

## **Ketodontist Podcast Episode 00 Audio Introductions and What Is Ketodontist**

**Intro:** Welcome to the Ketodontist Podcast with your host Mr. Matt. And we are here to explore the worlds of low carb and ketogenic diets, primal and paleo lifestyles, and oral and whole body health. We're taking the best information from the leading minds in health and wellness and making those worlds collide. This is the Ketodontist Podcast.

**Dr. Matt:** Hello, everybody. Welcome to the first ever episode of the Ketodontist Podcast. This is your host, Dr. Matthew Standridge. I'm so glad that you've tuned in for this very first episode.

We're going to label this one episode 0.0. It's kind of just a meet and greet to kind of explain who I am, what ketodontist mean, where we're going to be taking this podcast and blog, the goals of it. And give you a little bit of a back story, kind of explains who I am, where I come from and what's been kind of my evolution to get to this point, to get the harebrained idea to start a podcast.

So anyway, so thanks for tuning in. I'm going to go ahead and set my alarm here on my phone, because I tend to get long-winded and really this episode should not go over 20 minutes or so, if that. So I want to set a timer on my watch for 15 minutes to let me know, "Hey, start wrapping up."

If you're watching this on YouTube, you can see this video, I apologize for behind me, we just moved to a new house. So I don't quite have my home office all together. I still got boxes behind me. You can see my got bacon shirt. And you'll see that I'll be taking some sips of a some keto coffee here if my throat gets a little bit parched. That's good.

Okay, so anyway a little bit of story about myself. I am a practicing dentist here in a very rural small town. Yates Center Kansas, and I have my dental office Yates Center Dental. I am married to my beautiful wife, Sarah Joy, and we have one daughter who just turned two, her name is Hazel.

Outside of being busy with running a dental practice, I am very interested in health and wellness. I've had my own battles with health and obesity. My family history sucks. I mean, just straight up, it's abysmal, and so high risk for a lot of things, high risk for cardiovascular disease, high risk for diabetes, obesity, all that fun stuff, living the American Dream really. So we'll be kind of doing a dive into that.

But so I've been very interested in health and wellness to reverse not only my own problems, but also help other folks. It started off kind of helping family and friends and as I was getting more results with people, I was like, "You know what? I'm going to kind of legitimize this thing." That led me to get a certification.

I became a certified primal health expert and certified health coach. So that led me to that so I can start coaching more people outside of my direct circle. And it kind of really push me to know what I'm talking about, really pushed my boundaries of knowledge.

And as you heard and the introduction my three primary focuses on health is ketodontist stands for ketogenic diet. I have particular interest in that because I myself do best, feel the greatest on a ketogenic diet, and we'll go into that more later.

Also I focus on paleo and primal type diets and lifestyle as well. And we'll get into that. And then also because I am a licensed dentist and I also have my fellowship through the Academy of General

Dentistry, which includes a lot extra training, you have to take ... pass in very rigorous exam and stuff like that, so because I have had so much training in all things dental doesn't mean I'm an expert in all things dental. But I've had advanced training in all things dental.

The more that I went down this rabbit hole of low carb or ketogenic diets and paleo, ancestral health living, and optimal oral health and its ramifications or associations with systemic total body health, I just started seeing how all of these things were connected.

And so not to get like total conspiracy theories on it and everything, but it's all related, it all fits together in this little ecosystem we have on this earth. And so that's why I figured, "Hey, I'm going to start this blog. I'm going to start this podcast." Because I want to start bringing this stuff together and really connecting the dots for a lot of folks and for myself.

With this podcast I'm going to be doing a few things. I myself am on my own weight loss journey, and my own ... and to regain my own health. I had a lot of limiting beliefs and self-doubts starting this because I'm a big dude. Honestly I'm 110 pounds from where I really need to be.

And so part of my inner voice is like, "Dude, don't be starting this. I mean who are you to talk about health? You have 110 pounds to lose?" Well, I think that in a way it's an advantage for me, because I have a unique perspective and I can be empathetic to the folks going through that journey and I can relate to it.

At the same time I know what I need to do. I am going to be putting into effect the things I'm going to be talking about. So it's going to be my own little N = 1 experiment that you get to follow along with, because I'll be giving regular updates, I'll be applying things that we talked about or we learn from some of our future guests, which we'll talk about here more in a minute.

It's going to be a cool little case study, very small case study, like I said N = 1, but I think it'd be really cool to broadcast and demonstrate real life. Real life struggles and what works and what doesn't at least for me.

So there's a bit of accountability factor on that. So that's one reason that I'm going ahead and doing it and not waiting for the perfect time to get it done.

Also like I said I think I have a unique perspective, because of my medical and dental training plus my previous history with low carbohydrate diets. And my previous success with them lead led me kind of against the conventional wisdom at an early age, and so I've always had more of an open mind compared to some of my peers. And so I think I can bring a unique voice.

And another thing, because I spent so much time and the low-carb groups and the paleo groups and all this stuff, I think ... I see all these other health podcasts and blogs and they're great and I'm going to be referring to a lot of them throughout this whole thing.

And I was just like, "Man, should I really start something? I mean, there's already so much good content and only so many hours in a day." But when I stepped outside that echo chamber, and I see what the mass population is doing and what type of information they're getting from mainstream media and just their conventional resources, we still have a heck of a lot of work to do.

And so I was just like ... so when I finally realized that, I was just like, "You know what? The more podcasts, the more blogs, the more voices we get out there, pushing this message of total wellness

and really doing a dive on the actual science available that goes against what special agendas push, what the government pushes. And really look at the facts, we need a lot of more voices out there."

So I'm already at the 10-minute mark that I see, so I'm going to get going as far as tell me a little bit about myself.

I grew up pretty obese. It was until about five or six that I started packing on the pounds, between five or six, I was a darn good looking kid. I mean, yeah, I'll have to show some pictures. I was Muy Guapo.

But starting around first grade or so I don't know if my pancreas just straight-up broke, but I started packing on pounds and I packed on pounds for years, even though I was eating the same darn thing as everybody else, I was still active, played t-ball, baseball, football, soccer, all that stuff. I just kept gaining weight no matter what I did.

By sixth grade I was over 200 pounds, by eighth grade I was over 280 pounds, by freshman year of high school I topped out over 330. I don't know how high I actually got, because I used the wrestling scale at the high school and it only went up to 330. So I really don't know how heavy I ended up getting.

But anyway, and it was about my sophomore year ... Or actually it was the end of my freshman year going into that summer before sophomore year that I found that Dr. Atkins, Robert Atkins started making his comeback even though he'd been around since the 70s.

And so I picked up his book, I got a copy of his book, I forget how. But I've got a copy of his book and I read it. I didn't take what other people thought that the Atkins diet was. I actually read from cover to cover. And I had my eyes opened to endocrinology and the role of insulin and carbohydrates effect on insulin, and insulin's effect on the ability to use body fat for fuel.

And it just ... it was such an eye-opening thing at such an early age. And I've been a perpetual student ever since. And so I applied the Atkins diet and lost tons of weight. I was still training for my sports, I was still lifting weights, and dramatically transformed my body.

I think the lowest I got was about 195. And it even got me into some like ... I didn't do anything with it, but I got some like modeling gigs and stuff like that. So my confidence really went up transforming my body.

And so then I went off to college, went to Wichita State, go Shockers. And I kept pretty low carb. My alcohol consumption went up shockingly in college, right? But I still worked, I still paid my own rent, I still kept my GPA where I needed to be, and all that. So even through college I kept the weight off. I was sticking around 205 to 215. It was kind of my resting spot. And I just kept it going all through college and was feeling great.

It wasn't until I went to dental school. Now let me talk about dentistry for a second. I always knew I wanted to be a doctor of some sort. Growing up I was always around medicine. My mom is a fantastic registered nurse. And so I always grew up kind of around the clinical and hospital setting. So I always knew I wanted to heal people, I always knew I wanted to be a doctor.

And then I was looking at in high school, I was like, "What type of doctor do I want to be?" And I was checking out all different fields and it's kind of between just general family medicine. But then one

day I was at my family dentist, I had gone to forever. And she knew me, the whole staff knew me, knew my family, knew my friends.

They'd ask about the sports I was planning. They knew what sports I was playing. They knew if I won some award. And I was like, "That is pretty cool, like that they kind of know me so well." And so that's what led me to looking into dentistry.

And I had applied and was accepted to both dental school and medical school, but I chose dentistry instead because of I get to spend time with my patients. I'm not completely enamored by insurances. I have work ... I get to have work-life balance. I'll get to make it comfortable enough living if my wife wants to stay at home and raise our children. She doesn't have to work unless if she wants to.

So and also it's very hands-on, it's very technical, it had an artistic element to it, and so that's what really got me into dentistry over medicine, even though dentistry is a branch of medicine. But you know what I mean.

So fast-forward to dental school, I go in with very open ears, open mind, and really wanting to absorb all the knowledge. But I didn't take into consideration that really dental school much like medical school was very outdated in a lot of ways. And so I'm going through our biochemistry classes, I'm going through our nutrition classes, and these are the same classes, same professors that the medical students are having as well. So we're getting the same education on those fronts.

And I had some professors just talking about the "evils" of low carbohydrate diets, evils of fat, the all-healing properties of "healthy whole grains." And so I took what they said as gospel and I started getting away from my low carb roots and between that plus stress, the very rigorous demands of dental school, lack of sleep, lack of exercise.

Unhealthy coping mechanisms of stress with alcohol, I've never seen parties like in dental school. It was unreal, because you have all this stress that after you get a week ... get done with a week full of tests or something you'd go blow it on the weekends, you blow off that steam.

And so in that first year of dental school I regained 60 pounds. And over the remaining three years of dental school I regained another 40 pounds. So in the four years of dental school I had regained a hundred pounds.

And then out of dental school I was working in public health. That wasn't really a good gig for me. It's very high volume, drill, fill, pull type stuff, just patchwork. No time to really connect with people. You just kind of heard folks in and out. And it helped me get my speed, my skills up and I got really good at oral surgery.

But it was not the fit for me. Going back to my why, going to Simon Sinek's book, Start with Why. That's kind of the hip thing nowadays is to quote Simon Sinek. Anyway but it's true. I had gotten away from my why. And my why of why I became a dentist was to have time to connect with people.

And so for quite a few years I was not following my why as that goes. I was living very humbly because having to pay off student loans and all that stuff.

Let's see. I started my own office, which ultimately ended up being a cluster F, we'll get into that more later. But in 2015 I took over a second office, and because I just hadn't had enough punishment from the first one and so I was running multiple offices with multiple teams, multiple overheads.

One of the offices was very underperforming. And so it was kind of bleeding me dry. I went for a long time without even taking a personal paycheck, just racking up credit cards, all of that stuff.

And so in the last seven years even though I've been a perpetual student of ketogenic diets, low carbohydrate diets, this paleo primal thing, all of that stuff. And I have all the knowledge, I'm so stressed to the max that I fail at applying.

And that's real life and that's why I think I can offer something a little bit different, because this has been a real life struggle of marriage and having kids and entrepreneurialism, owning your own business, practicing medicine, all this stuff, a culmination of everything that is very difficult.

So I knew I want to make a change. Last year I had gotten my certification for the primal health expert and primal health coach. So I was doing some more fact-finding, really pushing myself. And then over the last seven months I've closed an office, closed my underperforming office, laid everybody off from there, merged all of our records to my current office.

Closed our current office for a few weeks, completely remodeled it, installed a lot of new equipment, new technology. You just really bring it up to state-of-the-art so I can provide the quality of care that I've always wanted to provide.

We've added on to our team since then. And so now things are just kind of settling down. And I'm starting to get my life back. I'm starting to get that balance, that balance of work plus play plus family. And so I've redirected energies back onto myself.

With my weight around 2015 or 2016, somewhere in there, I topped out at 350 pounds, which had been the heaviest that I ever been. And that was an eye-opener. That got me back onto a low-carb diet that we, some of us nicknamed lazy keto, meaning I wasn't really tracking anything. I just knew that I needed to cut out carbohydrates.

One of my coping mechanisms for stress is carbage, carbage and alcohol. And so stress reduction has been a big, big factor. And so then I went from 350 down to 320 pretty quickly. I lost 30 pounds pretty darn quickly just focusing on that. Not exercising like I should or anything, but just doing that. I lost 30 pounds pretty quickly.

And so I was sticking around 315 to 320 for the longest time. And the lowest I was ever able to get down to was 312. So that brings us here today. Let me take a drink here real quick. Still good.

So lately I've really started fine-tuning some things. I'm still keto, but I have started applying a method keto called a protein sparing modified fast. I first learned about this through Marty Kendall from Optimizing Nutrition or Nutrition Optimizer. And I'll link to his blog. Actually I'll link to his post on the protein sparing modified fast, the PSMF, because it's like ... it's amazing, the amount of detail he goes into.

I also learned it from Luis Villasenor from Keto Gains. Another great group if you're interested in the ketogenic way. But really sound principles of doing it, amazing body transformations. I'll link to their website and check them out on Facebook group. They have a closed Facebook group, but you can join in. They vet you a little bit, but you can join in, just amazing resources.

We're going to be having both of them on here, but that's where I learned about this protein sparing modified fast. And it's a ketogenic diet but it's pretty low calorie. It's fairly low fat and obviously it's low carb to be ketogenic.

And it's where you're basically eating enough protein to meet your requirements. And that's about it. And so yeah, it's very low calorie. And a lot lower fat than I'm used to, but man I got to say it's been awesome.

My first day of it, I started on Monday, so this is 625. Let me ... Anyways, well, I was going to bring up my calendar but it's not coming up. Anyway, so today is June 25th, Sunday. So Monday I weighed in at 313. Or actually yesterday I weighed in at 308. So I lost five pounds this week doing it.

And I haven't been hungry, my energy levels have been awesome, I've been killing it on my workouts even though I'm only consuming about a thousand calories a day. So it's been very aggressive on the fat loss. But I've been feeling awesome.

I didn't weigh myself today because yesterday was kind of a re-feed day. And we'll talk about re-feeds down the line. Don't think I went off the rails and ate nothing but pizza and Chinese buffets. It was all still keto stuff. It's just a little bit more food than what I have been eating.

So I got a little bit more bulk in the stomach and in the bowels, so I'm sure I gained a little bit of weight but nothing to worry about. So anyways I'll be doing kind of weekly weigh-ins with this. But yeah, I was able to finally bust through that plateau and feel awesome.

And then recently ... Or actually on Friday I went up to Kansas City and had a bod pod testing. I actually have them right here. Not good news but it's a starting point. Body fat was 48%. Lean body mass only 160 pounds, yikes. I had a bod pod done when I lived in Kansas City for dental school. And so this has been about eight years ago or so, and my lean body mass was 175 at that time. And shoot now it's 160.

So that tells me that I really need to make sure I'm upping my weights. If you hear my daughter outside, Hazel, that's her. You might hear her or you might hear Moana playing. I'm not sure.

But anyways like I said, this is real life. So that's where I'm at now. "So I'll be tracking my progress and sharing it with you, trying to be very transparent about this whole thing. Share what's working for me, what's not working for me, my successes, my struggles, my pitfalls.

So I hope you enjoy it. We just hit the 30-minute mark, so I'm going to be wrapping up here. So stay tuned. I'm going to be doing some Q&A episodes. If on episodes where I'm doing Q&A or if I'm just kind of rapping about doing some breakdowns of some scientific studies or sharing some new stuff that I've learned. I'll probably ... the episodes will be around the 20 to 30-minute mark.

However, we have some very exciting guests coming up. I won't go into who all yet, but I've been reaching out to some folks that I really respect and have learned a lot from in this whole thing. And

I've always ... I've already had a really good response and we've already ... we have some interviews lined up already.

And so it's so super exciting. I'm like a kid at Christmas. This is so cool. And so on those interview episodes they'll be a bit longer, because I'm going to chat these folks ear off for however much time that they're going to give me. So on average those episodes are probably going to be an hour.

But anyhow, that's it for this episode 0.0. If at any point you have any questions, any comments, feedback, whatever, leave us a review where you can leave us a review on iTunes when this finally hits iTunes. We'll also be on Stitcher, probably Google Play, kind of the biggest ones.

So be sure to subscribe and if so kindly leave us a review so we help spread the message. And I look forward to bringing you some great content and some valuable stuff that we can try to apply and just spread this word and get it out there and help change and heal the world. So anyways, thank you again and you guys have a blessed day.