polyunsaturated fatty acids are, inevitably, we're going to be consuming them because they're in plants. So it's like, if we... and we have been consuming plants forever, so for a long time. So, we're gonna get some of them in their whole food form within a plant.

The difference between what we used to eat and what we now — and I just say pre-industrial, because I'm not making like, general statements about what we always ate, all over the globe, throughout history — but we didn't have access to these foods. And I'm talking, I'm not even getting into the vegetables yet. Just like the nuts and the seeds and the nut butters and the these things we didn't have access to out of season. Like, they're very volatile and sensitive to heat, and so, we would have access to them when they would fall from the tree, and they would be available at a certain time, and then they would become rancid. And like, all you have to do is just, like, take some nuts and sit them in the sun for a day and just see how and then see how they taste, and like, how the texture of them changes.

And so, nuts and seeds are usually, you know, they have a specific season, and then they're not designed to be viable during hot days throughout, hot months, and to stay, to be continually consumed by animals past their, you know, season. And so historically, we would gather them and store them and eat them during the winter. This is what a lot of animals still do. And they have these polyunsaturated fatty acids in them that slow everything down. So if you look at like a, you know, an animal that would collect a bunch of them, and they eat them and then hibernate for eight months or something, they're slowing their metabolism down so they can they need less so they can hibernate.

So the way I like to think of it is you're eating a shit ton of those things, and you're actually on a cellular level, you're slowing your system down to push it into like a hibernation state. So why would you want to do that?

Most of them are...

Amber: — I just want to say that, I want to talk about the rancidity. But Jessica Ash calling them “winter fats” just kind of helped click that in place for me. That's everything that slows your metabolism down.

KyMBER: Yeah. And the interesting thing about nature, too, is it does design things for a reason. So like the nuts and the seeds of most plants, it's like the plant's baby. That's the most important part of the plants. It's the part of the plant it wants to protect at all costs, and so it produces polyunsaturated fatty acids, partly, to protect it. It's a protective ingredient in the thing that will keep us from consuming. It starts to get bitter, it oxidizes really quickly, animals intuitively wouldn't eat a lot of them, like past a certain point. And when you chew them up and eat them, then that plant potentially, if that happened all the time, that plant would just go extinct.

And so interestingly enough, in that, the highest dietary source of vitamin E, which is one of our, you know, really important antioxidant humans and animals need, it also happens to fall into the like nut and seed category. And there's a reason for that, like the plant actually has vitamin E in the same area where it has polyunsaturated fatty acids to preserve that seed, so it won't go. It will oxidize and go rancid as quickly. So it's just an interesting thing to note that like nature really does know what it's doing, and it sets that seed up to last longer, so that that plant can continue to, you know, evolve.

[1:12:16]

KyMBER: And the problem is that, for one, now we have industrialization, where we don't even think twice about the fact that we're growing these nuts and seeds in mass quantities from all over the world, shipping them and eating them all year round in mass quantities that are being promoted as health healthy fats and like healthy snacks and. And then there's an extreme, you know, there's this extreme that we're all going to we're replacing all of our traditional foods with nut versions, seed versions, and calling this a healthier alternative. So there's that whole thing.

And then there's oils, which is like a whole 'nother level. And there's so many problems with these oils that it's like I don't even know where I could begin. But they are a product of industrialization; like, we did not have any of these things before the Industrial Revolution. And then you can, you know, and they all have an interesting history like as someone who was raised by a journalist and just has that kind of interest in stories, the story behind things, I you know, I've spent a good amount of time looking into the story behind Crisco, the story behind margarine, the story behind cottonseed oil, the story behind canola or rapeseed, and they're all big cash crops for industries and for like specific people who, you know, entrepreneurs and people who have developed them.

And we have all been just, like, experimented on with these oils that have been, you know, proven to be, you know, they can be produced in mass amounts from these crops, specific crops. Usually, they're like large, genetically-modified, mono crops with lots heavily sprayed with pesticides. You can get them without these days, but it's like, honestly, it doesn't make any difference because they're

toxic anyways. And then they are easy to produce in mass and turn into these oils that are touted as heart healthy. And again, like you can look at the history and the politics and economics of it. And it's just complete, complete hogwash.

KyMBER: And so, you know, around when Ansel Keys, you know, published his study, it influenced heart health, and it influenced the dietary guidelines. And we all, as Americans — this was in the seventies — stopped eating all of the saturated fat. We started replacing our fat with these vegetable oils, and so, they have made their way into every facet of the food chain.

Amber: And that study, by the way, has been totally overturned at this point, like, yeah,

KyMBER: Yeah, it definitely has.

Amber: And changed the way Americans eat, really profoundly.

KyMBER: Yeah. And it still gets quoted. It's still, I mean, there's a lot of people that don't understand that that's bogus science that has been disproven. But it's still one of those things; those myths can be circulated for decades.

Amber: And what was the conclusion of his study that so many people bought into it? Because the government bought into it,

KyMBER: The conclusion of his study was that saturated fat contributes to atherosclerosis and heart attacks and arterial, you know, like all the problems that we were having with heart attacks. We were having, like, an epidemic of heart attacks, cardiovascular disease, and stuff. And he had this theory, which again, this is not really good science when you develop a theory and attach yourself to it, and then cater all of your research to come back to proving your theory.

Amber: He left out points of data collected that went against the theory that he was trying to prove.

KyMBER: Yeah, and there's a lot of this, you know. Like, if you look at the Blue Zones, you know, forget Dan Buettner does the same thing. Like, he connects all these centenarian cultures, but he leaves out a shit ton of comparing cultures that eat lots of meat, so like, animal foods. So he kind of wanted to see that. It's a similar thing of, like, the easiest explanation you can find, you know, that will be sold to people.

But since the seventies, Americans — I mean, this is a global issue now, this is happening all over — but Americans have drastically declined, like lowered their consumption of all saturated fats, animal fats, and have dramatically increased their consumption of these vegetable oils. Because they are so cheap and easy to produce. They are in pretty much every, even like, you know, “health foods.”

I've done a few experiments where, like a few months ago, I was really lazy and didn't want to prepare dinner. And so I went to this local health food store, one of the best health food stores in the area, and looked through their frozen food section. And I couldn't find one thing that didn't have PUFAs in it. It was unfortunate. It was like it was one of those things where you just cave and eat it or...

Amber: Yeah, well, even our our co-op here, which is an amazing natural foods co-op. I have been looking at their pre-prepared deli foods lately — all of them have PUFAs in them.

KyMBER: Yeah, it's a big thing to like, open your eyes to.

Amber: Which they cook in-house, every day, fresh.

KyMBER: Yeah. I mean, it's everywhere.

Amber: Not to mention, everything in the chip aisle, pretty much all the processed foods you can eat.

KyMBER: Yeah.

Amber: We're talking about, like, seed and nut oils, mostly when we talk about PUFAs. Is that right?

KyMBER: Yeah. Again, they are in nuts and seeds. And I genuinely tend to believe that we eat too many nuts and seeds, and that a lot of women who have metabolic issues could benefit from removing them for a while. For a while, I used to eat a bunch of them and then nuts and seeds in chocolate are two things that I have noticed a dramatic decrease in desire to eat them, once I increased, like, dairy and like getting those fat-soluble vitamins and just like fatty, nourishing, whole foods, from animal foods. I have a lot less. And even, like, increasing glucose and carb consumption. I just have a lot less desire to eat them. Like, they just don't really feel nourishing anymore.

Amber: When you're undernourished, just like vegan, raw food people, who just go crazy on the nut butters

KyMBER: Totally, like that.

Amber: But it's got too many negative consequences, when you could just be getting it from animal foods.

[1:17:55]

KyMBER: Totally yeah. So the nuts and seeds is like a whole different topic. But the seed oils, polyunsaturated fatty acids, are very volatile. Even if you were consuming them in this really high quality source and refrigerating them or something, our bodies sit in a hot 98.6 degrees, and those oils are not designed to remain stable in a 98.6 degree environment. And so as soon as we put them into our bodies, we are setting ourselves up for increased oxidative stress.

And that oxidative stress from these these oils has been clinically linked — there's so much data — to everything from disrupting insulin-signaling from specific brain functions, from impacting neurotransmitter production, impacting the ways that our body uses sex hormones, and so it will often increase, a lot of things will go hand-in-hand. Like, for instance, we also store them. So like, we store fatty acids. And so, a lot of us have high amounts of PUFAs in our systems that we actually

have to spend years clearing out. So, like, your body needs to actually clear those out because it changes the fatty acid ratios.

It will impact the way that your body is affected by the sun. This is another big one that people are starting to talk about more that I'm really happy to I'm starting to see this talked about more is that we have this huge fear of the sun and of this damage the sun causes to our skin. But the way that we respond to the sun is going to be largely contingent upon our internal environment.

And so, sure, you can go out and fry yourself by just being in the sun all time, being indoors and then going out and being outdoors in direct sunlight all the time in a way that's not very mindful. But I have spent so much time in the sun, and I have noticed that I don't really burn all that easily because I don't consume those oils. I don't put them on my skin and my skincare products. And so I think I did a lot of damage to my skin early in life because I ate a bunch of those oils, was raised on a standard American diet, a lot of fried food, and then was out in the sun, surfing all the time, like, just basically burning myself all the time.

But I think that there's just a wide, like a seriously wide range of problems that are created by eating these oils, and everyone is eating them because they're in everything. And so it's really a serious paradigm shift for people.

KyMBER: Like I did a podcast last week with some friends, actually a girl from Grass Valley, and we talked about the oil situation. And then the next day, she sent me this voice message, and she was like, "You know, me and my friend were in the health food store, and we couldn't find..." She was in like, the cutest little health food store. And she was in my area, and they couldn't find anything without seed oils.

And then she went to the coffee shop, and she was standing in line, waiting for a coffee, and the woman in front of her — this made me so happy — the woman in front of her was like, "Do you guys have organic whole milk?" And the woman in front of her was like, "Yay, I'm so glad you have organic! I would way rather have conventional, though, than one of these seed oils that just has vegetable oil in it." And then the guy behind the counter, the barista, was like, "What? Really?" And then he pulls out, and they start looking at the different seed oils and tripping out over it. And I'm like, yes!

It makes me happy to know that that's a conversation that's being had, because everyone is just like drinking all this processed nut milk and oat milk. And it's just, it's just horrible. It's got sunflower in them, every one of them has, like, sunflower or safflower oil in them.

Amber: Read the ingredients, everyone. Read the ingredients. You will be shocked at what is in the "healthy" oat milk, etc. Yeah, that's been a shift for me too, over the last few years with every now and then I'll get an espresso drink. And I used to get the milk alternatives because I didn't want to be drinking pasteurized milk. At home, we drink raw milk. And then I was recently, like, I would so much rather drink pasteurized, whole organic milk than these, like, disgusting, seed oils.

And also even like the healthiest, most farm to table, health conscious restaurants are cooking with the seed oils, because they're so much cheaper to buy. So I will notice that after I go out to eat, I'm like, "Oh gosh, what did I just eat?"

Kymber: Yeah, yeah, it's an issue.

Amber: They're also, these seed oils, are a byproduct. They're like toxic sludge byproducts of these huge mono crops that are being used to make other processed foods. And it was straight up industry being like, "Hmm, can we profit off of this instead of throwing it out? Oh, yes, we can."

Kymber: Yeah, that was how Crisco got its beginnings, as cottonseed oil and cottonseed oil was also used for like, right, we talked about this, but as a paint thinner.

Amber: It's paint thinner.

Kymber: And I mean, it's just that if you hear the backstory on these things you're like... And the only way that people would consume it is if it was heavily processed to the point where you can't smell it or taste it. Because if you really actually knew what it really smelled and tasted like, like, in a less processed form, we wouldn't. There's no way in hell you want to put that in your body.

Amber: Yeah, wow.

[1:23:07]

Kymber: Yeah, these are things that we really need to start thinking about. Like they're just not on people's radar. And it's like the fats are so important because they do play a role in the energy production process at the level of the cell. And so, if you're not eating quality fats, if you're eating fats that are easily oxidized, that are unstable, that are causing oxidation in your body, you're going to create a lot of problems for yourself, like at the energy at the level of the cell.

I mean, you're going to have increased inflammation. Increased inflammation will increase, you know, lower thyroid, will increase cholesterol levels. So there's a lot of people, 50% of the population in the US over the age of 50, is on a statin. I think it might actually be higher than 50%. So that's like an epidemic of people with high serum cholesterol levels that are not even getting, the medical system isn't even questioning: why is the cholesterol high in the blood? Like what does that mean? And it's like the cholesterol is high in the blood because the body is producing more cholesterol and is unable to use it properly. And the reason why the body produces and increases cholesterol is because of increased oxidation and inflammation that it's trying to combat.

Amber: I totally want to talk about oxidation. So I'm gonna read, I took a screenshot of one of Jessica Ash's stories this morning to stimulate this conversation between us. So she writes, "When iron, PUFAs, estrogen, oxygen, heat, UV light, and the water in our cells interact, it creates a phenomenon that is almost identical to rust." And then she's showing photos of melasma age spots and liver spots on people's skin.

And so I became aware of oxidation that can happen in the body through Morley Robbins work, who I found through you. And so let's talk about that. We can kind of look at oxidation in different ways, but the way the body can rust from the inside out when, specifically, I'm interested in when there's too much iron. And then like this interplay of iron, magnesium, and copper, which I know is a huge subject, but to get people to like pay attention to this and take this information wherever they can get it.

KyMBER: Yeah, totally. And it's definitely not an area where I'm, like, a total expert. Yeah, it's a real problem. I think the iron conversation is one that's — I would say — the iron conversation is as damaging. Like the ways that we have been led to, things we've been led to believe about iron, or to just disregard about iron, and the ways we've been consuming it, is as damaging as the cholesterol, saturated fat conversation, actually, probably worse.

And so our bodies recycle most of its iron. Like we don't actually need that much iron. And we get, as infants we should get a significant amount of iron when we're breastfeeding from our mom. So we really shouldn't be needing all that much iron. We definitely shouldn't be needing supplemental iron from a really young age.

So what's happening in this culture, though, and what's happened for decades, is that due to like, anemia, basically, that was misunderstood by the medical system early on, we have been getting fortified iron, like the lowest quality iron in our foods, for most of us, for decades, you know, most of our lives. Growing up, if you grew up eating absolutely any processed food, especially like breakfast cereals, and juices, and milk, all that stuff was fortified. And so you're getting this excess iron in your system.

Your body cannot handle iron well, unless it has copper, specifically, to help regulate it. And so iron's job is to carry oxygen to different parts of the body that needs it. And the way that iron works, if it doesn't have copper to help it carry the oxygen, then what happens is it starts to sink into different tissues, it starts to unbind from the blood where it normally would be circulating. And its effects on the tissues, when it binds the tissues, when it like becomes — I'm trying to think of the word.

Amber: Embedded.

KyMBER: Embedded in the tissues, and then it combines with oxygen, which, I mean, we are a species where we operate through aerobic, like we absolutely need oxygen to function. And so we're going to have oxygen in our bodies. And when it combines with oxygen, it will start to "rust." And so that's what oxidative damage is.

You can think of it, I think that's a really great explanation for those of us that are just not scientific minded, or don't really understand what's happening in the body, it's a really great visual. Just think of like a rusted, anything that you can think of that metal that's rusted you've seen that was just like sitting out, like a fence or something that was just sitting out and exposed to sunlight, radiation from the sun, and, you know, water that rains, and then oxygen, it's rusted. And so that is actually literally what's happening — well, kind of literally what's happening — inside of our bodies to our tissues.

And a lot of this is simply because we don't have the minerals to regulate the iron that we have in our bodies. And so the iron becomes dysregulated it stops recycling and recirculating as it should. And so things like copper and magnesium are absolutely essential to make this whole process work properly.

[1:28:07]

Amber: I have a question. So do we, as women, do we not lose iron when we bleed to the point that we need to think about replenishing it?

KyMBER: We lose iron, but we also absorb iron, like, twice as well as men do. We naturally are designed to absorb iron way, way better than men are. So like, also in the seventies, we stopped testing iron in the same way that we used to. When we test iron, we look at ferritin, and that's storage, like, that's where we store iron. It's not actually how it's being utilized and circulated throughout the body. And so.

Amber: So there's two bound iron, when you have excess, which most of us do. And then there's blood-bound iron, which is the iron that's actually doing its job of oxygenating the body.

KyMBER: Yeah, and most people, like most of us have way more iron in our tissues than we do in our blood, like dramatically more. And so you won't know that though. Like, there's no way for you to know that. And iron is one of the like, number one, there's no way to know that from the test, the ferritin tests that most doctors offer people.

Amber: Those tests won't know that someone is anemic, even though they have a ton of iron stored in their tissues.

KyMBER: Yeah, and it won't like... Again, like iron is one of the most, like it's one of the top foods for pathogens, like it's something that pathogens thrive on. And so your body is really smart, and it knows, especially if you have infection, which so many of us have have higher inflammation levels, we have infection in various parts of our body, we have damaged tissue from all this oxidation. And so your body is smart and it knows to keep the iron in your blood to a to a lower level because it doesn't really want to have that food for pathogens circulating in your system all the time. So it will actually pull that iron into your tissues as a way of trying to protect you.

So this is, I have so many women that come to me and say, "I'm anemic. Here are my labs: look at my labs." And it's like, "Well, this isn't really telling me very much. It just tells me that you don't have very much iron circulating in your blood, and if you have symptoms of low energy, low energy production." And a lot of it is because we're not regulating iron well.

We've had way too much low quality iron being consistently dumped into our system for years. We don't have proper amounts of copper, and like bioavailable copper that you can get through like whole foods, as well, because copper has to be activated, and it has to be like used in a certain way. And we need retinol in order to activate copper. And so, there's just these nutrients that we absolutely have to have for these processes to work together in symbiosis.

And magnesium, as well, is really, really important to keep the effects of iron in check, because every time that our body produces energy, it creates a toxic byproduct, like it creates a waste and exhaust so that your body then has to process and get rid of. And part of the job of magnesium is to buffer that and to help the body more efficiently get rid of this, get rid of the byproducts. And so we're all deficient in magnesium, like everyone knows. I think everyone knows that. It seems to be like a pretty general understanding across the health world that we are in. So if you don't have enough

magnesium, you don't have enough copper, your system isn't going to handle iron well, but you can just if you're consistently putting more on your system, then the problem only gets compounded.

[1:31:22]

Amber: So most people are actually iron toxic. I think, like, pretty soon everyone will know that, just like now everyone knows that most of us are magnesium deficient. There's this huge iron toxicity problem. And I know you and I have both shared these videos online, this is so crazy: people will take just any mainstream cereal off the shelf, put it in a plastic bag, or there's different ways you can do this, but put it in a big Ziploc bag with water, and so it becomes all mushy. And then you can take a magnet and hold it to the surface of that plastic bag and all these little iron filings are visible. Visible iron filings will attach to the bag on the other side of where the magnet is.

And this is also like a waste product, right? These iron filings, they literally came from chunks of iron industry.

KyMBER: Yeah, it's like there really is like so many things like this in the industrial food system and have been. Like, they have like a story of just like, "Well, what do we do with this? Like, let's market it. And we can even create a reason for people to need it." (*KyMBER laughs*)

Amber: And we can pay for the science that tells them that this is legit.

KyMBER: Yeah, yeah.

Amber: You'd never eat these little iron filings if they were on a plate in front of you, but you're eating them if you're eating any sort of iron, fortified, processed food.

KyMBER: Yeah. And I, again, like clearly my understanding of the process is like the science around iron accumulation and detoxification, I'm still learning like, it's kind of crude, if that's the right word. But intuitively, I've known for years. When I was vegan, I was, you know, "anemic," and I was told to take iron. So I would take really high quality vegan iron supplements, and it didn't really seem to do much. And then I just stopped and I realized at some point like, that's not a good idea; like that, intuitively, does not feel like a good idea. And then everyone was like, "Oh, you should use cast irons because you'll get iron through cast irons." And I was like, why would I want to get a mineral that's that important from a pan. Like, for some reason, that just doesn't sit well with me like. Intuitively, it didn't make sense.

And so sometimes, with certain things within the health world that now are starting to make more sense, scientifically, for me, because I come from a right-brained background, like I am a pretty right brain person who started to hang out more in the left, you know, like part of my brain. And so some of these things intuitively didn't make sense, and it took me some time to actually learn, understand the scientific mechanisms as to why they don't make sense.

And iron is one of the most prevalent elements in the planet. Like a large percentage, like, the idea that we would all have iron deficiencies doesn't really make sense. And Morley brings this up, like he does a really great job of approaching the larger scale issues and even, like, going back through history and looking at life's relationship with these elements, and how iron and oxygen interact, and

how cholesterol, the role that cholesterol plays, and it's really, really brilliant. And it's a lot to wrap your head around. It's super dense, but it makes so much sense. Like it does not make sense, if you zoom out a little bit, and you look at iron's role in the whole planet. Like, why would we be deficient in this? And then it's like no, actually, there's a lot of data showing that we're not deficient in it. We're not regulating it well.

And so what we need to do, because I've made a post about this, and I got a lot of people being like, "Well the thing... I'm confused because the things that you're recommending that I consume, to get more copper so that I can better regulate my iron also has iron in them." Like, you know, shellfish or organ meats. You can get copper from whole food, vitamin C from things like citrus, but the animal sources of copper are going to have iron as well.

And what I say is that avoiding iron entirely is, like, impossible. Like, it's gonna be really hard to eat well and avoid all sources of iron. That's not the point. You can still consume small amounts of it from whole foods because your body actually manages the whole food form fairly well. There's a lot more copper and things like liver than there is iron. And the problem is, is that we strayed from that so long ago to where we weren't just consuming whole food forms of these nutrients that tend to work in symbiosis. We started eating these fortified foods and then taking supplements, when we would have, you know, we would look at our ferritin, and it would be low. So my suggestion to people is to avoid iron supplementation at all costs, and to avoid fortified foods.

Like a few months ago, I bought, kind of on the fly and didn't really look at it, I bought some white rice. And I was in a hurry, and I got home and realize the white rice was fortified. And it had like, folic acid, had a bunch of synthetic B vitamins, it had iron, and it had calcium. And I was like, I don't know where, what they did. And so I had I soaked rice. I still didn't really eat very much of it, but I soaked it really, really well and boiled it and then rinsed it, because I figured it was maybe like, powdered, and then put into the rice, like it had a coating on it, you know. I have no idea. Like white rice should not have iron and B vitamins. Like that's a bad idea. So, but I was like, oh shit, this is a thing that even I forget sometimes, you know.

Amber: I never would have thought that they would just be adding more ingredients.

KyMBER: I think partly they do that because there's a lot more people that don't eat red meat and that don't eat animal foods. And they're like, "Oh, well let's fortify white rice because they need to get it somewhere."

[1:36:41]

KyMBER: And I think that's just, like this reminds me, and kind of hits home this point, that we evolved to get nutrients from whole foods. And there's trade-offs and problems when you try to get your nutrients, synthetic nutrients in isolation, from a lab. And that's not to say that there's not a place and a time for supplementation. Like there's definitely certain supplements that I do recommend that we take, but there's so many supplements out there are nutrients that I see recommended all over the health world by so many influencers and experts, like zinc and, you know, ascorbic acid, which is like a synthetic form of vitamin C, that's not doesn't even have it doesn't have the same effect at all in the body, and synthetic B vitamins, vitamin D. They have a lot of problems. They create a lot of problems in the body and compete with other nutrients.

Amber: Yeah, Morley Robbins really goes into that too, in the book, [Cure Your Fatigue](#), where you and I have been learning about this. Iron, magnesium, copper balance, the issues with most vitamin C's and vitamin D's. I was aware of the ascorbic acid issue, but the vitamin D thing, like, sent me down some podcast rabbit holes, for sure. I'll say here, too, for anyone who is iron toxic or thinks they might be, that Morley Robbins appearances on the Strong Sistahs YouTube channel, I think is really interesting, where he helps them like read their labs, and they even donate blood now to pull excess iron out of their body.

KyMBER: Yeah, that's a common thing in the prometabolic space.

Amber: I've been thinking like, I don't know if I'm iron toxic, but I'm like, holy shit. I mean, I did eat cereal every single day of my life until I was like 20 years old. And something about that I was like, oh, yeah, that's an issue for me.

KyMBER: Yeah, I think also, just to help people like limit their stress, because this can be an overwhelming topic, and it can leave people feeling like, "Well, I'm just fucked." And I think it's our goal to be well, and instead of focusing on ways that we can go through some serious cleanse, to get it all out of your system, just look at how you can increase these other nutrients, which is why he does a really great job of helping people understand is just increasing your bioavailable copper, increasing your magnesium, increasing like all of your trace minerals.

I've started to offer hair tissue mineral analysis to my clients, and have also taken all of his recommended labs, because there's labs that you get from your doctor that are just oftentimes useless, and then there's all the labs you really should be getting done. And I've created a lab list that I sent to my clients. Some of them have doctors that will actually do that, like, actually order these labs. A lot of them, I had a client recently that cut and pasted her response from her doctor's office and was basically just like, "It's ridiculous." It was like, "Unless you have a specific diagnosis. Here are the diagnoses we can try to find for you," or something, you know. Like, "You have to have very specific diagnosis for me to be willing to order these extra labs for you." And yeah, I mean, that says a lot about, you know, what's wrong with the way that medicine is practice. But if you can get those labs then it can be really helpful to understand, the hair tissue mineral analysis, to understand where your minerals are at so you can understand.

Because it's not even just about how much minerals you have in your body, it's about, again, how are they working together? And especially like, you know, how magnesium and calcium work together, how iron and copper work together, and how zinc and copper work together. And they can also disrupt each other if one of them gets higher. I mean, you could say this with like hormones too, like they, you know, they work together and can become disrupted when one of them is.

KyMBER: So what Jessica Ash was getting at — and she's way she's brilliant. I learned so much from her. She really understands the science on a level I don't. But what she was getting at is that when your tissues, like when you have damaged tissues and they're disrupted, they're not working well at the cellular level, like the energy is low, inflammation is high, oxidative stress is high, there's a combination of things that tend to be contributing to that, and tend to be more likely to accumulate.

So estrogen, iron, there's certain PUFAs that will all kind of work together. Like if you have estrogen dominance, you're more likely to have, you're more likely to be sensitive to iron dysregulation, like to the iron in the tissue. And same with like, if you consume a lot of PUFAs, you're more likely to be estrogen dominant. Like, your tissues will actually, naturally hold on to more estrogen, accumulate more estrogen, and you will have a harder time excreting it and detoxing if the PUFAs are high in your system. And it's just something that I've been learning more about, and it just kind of blows my mind, wrapping my head around the science of it.

[1:41:12]

Amber: Yeah, I want to echo back to to what you said about Morley Robbins and his understanding of these basic elements. I think it's really important to remember that these are all just, they're minerals, they're elements. They're like the building blocks of universe. They're not just something that go into the human body. They're not just things that come from pill bottles. Probably what most people think of like magnesium, they think of a pill bottle. But this is, you know, a mineral that's abundant on the earth. And these come from the cosmos. They all came from stars that exploded as supernovas and ended up in our bodies and on Earth. And I just find that holding that, like bigger cosmic, deep time perspective, helps me kind of get out of my head a little bit.

KyMBER: Yeah. And that was a point that you brought up in the notes. You said, because, you know, essential nutrients are essential because we have to get them from the outside world. And that's like, I mean, I've been studying nutrition for years, and I still trip out on that, like this fact that we have essential nutrients, which means we have to get chemicals from our external environment, input from our external environment, for our bodies to work at all. That's like, talk about interconnection, right, and we evolved.

And that's kind of an evolutionary perspective. It's like, we have these needs for a reason. We evolved with them because they served us. So we have not yet evolved to a place where we haven't outsourced our needs to our environment. We are so connected, we are so in reliance with the Earth and the Sun and the minerals and the elements that we cannot survive, we will start to deteriorate, without getting these things from those external sources. We have not evolved past that yet.

So this idea, there's just this futurist idea that a lot of people have, or that I think is like a way or mindset or approach to life that more and more modern people take, that we can just like outsource all these things to technology. And I think that's really misguided and is causing a lot of problems.

Amber: That part of my notes, that was a direct quote from your course. *(Amber laughs)*

KyMBER: Oh, was it? Awesome.

Amber: You spoke it, and I paused it. Yeah, I'm kind of coming to this place of understanding, although it echoes back to what I was first learning when I stopped being vegan 15 years ago.

[1:43:31]

Amber: But I'm finding it really helpful right now that basically any animal food we eat is going to be more nutritious than basically any plant food we eat. Do you agree with that?

KyMBER: Yeah, with the exception that like, we need glucose. And you know, dairy is the only animal food that actually has all three macronutrients in it. So I think it's important to just keep that in mind that, like, plants provide us with an excellent source of glucose.

Amber: Right.

KyMBER: Yeah. And I'm just trying to think of what...

Amber: Let me put this into, like, kind of the big picture thinking that I've been working with lately, which is that okay, so the sun is the source of all life on the planet. And the sun is what makes plants grow. And plants do this amazing thing called photosynthesis, where they can turn the sun into their food. And then different kinds of plants evolve and grow. And they all have their different nutrients and anti-nutrients, their different medicines. And we can eat those plants, and we can get certain nutrients from them.

But when animals, especially ruminants, eat those plants, they turn them into super nutritious foods for us to eat when we eat the animal's body. So it's like the energy of the sunlight gets processed first through the plant, then through the animal, and then that is the most nutritious thing that, as Homo sapiens, we can take into our bodies.

KyMBER: Yeah, I generally believe that. I think that makes the most sense. It makes the most sense, definitely, with protein. But I mean, there's so many nutrients that you can't really get that well, if at all, from plants.

Amber: But animals can. They're in such smaller numbers.

KyMBER: Much smaller numbers. And I think it's important just to keep in mind, this is something that I keep in mind constantly is like, most people do not have, like, do not have the capacity to get all of the nutrients from their foods that they could, because their their system is not working at its baseline for a lot of people. There's also a lot of things that influence that, like your genetics. There's certain genetic markers.

[1:45:36]

KyMBER: For instance, a big one that I've talked about several times and have a personal experience with is vitamin A. So you can actually get the active form of vitamin A, retinol, which is so crucial in these processes that Morley Robbins writes about — like activating copper and utilizing it properly — and you can't get that from plants. And this is really bad nutrition, like there's a lot of mainstream nutrition that gets taught, that's just really poorly taught. Like it's not true, or it's incomplete, where like, you'll buy a bag of carrots, and then on the back, it'll say "vitamin A, so much percent." It's like, there's no vitamin A in carrots. Like people are walking around eating carrots thinking they're getting vitamin A. I've heard that so many times.

And that was me, throughout my whole stint in veganism. Like I ate really, really well from the perspective of someone who's vegan. And I juiced. I had like a really expensive juicer, I juiced all the time, I ate lots of salads, and I was, you know, I still have like a yellow tint to my skin, because I was

not really metabolizing and converting the carotene from all of the carotnoids from all of the vegetables that I was eating. And what I came to find out, once I started eating animals again, and then got my genetic testing done, is that I do not have the specific genetic marker that really allows for that conversion, to make that conversion well.

And so, and then you take, I forget what it was, Chris Masterjohns a while back talked about how it's like 20% of the population actually has the capacity or maybe it was 20%. Don't quote me on that, but like it was a large percent. I think it was 20 or 40%, that does not have the either does or does not have the capacity based on their genetic markers to convert the carotenoids to retinal well. And then you take the fact that so many people have digestive issues, or they're not eating it properly, because it's a fat soluble vitamin that can only be converted when you're eating with fat. So if you're walking around drinking carrot juice or eating carrots, you're not going to be getting any of that.

So there's a lot of people a lot of people that are deficient in this incredibly important nutrient, retinol, and that's needed for not just for the energy production processes, but for utilization of thyroid hormone production, of thyroid hormone, production of sex hormones, you know, utilization, and proper utilization of cholesterol, or skin health or eye health. So many things are reliant or depend on some level of retinol and the functions, the mechanisms that its participates in.

And so, so many people are deficient right now because they are only eating plants, you know, or they're not eating enough animal foods, or they're not eating any liver or any egg yolks, butter, or things that it would live in, you know, that it lives in. And this is just one of many things. You know, cholesterol is another one; like it's huge. And if you're vegan, you're not getting any cholesterol.

[1:48:23]

KyMBER: And our liver, a healthy high functioning liver, it should generate like 80% of our own cholesterol. So that alone should be like, okay, if it's so bad, why does our body create so much of it itself, right? But how many people's livers are not already overtaxed in this culture?

And so that's putting a lot of burden on your liver to produce that much of your cholesterol, and then you still have to get the last 20% from your food. But if you're vegan, then you're not getting 20% from your food. You're not getting any from your food, because there's no cholesterol in plants. Then you end up with, you know, all of these things that rely on cholesterol that are not able to happen over time that can really, really start to...

There was two things that you mentioned that I'm just wondering if you wanted to touch on, and one of them was "Stress is an underlying factor in all illness," and then the ideological, oh, "eat to enjoy, nourish, repair and not for ideology." Is that another quote?

Amber: That is another quote. Yeah, why don't you just read that again? We'll just leave that there.

KyMBER: Okay, so yeah. Oh, it's one of my I think it's one of my principles in my course is to eat to enjoy, nourish, and to repair and not for ideology. And this is a big one just like to give a quick, quick explanation is just so many of us are eating for reasons that have nothing to do with enjoying our food, and then what we actually need to be eating to nourish ourselves and to repair just these, you know, modern disruptions caused by stress, and so, we're basing our food choices on unexamined

ideologies, which are so easy. That's such an easy thing to do, because we all have biases, and we all, you know, want to frame things, want to have overly simplified explanations for why to do things in life, were not taught critical thinking, or to like think things through.

Amber: Yeah. And we talked about this specifically more in the Patreon bonus, too.

KyMBER: Yeah. And then the other thing was information foraging. I don't know if you wanted to.

Amber: I mean, we kind of talked about that in the Patreon, too. Yeah. You kind of immediately know when you hear that phrase, what it means we just all day are information foragers, and it's from our deep evolutionary past, but because there's so much conflicting information today, it can really cause so much overwhelm.

KyMBER: Yeah.

Amber: Well, let's, I think we should wrap up. You really go into stress in your course, so we can just leave that there. Like, I think almost all of us underestimate — I know I do — what stress is doing to us, and like you said earlier, stress really does affect women differently. So that's a major component of your course, and people can find that there.

[1:50:59]

Amber: I was wanting to, since you brought up carrots, just like leave people with one really awesome thing they can do to really dramatically start changing their health, as it's done for me, which is raw carrot salad or just raw carrot. I started reading Kate Dearing's book last night, Heal your Metabolism. And I was really comforted when she said like, you know, if you don't have the time to do the salad, that they just eat the carrot. I was like, okay. Okay.

KyMBER: That's what I do a lot of the time, actually.

Amber: Yeah, that's what I was doing. And then I like, I don't know, thought that I needed all the other stuff. But anyway, why don't we talk about Ray Peat's raw carrot salad and why it's so helpful?

KyMBER: Yeah, so he used to have, that was actually one of the little nuggets that I took from my early work back in 2012 with Jeanne and Josh Rubin was like, they had me eating a raw carrot supplementally. And I was like, "This is weird." But it kind of felt, and I didn't continue it long enough for me to see the benefits, you know; like I would be inconsistent about it. So you have to be, if you want to get the benefits from it, you really do need to be doing it every day.

And so what he discovered was that because he would have he would have migraines, and he started eating raw carrots, and the migraines went away. And he discovered that raw carrots, and this is actually, other people have talked about this too, when it comes to hormones, who, you know, researchers who talk about estrogen detox, the three stages of estrogen detoxification.

Our body will accumulate estrogen, it's like something that happens in both men and women. It's not just a female hormone, and we're bombarded by estrogen in this culture. It's also kind of a stressful, excitatory, sex hormone. And so we do tend to produce more if we're already dealing with

high stress levels or high oxidation in our bodies. We will often have more estrogen that accumulates.

And carrots have, especially the fiber on the outside of the carrot, so if you're going to be doing this, you don't want to be peeling your carrots, you don't want to buy baby carrots, you want to buy like full carrots and eat them or shred them. One of the reasons he encourages carrot salad is because you'll be putting some kind of fat, like coconut oil or olive oil, which will increase bile production. And so there's a combination of just the fiber with fat, and then you put some salt in there and actually can really, maybe add an extra element to it that wouldn't be there if you were just eating the carrot by itself.

Either way, it's clinically linked to lowered endotoxins. So, like byproducts of digestive processes or like bacteria that end up in our stomach and can cause a lot of problems, they just sit there and they can disrupt digestion. They can slow down motility, and you will see an accumulation of estrogen alongside that.

And so when you eat a raw carrot, or raw carrot salad, it's linked to, well, it will bind to the estrogens and endotoxins in your gut and carry them out. It increases bowel movement frequency, it tends to lower people's inflammation in their gut, as well as like symptoms of SIBO or IBS, or just, you know, any kind of digestive disorder, not disorder as much as like symptoms that they have from...

Slow motility can cause a lot of problems. Like a lot of people who have SIBO and IBS and stuff, it's literally just because that electrical current that's carrying their food down moves has been disrupted from stress or, you know, nutrient deficiencies, and then shit just sits there. And when stuff is moving too slow in your intestines, that's when bacteria starts to build up, waste starts to build up, estrogen starts to build up.

And so one of the, like, easiest, most low hanging fruits for addressing this stuff, that doesn't involve like, you know, rigid dieting or supplementation is just to eat this raw carrot, raw carrot salad every day. And I usually will eat like, I'll either make a salad or I'll eat one to two large, raw carrots. And it's made a huge difference in my digestion, but also in my regularity.

Amber: So I've gotten a few friends doing it in the last month, and they're all messaging me like, "Oh my gosh, I'm pooping regularly. I'm pooping three times a day." For me, I'm not bloated anymore. When I eat the raw carrot every day, there's no bloating, I can feel the difference that it's making in my intestines, in my digestion, and it's so simple. I love it.

Kymer: Yeah It's great. It's and it's one of those things again, you have to be consistent with it. I think a lot of people don't think it's... we can downplay things that are free or cheap or easy. And, and so a lot of people are like, "Oh, that's just, you know, whatever." They're cynical towards it or they don't think... they're skeptical towards it. So they don't do it for long enough, and it's one of those things, you have to be consistent.

Amber: And yeah, yep, Jessica Ash was like sharing people's stories that they wrote into her about doing it, and just amazing hormonal and digestive benefits. But then a lot of people are like, "As soon as I stopped, it stopped," you know. Your intestines need that every day.

KyMBER: Yeah.

[1:55:42]

Amber: Okay, well, let's tell people about your course and any other offerings that you have. I'm super grateful for the course and the e-book. It was funny, because I read the book like a while ago, and then I was watching the course recently, and I was like, "Why isn't she telling me what to eat?" you know, that kind of like, quick fix mentality. Then I was like, "Oh no, wait. She did in the e-book," like, that's actually what the e-book was all about.

KyMBER: I kind of wonder about that, too, like, I am still. Because the course, it's very comprehensive; it's called Habitually Healthy. And I mean, it's meant to be comprehensive. And it's also you have lifetime access to it, and you have lifetime access as it evolves. And things, you know, lessons continue to get upgraded and updated and stuff. And so that will be an ongoing process of evolving the content and the information.

But I didn't actually go into nutrition until the third module. And so there's a lot of information to go through before you get to the third module. And you can jump around if you need to, because it's so big, but I do recommend going from the beginning, you know, kind of chronologically through it, so that you can get that information. Kind of like, I don't know where you are in the course, but yeah, it sets the foundation.

The first module is like "Foundations for Health." And that goes through all of the cultural stuff, like diet culture, the food industry. I'm also going to update the food industry lesson, because I did not emphasize enough the impacts of fortification. And so that's something that I'm going to be emphasizing more.

And it was my first course, and so I definitely learned a lot about recording and how many times I say, "um," and you know, little things like that. We were like, "Wow, I could improve the way I deliver that information," and so, I'm continuing to upgrade it. I have found that there's just so much information that I have taken in over the years that I apply in my one-on-one private work, and it's really hard to get that all across in my one-on-one private work, and not all women can afford it. And so this was a great, this is a great way to get that information across to people who already value and benefit from the free content that I provide on my Instagram, for instance, and that want to go deeper into these topics and learn, you know, basically like learn at their own pace. And so yeah, it is available. Like if you, you know, go to my Instagram or you go to my website, it's available. You can purchase it, and there's a payment plan. So it's super affordable.

And it takes you through the foundations, there's a whole portion on stress, like the whole second module is on stress. The third module, "Body and Balance," goes through all of the systems in the body, what the metabolism is, you know, stress hormones, sex hormones, thyroid hormones. Yeah, there's a lot there.

Amber: I have it open in front of me right now, and it is super affordable, which I love so much. And I will have the link to it in the show notes here, too. But yeah, the first module is like "Unlearning Health, An Evolutionary lens: Women are not Small men." These are the names of the different lessons: self-healing, prometabolic, diet recovery. And then there's the whole "Address the Stress

second module, which includes like unresolved trauma and brain retraining, existential stress and social media, water and hydration, air, temperature, light, muscles and movement.

And then you get into “Body and Balance” which is really where your expertise in the female physiology comes into it: hormones, estrogen, progesterone, feminine care and abnormal paps, PCOS, birth control, endometriosis, blood sugar, et cetera. And then yeah, this looks like more “What to Look for While Healing”: different phases, three different phases of getting there, shopping, cooking, food prep.

And I really love courses that are not just someone talking at the camera, those can be cool, but these are slide based. So you're getting visuals as you're listening. Really, it's so helpful for me to have the visuals of the slide, while I'm taking in the information through my ears.

KyMBER: Yeah, that was, I thought I was going to be, when I first built the course I thought it would be me talking. And not only am I like talking in front of a camera, it is a lot of work. It's a skill that you develop. So it's like more, it's another skill on top of everything else. But also I realized that's a lot of information to convey.

And I'm a visual learner, and that's also like reading a script while looking into the camera. I just realized that slides make way more sense. And so I'm a very, you know, I used to work with children, so I'm very visual and love children's illustrations and books and stuff just like that. That's how I learned.

And I think it's really important to have, like, a lot of us have a lot of information that's just kind of like floating around. Like, we don't really have a formula or a synthesis of it, or a way to apply it or to make sense of the context. And that's what this course was really designed for. It was like so many people have so much information on health, and it's not placed in the right context, or it's not understood well enough, or, you know, a lot of us are sold on courses that are very dialed in, like very specific.

And I think that there's lots of courses out there that you can go and find that are specific to hormones, or specific to minerals, or specific to PCOS. But I didn't want mine to be that. I didn't want to create one that was that specific. I genuinely feel like, that's not who I am. I'm someone who's fairly broad and likes to understand the full picture of things. I was given feedback by another woman I partnered with that the course is very intellectual, just meaning, like, the cultural context and, you know, drawing the different pieces together.

Amber: Big picture stuff, and I love that. And I think most of my listeners like that, too.

KyMBER: Yeah. So that's definitely something that is unique, because you can find other courses on like women's health and stuff, but the big picture stuff and the cultural context and, you know, going into the information foraging, and like experiential medicine, and all the various...

Amber: And the Dunning-Kruger effect. You're not coddling people, you didn't dumb it down. And if you don't want to watch a certain lesson, you don't have to. Like just go for what's there. But — and I always, I always say this — but I love when people make their courses available forever. I just won't take a course if it's like you lose access after six months. Like, no.

KyMBER: Yeah. What happened with me recently, where I purchased something to help me. Actually, it was what helped me build the course that I have now, but I lost access to it. And I didn't even finish all of her information because it took me longer to build the course. It was like, you expect me to build a course in like six months? Yeah right. It was like it took me like six months just to research.

Amber: Right? Everyone's busy all the time. To expect them to be able to take in all your content in a short period of time, it's just a money grab is all it is, "Oh, I'm hoping you'll feel bad when you lose this and buy it again."

[2:02:15]

KyMBER: Yeah, and that really ties into the like the long-term healing versus quick fix. Like that's something that this —like my approach to healing, in the prometabolic space and bioenergetics space, in general — that one of the things that I think has made it slower to grow than like paleo or keto or carnivore is that it's really gearing people up to take care of themselves long term and understand that this is not just a diet, or like a simple approach. This is a way of caring for yourself and a different view of health. And that takes time.

Amber: And something that I hear you all say too, we talked about this in the Patreon, but it's going to take time to see changes. It takes time to shift your metabolism. This is cell deep stuff, you know? It's not a quick fix. And I'm also kind of like, "Well, thank goodness, because it's taking me a long time to absorb all this new information." This is a lot, you know.

And I love how you're so humble about the fact that you're still learning all the time. And I always say that I like taking in information in as many ways as possible on a podcast, visually through the screen with the online course, reading a book about it. This is really fundamental paradigm shifting stuff, and I want to know it and so I'm taking my time, slowly absorbing it all, knowing that the changes I make are going to be slowly integrated as well, and this isn't a quick fix process.

KyMBER: Yeah, yeah, it was designed for self-healing. So it's not... I'm teaching, I want to teach women how to fish, so to speak. Like, I don't really want to give them the fish. And I think a lot of women are really failed by the healthcare system. Like that's my fundamental belief. And that includes a lot of functional medicine, too, unfortunately.

And so taking more and more of our healthcare into our own hands, "healthcare is self care," is, I think, the way out, like it's the future. And that doesn't mean we won't be hiring experts and people to help us along the way. But it means that a large part of our healing is going to be our own work and our own choices, and developing body literacy and stuff. And so that's the point of the course.

[2:04:19]

Amber: Yeah, and then let's talk about the e-book, too, the *Reparative Eating Guide*. How many pages is this? It's like a real book.

KyMBER: Yeah, honestly, I don't even know. That's not even... so I have another e-book called *Nourishing our Sanity*, like that's one that I was mentioning to you. And that's available in, you know,

via my Instagram and on my website. But the *Reparative Eating Guide*, I just created that as a guide to help people kind of make sense of the way of eating that I promote, and why.

And so it does break down, it also has professional recipes created by a holistic chef, which is awesome. It's not my strength to create recipes, but it breaks down the why: like why eat this way, why eat for blood sugar balance, why eat for these specific foods, like why do I recommend these specific foods?

And so it really helps people understand like there's a difference between eating something because it has nutrients in it and eating something because your body can access that nutrient. And also, like some nutrients are more important than other nutrients, which is why, even though there's not like a "prometabolic diet," there are certain foods and ways of eating that you will see consistently amongst people within that in that niche, and that's because there are foods that are just naturally higher in, you know, minerals or higher in fat soluble vitamins or bioavailable protein. And it makes more sense, from a stress perspective, to be eating foods that are higher in nutrients and lower in inhibitors of absorbing those nutrients. It just makes sense: that lowers your stress load and your body's ability to have to work.

Amber: I think that's probably what so many, I mean, I know that's what I'm looking for. Like I said, like, "Why didn't you just tell me what to eat?" And then I remember that that's what you do in this e-book, like I just scrolled to the page of reparative base foods where you break down the best proteins, fats and carbs for healing metabolism. And I'm sure that's what a lot of people listening are thinking now, too, like, "Okay, but what do I eat? How do I implement?"

KyMBER: I got it available, free. You can download that if you go to my Instagram, which is where I spend most of my time hanging out, Instagram. I have Facebook and a Facebook group and a Facebook page, and I just have to consistently remind myself to use it. Yeah,

Amber: No, I'm bad. I, like, never post on my Facebook page anymore at all.

KyMBER: But I have a link in my bio on Instagram where you can access that. It's free, you know.

Amber: Well, it's [KyMBERmaulden.com](https://www.kyMBERmaulden.com), and I'll also put it in my show notes here. Yeah. So thanks. Thanks for nudging me to take the first step. If y'all liked this, check out our bonus Patreon conversation. And I'll link to your Instagram and website and everything in the show notes. Thank you, KyMBER.

KyMBER: Thanks, Amber. It was a good talk.

Amber: It was a great talk!

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[Outro]

[2:07:03]

Amber: Okay, so again, you can find links to Kymber's two free e-books, *Reparative Eating Guide* and *Nourishing our Sanity*, as well as the link to her online course, *Habitually Healthy*, in the shownotes below.

I'm gonna read to you a bit about [Habitually Healthy](#):

This course is for you if you can imagine...

Having a comprehensive strategy at your fingertips that covers all aspects of health that you'll need in order to care for your unique female body, mind, and spirit.

If you can imagine developing the context and the wisdom to discern which health information is actually relevant to your body and circumstances, so you can focus on what really matters for your health care work.

Gaining the body literacy and trust in yourself to know what your health needs are, more than institutions, authorities, and biased ideologies that we get trained to outsource our well being to.

And if you can imagine saying goodbye to quick fixes and oversimplified solutions and "hello" to an approach that's going to help you build true health for life.

—

Why cater your healthcare to your female body?

So these are four mind-blowing statistics about women's health that will have you saying, "Why haven't I heard this before?"

Women weren't included in medical research studies until 1991. So research prior to this was conducted on men's bodies and applied to women's health, despite having very different metabolic systems and needs.

It was reported in 2005 that eight out of 10 prescription drugs were withdrawn from the US market because of women's health issues. This represents an enormous waste of research money as a consequence of neglecting gender research — a big problem that still exists in 2021 (and 2022), in nutritional epidemiology and exercise physiology, as well.

Today 75% of all autoimmune cases affect women, specifically. And many of these conditions go undiagnosed or misdiagnosed for years, in part because our female hormones are tightly linked to our immune systems.

Over 65% of us women, ages 15 to 49, are on birth control.

That's crazy.

... With the pill, insertion devices, and sterilization being the most popular options, while the long term health consequences of these are not being disclosed to women, when they choose these life-altering methods of contraceptive.

We talked about that on this podcast, the episode with Dr. Elizabeth Wade. I forget which number it is, but you can look for Elizabeth Wade.

So what does this all mean? Well, if you're online these days, as most of us are, as you obviously are, then you know how easy it is to feel confused about health care. Your confusion is the result of a noisy culture that caters to the appearance of health more than to health itself. Kymber and I really talk about that in the Patreon bonus. Your confusion is the result of developing within a culture that caters to men's bodies and calls this "progress for women." Your confusion has snowballed after years of health authorities with misaligned incentives misleading you about what health is. And your confusion can be overcome by adopting self care as health care, which is what this course is all about.

Okay, so those are Kymber's words from, you know, the landing page for Habitually Healthy, which you can find that the link below but there's more. I'm not going to read it all to you. There's also a little video you can watch to learn more about the course. It's very affordable and has just been, like I said, an amazing resource library for me as I incorporate this new framework into my life. So check it out. And I wish you so much abundant health and energy, which this is all about while you are eating really, really yummy food.

(Exit music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[Closing]

[2:11:07]

Amber: Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant links in the show notes. You can find past episodes, my blog, handmade herbal medicines, and a lot more at [MythicMedicine.love](https://www.mythicmedicine.com). We've got reishi, lion's mane, elderberry, mugwort, yarrow, redwood, body oils, an amazing sleep medicine, heart medicine, earth essences, and so much more. More than I can list there. [MythicMedicine.love](https://www.mythicmedicine.com).

While you're there, check out my quiz "[Which Healing Herb is your Spirit Medicine?](#)" It's fun and lighthearted, but the results are really in-depth and designed to bring you into closer alignment with both the medicine you are in need of and the medicine that you already carry that you can bring to others.

If you love this show, please consider supporting my work at patreon.com/medicinstories. It is so worth your while. There are dozens and dozens of killer rewards there, and I've been told by many folks that it's the best Patreon out there. We've got e-books, downloadable PDFs, bonus interviews, guided meditations, giveaways, resource guides, links to online learning, and behind-the-scenes stuff and just so much more. The best of it is available at the two-dollar a month level. Thank you.

And please subscribe, in whatever app you use, just click that little subscribe button and review on iTunes. It's so helpful, and if you do that you just may be featured in a listener spotlight in the future.

The music that opens and closes the show is Mariee Sioux. It's from her beautiful song "Wild Eyes." Thank you, Mariee.

And thanks to you all. I look forward to next time!