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Tue, Dec 12, 2023 12:45PM 50:01


## SUMMARY KEYWORDS

eat, foods, feel, oat bran, people, keto, scot, drinking, jacqueline, diet, satiety, duty free shop, turmeric, consume, beverages, london, man, unsweetened, meal, fiber

## SPEAKERS

Scot McKay, Edroy Odem, Jaclyn London


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 Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world-famous Mountain Top Podcast. And now your host, Scot McKay.

 Scot McKay 00:19

Oh, how's it going, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. As always, I'm your host Scot McKay at Scot McKay on x. And on YouTube, just about every major social media network except for Instagram, and I guess threads now which guess what I don't even use I got too much going on already. But I'm at real Scot McKay on either of those, if you so choose to take a look. The website is not to top podcast.com. And the Facebook group as always is mountaintop Summit. Hey, lots you guys joining very recently, this is suddenly looking more and more like a movement every day of you guys who really just want to learn how to have fun again, take yourself a little bit less seriously and get better with women and with the relationships in your life all the while. So be sure to go to The Mountain Top summit on facebook and join us. With me today is a new friend of mine. I enjoyed her company immediately. As soon as I met her. She's a lot of fun. She lives in New York City. Her name is Jacqueline London. And here's what she does, gentlemen. She is not only a registered dietician, I mean, you see this coming? Right? You know, we're about to get a spanking from this lady. She is also an author, and she is a consultant. And not only does she empower you and me and I would assume herself to and many others, to make empowered food choices. Get this she's got over 10 years experience in helping people spot the science over the scams out there. And there are a lot of scams on what you should eat and what you shouldn't eat. Jacqueline London, who is ironically from New York and has a New York accent instead of a British one. We already established her her name is actually pronounced Jacqueline London not like Madame de que from putting on appearances, the old BBC comedy show or anything like that. Jacqueline London, welcome to the show. Scot

 Jaclyn London 02:13

it's so great to be here. Thank you for having me. I am thrilled. Whatever



Scot McKay 02:17

happened to oat bran, number oat bran in the 80s. Everybody was was the Oprah to get your cholesterol down. I haven't heard about O'Brien in 30 years.



Jaclyn London 02:27

You know, I would say there's real science there. There is real science there. But interestingly, we have taken it, you know, as we've done with so many other things that have evolved in nutrition science since the 80s 70s 80s 90s, is we've taken it and run with it. So now you'll see things like oatmeal plus fiber or fiber bars, or you know, it's like there's so much on the topic of fiber and there is very real science on fiber. And interestingly, I'd say oat bran is the least offensive. It's because it comes from an actual food, which is honestly so much of my work. Scot is trying to get people to eat real food versus consume so much of so much of the crap that's out there from dietary supplements that are unregulated and perhaps not adhering to the strictest safety standards or foods that are not dietary supplements. But are they really food because really, they're just a jumble of ingredients. So I kind of miss oat bran is my point. I was kind of remember Cracklin oat bran was such a great cereal. It's actually



Scot McKay 03:24

really good. Yeah, extra good in milk. Maybe you should have red hats that say make oat bran great again. babka maca mob calm make oat bran great again. Yeah, we would be mob fascists wearing a red hats around, I suppose. Alright. So member like people were taking Fen Phen. And it was like this big thing. And now you can't take that because I mean, it destroys your heart and three easy doses. And now people are taking ozempic trying to lose weight. God knows what's in that stuff. We're gonna find out like, you know, a year and a half from now. Oh, don't take that you're gonna die and people are gonna be like, thanks a lot. Really appreciate that FDA, you know, nice job. So, you know, I guess the moral of this story is there are fad foods that come and go. They're fad diet trends that come and go including pharmaceuticals. I don't know if you're like me, but the fewer pharmaceuticals I take the better. I'm guessing you're probably the same as a dietitian. Am I right? Yes.



Jaclyn London 04:23

Yeah. I mean, listen, there are the it seems like it's the and I say this with extreme caution. Right. It seems like some of these GLP one medications, which are not actually very new, they have been around for a while. That's the ozempic will go V Manjaro. But they've been around for a while in the form of patient care and the medical medical intervention for for diabetes. They're not necessarily weight loss medications, right. The newly approved fitness weight loss medication some of them but so I don't I'm not super worried about some you know, unforeseen safety concerns for For people with diabetes, I am concerned about, you know, we don't know that much about them long term for people who are using them just for weight loss, and I am with you Scot like in general, I think the fewer pharmaceuticals the better, just as a

general statement, but that being said, you know, there are some people for whom these are the perfect. It's sort of a match made in heaven of a medical treatment and a kind of genotype of person who may actually really benefit from these. So I can't be completely dismissive of the whole category. But I can say that perhaps they're being overprescribed. I think that's something we've definitely been more and more aware of, as we see this as like, like the headlines that are like Hollywood's weight loss, blockbuster drug, right? Like, that's pretty dope. This is not a medication, you go on to lose 20 pounds for a friend's wedding. This is a medication you go on if you've really struggled with overweight or obesity your entire life, and are finally feeling like there might be a solution that really could be powerful for you. Well, someone's



Scot McKay 05:55

gotta get the memo out there that both Hollywood and blockbuster are long since out of business. It's time to move on. You know, there's one guy in this audience right now who's going? I wonder if crack and heroin count is pharmaceuticals. There's that guy, that one guy out there, you know, then you got medicinal marijuana? Yeah. Which is a whole nother show. I mean, not this one. Alright, so here's what I want to talk about. From here. We've covered the pharmaceuticals very quickly, man, we're moving at a lightning pace. lightnings these guys are getting vertigo out there. Their heads are spinning. Because you know, you're from New York. I'm originally from back East. And I can move into that mode pretty quickly. As you know, we talk fast. We do. We do. And we also talk over each other and have multiple conversations at once at the Thanksgiving table. As a family. We love to do that. Yes, yeah, it drives people nuts. You know, I recently went home and visited my family home being now North Carolina, because everybody moved there. But it's close to Baltimore, where I'm from right relative to San Antonio, Texas. And the family started doing that at this big dinner for my mom's birthday party and my head started spinning. I'm too far removed from it. Now I've gotten to the point where that I not only notice it, but it bothers me. Meanwhile, the homeless book around me is like going on and on and on. And I'm just like, looking at my wife smiling. And you know, whispering I love you to her, right? Because that's the only conversation we can have. All right. So fad diets. So we've had all these fad diets come and go. And with it. often conflicting advice coming and going. Right? You had the cabbage soup diet from years ago, which just sounded silly, right? That was one you reminded me of before we started here. And nowadays, we've gone from paleo to keto. And you know, if you're insulin resistant, keto is amazing. Then you have people saying you need to eat six small meals a day and other people saying you need to only eat within a four hour window, do the intermittent fasting thing. Here's what I've heard, and I'm gonna let you riff on this. Okay, despite the fact that certainly clearly there are fad diets, and maybe a lot of them don't work. A lot of it depends on your body chemistry, your body type and what's going to work for you and how your particular body processes fat loss or staying healthy. What do you think?



Jaclyn London 08:13

I think you're spot on on all of that. I think you know, the beautiful thing about nutrition. And something that kind of keeps me going. And all of this with all of the fads that are out there is that there are a couple of basics that I think just about everyone could stand to do more of and they're not, you know, a lot of the the feedback that I get Scot from people is like, I can't I have no idea what to do, because I've already cut everything out. Or I've already restricted or I've

already eliminated blah, blah. And honestly, I've never seen any of those be successful. They may be successful for the short term. And I'm sure that you've got listeners right now thinking like rolling their eyes at me going well, I've been keto for however long and it actually really works for me to go without carbs. And what



Scot McKay 08:59

are you saying that? Like, for example, a person may say, Man, I'm down to cabbage soup, that's all I'm eating. I'm still not losing weight. Right? Right.



Jaclyn London 09:06

I mean, there may be some people out there who feel like that there may be some people who really are experiencing that, who are really doing that we've cut out basically everything else. And they're like, I'm only eating chicken breasts for breakfast, lunch and dinner, things of that sort of the modern day cabbage soup. Right. But to that, I would say that for anything to be long term, like for you to actually adopt any type of new habits that are truly health promoting for you. They have to be ones that that are slightly outside of your comfort zone. Like they can just be things that you roll over and you're like, This is so easy, because then you're really not changing, right? Like if something feels super easy to you, you're really not making any progress toward any specific goal. But it has to be challenging enough, but also it has to feel like something that you can continue to do. Will it be slightly challenging? Yes, but that shouldn't mean that it is exclusive that it can't happen within the realities of your current everyday lifestyle? Yeah, if



Scot McKay 10:00

you can't make it a lifestyle choice, then you're just gonna be on a yo yo diet all over again, exactly monthly, right? Exactly.



Jaclyn London 10:07

The number one thing that I've seen be the most effective with working across different patient populations with different people, the number one thing that works the best. And this is back to your point about intermittent fasting, the number one thing that works above intermittent fasting is staying consistent. What do I mean by that, I mean, literally getting people to eat consistently throughout the day, every three to four hours starting with breakfast, and I know that that is probably going to piss some people off, it's probably gonna make some people upset, right. But I say that from both research and my real life practice as a clinician, the sooner you can start to be consistent and practice making more consistent meals, the more you become in touch with your body's own hunger and satiety cues, it's like the sooner you learn a little bit more about yourself, like you get more data about yourself, you start realizing exactly when you're hungry, what foods make you feel satisfied, not just full. So huge thing I work on with so many clients. But the beauty of consistency is that never getting too hungry or feeling too stuffed, feeling too full, really has this huge benefit of helping people cut back overall start making simple shifts to their everyday eating patterns that include more nutritious

foods and less of the nutrient poor foods, and just helps people feel more energized and focused overall, which is something I know so many of us are really looking for. And in the process, you know, lose weight, if that's part of their goal, gain muscle, if that's part of their goal, lose fat mass, that's those are huge components. But if you think about it, fuel really is everything that we need in life, but eating those at that every three to four hour window, that consistency effect has huge benefits for so many of us.



Scot McKay 11:52

Yeah, you know, it's really interesting, you were talking about eating every three or four hours. And you see these people who are mostly, I think, in the fitness realm like bodybuilders and like CrossFit athletes, etc, where it's like, Yeah, six small meals a day and blah, blah, blah. And I think that's one of those dietary recommendations, we hear to eat six small meals a day, but we don't even really know what it means and some guy kind of just as belt and goes, well, you know, I only ate three breakfast tacos this morning, I usually six. So that's my first small meal of the day, you know, I don't think that counts what counts as a small meal for you know, six a day.



Jaclyn London 12:31

I think that it really that it is really going to depend on you your needs your lifestyle, i If I could give one small tip that would help kind of frame how you think about meals and snacks is that first of all, I don't think it has to be small, necessarily, every one of these has to look like some sort of picture of health, or that it has to be some kind of you know, we I've read on it before but the dry chicken breast, oh, God, you'll



Scot McKay 12:59

die. UK it's unsustainable, right? It's



Jaclyn London 13:02

unsustainable. So I think what my main tip would be is that you're combining a source of protein with a with a source of fiber. So we talked about oat bran, but that's probably the most extreme version, like what about just a piece of fruit, or a piece of toast, or you're having something like your dry chicken breasts, maybe you like dry chicken breasts, and you're having it with some rice. Right. So having that combo of protein with fiber. Research has shown us that actually, the combo of these two nutrients can help us fill up and also stay satisfied for longer, which creates a better, more stable kind of release of energy into our bloodstream, which helps us do everything else that we want to do in a day because so many of us are eating for the joy of eating, but we also eat for fuel, right? Like we need fuel in order to live and in order to power our everyday lives. So it's really important to keep both of those in mind. We want it to be things that we enjoy the taste of but that also give us that fuel that power to keep doing what we love. You



Scot McKay 14:06

know, Jacqueline, I once asked a guy before I went on my own weight loss journey, how he lost all the weight and he goes to things. First of all, I stopped living to eat and now I eat to live. And I said that's really fascinating. And he goes another way that I would put that that's probably even more powerful, at least it was to me is I treat food like a drug. I just take the prescribed dose and I treat anything above and beyond that as an overdose and therefore dangerous number that was fascinating. And kind of coupled along with that you talked about this idea of eating not only to the point of feeling full but being satisfied. And I think you just touched upon the difference there. But could you clarify the difference between being full and being satisfied? Eating?



Jaclyn London 14:52

Yes. So because because this is timely for us Scot and perhaps for your listeners will be listening to this at a different time. I will use the example that I do often use no matter what time of year it is.



Scot McKay 15:03

The holidays. Exactly. Here we go. All right. So



Jaclyn London 15:08

Thanksgiving, there's there's a special type of fool that happens on Thanksgiving, right? It's like you're stopped. You're just



Scot McKay 15:14

like we all have a special cousin is kind of along the same bound. Same idea that



Jaclyn London 15:20

you are the Thanksgiving turkey. Like you, you're like, I am so full, I cannot possibly eat anymore.



Scot McKay 15:27

I'm the crazy uncle in my family, by the way.



Jaclyn London 15:30

Love that. I love that we all need one thing. You



Scot McKay 15:33

know, my my nieces and nephews Adore Me. Much of the chagrin of their parents sometimes, but go ahead.



Jaclyn London 15:41

Yeah, so, so, so much of of that kind of experience of that feeling where you're like, I'm so stuffed, and I just don't know what to do with myself. And I just feel like I need to lay down for feeling. It's a terrible feeling, right. But a lot of us are eating to that point, without necessarily realizing it. And yet, if you were to bring out the pies at the end of the Thanksgiving meal, right, like I'm imagining just kind of that way before,



Scot McKay 16:06

oh, my God, I can so relate to what you're about to say not often, I would weigh, you know, it would be my 600 pound life, I'd be like, you know, the all time winner of that show, if I eat consistently, like you're talking about but I do have, I do have a very good story to tell after you're done explaining. Go ahead, go ahead.



Jaclyn London 16:25

So my my point is to just keep in mind that feeling right, and that sometimes you can be full, but you're not completely satisfied, right, you're not completely satisfied, because you've maybe filled up so much on just the turkey, or you filled up so much on on just the sides, right? So and that's where I come back to my point about consuming protein and fiber together. It is a satiety promoting combo of those nutrients, which is what helps us stay satisfied to actually feel full fuller longer, and therefore not feel like that susceptibility to just graze on, you know, random office doughnuts, or the snacks that are around, right. So it's that combo of the two nutrients together. That is what's really going to help us do that. And doing so consistently can help us get in that pattern of actually feeling satisfied when we eat and not just fall and something. So I've wrote my book dressing on the side and other diet Myths Debunked. It came out in 2019. And the phrase that I think some



Scot McKay 17:26

of the guys are already taken out their binoculars. I



Jaclyn London 17:29

love it. I love it.



Scot McKay 17:32

But I know what you mean. Yeah, exactly.



Jaclyn London 17:35

Right. So when I when I wrote the book, I coined this phrase a full but not satisfied syndrome, right, which is when you feel like you've got that second stomach, like you could still eat for something else. But even though you're stuffed, right, that's what I was really getting out there. It's so true. It's so true. And it's so happens to us so often when we are on one of these fad diets, right? Like if you're going vegan for the sake of being vegan, then you're missing out on potentially a lot of protein sources that could actually help you with that that satiety promoting combo of protein and fiber, right? If you're keto, then you're only getting the protein and the fat, you're not getting as much of the fiber. So it really creates that like I'm stuffed from steak, but I could still eat right I am not satisfied. So considering that combination of two nutrients and staying consistent with how often you're eating. Those are two of the most powerful tips that I can give anyone listening right now,




Scot McKay 18:29

okay. I don't ever stuff myself to the point of like, I can't eat another bite. You know, like, yeah, just one wafer thin mincer, you know, Monty Python movie star. I think. I don't do that. Okay, but when I do, it's at one restaurant and it's called chama gaucha here in San Antonio. Okay, consistently the number one restaurant in the city. It probably seats 250 people that's probably conservative. And you need a month ahead of time to get a reservation. We don't give out Michelin stars in the city. Okay, but I mean, I'm not sure how many seats you can have in a Michelin starred restaurant. This place is the size of a college cafeteria and it is stuffed constantly and so is everybody in it. The guy used to work for a Brazilian churrasceria chain called fogo de Chao, which is now Yeah, and he said this place sucks. I'm gonna make it better and he did. He 10x fogo de Chao. Oh my God, those poor cows. Had no idea how delicious they were gonna be someday. Okay. Talk Oh, you already pulled this one up. Oh, they're all over this like, your proverbial rice. You're exactly Alright, so this place is insanely good. Okay, I mean, we've got barbecue places here who when the barbecue cook off and they'll throw out the brisket and everything over blacks barbeque and crates market at Lockhart, Texas. That tastes like Arby's compared to this place. will go to chow was like Taco Bell compared to this place. Okay, thank you. And I eat my brains out at this place without apology because it's expensive. And it's the only time I do it. And it's funny they'll say to you they come. Let's have the waitress was so adorable. She was one of these cute little Latinos who says, of course a lot, you know, which knocks me out. And so they have the salad bar, which is got everything on it, you'd never by yourself because it's like \$65 a pound for broccolini or something. And you eat and they say, they said don't fill up on other vegetables because you need to save room for what you really came here for. But I always actually do a nice healthy round of the vegetables for the same reason you're talking about because if I eat only ribeye and be Konya, and oh, God help us all bacon wrapped filet mignon for an hour and a half. I will feel awful when I'm done. But when I when I kind of prime my appetite with the veggies, I feel much better when I leave. But that's not where the story ends, okay. By the way, when guys come here for what I call a 10 plus live, which is a four day infield experience. It's a first class experience. And unless the guy's like a vegan or whatever, we always take him to this restaurant on Saturday night, you know, when they're starting to get their breakthroughs, kind of like, it's a wonderful way just to relax and




celebrate. And every guy who's ever been here, which includes guys who have lots of money guys have sold their businesses. One guy just said he had eaten at the French Laundry and this place was better. Okay. Wow.

 Jaclyn London 21:22

I mean, in terms of the food's ready, yeah, right. Yeah. And

 Scot McKay 21:26

we always say we have a VIP guests, these kind of important to us, and they'll bring us free dessert. And every single time we'll say I can't eat another thing I might dessert was that last, you know, bottom sirloin you brought around, you know, I mean, I can't eat another thing. And they'll go, Oh, nonsense. I'm going to bring it anyway, pick one or else I'm going to pick it for you. And then we go, all right, bring us this and they bring out this, you know, death by chocolate cake or whatever. And the plague gets cleaned between the ages of it. You know, the plague gets cleaned. Yeah. And the waitress last time said the same thing. Yeah. Everybody always says they have no room. They don't want it. Nevermind. And then we bring it in the place clean. Yeah. So I think that's exactly what you're talking about. Totally. It's kind of like there's always room for jello. Except this wasn't jello, you know what I mean? It's a weird thing. If you only eat one thing, and you get stuffed, you're hungry for something else. And here's the other thing. I think the stereotype is when you eat Chinese food, like you go to a Chinese buffet, and you get for four hours later, you can eat again. Yeah, there's just something about Chinese food. What's going on with that? Where is this? Where's this full but not satisfied rhythm pattern? How does it actually originate? What are the foods we eat that fill us up? But don't satisfy us? Is it a lot of bread is a lot of rice? What is it? It

 Jaclyn London 22:40

can be a lot of bread and a lot of rice. It can be a lot of carbs without protein, and it but it can similarly be a lot of protein without carbs. But why I think it happens with specific cuisines or in specific places is that there's another component involved, right is that we do we don't just eat to live. Unfortunately, for many of us, however, I would argue that food is nourishment. And when I say nourishment, I mean that in multiple ways, right? It's nourishment for our bodies, but it's also nourishment for our souls. It reminds us of childhood, it is comfort in many, many ways. And we should celebrate that it shouldn't be comfort all the time. It doesn't have to be comfort every day. It doesn't have to be comfort at every meal. But to some extent, we do want to keep that kind of emotional quality of food because it's what keeps us interested in trying new things. And expanding the our taste preferences and learning more about different flavors from right here at home and around the world. Right. Like we get we get more experienced, the more different things we tried. I can't you know, I can't say that from an unequivocal scientific standpoint. But I can say that from my experience and practices, the more that we get playful and get excited about trying new, different types of flavors and cuisines, the the more health promoting our overall dietary patterns become. So that's one thing. But back to your point about full but not satisfied syndrome, or that feeling of like I could still eat even though I'm stuffed. One of these major components is feeling like we're simply not combining the right combinations of foods. We're not creating that satiety promoting combo of

fiber and protein where we're kind of choosing one or the other, or leaning more heavily on one or the other. But the second thing and I see this particularly with men so I think this is unique to your audience is that so many of us are walking around, sub clinically dehydrated, we're just not drinking enough.



Scot McKay 24:30

So what you're saying is we're not drinking enough beer we need a few more shots and maker's mark in our life, that sort of thing. Am I wrong?



Jaclyn London 24:37

It could be Listen, it could be okay. But I would say that they can it's hard. You're just being nice. If we just if we just start by hydrating better by getting more on top of our hydration, D in the form of water and all any and all unsweetened beverages other than alcohol, then perhaps we would have a little bit more room for an extra shot of maker's mark but I do see it so often, especially with men not paying attention to those hydration signals. Because Am I say this? So I find myself saying this so often and it's one of those kind of like Hallmark sounds like an old wives tale, but like is actually a real thing, which is your that? I know, right. Thank you. Thank you for saying that. But it's like when you're thirsty, you're too late. I think that's a good one for people to keep in mind when you're thirsty. You're already a little dehydrated.



Scot McKay 25:25

You know what one of my greatest life lessons I learned from a PBS children's show when my daughter who was three was watching it. And you know what, it was one of the most all time entertaining children's episodes for the adults watching the name of the show. And I don't even know if people will remember this. It was a muppet thing. It was called bear in the big blue house and had this guy just a big old bear suit. And they were trying to teach two and a half three year old kids to be potty trained with this show, which I thought was a valiant effort. Right? But it's, it's a slippery slope to talk about the children's show. And what are the things they said in that show is if you think you need to go to the potty, you probably do need to go to the potty. And everybody also withholds go into the bathroom pray and it's just got to wreak havoc on your body. And then you pee like dark yellow, and you go well, cheapest. I haven't drank enough water today. And you realize all you had was your morning coffee and then went went went went all day. Yeah, I don't mean, I don't mean went to the bathroom. I mean, like you were Go, go go on the job all day. Right. Right.



Jaclyn London 26:26

Yeah, it really comes back to my whole point about consistency as well. Because it's not just consistency of eating. It's also consistency of staying hydrated. And I think if we just and I know that it sounds probably extremely simple, like to the point where you think that's too simple. I think we would all just be you know, better off for reminding ourselves that so that that's exactly how we live our lives. We're going going, going going going. Most of us today, even if we're working from home, or if we work outside of our homes, or if we're always traveling, like

we're still not necessarily prioritizing having an eating and drinking schedule. So that's why I think like just taking some time to make it simpler on ourselves. Like how am I going to make sure I get my water in today doesn't even have to be water to be honest. Scot It can even be unsweetened coffee, that still contributes to your daily hydration goal. So I cup right here. Love it. I love to hear that. Yeah, exactly. So as long as we're consuming unsweetened beverages more often and staying on top of that, I feel like we're already on track to also feel those feelings of actual satiety when when we're eating consistently.



Scot McKay 27:33

satiety is a great word I'm thinking like, yeah, exactly. That's a word I've added to my lexicon today. Alright, so let's bring this back around to the central point of this entire podcast show, okay, which is being better with women being more attractive to women being a better man. I know for a fact that when I'm hydrated, I look healthier. I look younger, I have more energy. It's right up there was sleep right and being on a good circadian rhythm as another guest recently talked about guys are sabotaging their own attractiveness to women by eating the wrong things. As we talked about drinking the wrong things, or not eating or not drinking the right things that can be an error of omission instead of commission. Yeah, totally. And we go out on dates and we're cranky, our tea levels are low because our diet sucks. We look like hell, we feel like hell, we're on dates with our knees hurting because we haven't gotten the nutrients we need. What are some quick hits, you can give guys to feel better and look better immediately with just some simple diet changes. Simple ones. Okay,



Jaclyn London 28:46

so start with the consistency component. So you're going on a day date, let's say you want to make sure that you're having a good satisfying breakfast before you go out you're taking out a woman for lunch, let's say so that would be a perfect example right there but that also goes for dinnertime. You don't want to go in starving and cranky. So your best bet would be to have a small snack that combines again protein and fiber before about an hour or half an hour before you go out on that date at night.



Scot McKay 29:17

Oh man if you go on a hangry date Yes Nothing worse than you've already made a crappy first impression and then by the time you've had a nice dinner and you're all happy go lucky again and cracking jokes she's already checked



Jaclyn London 29:27

out right she's with his mood at the beginning on this guy's psycho. He's



Scot McKay 29:31

a maniac exactly change yeah, he's a nut Yeah. Then



Jaclyn London 29:34

I would I would say remember to stay hydrated. That is mission critical, right on. And then when it comes to what you're actually eating and drinking on that date, I often give this advice especially to men which is to drink at the top of your budget. So what do I mean by that? Exactly. So the best thing that you can do for both for from a an overall health standpoint, but also it's going to make you feel like a badass and who doesn't want to feel more like a bad so in other words, I



Scot McKay 30:01

get a shot of pappy Van Winkle instead of the Maker's Mark.



Jaclyn London 30:04

Exactly. All right,



Scot McKay 30:06

I like you already I knew I'd like you for a great,



Jaclyn London 30:09

I mean, that's what I'm here for, you know, I mean to better your whole night is set up to be better. If you are drinking at the top of your budget, you're going for that top shelf that maybe it's that Johnnie Walker blue that you're drinking on the rocks, and you're sipping it, rather than having multiple beers over the course of a meal, right, it's going to help you feel better in the moment. But also, it tends to be that these top shelf spirits, particularly if you're drinking spirits on the rocks, or sipping slower just by nature of what they are, as long as you're not, you know, like actively choosing to throw them back, which I would imagine if you're having it with a meal, and you're on a date with a woman, like you're probably not doing that, but you're gonna choose to sip slower, you're gonna savor the taste of, of whatever it is that you're drinking, because you know that it tastes better than most of the other things that you're drinking most of the time. But it also gives you a chance to actually enjoy whatever it is that you're drinking with your meal and really treat alcohol like it's a part of your meal, as well, which it absolutely is and can be and should be. But moreover, you're going to drink less overall, you're going to feel less crappy than if you were throwing back a number of beers all in one sitting. It just helps you feel better.



Scot McKay 31:17

I think that's really good advice. By the way, you just revealed your Scotch person instead of a bourbon person. Shame on you a little bit. A little Johnnie Walker blue is actually really good.



Jaclyn London 31:26

It's great. It's great stuff. Yeah, that's true. You



Scot McKay 31:29

know what, this is a little bit of a tangent, but not really. This is a running theme on the show is drinking good hard spirits. We were in I believe Johannesburg, South Africa, fixing the board are playing back home. And we were in the duty free shop. And they were handing out samples of Johnnie Walker. And it was a Johnnie Walker special travelers reserve bottle. Wow, you couldn't get it anywhere. But international duty free shops. And you can only take one bottle back with you on the plane. This was 30 US dollars a bottle. And it was almost indistinguishable from Blue. Wow. And my wife and I both grabbed a bottle. And we ever just sip it all we saved it. I brought friends over said you gotta try this. I'm gonna torture you because you can't get it. And that friends come to me, man. That's good stuff. I go. I know. And it's like the price of Johnnie Walker red. And I mean, they were pimping this stuff at the duty free shop at the airport. And I mean, then we went back on another trip. Several months later, we were looking for it. Wow. Yeah, we tore this place apart looking for it was already done. It was a limited run. Is that awful? I mean, what torture? Do you do that?



Jaclyn London 32:43

I mean, there's nothing better than a limited time offering like that. You know what I mean? But then at the same time, there's nothing.



Scot McKay 32:50

I know. That was wrong with you people. This is the best thing you ever produced. Keep making more. What? Is this? Not a for profit business? Do something dare



Jaclyn London 32:58

you? How dare you? Exactly. Great. I totally agree. I can just



Scot McKay 33:02

picture Greta tunberg with a bottle of Johnnie Walker her hand you know shaking it at the camera. All right, man also, man, it is absolutely rampant that men aren't getting enough vitamins. They're not getting enough minerals, turmeric, zinc, magnesium, all relatively inexpensive supplements men should be taking. Because unless you're eating a steady diet of like Ethiopian and Indian food, you're probably not getting enough turmeric, right? And then magnesium and zinc. What else would you add to that list that guys should be taking supplements for? Are you anti supplement, just eat better foods? Let's say I think



Jaclyn London 33:42

a lot of it can be done with foods. So I'm actually not a fan of turmeric supplements. Because I think that one thing we know for sure from a lot of that research out there is that there's a reason why some of the more Eastern cuisines tend to be better dietary patterns. And a lot of that has to do with how we actually consume the tumeric. Right, like so it's not just about the fact that Tumeric is present in those cuisines. It's the fact that you eat the Tumeric with lots of different veggies and lots of different whole grains and lots of light bulbs, right? So it's the combination of those two things. Hold



Scot McKay 34:15

on a second before you go on, we had a guy come here and just sing the praises of turmeric supplements. Interesting. That's the thing. There's a lot of like, conflicting information out there and we don't know what to make of it. This guy said the turmeric with curcumin, you have to have it that way. And actually, if you're popping a lot of ibuprofen, because your joints hurt all the time, it's probably because you're inflamed. And everybody's inflamed. We know about inflammation. It's like the main cause of everything bad happening to our bodies. And turmeric is a supplement that makes you less inflamed. So say eat the food.



Jaclyn London 34:47

Yeah, I would say unfortunately, I have not seen the data that really supports that Tumeric can can sort of undo the effects of chronic inflammation and it doesn't quite work like that, unfortunately, because it would be amazing If it did, but also, there's so much evidence that shows us that the anti inflammatory dietary habits are ones that include lots of veggies and fruit, lots of 100%, whole grains, lots of legumes, soy like beans, chickpeas, lentils, peas. And that then also do include, of course, lean protein sources. So we want to get that lean protein in there, and unsweetened dairy products also critical. But the number one thing that any one of us can do to start practicing a less inflammatory diet is to change our beverage pattern. So change the way that we consume beverages. So you'll see that I'm saying unsweetened beverages is how we want to stay hydrated. I think if we take a look at a lot of the different energy drinks that are out there, a lot of different like coffee drinks, even what we're adding to our coffee and tea. You know, a lot of these sneaky sources of added sugar are coming from beverages and less from the the foods that we choose to eat. So that would be the number one place that I would say if you're concerned about about whether or not your dietary patterns are pro inflammatory, take a look at your beverage pattern before you make any other changes.



Scot McKay 36:06

And what do you say about all the fake sweeteners out there? Are you on the same train as everybody else about that?



Jaclyn London 36:11

No, I think that there's plenty of data that show us that these are safe in moderation. And when I say moderation, I mean that if you are let's just be generous if you are 160 pounds, which, you know, I'm not sure quite where everyone listening really falls in that but nobody who



Scot McKay 36:28

cares about this show is 116.



Jaclyn London 36:31

All right, well, let's just use this example. Because my handy one, right, you'd have to consume more than 21 cans of diet soda per day, to even be considered at risk for some of the harms for some of the the quote unquote, increased risk of cancer increased risk of diet related disease



Scot McKay 36:51

with a brain fog thing is the big crack on say, aspartame, brain



Jaclyn London 36:54

fog. And so I have yet to see any data that support brain fog and aspartame. I'll be totally Yeah.  
A



Scot McKay 37:02

lot of negative press about aspartame and like something else instead. I mean, a lot of the a lot of the sports drinks, you know, are moving away from aspartame anyway,



Jaclyn London 37:13

exactly. Listen, I think any of the non nutritive sweeteners, the ones the one that works the best for you is the one that you tolerate the best. So as long as it's not giving you a headache, or giving you a stomachache or making you feel kind of crappy, then that's probably going to be the one that's the best bet for you. But I would say if you don't this is a hate hesitate to use the word moderation because it's exhausting. It's like so hard to explain what that actually means because it means something different to every individual, right? Small




Scot McKay 37:39

12 packs and Diet Coke.



Jaclyn London 37:44


 Jaclyn London 37:44

I love it. I love it. Listen, like if you're having one or two diet beverages a day you're in absolutely great shape, that's not going to affect anything other than making you then hopefully creating a more healthful pattern of eating for you because you're not consuming sugar sweetened beverages. I



Scot McKay 38:01

gotta be honest with you, you know, when I was on keto, and I lost 50 pounds. By the way, the thing with keto is it causes a chemical reaction in your body. You can't be like on keto sometimes because then you start all over from scratch. If you're gonna be on keto, you gotta be on keto. There's no such thing as a cheat day on keto. So people are like, ah, you know what, I have some potatoes with dinner, but I'm mostly on keto. No, you're not. You're not on keto at all. Okay, so right. We've done that on the table, keto, you got to be draconian, okay. Yeah. But you know, this whole idea of drinking diet beverages. I've had people just hammer me for drinking diet beverages, and I do sometimes. My advice, and this is when I was on keto, like I said, and I was imposing draconian diet patterns upon myself. My advice when I gave up alcohol, having a couple beers when I cook at night, which is how I relax was to replace it with Rockstar energy diet, you know, the zeros. And I mean, you know, it was kind of a nice replacement, and I didn't die from it. And I still lost 50 pounds very quickly. But my wife was like, You got to stop drinking that crap. You might as well just be drinking the beers and I'm trying to explain to her No, I can't because I won't be on keto anymore. If I do that, and she goes, You know what, you should be on a different diet than this. We can't sustain it. We can't eat this with you. Blah, blah, blah. My wife is sweet. She's wonderful. She loves me. But you know, she can't stand when I go on keto, even though she loves her results in me physically, the entire family differently because I am and you know, I tell them go eat pizza, go do what you're going to do because they don't need to be on the same diet I am but then again, it just affects everybody and people start getting cranky. You should stop doing this. You should stop doing that. Everybody's got their shade tree diet advice, just like everybody's got their shade tree dating advice. But you know, kind of like in the dating worlds in the diet world. You need some true expertise. So that's why I appreciate what you're telling us. We're running out of time. Okay, I just looked at the clock, you know, mid ran out there. I would like to get lightning round answers from you. Okay. Elevator Pitch size answers on a couple of things I don't think we've ever covered on this show. Love it. Okay, let's do it. You're the expert to do this. Gluten. Should everybody give up gluten?

 Jaclyn London 40:21

No, no. No, you



Scot McKay 40:25

don't believe that, like wheat is inherently poisonous and people weren't meant to eat it. Absolutely

 Jaclyn London 40:29



not. No. Okay.



Scot McKay 40:30

Okay, that's enough. I'm trying to lightning round. That was amazing. That was like, quick strike. Yeah. Okay, high fructose corn syrup. The same as sugar. Okay, I've heard it's worse. And if you actually look up how they make high fructose corn syrup and see how little corn is actually in it, you'll run the other way screaming with blood coming out of your ears. It's awful, right? You



Jaclyn London 40:54

don't really like the interesting thing about high fructose corn syrup. I'll go on a mini tangent here just for a second. That's okay. But the interesting thing about high fructose corn syrup is that there's been a lot out there about it. And a lot of that has to do with the controversy between high fructose corn syrup and sugar has a lot to do with lobbyists on each side of the equation. So sugar lobbyists, um, high fructose corn syrup lobbyists. And a lot of what's out there really there has not there's not enough human data to be able to say that this is like something so harmful or troublesome, or in any way different from just over consuming sugar. It's just the foods that you find high fructose corn syrup in like sugar sweetened sodas, right being the perfect example. We consume those a lot easier than we do with like, let's say a baked good that's made with sugar instead of high fructose corn syrup. So it's really about the foods that you find it in and less about the compound itself. Last



Scot McKay 41:47

question, are vegans weird? I loaded that one up and took a shot.



Jaclyn London 41:55

I love it. I love this question. Yes and no, I'm gonna say yes or no. Okay, so just to be perfectly diplomatic. Listen, I never hear to shame or judge anyone else's food choices ever. I can only give advice based on my experience and both the application of research in real life practice. So I can only tell you that when people choose vegan diets for the sake of of health of quote, unquote health, this is typically a mistake. And it's a very tricky one to actually get right. So we do need some types of animal protein products. In order to really feel our best. I found that to be true for most people. There are other people who choose veganism based on spiritual reasons based on just more just their own moral ethical reasons. And that's none of my business, right? So I can help you if you're looking to make a vegan diet part of your life for reasons that have nothing to do with health. But of course, I just want you to go in with your eyes wide open. It's not better for the planet, we have no data as to that tells us that and it's not better for human health. We have no data that tells us that either. So just as long as you're going in with your eyes wide open on veganism power to you.



Scot McKay 42:00



Scot McKay 43:00

I'm mildly going to apologize for the simple fact that I thought of another question. Tell me Okay, so that wasn't the last question. I was untruthful. This is okay. Okay. Is pork really that disgusting? No.



Jaclyn London 43:12

Pork can be great. Pork Chop can be an amazing choice. Absolutely. Definitely a heart healthy food. Pork



Scot McKay 43:17

Chow. No, here's why I asked because there are all these statements made on the internet about how just gross pigs are. They don't sweat. They're inherently poisonous. The Old Testament is right. Pigs are just disgusting. And you're just filling your body with toxins by eating any pork. So that's not true.



Jaclyn London 43:35

Not true political. Not true. That's political and also potentially spiritual. So if you're if you're choosing not to eat pork, because Oh, yeah, sure, sure. But for sure, certainly not. Not data driven. No.



Scot McKay 43:46

Well, Jacqueline London, you're my favorite dietitian. You're telling me to drink Johnnie Walker blue eaten or bacon, have a couple of Diet Cokes and lose some Wait. You're my Huckleberry. I'm here to say Scot. That's to raise your hourly rate. Definitely. Her name is Jacqueline London. She's a registered dietician, author, consultant and most of all a whole hell of a lot of fun to have on the show. I hope you'll come back.



Jaclyn London 44:13

I absolutely will. I would love to this has been fantastic. Thank you for Yeah, you



Scot McKay 44:17

know you've you've listed a whole bunch of other topics that we haven't even touched upon. That would be just magnificent, fun to talk about. I would like to have you on as a regular this has just been way too much fun event you got me too. You can go to mountaintop podcast.com front slash London and we will give you a travel guide so you can tour the west at No I'm kidding. You will go to Jacqueline London's website at mountaintop podcast.com front slash London where she will show you a whole bunch of other things you can't believe you're allowed to eat and actually be healthy as long as you drink a lot of water. Right? Absolutely. And she

also has a very popular Instagram channel and I will We'll link to that in the show notes as well. Jacqueline London, what a joy. What a pleasure. You're a delight. Thank you so much for joining us today. And indeed, I am planning that you come back and visit us.



Jaclyn London 45:11

Thank you so much Scot appreciate it. Yeah.



Scot McKay 45:13

And guys, if you have not been about to top podcast.com Lately, we're partnering with the folks over at hero soap.com to bring you something extremely special, that I have my heart and soul in and it is going to change the way you take care of yourself as a man, look for an announcement from that probably within the next several months. Okay, but I did want to kind of give you a preliminary, you know, bit of information there that we're working on that. Meanwhile, those guys have shampoo, they have brand new scents of soap all of them are incredibly manly. Matter of fact, that's what kind of kicked me off the fence, proverbially and help me make a decision to prioritize getting something to you guys that I think none of you will have ever seen before. That is going to change the way well certainly you wake up in the morning and get ready for work. And also Jocko willings company origin and Maine has completely revamped their website man. The growth these guys have experienced and well deserved at origin domain over the past few years is just phenomenal. And it's because they make great products. Everything across the board from the supplements. From the jeans to the boots to the BJJ GIS to the hunting and fishing gear, everything they've got his top quality, go to mountain top podcast.com Visit heroes soap and origin from there also the guys at key port.com The number one way to trade in your old school. I don't know I guess your penknife something your grandpa would have carried and get dragged kicking and screaming into the 21st century with your everyday carry item. Man, you will be so glad you invested in a keyboard I carry mine every day and it comes in handy constantly. Imagine having for example, a blade that will cut through anything except you write when you open it or leave it in your pocket or whatever. Yeah, new school stuff, fantastic technology there. You can use the coupon code mountain 10 with any of our sponsors to get 10% off and tell them I sent you they need to know that. Right? Also, if you guys haven't talked to me about how to change your life with women, the phone call with me for 25 or 30 minutes is free, you can sign up at mountaintop podcast.com and get that done. Also gentlemen, if you have not gotten your hands well I guess proverbially speaking, subjectively speaking, gotten your eyes on maybe if not your hands, my latest audio program women and AI that is life changing. And here's the thing about that audio program. Most of you guys listening, don't even realize how important it is to get that audio program just yet. Because you're not up to speed on how AI is already changing your life. AI is going on, it's here. It's not a fad. It's going to change how we all live in ways that are maybe even subtle to us and know where in no particular category is it more important to get your head on straight relative to AI is impact them when it comes to dating and relating to women, women and AI. It'll cost you less than a Starbucks date. But it will change your perspective. You can go to mountaintop podcast.com front slash AI to get your copy of that. And I also indeed look forward to talking to you guys on the phone. If you have not ever talked to me on the phone. I'm exactly who you think I'm going to be except I usually talk slower. Jacqueline had that effect on me today. I'm back on the East Coast. And we will talk about how to get better with women. And I will promise you results in advance. When you do

that. Go ahead and sign up get all the goodies and more at [mountaintop podcast.com](http://mountaintop podcast.com) And until we talk again real soon this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there

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