



## **Day 3 – The Three Exchange Diet – Video Transcript**

**Dr. Pompa:**

I know most of you think diet changes are hard, lifestyle changes are hard, but look, I know this for certain: Because you're in that office, they are about changing lives. There's no doubt about it. I'm sure you're up for the life change, no doubt. We really have made it very simple. It's three exchanges that make up the true cellular detox diet. Really, these exchanges are the things that can interfere with detox the most, so these were specifically chosen. These are things that we definitely do.

**Meredith:**

Right.

**Dr. Pompa:**

We'll also take those who want to do more. We'll explain that at the end. I think the cellular detox diet, it is about these main things that can stop up cellular detox due to inflammation. Would you agree with that?

**Meredith:**

I agree.

**Dr. Pompa:**

Cellular inflammation, I said it earlier, I said, "Look, this is known to be a causative factor in most if not all diseases today." When we talk about inflammation, it's not the sore shoulder, although that is inflammation. We're talking about every cell in the body. Honestly, the things that people are putting in—we humans are putting into our bodies foodwise really are some of the biggest things that drive cellular inflammation, and therefore, remember, that's where true detox starts, upstream. We have to fix that cell ultimately to get well. Let's talk about it. Let's give them exchange number one.



**Meredith:**

Exchange number one, right.

**Dr. Pompa:**

Wait, wait, wait. Before we get there, do you have anything to say about that because diet changed your life?

**Meredith:**

Right, it did. I was going to say, too, with inflammation, that if we're working so hard to detox our bodies with true cellular detox, it's really not going to give you the results you really could get or want if you don't really think about this component of diet, too. I have definitely had my fair share of diets. For many, many years, I had tried many different diets. For a while, I followed a macrobiotic diet where I ate grains.

**Dr. Pompa:**

She's the diet queen. I'll tell you that right now.

**Meredith:**

Yes. I ate grains three times a day for years thinking that I was doing the right thing, but I didn't really realize that I was constantly creating cellular inflammation in my body. It wasn't helping. We have a lot of awesome ideas for you here. To really keep it simple, though, we have broken it down to three strategies where you can zone in and really kind of exchange these three items for some upgraded, healthier, better item that will decrease cellular inflammation instead of promoting it in your body.

**Dr. Pompa:**

Everyone can do this. I was very strict. I ate no grains at all for at least four years when I was sick. I learned. I would try even what would be called healthy grains, and I would realize I just didn't feel well the next day and realized there was some things happening because I had a leaky gut.



Certain things were crossing my gut, and it inflamed me. We don't even expect that from them. Change number one—let's give it to them—exchange your grains. What we mean by that is—I think most people watching this have heard gluten.

**Meredith:**

Oh, yeah. Gluten-free, everyone's going gluten-free.

**Dr. Pompa:**

I've written many articles about it. It's not just gluten because there is things in grains that once somebody has a leaky gut—what that means, it's kind of like a pipe. You have your intestines, and literally, it's open, and certain proteins cross, and your body makes the antibodies to these things, and it drives inflammation. Bottom line, you don't feel good after you eat certain foods.

**Meredith:**

Have you described the leaky gut kind of looking like Swiss cheese, so the toxins are just leaking out?

**Dr. Pompa:**

Yeah, absolutely.

**Meredith:**

Yeah. Not good.

**Dr. Pompa:**

It really is. People always ask, "What's causing?" I read an article somewhere. They estimate that 95% of America has a leaky gut.

**Meredith:**

Wow.



**Dr. Pompa:**

That means that people are going, “I don’t because I digest food.” No, no. You could have good digestion, but hours later get a mild headache and never think it’s what just happened in your gut, or just have depression, which is linked to leaky gut—many different things.

**Meredith:**

Not connect it with the food.

**Dr. Pompa:**

Many people do don’t know it, but the bottom line is if you do, then there’s things like gluten as a denatured protein that cross and really cause havoc. I’m telling you, most people don’t realize it. It is not just about gluten. There’s other things in many grains that cause many problems, including chemicals.

I didn’t finish one point I want to finish. Leaky gut, people ask me, “What’s the number one cause?” It is toxins. Again, that’s why true cellular detox is so important. Ultimately, if you don’t get rid of the toxins upstream at the cell, you’re never, ever, ever going to really fix leaky gut and everything that goes along with it. We have to get upstream, and that’s what true cellular detox is about. With that said, if we’re putting in things that are causing leaky gut, that’s a problem.

**Meredith:**

Not helping our cause.

**Dr. Pompa:**

We say, “Exchange your grains.” Why don’t you give them some of these grains that we say, “Let’s get off of these grains, and let’s choose better grains?” Explain that.

**Meredith:**



We're getting of not only glutenous grains, but one of the reasons, too, is because of GMOs, which are genetically modified organisms, which are being sprayed on most of the grains out there. Yes, we're getting you off the glutenous grains, but—

**Dr. Pompa:**

Glyphosate is being sprayed, which we'll talk about. GMO is the actual grain that's been genetically altered.

**Meredith:**

Right. Thank you for the—yeah.

**Dr. Pompa:**

You said, "Sprayed," but I knew where you were going with that.

**Meredith:**

They're not spraying GMOs. They're spraying the glyphosate.

**Dr. Pompa:**

They're spraying glyphosate on—it's a chemical that—let's back up a second. You're right. GMOs is not understood and needs to be. Genetically modified organisms are a lot of grains today. Just about every corn thing that you find in the store, whether it's a chip, potato chip, corn flake, whatever it is, it's GMO, no doubt about it. If it doesn't say, "100% organic," it's GMO. GMO, why is it so bad? They're genetically modifying these grains. There're studies that are showing that it is putting holes in our gut, leaky gut.

Now, if that we're bad enough, they're also spraying these genetically modified grains because they're genetically modified to withstand more of this chemical from the very company who makes the genetically modified seeds that they're selling to the farmers. They're the ones that make the chemical that we can spray tons of chemical on. It's called Roundup-ready crops. Glyphosate is the chemical in Roundup. It's the



number one pesticide/herbicide used on the planet. They genetically modify it so they can spray more.

The problem is this: We are ingesting more of this dangerous, dangerous chemical. By the way, the company says it's safe. Okay. Stephanie Seneff, leading scientist at MIT, has released multiple studies showing that it does cause leaky gut. It disrupts bacteria in our gut that we need to make normal brain chemicals. Her studies are showing how it affects the brain, diabetes, the list goes on, even heart disease. We know this stuff is dangerous. It's not my opinion. We have studies to back that. The point is that, look, it is sprayed on every conventional grain.

Do I believe getting rid of all grain is important? I do. Some of you that want to take it to the—say, "Hey, I want to go to the next level," we're going to do a video on that, so stay tuned. You want to get rid of all grains. Let's say you're darn healthy, so let's just make the exchange from better grains. What is the exchange? Tell us about those.

**Meredith:**

Some of the grains that are non-glutenous, and are going to be more digestible, and create less inflammation are quinoa. Quinoa is a great option. It's actually a seed, and that is something that doesn't have gluten in it, but it has a lot of protein in it. That's one of the better grain choices. Buckwheat is another good choice, a lot of protein. Amaranth and quinoa are also gluten-free grains that would be good to include in your diet in small amounts if you're healthy and feeling good.

**Dr. Pompa:**

Also, I think, rice, brown rice, wild rice, and again, I think organic options are the best because they don't have the glyphosate sprayed on it. Do you know they're literally—conventional grains, all conventional grains, they're spraying it with that chemical, glyphosate to actually harvest it because it increases the harvest yields. They're spraying it on before harvest. It's called desiccation, and it shrivels up, and it actually increases



the yield, and makes harvest easier. Therefore, we're being exposed to very, very dangerous levels of this chemical that when we grew up, we were never exposed to. I think it does explain at least some of the increase in this leaky gut, which leads to allergies, food allergies, and many other problems.

**Meredith:**

There's so many of the digestive disorders rampant today, too, so, so many.

**Dr. Pompa:**

That's why when we get someone who's really health-challenged like I was, taking all grains away was really magic for me. You might want to try it for three months. We'll talk more about that in the advanced segment. Honestly, just exchanging the grains for most of you to these grains. It's in your resource, so if you didn't take notes fast enough, we have those grains for you. Go from regular grains to these, what I like to refer to as more ancient grains. They haven't been genetically modified. They haven't been changed. Before we leave grains, I have to discuss this: Why is gluten bad today? In other words, what happened? When we were kids, did anyone have a gluten allergy?

**Meredith:**

No. We were eating it just fine. Yeah. What's the problem now?

**Dr. Pompa:**

I know you've thought that, and I have, too. What's happened? Something unmagical happened in the '70s where a very brilliant guy who really was trying to solve world hunger, Norman Borlaug, he genetically changed—now, this wasn't GMO, now. They just hybridized—is the better word—hybridized the grain, hitting it with some gamma rays.

This project went on for some years, and he created something called dwarf wheat, was the first, really, thing that happened. Regular wheat stood about four feet tall, maybe even six. Now, it's about two feet tall,



hence the word dwarf wheat. The bottom line is they changed it to basically feed more people. Easier to harvest, withstood environmental pressures better, draught. Dwarf wheat is the new gluten. What happened was during that change, hybridization, it changed the protein, gluten.

Now, it changed other things, too, so it's not just about gluten. It changed it, and now people are reacting to it, especially those people who have some leaky gut with that denatured protein that's foreign to your body, crosses the gut, and it drives inflammation of the cell, which can drive weight gain. It can drive multiple different symptoms that people don't like from headaches to thyroid issues, autoimmune. The list goes on. We definitely want to evolve to these grains that don't contain gluten, that haven't been hybridized and changed. They're just simply cleaner foods. The list is in your resource guide.

**Meredith:**

This isn't just for people that have Celiac disease, as well. Even if you haven't been diagnosed with this disease, getting off gluten is going to make you feel better.

**Dr. Pompa:**

There's no doubt. Obviously, a lot of people today—weight loss resistance is what I refer to it, people who just can't lose weight despite what they eat and despite how much they exercise. By the way, the number one reason for that is toxins, neurotoxins, which true cellular detox—

**Meredith:**

Yep. Right back to that.

**Dr. Pompa:**

When we get these people who can't lose weight, this is the—true cellular detox has been an answer for so many people struggling. Yes, you're right. This is about people who actually eat these grains. It does cause weight loss resistance, and that's a big problems.



**Meredith:**

Mm-hmm, huge. Awesome. Exchange number one: Exchange your grains. All right. Exchange number two: Exchange your sugars. We're getting rid of refined sugars and artificial sweeteners and adding in healthier sweetener options. We like to use stevia, small amounts of stevia, and very high-quality stevia. You don't want a stevia that is chemically processed.

**Dr. Pompa:**

Truvia is not—there's other things in some of those products that we don't like.

**Meredith:**

Right.

**Dr. Pompa:**

Again, we want a pure stevia, and that's what we really want to look at.

**Meredith:**

Yes.

**Dr. Pompa:**

Most health food stores, by the way, sell pure stevia extract now. That exchange is really easy.

**Meredith:**

Very easy, yeah.

**Dr. Pompa:**

I do have to bring up a topic that most people don't understand sometimes.

**Meredith:**



Okay.

**Dr. Pompa:**

Here I am, sitting on an airplane. I tell this story all the time. Invariably, this happens. This is real. The person next to me orders a diet Coke. I can't help but ask the question, "Oh, so why do you order the diet Coke?" I get the same answer. It's never, "Because I want to lose weight," or "I'm afraid of gaining weight." They say, "Oh, I actually like the taste better." I believe that; however, I always say, "But what about when you first started diet Coke? Did you like the taste?" "No. I acquired a taste for it, and now I like it better."

There's a reason for that. It's an excitotoxin. It's actually a toxin for your brain, and it makes you addicted to the product. These artificial sweeteners are more addictive than sugar. Here's the kicker: Most people start those products because they want to lose weight or they're afraid to gain weight, but the fact is they stimulate hormones and affect hormone receptors that actually cause you to gain weight and not be able to lose weight. Tip: Don't go to the artificial sweeteners. Let's stay to the stevia extract. I'm going to give them another tip.

**Meredith:**

Yep, getting rid of the refined sugars, and that's white sugar, as you know, but even some of the other healthier sugars like the evaporated cane juice, the raw sugar—sugar is sugar. You really want to keep that at a minimum and avoid the artificial sugars. We like stevia. Small amounts of raw honey can be used in some recipes. I also like grade B maple syrup once in a while, too. Grade B tends to have more minerals than grade A. That's a nice option if you just want to kind of sweeten some desserts here and there, but not in excess because as we know, sugar is sugar, and sugar drives inflammation, as we know.

**Dr. Pompa:**

I was going to make the point. We kind of went off of grains already, but why we're exchanging you to these grains or getting rid of them



completely is really about controlling cellular inflammation. *Wheat Belly* is a book that I think needs to be held up here a little bit. Bill Davis did a great job of getting people to understand this fact: Two pieces of whole grain toast drives glucose, which drives inflammation of the cell the same as drinking a 12-ounce soda. You have to understand that. There is a correlation, and he really made that well.

Remember, if we control grains, switch to those grains, or no grains, we're going to control glucose. Same with the sugar. Here's a little tip for you: Get rid of everything that has O-S-E in the ingredients, dextrose, sucrose—what else—fructose—what else? I don't know—anything with ose.

**Meredith:**

A lot of ose. Get rid of the ose.

**Dr. Pompa:**

Yeah, get rid of the ose, and you're going to get rid of a lot of sugars in your diet. Look, some things naturally have sugar. We don't want these added sugars. Here's a big one that people don't recognize: High fructose corn syrup, which has been identified to have high mercury levels, it's also really not a food. It's worse than regular sugar. Get rid of the high fructose corn syrup. Let's stick to the natural sugars. The best thing to put in your coffee, tea—we'll talk about that in a minute—is going to be the stevia. You do acquire a really good taste for it. Hey, if people learn to acquire a taste for the aspartame, these chemicals, they can definitely acquire a taste for the stevia.

**Meredith:**

Right. That's great. Stevia is 200 times sweeter than regular table sugar, so you don't need much, either, just a tiny, little sprinkle. After a while, too, once you kind of get off sugar, you might find you don't even need it in your coffee anymore at all. You can definitely just—



**Dr. Pompa:**

You don't use it at all?

**Meredith:**

No, I don't, and I don't find that I need it. When you want a little sweetness, it is nice to have it as an option.

**Dr. Pompa:**

Let's just get it out there. We keep saying, "Coffee—if you're a healthy person"—

**Meredith:**

Let's bring up the coffee.

**Dr. Pompa:**

"Dr. Pompa, do you drink coffee?" We do, but it's very little, maybe one cup in the morning. You can tell them what we put in that. We do very little. We use stevia, and we use organic coffee because coffee does carry a lot of toxins. I believe coffee is actually a super-high antioxidant, one of the highest, so it's very healthy, but if you're drinking cup after cup, you can over-stimulate your adrenals. That I don't recommend.

**Meredith:**

Right, and a low-grade coffee, as well. A lot of coffees out there are covered in microtoxins and mold, and that is a huge issue with a lot of coffee out there, too. There is good coffee, and there's bad coffee. If you want to upgrade your coffee, we love to add in some good fats, as well.

**Dr. Pompa:**

Ask the doctor in the office because they probably drink a healthy coffee.

**Meredith:**



That's true.

**Dr. Pompa:**

They can guide you in a better direction.

**Meredith:**

That's true.

**Dr. Pompa:**

We were on the sugars, and I had to go—oh, hold on. Wait. Back up. One more thing: "Can I drink wine? Can I drink alcohol?"

**Meredith:**

Oh, that's a good question.

**Dr. Pompa:**

Let's just hit all those hard things right now.

**Meredith:**

You are detoxing, so—right.