



POWHER Hour Questions Follow Up - Nutrition

Please note, these are the questions (including spelling) that were left unanswered during the Q&A session for the POWHER Hour Series on Sunday, March 28th. The recording can be seen [here](#).

The answers to these questions are NOT to be deemed as medical advice, and you should consult with your primary care physician and / or medical specialist team to confirm that these answers fit YOUR terrain.

1. Q: *I am vegetarian (almost vegan) and Don't think Keto works.*

A: It is possible to be vegetarian and also do a keto diet. Look further into Dr. Nasha's book to understand more. And also check out Dr. Will Cole's Ketotarian book for resources and discussions. We also discussed this specifically on the recording so review back for more details:)

Q: *How about raw A2 milk?*

A: We provided an answer to A1 vs A2 during the conversation, but Nasha did you have any additional comments specific to RAW A2? This book is a great resource: [Devil in the Milk: Illness, Health and the Politics of A1 and A2 Milk](#)

2. Q: *What about alternative sugar? Stevia, monkfruit, erythritol? Are they safe/good? In moderation.*

A: The ultimate goal is to keep your sugar intake down - this means all types of sugar including all the 'replacement sugar'. Note, sugar is in everything and is a trigger even though they don't cause an insulin response but cause *psychological* response. Best case is to replace with honey, (ONLY if you are metabolically healthy/flexible, only raw and local, and only in tiny amounts) and explore your body. One thing to also look into is trying out a continuous glucose monitor (CGM). This is a monitor that you wear for 2 weeks and see how the levels of sugar in your body. If you'd like to read more about why this is important, [take a look at this link](#) and this one regarding the [different types of CGMs](#) on the market today.

3. Q: *What about goat and sheep milk vs. cow milk? what about yogurt? Is yogurt bad? organic, unsweetened (though it has natural sugar)?*

A: With all of these things -- it is the lactose is the bad guy, experiment with your body to see how it handles different products if you combine it with the right nutrients. Sourcing and also your environment is critical when it comes to these things. You may not be able to tolerate yogurt when you are in a northern climate, but you are better when out in the sun and in nature more. Also, if you are going to have yogurt make sure to INCREASE the fat content. "Low fat" yogurt means that they have removed the good fats and added other flavoring, emulsifiers, etc., to make it palatable to the modern tastebuds. This also goes back to the A1/A2 conversation above as goat/sheep are primarily A2.

4. Q: Are all sugars bad? what about honey, or maple syrup, coconut aminos?

A: See above question #3. All carbohydrates turn to sugar in addition to the added sugars---so be a label reader, use a macronutrient counter and recognize unless you are actively avoiding excess carbs you are likely getting too much sugar.

5. Q: what about goat milk products like cheese?

A: Goat milk products are often times more tolerated by the gut because there is a higher fat content in goat's milk than in cow's milk. Again, test this on yourself. Eat goat cheese and then maintain a food diary or use an app like Bowelle to track bowel movements, constipation, feeling of emotions, lethargy, etc. Notice too whether dairy impacts your skin health. Sometimes people find that after adding dairy into their diet, a week or two later they will have skin breakouts. (see other conversations above as well)

6. Q: what's your opinion on organic einkorn wheat?

A: Spoke to this during the class but ultimately--all wheat, even the heirloom form, impacts the gut lumen and makes it more leaky and raises our IGF-1, and causes an insulin spike. It is difficult to find it NOT contaminated with glyphosate as well. If you are clear you have no autoimmune issues, have no Celiac or gluten intolerance, then perhaps try it out by doing a rotation and elimination diet and introduce and see what it does to your pulse, digestion, mood, skin, etc.

7. Q: If you could pick almond or coconut milk? What do we look for in buying these products?

A: Between the two - likely coconut milk because of its fat content and omega3/6 ratio. Remember - 10 almonds a day is the maximum that one should have (that includes the whole nuts, flours, milks, etc). They have too many omega6, this is especially important for vegetarians that already tend to have a high omega-6 diet to be aware of. You need to get those oils that you are not getting from animal fat. So, when drinking almond milk you are overdosing (to the negative side) on this ratio.

8. Q: isn't gluten in einkorn flour a different structure? Of course too much of anything is not good but curious your thoughts

A: See Above

9. Q: Can someone with cardiovascular disease like heart attack who has a stent still able to eat meat products with high fat or whole fat milk?

A: Discussed this in detail during the webinar---look into work of Diet Doctor (Andreas Eenfeldt), Dr. Jeffrey Gerber, Dr. Jack Wolfson, Dr. Brett Scherr---all are cardiologists who have dispelled this myth a long time ago.

10. Q: How to explain that Eastern Orthodox monks (in Russia, Romania, Serbia, Bulgaria etc.) are often just on water and bread, especially during lents, which are 4 per year, and two of them are 40 days, and they are healthier than most of us?... that's a lot of fasting, but also a lot of bread...

A: Answered during the Q&A.

11. Q: What brand of flax seed do you recommend?

A: Answered during Q&A (as long as vacuum pack, cold stored, and ground on demand)

12. Q: Can someone who has high cholesterol level including high LDL particles still be able to have a high fat diet?

A: Answered during the live Q&A.

13. Q: What about cooking (baking) with flaxseed (freshly grounded)

A: Nasha discussed during Q&A---NEVER ever ever heat these things beyond dehydration which are temperatures below 140 degrees F

14. Q: What is the test for omega 3/omega 6?

A: These are standard labs that even you can have run on your own: <https://www.walkinlab.com/products/view/omega-3-and-6-fatty-acids-blood-test> or can request your doctor to order

15. Q: How to follow the seed cycling when one is in menopause?

A: Discussed in the webinar as well as depicted on the image--just follow the cycle of the moon

16. Q: You mentioned a copper iud do you recommend that for a women who is not wanting to get pregnant? Any side effects?

A: Discussed during Q&A

17. Q: What herbs for females struggling with cramps and heavy bleeding.

A: Discussed during Q & A---cramp bark (aka Viburnum) in a 1:1 ratio with Piscidia (Jamaican Dogwood)

18. Q: Do you recommend vitex daily for someone who has had breast cancer in the past?

A: Discussed in Q&A but also needs to be CAREFULLY considered with an expert to evaluate the patient---not usually recommended for breast cancer patients, especially those that are hormonally positive

19. Q: Water...you stress not to drink in plastic bottles, what brand of water do you recommend? What filter for your kitchen faucet?

A: For home use -- AquaTru or Berkey Water Filters, AquaSana, Pure Effect Filters. Brita and your fridge filters will NOT remove all the elements.

20. Q: What is allowable to consume during a long fast (24+ hours)?

A: Water, tea, black coffee, electrolyte drinks, carbonated water with some lemon and salt is also great. Check out more information by our friends at Zero Fasting and Dr. Mindy Pelz as well. They have tremendous recommendations!

21. Q: I'm following nutritional keto (breast cancer history) all the time, but before ovulation and a week before ovulation I crave more carbs. Is it ok/helpful to go out of keto and add extra healthy carbs

A: This will depend on your own metabolic health and needs to be evaluated closely as to whether cycling carbs is appropriate for you with regards to your cancer history. Dr. Mindy Pelz and Dr Anna Cabeca talk about the need to cycle keto for women (non-cancer specific recommendations). Look into their work to understand the days of your cycle that might be best to add in some more carbs.

22. Q: If fasting longer and not eating in the morning helps you get into ketosis.

A: Yes ma'am it sure does!

23. Q: any truth in foods according to the blood type? and if so, but it contradicts the Nutrition Genome results, which one is more credible then?

A: Nasha discussed during webinar

24. Q: I tend to lose hair when I do longer fasts (16-18 hrs)...thoughts?

A: This could be a sign that your body is believing that the fast is too much of a stressor and that it then goes into a protective mode -- focusing on the brain and heart health, and not focusing on the "other" components of skin health, hair health, etc. Before continuing these longer fasts, we'd recommend doing a Dutch hormone panel and understand what is going on with your hormones and cortisol levels. This will tell you whether your body is already overstressed and therefore, perhaps, it makes sense to NOT do any fasting for a period of time until your body calms down.

25. Q: Is cassava flour considered low carb for keto diet?

A: No, It is a pretty high carb. If it is a TBS or two in an entire recipe, not so concerning, but don't get seduced by all the cassava chips/tortillas/etc on the market--sugar bombs.

26. Q: Which test is the nutrition Genome Test please

A: [Nutrition Genome](#) (use code WHEALTHCO for a 10% discount)

27. Q: Nutrition Genome: if only 5% of health issues linked to genes and 95% our environment/choices why is this test helpful?

A: Discussed in webinar---Nutrition Genome and others like it are testing EPIGENETICS which is the 95% discussion. These are your genetics that respond to YOUR input.

28. Q: Do you recall the name of the Cyrex test for leaky gut?

A:<https://www.cyrexlabs.com/CyrexTestsArrays> (Array, #2)

29. Q: Can these blood test for gut/food be ordered by the patient directly, or only thru a practitioner?

A: General blood tests are not good for this, and I am not a fan of food allergy panels as they can be very misleading, especially if one has a terrible GI tract from medications/treatments. It's possible to do either via a health practitioner / doctor who will work with you. If not, then there are loads of direct to consumer labs that can provide this for you as well -- LabCorp, QuestDiagnostics, etc. You will then want to work with a health coach who can help you interpret these tests and develop together a program for you to improve your health. If you'd like more info about finding a health coach, please message us at info@powherprogram.org

30. Q: Dr. Nasha, could you recommend a practitioner that would be knowledgeable in reading a FoundationOne result from a solid tumor and Nutrition Genome results?

A: Foundation One is a tissue assay about a tumor genetic makeup and needs to be reviewed with an oncology specialist and Nutrition Genome is an epigenetic test which can be reviewed by a variety of providers but if you are looking at it through a cancer filter, go with an integrative oncologist trained in this like one endorsed on my website www.drnasha.com under resources.

31. Q: What about grains/legumes from other countries. Would you still recommend avoiding them?

A: For the vast majority of people who are suffering from some health issues, the answer will be yes. For the most part, all grains / legumes around the world are being sprayed with Glyphosate or other chemicals. If you come from a heritage where this is part of your culture and you feel good with this (e.g., you are not suffering any negative health effects and if you are metabolically healthy), then keep eating it AND look into the sourcing. See this article regarding how [many European countries](#) are still seeing issues from chemicals such as [glyphosate](#). Almost all of SE Asia imports grains from US and though Europe is better about it, they still import a lot from US.

32. Q: How do we test for SNPs?

A: See above

33. Q: How do u know/find out if u have histamine issues?

A: I like Dr. Amy's article here: <https://www.amymyersmd.com/article/histamine-intolerance/> but a good clinical history, blood levels of eosinophils and SNPs point us here as well

34. Q: What do you think trace minerals supplementation like concentrate? Is it helpful for everyone because of soil depletion? Especially if you sweat a lot (sauna)?

A: very important. I personally like/use Quinton Sips (basically concentrated sea water)

35. Q:Any thoughts on oxalates??

A: Many thoughts---depends on what you are asking. If you eat a lot of greens and don't acidify them, take high dose IV and oral Vitamin C, are low in magnesium, high in uric acid, eat a high sugar diet, are chronically dehydrated, have dysbiosis, then you are likely dealing with oxalate issues. Another good article to review: <https://anthrobotanica.com/low-oxalate-diet/>

36. Q: If you are supposed avoid dairy for ovarian cancer - is Goat cheese allowed?

A: Where did you get that info on dairy and OVCA? First---check your source. 2nd, what is right for YOU? Dairy is dairy, no matter the animal. And the issue is most often the quality, the lactose and the casein, which means that full fat items like butter, ghee, heavy cream and sour cream, as long as very high quality, are not contraindicated if tolerated well

37. Q: Is there a non toxic cookware that you would recommend?

A: If there are no issues with elevated ferritin, then I love cast iron (avoid cooking tomatoes in it), and stainless steel and many like these ceramic options: <https://www.greenpan.us/?Cjevent=894fbdf3918b11eb833600b20a1c0e11&cjdata=MXxOfDB8WXww>

38. Q: Would love to have a recipe for a great healthy sour dough bread and crackers!

A: I don't have one as I don't make those things. I make flax crackers in my dehydrator and just don't "do" bread anymore. But I am sure if you google grain-free sour dough bread recipes--like this one: <https://ohsofoodie.com/keto-sourdough-bread/> but also note the amount of almond flour and don't go too crazy--a slice is a serving, folks!

39. Q: If we are to stay away from legumes.. what about hummus?

A: Hummus is literally THE worst offender of glyphosate toxicity on the planet. Don't do it. I make artichoke hummus, cauliflower hummus and/or zucchini hummus---EXACT same recipe, just replacing the garbanzos with these other items.--that also keeps it low carb and is delicious!

40. Q: How can you increase both methylation AND IGF1

A: Easy--intermittent fasting

41. Q: How many avocados are OK to eat?

A: I live in Mexico 7 months of the year and eat 2-3 per day:) They still have some carbs so if you are not metabolically flexible, may need to limit more but for me they do nothing to my glucose, insulin or ketone levels but can for some:)

42. Q: What food mostly increase IGF-1 (I have it around 150 and try to decrease it)? I tried greatly reduce red meat, eliminated dairy. Don't work

A: ALL carbs, factory farmed dairy and meat, corn, wheat in general. If IGF-1 high with a low carb (<50g) diet then look at your sleep (2 nights bad sleep=high IGF-1 and review the sleep discussion) and estrogen dominance (review the hormone discussion) are likely drivers

43. Q: Flax meal ok?

A: Yes---see caveats above

44. Q:What food mostly increase IGF-1 (I have it around 150 and try to decrease it)? I tried greatly reduce red meat, eliminated dairy. Don't work

A: See #42

45. Q:Is there a coffee maker you recommend, I hate the idea of having hot water go through a plastic department

A: Great question -- an old fashioned french press is the best, quickest, cleanest, and with no plastic. 100% Stainless steel stove top espresso makers and ceramic pour through with non-bleached filters work well too

46. Q: Whole house filters are crazy expensive, that about a filter for the shower head?

A: See above---all those that make counter top, under sink and whole house also offer shower heads

47. Q: Decaf vs caffeine? Is decaf still poison?

A: Depends on the processing. My question is WHY decaf? If you don't tolerate the caffeine--better to use a different beverage as the medicine is in that component

48. What if you're not on city water and using well water - what's necessary then pls??

A: Test your water---our water table/groundwater is highly toxic.

Thank you again for all your questions and time.

We are excited to continue hosting these types of discussions the next following weeks. You can find more information on our instagram ([@powherprogram](#)) or our [website](#). If you have any questions, please feel free to message us there or at info@powherprogram.org.

With gratitude,
The POWHER team

Yay team!