

AJR Udo Erasmus Transcript Pt 2

0:00:01 - Announcer

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and Ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. This is part two of my conversation with Udo Erasmus. I found him fascinating and our conversation went long, so we're releasing it in back-to-back episodes. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's continue the conversation with Udo. Did you ever reunite with your mother?

0:01:18 - Udo

Oh yeah, my mother's sister found out what had happened. She then came behind enemy lines by that time and found us and reunited us with the family. So I was probably in the orphanage and wherever they took us, I don't remember, I don't have memory of any of that. Probably there for maybe two weeks a month, but for a two-year-old, all of a sudden, moms bye. So like that probably wasn't a confidence building talk about abandonment issues goodness I could be, yeah, yeah yeah, yeah, yeah, absolutely and then I became.

I got into science because, given that I felt insecure, it's like if you know how something works, it gets you predict and control that. That's what science is about. So when you know how something works, then you can depend on it doing what it does. So I got into science and I got into biology. It's like, oh my God, like living things are so incredible. I had tons of religious experiences studying biology.

0:02:23 - Julie

Tell us about one.

0:02:25 - Udo

Oh well, I'll tell you one that I know I went there because I wanted to know what life is. You know, biology means study of life. I didn't know that you don't study life in biology. You actually don't study life in biology at university. You study form and function and I said to my lab partners you know, we should study ourselves. This was like way before I ever heard anything about meditation and solidarity or solitude or any of that. I said you know, we should study ourselves because we in ourselves we got form and function and life all together and we don't have to kill ourselves to get to know ourselves. Oh right, his eyes glassed over. He had no clue what I was talking about you were above his pay grade apparently, apparently I was, yeah, I was, uh.

Well, he didn't. He didn't grow up in a war, I don't know, know. So it certainly. I look back at the war now I say what a gift. Because we got stripped of everything like we. Literally we lost the country, the farm, the culture, the friends, the neighbors, the cutlery, everything. The only thing we had left our clothes, our body and the life in the body. Everything else got stripped. So I

didn't have to wade through trying to figure out what in the culture was good and what in the culture was not working. I didn't have to go through. I kind of didn't trust the culture at all.

So, I've always been more biologically based. Biologically based Because whether you're American or you're Canadian, or you're German, or you're African or you're Argentinian, we all have different cultures with different garbage, because a lot of that stuff is not true, because it's not directly based on biology. It's based on habits and people's ideas and opinions, and whoever you know, whoever had influence, you know how do cultures develop. Right, it's organic, but it's not based on the truth about life. You know from, like a science point of view.

0:04:39 - Julie

Well, and the bottom line is you're a survivor and the only thing you had that was the biology, was the biology.

0:04:46 - Udo

Yeah, the biology, and I say that often. You know, when technology fails us, biology still works Exactly.

0:04:52 - Julie

Exactly. I want to jump skip ahead a little bit. When did you realize that there was a way to help heal the body that was different than, perhaps, what the medical industry was saying? You use fats, you use nutrients, you use all of that. Tell us that story. What was the aha moment when you came to that realization? Yeah, okay.

0:05:23 - Udo

So I'm in biology. And then I didn't find life in biology. So then I went psychology. Psychology, study of soul. But we didn't study soul in psychology. We studied thoughts, beliefs and emotions. So I still didn't. I didn't find what I was looking for. You know that song? And I still haven't found what I'm looking for Right.

Then I went to medicine, medicine's, healthcare, that's what we call it, right. So I said, okay, I'm going to learn about health, and if I know what health is, I can take somebody who's departed from health in some direction, turn them around in the direction of health, give them a push and watch him get better. But I have to know what health is to do that. So I got into medical school, only learned about disease, said to the dean, I came here to study health, what is health? And he looked at me with this such beautiful compassionate kind of eyes and he said we don't know, we're working on it. But they're not working on it because they're always focused on disease. And then we were told in first year medicine that a doctor should always sound as though he knows what's going on, even when he doesn't. It's like word for word, and we call that lying on the farm. So that was the end of my medical career. So then I got into biochemistry and genetics because I realized I'm learning more about health in the normal functioning of normal creatures in normal situations than in medicine, where you're focused on sick creatures in abnormal situations. And so I was doing that. So I was kind of interested in biology and health was sort of interesting to me, but I didn't pay a lot of attention to it and then I still didn't find what I was looking for.

Then I left university, 1968. And then I got into psychedelics and then I got into the red letter edition because I thought Jesus might be a pretty good model for a human being. You know, who do you want to be? Who would I model myself after? Of all the things that I could come up with, Jesus was the one because you know, that was before meditation and Buddha and Krishna came to the West, right Mm-hmm. And so I got into that.

And then I hooked up with a group called themselves Jesus People's Army. Army is not a good word, but I missed the cue because I was so sure we were all looking for to understand and we

would all tell our stories and we would all leave the evening enriched, Right, it's like a cool thing, right? That's not what happened. So I walked in, sat down. Guy comes next to me immediately. So that might have been should have been my second warning. I missed that cue too. So I looked him in the eyes, didn't introduce myself. I said it must be possible to see God and live. Because we were told as kids, if you see, if you look at God, he kills you. Why, Where'd that come from? Oh, it was German, German, Lutheran. I don't know exactly where it came from, but that's what we were told as kids, and to me it was like well wait, he loves me unconditionally and he makes the whole world for me and he keeps me breathing while I'm sleeping and I look at him, he kills me. It doesn't make any sense.

0:08:41 - Julie

I have never heard that before, Udo.

0:08:47 - Udo

Yeah, sense, I have never heard that before, udo. I've never heard that, wow. So I'm not sure where it came from, but it was from Europe as a kid. And so then I thought this would be a beginning of a beautiful, deep conversation about a great topic, and it didn't. He jumped out of his chair and he bounced around the room and flying his arms were flying around his head. He jumped out of his chair and he bounced around the room and flying his arms were flying around his head. He was like totally agitated and he screamed at the top of his lungs you're from the devil, you're from the Antichrist, get out.

0:09:16 - Julie

He said that to you.

0:09:20 - Udo

So then I got slinking out of there and said, oh shit, and I was standing on the sidewalk and it's like, okay, I haven't seen God, Maybe I'm not supposed to ask the question, you know. And then I got really confused and I went to nature to clear my head.

That's how I used to deal with confusion in the city. And long story short, I was on a beach, completely deserted, just me, the logs, the sand, the water, and I went to sleep. And in the middle of the night I went from dead asleep to bolt upright and there was this being made of light, no words, no label, standing on a cloud of light, but the being was brighter than the cloud. Couldn't tell if it was male or female, couldn't tell if it was old or young, but embodied a message, didn't say the message, but embodied a message.

And my thing, when I was chasing the red letter edition and trying to figure out who was Jesus as a model, I always wanted to know what did Jesus feel that made him live like he did, think, like he did speak, like he did do what he did, because some of it is real poetry and you don't do poetry without feeling. I want to have that feeling. What is that feeling? Right? So the words I put to that being there was this being with that message. And the words I put to it was I am come not to judge but to love. I am come not to judge but to love. Is there a better summary of the message of the master, I don't know one. And then all of my confusion evaporated. There's my beaker of life, and then I started thinking about it. Well, what was that? Oh yeah, well, it could be Christ, it could be life, it could be spirit, it could be soul, and I looked at that. So you know, you know what they're.

0:11:22 - Julie

All the same, I think it's all of the above oh my god.

0:11:25 - Udo

And then from that, then you recognize life. The solar energy fraction is the master in your body, omnipresent, omnipotent, omniscient, unconditional, empowering love. I am come not to

judge but to love. That's life's message to your body and it's also the master's message to humanity. And so for me, like the science and the spirit, they're not different. It's all biology.

And then I got into doing a stillness practice because it became a memory and I wanted to live in that experience. I don't know, I'm sometimes surprised how clear I was about what I wanted, without ever getting to talk to anybody about it. But that was clear within me, right? So then I started doing the stillness practice, and then I got married, and then we had some kids, and then my marriage broke up and I was very upset because I was just starting to do the practice and I was furious and I wanted to kill something. So I took a job as a pesticide sprayer and I sprayed them carelessly for three years and then got poisoned by the pesticides. So homemade lesson. And I went to the doctor and said what do you have for pesticide poisoning? She said nothing and that's when the penny dropped For me. My health is my responsibility, and it's for real now, because I got something to deal with.

0:12:58 - Julie

What were your symptoms when you had pesticide poisoning Headaches?

0:13:02 - Udo

nausea, dizziness. If I turned my head, it felt like my head turned but my brain didn't. Now that obviously doesn't happen, but that's what it felt like, right, it's like a really weird. And then no energy. I literally I was 38 years old If I walked around a city block, I had to sit down and rest. And so then I'm looking okay, well, what do you do? Well, rest. And so then I'm looking okay, well, what do you do? Well, I knew that the body is made out of food. That's what I was focusing on food, water and air, actually. But I was only focusing on food, and I knew that the body's always turning over because, in fact, your body like if you and I get together, one year from now, 98% ballpark of the atoms in your body will have been removed and replaced. You may not have changed any of your beliefs, but the whole structure that it all happens in is being taken down and rebuilt underneath you without you even noticing, right, and mine too, that's everywhere.

Yeah, and then what that means, though, is that's why healing is possible. Yeah, so the body's always turning over. That's why healing is possible, and so the idea is that, if something goes wrong, then what you need to do is you need to raise your standard for food intake, water intake, air intake, thought intake, environment intake, whatever it is. That is the problem. You raise your standard, and, within one year, you will have rebuilt 98% of your body to a higher standard, and then I started looking well, what are the standards? So I was looking at the essential nutrients 18 minerals, 13 vitamins, nine essential amino acids, two essential fatty acids from oils, 42 essential nutrients that your body can't make but has to have for health and for life, and so they have to be brought in from outside, and so I was looking at all of that, and then I got stuck on oils, because that was the most confusing area and turned out to be the most misrepresented and the most dangerous, because more health problems come from damaged oils than any other part of nutrition. Because they're the most sensitive molecules, they're damaged by light, oxygen and heat. We should treat them with the most care, but we actually throw them in a frying pan where light, oxygen and heat damage them all at the same time. And so I started looking into all of that and I got a study that said omega-6 is an essential nutrient by the definition I just gave. You know you can't make you got to have them, got to get them from food. If you don't get enough long enough, you die. If you bring them back before you die in adequate amounts, then all the problems that come from not getting enough are reversed. Life knows what to do if we take responsibility for making sure they all land in our body right. So that's the definition. Omega-6 is an essential fatty acid, one of those 42.

The very next study says omega-6 gives you cancer and kills you. And I go well, that's like that God thing. You know God loves you, but if you look at him he kills you right Now you say no, I got to eat this so it can give me cancer and kill me. I must be missing something. And then I

started looking at how oils are made and realized that oils are damaged when they're being made and they do that for shelf life. They're not interested in health, they're interested in shelf life, started in beginning of the last century, like 1900, maybe 1850, sort of that's when it began, but it started getting really big in early 1900s. I said okay, well, we should be making oils with health in mind. So I developed a method for making oils with health in mind, because I had a problem, right.

So that's so. So the penny drop when I found out 99% of the population doesn't get enough omega-3s, that was probably the moment because that, oh my God, if we can make omega-3s with health in mind and we could bring them back to the people, oh my God, we could help almost everybody, and there's something that feels really good in your heart when you help, just like something feels really bad when you're hurt, right. So that was the end. That. Then we became as, oh my God, I just found a mission in life.

0:17:32 - Julie

So let's do a deep dive on these oils first of all. So let's do rapid response. Let me throw some questions at you and you just give me the rapid response what oils are good for us?

0:17:47 - Udo

The only thing from fats that you need is omega-3 and omega-6 essential fatty acids, but they have to be not damaged because they're sensitive. They have to be in the right ratio so they don't crowd each other out. So they both get to do their job, and you have to get them in adequate amounts. That's the only thing you need from fats. Everything else is optional. If you optimize your intake of the essential fatty acids, you can have some saturated fats and you can have some monounsaturated fats, and olive oil is okay, but you got to make sure that these get precedence because that's the only thing you really need.

Everything else your body can make out of sugar and starch.

0:18:27 - Julie

There's lots of differing opinions about stay away from seed oils, only use olive oil and avocado oil and coconut oil, and there's so much data out there to support those different opinions conversations, let's call them yeah, yeah, yeah. How do we know what to believe? What in your experience, in your investigations, in your manufacturing? Are seed oils bad? I get that it's about how they're manufactured, but are seed oils in general bad for us? Seed oils in general bad for?

0:19:16 - Udo

us. But are seed oils in general bad for us? No, what happens there? We figured that out over 40 years ago when I said, oh my God, I have to have it, but it kills me. Then we said make oils with health in mind. What they're doing is they're blaming the damage done to oils by industry or by food preparation, frying. They're blaming the damage. They should be blaming the damage and they're blaming the oil and the omega-6s because they never look deep enough. And what's interesting is there's been people saying that like for 40 years. And what's interesting is there's been people saying that, like for 40 years. None of the people who said that omega-6s are bad and CETOs are bad Not one of those people has ever talked to me. And I have a book. The book sold about 300,000 copies Fats that heal, fats that kill.

I've been to 40 countries. I've given 10,000 lectures, right, and they all know who I am right. But some of them make the assumption that I was in cahoots with the oil industry, with the mega oil industry. I moved in with my mother to write the book. I was 41 years old. I moved in with my mother to write the book on fats and to develop the method for making oils with health in mind.

0:20:31 - Julie

Let's just get really down to the basics what oils are healthy for us, and then we can talk about how they're manufactured and how to find these healthy manufacturers. What oils are healthy for us and what's the best way for us to cook with them, or is there a best way to cook anything?

0:20:55 - Udo

with oil? Yeah, no. So the best oils are in seeds and nuts. Okay, so, for example, flax is the richest source of omega-3 that's easily available, but you have to break the seeds so you put it in smoothies and shakes. Okay, because if you just swallow the seeds without chewing them up or breaking them down, they'll go through you and you can plant them and they will still grow because they have a very hard cover, because the seed is not there to feed you.

It's there to make another flex point, right, yeah, so that's the richest source of the omega-3s. There's a little bit of omega-3s in a few seeds. Most seeds have mostly omega-6s.

0:21:36 - Julie

Okay, so olive oil.

0:21:40 - Udo

Olive oil is the good part of olive oil if it's made properly, if it's really extra virgin olive oil and they're not lying about what they put in there. Because that happens a lot too, because the interest in olive oil happened very rapidly about 20 years ago and olive trees grow really slowly. So then what people did is they took olive oil and then they put in some canola oil or they put in some soybean oil and then they called it extra virgin olive oil and they did some other thing and people got sick. And I mean there's a lot of stuff that's gone on, because you know, in business you say there's a market, there's a market. We got to fill the market. What do we have to do to fill the market? Okay, we'll cut corner here.

0:22:24 - Julie

So what do we look for when we're in the store to get good quality?

0:22:29 - Udo

olive oil. Best way, the only way I do it is if you put the olive oil in the fridge, the crystals should form in it and you can see those crystals, or it might even go solid in the fridge. If it's liquid Crystals will be in the whole bottle. Yeah, they're crystals that float in the oil and you can see the crystals. They're like little, just little things like that, like snowflakes a little bit.

0:22:55 - Julie

Not necessarily the freezer, but the fridge. Fridge, the refrigerator, yeah, fridge, okay yeah. And is there something to? You want to buy olive oil, only extra version from like Italy or Greece, and you want to have it to be in a dark glass container. What's up with?

0:23:15 - Udo

that Dark is always better, because less light gets through and light damages oils. Light, oxygen and heat damage oils. Extra virgin olive oil is made a different way, so it's not damaged by the processing. If it's really extra virgin olive oil, that's the good part. The bad part is it's got no omega the processing. If it's really extra virgin olive oil, that's the good part. The bad part is it's got no omega-3s in it, and omega-3 is missing in 99% of the population, right, and only 10% omega-6. So 90% of what's in the oil your body can make out of sugar and starch and you shouldn't use it for frying. Traditionally in Mediterranean countries, they cooked in water. When I was a kid, cooking meant in water. Now, cooking usually means in oil, right? So the meaning of the word has changed over my lifetime. And then what they do? They dump the

water when they cook their food. And then they added olive oil because it enhances flavors. Oils enhance flavors and it improves the absorption of oil-soluble nutrients in the foods we eat.

Okay, so the Italians are famous for that, yeah, so from that perspective it was good, but from the perspective of getting omega-3, it's basically a dead loss.

0:24:27 - Julie

So what's the best? So flax is the best to get omega-3s. So what's the best? So?

0:24:32 - Udo

flax is the best to get omega-3s Flax oil. We made flax oil in 1986, and I became omega-6 deficient on it because the ratio is not right. Okay, and so I got dry eyes, skipped heartbeats, arthritis-like pain in finger joints and thin, papery skin. So we then made a blend with flax is there for the omega-3, sunflower sesame, there's six other ingredients in it and the blend is called Uno's oil, and so that's what I've been working with since 1994. So we did all the you know get the ratio right, get the amount right. The amount is tablespoon per 50 pounds of body weight in winter if it's cold, and maybe a half or two thirds of that in summer, when it's warmer.

In winter you burn more oil to create heat. In summer you don't need as much, and the oil can make you sweat a little more in summer if you take a lot of it. But then the other way is mix your flax, sunflower and sesame seeds and get your oil from those if you don't want to go to oils. And the oil is in a brown glass bottle and we put a box around it to cut the light out and it's refrigerated in the factory, refrigerated in the stores, you refrigerate at home, you add it to food after they come off the fire, and frying is the dumbest thing we've ever invented to our food if health is our goal. Because when you fry foods whether it's carbs or fats or proteins, all three of them when you fry them, you burn them, you damage them, you change them into toxic molecules that never existed in nature and you increase inflammation and the risk of cancer All three of them independent of each other.

0:26:14 - Julie

So how about baking and grilling?

0:26:18 - Udo

When you burn the food, the food will burn you.

0:26:21 - Julie

Well, no, no, no. So you know, you bake something like slow.

0:26:25 - Udo

No, no. But so the crust on the bread is burnt, the inside is steamed because the inside is wet. So when the kid says, when the kid wants to eat the inside and doesn't want to eat the crust, and the parents say, no, no, the crust is the best part. Actually, kid's right, the parents are wrong.

0:26:43 - Julie

Interesting. I've never heard that Odo.

0:26:45 - Udo

Wow yeah. And then when you grill on the outside, the food is burnt right, it turns black or sometimes it smokes. On the outside it's toxic, on the inside it's steamed because there's water in it. So you're actually boiling the meat and burning it on the outside. So just boil the meat and don't burn it on the outside.

0:27:06 - Julie

So cook it in a crock pot or something like that. Yeah, throw it in a stew.

0:27:10 - Udo

Or throw it in a stew. That's what we used to do when I was a kid. It was great with the veggies and all the spices and the cooked meat. But now people say, oh, what do you expect me to do with my steak? Well, that's what we did.

0:27:26 - Julie

You know, cubes, it tasted good and we got the protein and it wasn't burnt. How about baking if the outside does not get charred?

0:27:34 - Udo

or burned. Yeah, there's a certain kind of bread that's made like. Sometimes they call it Essene bread and they basically are just drying it in the oven, like at a 280 degrees Fahrenheit, I think something like that, and then you get it more dried than burnt. Dried is okay.

0:27:56 - Julie

Interesting.

0:27:57 - Udo

Yeah, but it's not as good as sprouting the grain and eating the sprouted grain, because then you get the enzymes and you get the probiotics and you get all of that and you don't lose any of what happens in the processing. Processing is the big issue, like, if fresh, raw organic is the standard, then processing always takes you away from that standard and for every step you take in processing you lose something in the food and then you pay a price for that in less good health.

0:28:30 - Julie

I've heard you say that oil was really the missing link for you healing yourself.

0:28:38 - Udo

Why is that? Well, oils are. Yeah, I actually got over most of my symptoms before the oil got made, because it took me probably about three years to get my energy back and it took about six years to get the oils done. But what happened is my energy improved, and there are two reasons for that. One of them is carbs give you energy fluctuations, because your blood sugar goes up and then insulin drives it into the cells and then excesses turn into fat and then you have low blood sugar and then you get cravings and then you tend to overeat. So, associated with overweight, also associated with some inflammation.

And when you use fats as your main energy source, you don't have to do a keto diet. You don't have to do you know all that stuff. But use more, get more energy from fats, or you eat your carbs with fats. So butter on bread is better than bread without butter in that sense, but you can also put oil on the bread. So, but if you get most of your energy from fats, you get stable energy from them. They suppress appetite, they don't make your blood sugar go up and down, but they run through your energy production system, your mitochondria. They're beta oxidized, two carbons at a time and you get stable energy and then you don't get the crashes, and then you don't get the crashes, and then you don't get the cravings, and then you don't get the overweight, and when you crash, when your blood sugar goes down, right. And so from that perspective, and for a lot of people who have inflammation problems, they do better on oils, as long as those oils are not damaged. Right, was there more that you wanted?

0:30:37 - Julie

Yeah, well, back to. I know you have your oil and we'll put that in the link and everything. But for somebody that needs to go to the grocery store tonight, what do they want to look for in the grocery store to get oils that haven't been damaged, let's say before they cook them?

0:30:56 - Udo

they're just buying them in the store, I would say just like it was in nature. You get most of your fats and oils from whole foods, and those would be the seeds and nuts. Every whole food has some fat in it, but veggies and fruit have very small amount like less than 1% fat.

0:31:18 - Julie

So avocado and olive oil, even though they're being touted as the best oils, are not necessarily the ones that we want to buy.

0:31:24 - Udo

Yeah, avocado oil has no standards, that's a problem. So eat the avocados. I eat an avocado every day. I love them and I would rather eat the olives than the olive oil, because there's lots of good things in olives. So I would eat the olives. But you can add Brazil nuts and you can have pistachios. You don't want them roasted and you don't want them salted. You want them fresh and you want them organic.

0:31:58 - Julie

So somebody that wants to make salad for dinner and they want to have oil and vinegar dressing on their salad. What kind of oil did they put on it?

0:32:10 - Udo

Well, you want an oil that's organic, you want it made with health in mind, you want it balanced in omega-3s and 6s, because those are the issues, right? If you get them out of plastic bottles, the plastic swells when you put oil in it. You get plastic in your oil. That's an issue these days too. And they're not made from organics. So you have pesticides in the oil, and one of the reasons why they damage the oil, why industry damages the oils, is to get rid of half of the pesticides. And then what happens? You're in a tablespoon of an oil like that. This is why I have to give you this answer, so you stop asking that question. It's basically when you have a tablespoon of an oil that is made by industry for shelf life, half to 1% of the molecules are damaged. Turned from something natural, your body can break down to something unnatural that never existed in nature that you don't have a breakdown program for. So how much is that? I asked the industry. They gave me. They got really mad at me for asking the question and so I decided well, you know, they said. You know.

The guy said to me well, it's, you know, I don't know why you're squawking. It's only 1% damage, it's still 99%. Good, that's good, isn't it? Like if you got 99% on an exam, you'd be damn happy, wouldn't you? So I said okay. Well, maybe I'm overreacting. So we have a saying in science when in doubt, do the math. So I said, okay, if I have a tablespoon of an oil that is 1% damaged by the industry's process that's, before I put it in the frying pan 1% damage, how many damaged molecules would be in that tablespoon? And I ask this question all the time when I give talks and I never get anybody giving me a number that is less than a billion times lower than the actual number. So that means what that means is what we're doing with these oils, is we're doing something to ourselves that is a billion or more times worse for us than we think it is. That's why the math is important.

0:34:21 - Julie

So are you saying that there aren't any oils in the grocery store that are viable, healthy oils? Is that what I'm hearing you say?

0:34:31 - Udo

They should be unrefined in glass, probably boxed. Nobody does that, right, Okay? And should be in glass. Should be Dark glass, yeah, should be dark. The darker the better, right? Or put a box around it, then the glass doesn't matter, the glass color doesn't matter, right?

0:34:50 - Julie

Right, but we use. I don't know that I've ever seen oil in a box.

0:34:54 - Udo

Yeah, my oil's in a box. No, I don't know that I've ever seen oil in a box.

0:34:56 - Julie

Yeah, my oil's in a box, no, no, no, I mean in a store. Yeah, nobody does it.

0:35:00 - Anncr

Nobody does it.

0:35:01 - Udo

You know. I mean we take better care of ice cream and steaks than we take of oils. But oils need the care that we give to ice cream and steaks more than ice creams and steaks do. Because you can drink melted ice cream, it won't hurt your health. Because you can drink melted ice cream, it won't hurt your health. But if you don't give oils the care they need, they will hurt your health.

Fried oils fry health. So when you say what can I fry with, you know I call that the Russian roulette question and everybody asks it. But the question why Russian roulette? It's because it's a what can I get away with question. I'm used to this habit. What can I do? That gets me the least problem. Why aren't we asking the question what do I need to put in place in order to have the longest life and the best health that is possible given my genetics? Because that's the positive question. And then, when you have the answer to that, then you know what you need to be walking towards working towards right To improve your situation assuming you have a situation or to prevent the damage that comes from. You know that comes over time.

The way that we cook From not getting it right.

0:36:17 - Julie

Yeah, yeah. Do you have an opinion about fasting or time-restricted eating? Yep, what is it? I start at 12 and I quit at 8. Okay, so you eat eight hours, pretty much Within an eight-hour window.

0:36:32 - Udo

I cheated today by half an hour, but I can quit half an hour early, so why do I do it? The hardest working system in your body is your digestive system. You know there's all this stuff from nature goes through there, has to be broken down, has to make sure it's properly digested so that you don't absorb undigested food, which then will create immune problems, right? So it's a very hard working system, and shouldn't it get some rest once in a while so that you don't absorb undigested food, which then will create immune problems? Right? So it's a very hardworking system, and shouldn't it get some rest once in a while? Yeah, so how do you do that? Intermittent fasting?

0:37:07 - Julie

Do you do it within a certain time window, like 10 am to 6 pm, or does that matter?

0:37:22 - Udo

I do 12 to 8. Okay, I do that because of my habits. I sometimes work at night 2 in the morning, 3 in the morning, sometimes 6 in the morning because it's quiet at night and there's no distractions and my phone doesn't ring and so I can concentrate on things and I find that very comfortable. So I tend to get up later than most people, who are nine to five. Today I had to get up early because I had to be. I got up at seven o'clock. No, no, I got up at eight o'clock. But often I get nine, 10, sometimes 11. And sometimes I like to just sleep in till I wake up. And sometimes I wake up at two. If I've been up till six in the morning, I wake up at two, right, and so for me it's because it fits into my work schedule, which is natural. For me it doesn't sound natural, but for me it's natural, it's comfortable and it works.

So there are people who say it's better to eat from 8 to 4 than from, like I do, 12 to 8. But the idea of it mostly is, when you eat for 8 and fast for 16 hours, in those 16 hours your body turns on what's called autophagy, where your body, basically, your immune system goes after dead cells and weak cells and toxins and does all the other work and it'll turn cells that kind of need to. You know they should be out of there but they're not yet. Well, it'll just digest those and use them as food, and so you're rebuilding your body and detoxing your body at the same time and you're giving your digestive system a rest.

0:39:14 - Julie

Okay, a couple more questions as we're winding down here. Are there three simple nutritional changes that anybody can make today that's going to help them feel better quickly. If you had to pick three, three top.

0:39:32 - Udo

In Ayurvedic medicine they say get your oils right, because they say when your oils go off, your hormones go off, and when your hormones go off, everything goes off. And the essential fatty acids omega-3 and 6, make your hormones work more effectively at the cell receptor level and they give your glands more energy to do their work into an older age.

0:39:58 - Julie

And what's the perfect ratio of omega-3s to omega-6s?

0:40:04 - Udo

We've got to play with that because we can do whatever we want. So we use twice as much omega-3 as omega-6. That's more omega-3. They're the highest energy molecule. They're five times more chemically active than the omega sixes, so we give them preference. But you have to have omega sixes enough not to become omega six deficient. Flax oil has four times more omega three. That's too high. That's how I became omega six deficient, right? So we do two to one in favor of omega threes and if you're going to do seeds and nuts, five tablespoons of flax seeds to three tablespoons of sunflower and or sesame okay both together.

Okay, so that gets you more or less the two to one, the two to one ratio, and to-one ratio. We've worked with that ratio now for well, since 1994. We did a study with athletes where if they did their sport to exhaustion, if they used a tablespoon per 50 pounds of body weight per day, mixed in food and intake spread out over the course of the day, within 30 days, if they did their sports to exhaustion, their performance went up by 40 to 60%. Good heavens.

0:41:21 - Julie

Wow, yeah, amazing. Okay, so oils get the right ratio. What's?

0:41:26 - Udo

number two, that's number one. Number two head in the direction of, from wherever you are, in the direction of fresh, whole, raw, organic. And that's because it's good for probiotics, it's good for enzymes, it takes a load off your digestive system, it takes a load off your immune system

and it protects your digestive tract from unfriendly microorganisms. And I've tried to take you out of processing, because processing, if you wanted to pick one word for where the problems come from, processing, so that could be cooking and that could be industrial processing, and they put things in that shouldn't be in your body and they take things out that should be in your body. So that would be the second one. Take steps in the direction of how it was in nature before we got civilized Fresh, whole, raw organic.

And what's number three? And honestly number three, I'm going to cheat Number three every day make time to do nothing, to sit in stillness. You know, einstein said that. He said 99 times. I think and think and think and I get nothing, and one day I stopped thinking. I swim in silence, as he would have said, and the answer comes to me. You want answers for living. Find them in your stillness and in that stillness you're going to find your power and your love and your peace and your clarity that you need when you live in a crazy world.

0:43:03 - Julie

Okay, if spirit had one important message for us about food, what would it be?

0:43:12 - Udo

Okay, if you eat fresh, whole, raw, organic, every food you eat has spirit in it and you can cook spirit out of it, or you can eat food with spirit, and that's why raw foods actually work so well for the people who use it.

0:43:29 - Julie

And when you say raw foods, you're talking about what?

0:43:35 - Udo

Raw vegetables, raw fruit, raw seeds, raw nuts. What am I missing? Yeah, if you're going to eat meat, eat it raw. Every animal that eats meat eats it raw. And in India they have sushi, and in Europe they have raw hamburger, and in northern Sweden they eat raw fish, fermented fish. Every place, every traditional culture, had some raw meat thing that they did. So this is you know. But then the meat has to be clean, and it can't be, you know. So there's a lot of things that we've messed up that don't work for us as well as they would if we hadn't messed them up. And we're the ones we messed it up. We, as a human race, messed it up. We need to clean it up.

0:44:20 - Julie

Last question why do we incarnate?

0:44:24 - Udo

We incarnate, because it is an extraordinarily beautiful gift of biology or divinity to be able to experience being human, because all we are is three buckets of water, a handful of dust, a little bit of air and a little bit of sunlight. Right, and they're okay. But they can't have that. But then they get mixed together in a very particular way that involves the sacred thing about sex and a sacred pregnancy and an immaculate conception to create this. And you only get it. It's temporary, right? The body is a terminal condition. If you got born, then one day you're going to die. So the purpose of your life has to be in the full experience of it, live fully present in all of your being. That's the purpose. That is a self. What do you call it a self-fulfilling purpose?

Because there's no outside purpose that is more meaningful than that. And then what happens? When you're fully present, you feel so peaceful, you have so much peace there's huge power in peace and you feel so cared for, so loved. But then you look around and say, well, okay, so now what should I do? You know what's the? So then it changes. Okay, what's not about me anymore, because if I don't feel cared for, I know where to go to feel cared for, because the care is always there. Okay, so then it's not about me anymore. So, if it's not about me anymore, then it's not about me anymore. Then it's like, okay, where can I help? Oh, or,

okay, what needs to be done? Right, but from a clean place, you know, not like not for somebody else. What needs to be done to make quality of life better for people, or how can I make the biggest splash for good in the time that I have here, right?

And then you know and that change was huge for me, you know, before I realized that, before I was able to go there, everything was always about what can I do that will get me taken care of, and I wouldn't do things that needed to be done because I couldn't see how that thing would take care of me. So there was thing about what's in it for me was always in, always there. And then when I started feeling that it changed, it's not about me. It's not about me, I'm good, I was made whole, okay.

So what can I help? What needs to be done? And I'm good, I was made whole, okay, so where can I help? What needs to be done? What's the biggest splash I could do, given my talents and my experiences and my interests. What's the biggest splash? And my thing is, I'd like for 8 billion people to have the experience of the beauty of their existence, because that's where all the quality is. It's not in the size of your house and it's not in the size of your bank account. It's a quality that we miss because we don't spend time within the magnificence of our own existence.

0:47:55 - Julie

Beautifully said. You are one fascinating, obviously brilliant, multifaceted, courageous guy, sir, and I have learned a lot from talking with you today, and I'm sure everybody that listens to this conversation will learn a lot as well. You today, and I'm sure everybody that listens to this conversation will learn a lot as well.

0:48:19 - Udo

Just remember, first of all, it takes one to know one. And the second one is if you weren't, if you didn't come on, I don't mean on that way, if you didn't come, if you didn't, if you weren't who you are, I couldn't mean on that way, if you didn't come, if you didn't, if you weren't who you are, I couldn't do what we just did. Very impressive, because you pull it out of me and you did an unbelievably beautiful job to doing it.

0:48:48 - Julie

Well, thank you. I normally, I told you I usually spend about an hour prep before each interview and I had four pages of questions for you. I was really fascinated with your work.

0:49:01 - Udo

So how far did you get?

0:49:03 - Julie

We got through a lot of them. We got through a lot of them. How can people learn more about you and your work?

0:49:08 - Udo

I have a website, udoerasmuscom. It's a mess. It's a work in progress. If you go on Google and you put in udo, just u-d-o, I'll be on the first place. I'm on linkedin, I'm not that hard to find. The book is called food fats that heal fats I killed. But it's a new, uh, a new book. It's called your body needs an oil change. Oh, I love the title. Yeah, that's on the yeah, yeah, and that just came out about a month ago, right? Yeah, I'm embedded in the virtual world just because I've been around for so long and you know, people did post the different things.

0:49:51 - Julie

And your name isn't Sam.

0:49:53 - Udo

You have a unique name, yeah yeah, and I, you know, when I was a teenager, I was embarrassed about it and I would say oh, thank you, Thank you for giving me the crazy name.

0:50:04 - Julie

Yeah. Well, we will put all of that in the show notes, yeah, and everybody will be able to find you that way. So, in the meantime, sending everyone lots of love from Sweet Home Alabama, and from Canada too.

0:50:20 - Udo

And if you want to do the rest of your questions, let's do another one, if you want. Okay.

0:50:26 - Julie

All right, see you next time, everybody.

0:50:29 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at Ask Julie Ryan and like her on Facebook at AskJulieRyan, To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

0:50:44 - Disclaimer

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