

Breast Cancer & the Importance of Vegetables | Dr. Sara Gottfried & Dr. Andrew Huberman

I recently gave a lecture on breast cancer risk reduction And I was sad to find that intake of vegetables polyphenols is such an important predictor of future risk of breast cancer Like when you're at 5060 plus And the most important time is when you're a teenager Now I have one daughter that eats vegetables she loves them And I have another daughter who eats food that's beige and it's very hard to get her to eat the volume of vegetables you know five colors a day which is what I do And if you have evidence that you could show a 17 year old that they've got micronutrient gaps I think that would be a motivator for them to eat differently at a time when it's so critical even though it's you know 25 years in the future that it's going to potentially change this arc that they're on What do you do for a young woman who doesn't like vegetables is or is not somehow able or willing to to get those five colors a day of vegetable to help support the microbiome you know are supplements uh a useful tool in that case Um what other sorts of tools behavioral or otherwise are useful Such a good question So here I'm going to invoke Rob Knight at U CS D So I think his his uh his gut project has really been helpful in terms of understanding what kind of modulators are going to be important So what I try to get that person to do and I don't see many teens anymore other than NBA players what I try to get them to do is to have a smoothie very hard to get them to have a smoothie every day But if I could get them to have a smoothie three times a week and to throw some of these vegetables in that makes a huge difference I mean we know that makes a difference in terms of microbiome change We were blending up broccoli or kale cauliflower So cauliflower is great Even they're putting things into the smoothie Yeah I don't know if you can get a teenager to do that but they often will use like I have them do steamed broccoli that's in the freezer because it's got very little taste so that they could do that in a chocolate smoothie They could add some greens I like greens powders or was super convenient So that with you know kind of a a taste that they like whether that's chocolate which is what most of my clients want or you know vanilla with berries and that sort of thing So that can go a long way if you don't like vegetables and short of that I would say some supplements but I would say that's a distant second to making a smoothie I've got one patient that I have to mention because um he took this to the extreme So he is a retired physicist

professor at U CS D He found out that his microbiome was a hot mess and um developed autoimmune disease And so he became hell bent like only a physicist could on changing this microbiome And he dramatically shifted it by having a smoothie every day with 57 vegetables and fruits in it 5757 independent So I mean this just warms my heart the way that he did this But he would go to the farmer's market he would just get a bunch of this a bunch of that and he would go home make the smoothie and then stick it in the freezer So he'd have a serving every day and he became a completely different person based on this microbiome change His uh autoimmune disease is in remission He um he dropped a huge amount of weight He went from being you know kind of this phenotype that I know you know well of a professor high performing traveling around the world on so many boards so much innovation so many great ideas supercomputer guy to being someone who gets up in the morning gets in his hot tub exercises for like 1 to 2 hours a day and then does a little work like he completely shifted the way that he lives and his microbiomes shift you know who knows What what's the chicken and what the what's the egg there But he had a huge change in his physiology Glucose went from being quite high He had and he tracks all of this Of course it's like after all and retired I suppose might have had and he's retired but he's he's got the longest time series of anyone I know And he's tracked his glucose and insulin going back 20 years so he can show you Ok Here's where I started having my smoothie and here's how my glucose and insulin changed as a result of that