











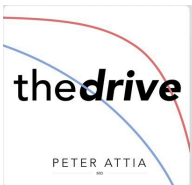














FAVORITE PODCASTS & GURUS

By Julie Cottrell, MS, RD, LD

Here are 25 of my favorite podcasts. Honestly, if you only wanted to check out ONE of them, “[Peak Human](#)” is the way to go. Brian Sanders, the host, has interviewed ALL of my favorite gurus on his quest to create his movie “Food Lies” which is still being filmed. You can click on the links below to learn more about each podcast. Listen on iTunes, Spotify, Google Podcasts, and other places. Video versions of some of these are also available on YouTube.

Peak Human	Low Carb MD	Everyday Wellness	A Whole New Level	Diet Doctor
				
The Thyroid Fixer	Well Beyond 40	The Carnivore Cast	Dhru Purohit	The Primal Kitchen
				
The Genius Life	The Fat Emperor	The Drive	The Natural State	Heroic
				
Huberman Lab Podcast	Intermittent Fasting Stories	The Model Health Show	SIBO Made Simple	Mastering Blood Sugar
				
Cleaning Up the Mental Mess	Strong By Design	Human Performance Outliers	The Performance Nutrition Podcast	Optimising Nutrition
				

Favorite influential people who do not specifically have a podcast, but who are frequently interviewed include:

<u>Ted Naiman, MD</u>	A physician focused on leveraging dietary protein vs carbs and fats, as explained in his book " <u>P:E Diet</u> ". He is also an advisor for <u>Diet Doctor</u> .
<u>Ben Bickman, Ph.D</u>	A professor and researcher at BYU; focused on fat cell metabolism. He is the author of " <u>Why We Get Sick</u> ". Active on social media too.
<u>Gabrielle Lyons, MD</u>	Physician and avid promoter of "Muscle Centric Medicine"; author of " <u>Forever Strong</u> ". She trained under protein researcher <u>Dr. Layman</u> .
<u>Cate Shanahan, MD</u>	Physician whose focus is on the harmful effects of "seed oils"; her books include " <u>Deep Nutrition</u> ", " <u>Fat Burn Fix</u> " and " <u>Food Rules</u> ".
<u>Stasha Gominak, MD</u>	A neurologist focused on sleep optimization; she developed a program called " <u>RightSleep</u> ". She has also contributed to vitamin D research.
<u>Gary Taubes</u>	An investigative science and health journalist; has written MANY books including: " <u>Good Calories, Bad Calories</u> " and " <u>The Case Against Sugar</u> ".
<u>James DiNicolantino, MD</u>	A cardiovascular research scientist and doctor of pharmacy; author of many books including: " <u>The Salt Fix</u> ", " <u>The Immunity Fix</u> " and others.
<u>Dominic D'Agostino, PhD</u>	A popular name in the keto space; his focus is on neuropharmacology, medical biochemistry, physiology, neuroscience, and neuropharmacology. Here are links to some <u>YouTube interviews</u> featuring "Dom".
<u>Nadir Ali, MD</u>	A Texas-based interventional cardiologist who advocates for low carb and keto diets. Here is an example YouTube interview: <u>Eat Mostly Fat</u> .
<u>Eric Westman, MD</u>	A physician who promotes very low-carb/keto diets to reverse diabetes, obesity and improve metabolic health. Author/co-author of <u>many books</u> .
<u>Amy Berger, CNS</u>	A certified nutrition specialist; author of <u>several books</u> . Co-author of " <u>End Your Carb Confusion</u> " with Dr. Eric Westman.
<u>Jeff Volek, PhD, RD</u>	Co-author of "The Art and Science of Low Carbohydrate Living"; co-founder of <u>Virta Health</u> , a program to reverse type 2 diabetes.
<u>Stephen Phinney, MD</u>	Co-author of "The Art and Science of Low Carbohydrate Living"; favors low carb eating even for athletes; co-founder of <u>Virta Health</u> .

Also see [FAVORITE BOOKS](#) to find a selection of authors who are outstanding!!

You will find some of the people named above on that PDF.



Also noteworthy is a mobile phone app called [FIRST 5 Bible Study](#).

Check it out for an inspirational morning devotion!

It is geared toward women, but good for ALL!!

