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14 SPEAKERS

Del Bigtree

Jenn Sherry Parry, Executive Producer

Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Donald Trump, President of the United States of America

Robert F. Kennedy Jr. United States Secretary of Health and Human Services

Marty Makary, M.D., M.P.H. Former Commissioner of the Food & Drug Administration

Joe Rogan, Host" The Joe Rogan Experience"

Marcus Luttrell, Retired United States Navy Seal

W. Bryan Hubbard, CEO of Americans for Ibogaine

Male News Correspondent

Female News Correspondent

Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

Male Speaker

Female Speaker

START OF TRANSCRIPT

[00:00:05] Del Bigtree

Have you noticed that this show doesn't have any commercials? I'm not selling you diapers or vitamins or smoothies or gasoline. That's because I don't want any corporate sponsors telling me what I can investigate or what I can say. Instead, you are our sponsors. This is a production by our nonprofit, the Informed Consent Action Network. So if you want more investigations, if you want landmark legal wins, if you want hard hitting news, if you want the truth, go to ICANdecide.org and donate now. Alright everyone, we ready?

[00:00:44] Jenn Sherry Parry, Executive Producer

Let's do this.

[00:00:46] Del Bigtree

Action. Good morning, good afternoon, good evening. Wherever you are out there in the world, it's time to step out onto the Highwire. Well, last week I was in Tokyo, Japan, where we had the opportunity to speak on panels to meet with scientists and experts that dealt with Covid. Shockingly, some of the same issues that we saw here in America and Americans, hospital systems and America's health department, the same story we hear in Italy and France and Poland. How is it no matter where you were in the world, everyone came out of the gates and made the same exact mistakes. It really defies reason, but it was incredible. What I mean, just a totally different culture, a cultural experience for me. But the reception was amazing. Um, journalists, people coming up saying they're going to be having screenings all over Japan, uh, even after we've left, they're very excited about it. So it was just an incredible sharing of minds. We're going to do a show on that journey, um, out there somewhere in the near future so that you can see some of the interviews I did and some of the revelations that took place during this incredible trip. Um, I have a huge show though coming up. Um, today we've got, uh, Pete Evans, the celebrity chef that's written a new cookbook. He's going to take me even.

[00:02:28] Del Bigtree

We're going to whip up a couple of little specials. Uh, that might make it easy for you, for your family. Some quick bites that really, um, should taste amazing. I can't wait for that. But first, it's time for the Jaxen report. Alright. Jefferey. You know, it really doesn't matter what land we stand on or even if we look different. Uh, misinformation, real misinformation, real lies, real deceit, especially around, uh, vaccine issues and medical freedom. It's the same no matter where you are. The people that have blood moving through their brains and recognize what's going on are horrified at what they see in the future. And they're especially worried about all of the people that seem to be completely asleep or even hypnotized. So we all share in this experience. And yet here we are at The HighWire speaking truth and, uh, and gaining ground so we wouldn't be able to do that without you. I'm just super appreciative of the work that you do as I travel around. And so I just want to sort of also recognize you because you are recognized by all of these people. Wherever I travel, they seem to think that you and I are attached to the hip. Why is Jefferey Jaxen not here anyway? I wish you could have been there. It was amazing in Japan.

[00:03:56] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. Well, I got to say, it's so cool that you're able to build these bridges in other countries because we are connected through the internet, but we're siloed in a way when it comes to face to face conversations and, and understanding and just relaying this information. And, you know, during Covid, I would say the system, the governments were able to impose a one size fits all kind of anti-human approach to this pandemic, all the ways we covered, but the people on the ground, the communities never really connected. So it's cool that you're being the symbolic bridge to bring this information back in these weeks, that you come back and say, this is what I found, this is what it's like, and we get to show viewers the videos of what's going on. So I think that's super important. And I don't I don't think people really should gloss over this. These are like reports back from, from the rest of the world in a new world that we're in right now.

[00:04:44] Del Bigtree

Yeah, no, it's been I just feel incredibly honored. And I'm really interested in it is I realize we hadn't really done this investigation. We've had some foreign entities and doctors come on to the The HighWire come to us. It's totally different to go out and really talk to the people and get a sense of the experience. You realize we are all really brothers and sisters together on this, and we got to stop this global insanity immediately.

[00:05:12] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah, yeah. And let's, let's talk about the human experience because there's a story we're going to really kind of go out on the Highwire here a little bit more that we've been working with and researching in the background for quite some time at the Highwire here, just looking at maybe how to approach this. And, you know, just about a month ago, the white House came out and exposed this entire conversation with an executive order that looked like this. Take a look.

[00:05:36] Del Bigtree

Okay.

[00:05:37] Donald Trump, President of the United States of America

Today, I'm pleased to announce historic reforms to dramatically accelerate access to new medical research and treatments based on psychedelic drugs.

[00:05:47] Robert F. Kennedy Jr. United States Secretary of Health and Human Services

Under the executive order, HHS will accelerate Research, approval and access to new mental health treatments, including psychedelic therapies such as ibogaine or. Taking this decision. This decisive step to confront one of the most urgent public health challenges facing our nation, the mental health crisis. More than 14 million Americans live with serious mental illness, and 1 in 4 adults experiences a diagnosable disorder each year. Suicide has risen by more than 30% over the past two decades, with another peak in recent years among veterans. More than 6000 die by suicide each year since 2001. We have lost far more veterans to suicide than to combat. At the same time, millions of Americans living with depression, PTSD, addiction and other conditions do not respond to existing treatments.

[00:06:48] Marty Makary, M.D., M.P.H. Former Commissioner of the Food & Drug Administration

The FDA will issue three national priority vouchers for serotonin, two agonists, also known as psychedelics, under this new program in this administration. Drugs can get approved in weeks, not a year or a year plus, but in weeks for many men and women. They have been fighting battles on the ground. But even after the wars are over, those battles continue in their mind. Now, there are a lot of medications in medicine where we don't know exactly how it works, but we see profound results if we actually listen to those who experience the therapeutic value. We can learn as a medical field. We just have to listen. The stories of those individuals with dramatic results. That is data. That is scientific data, even from a single individual.

[00:07:44] Joe Rogan, Host" The Joe Rogan Experience"

I want to say that I'm here because of the man to my left, Brian Hubbard and former Texas Governor Rick Perry came on my podcast. They told me how impactful this medicine is, this and having that conversation with them. Millions of people got a chance to hear their story. Hear the stories of all the different people that have had life changing experiences from it.

[00:08:07] Marcus Luttrell, Retired United States Navy Seal

With this executive order here, broken down those barriers and allowed us we can. I have all the faith in the world that this will codify and remain forever. So thank you very much for taking care of your service members and your veterans and giving the members that have been working on this for so long a chance.

[00:08:25] W. Bryan Hubbard, CEO of Americans for Ibogaine

Everyone who has fought for this day through decades of monumental struggle, sacrifice, and suffering can now declare a Seminole victory for life, liberty, and the pursuit of happiness.

[00:08:44] Del Bigtree

This is really um, amazing. We, you and I have reported we've had people come to us over the last decade, you know, can you talk about psychedelics, PTSD, all this? But Bobby had such a point I've never heard. And it was profound when he said, we lose more veterans to suicide than we do to combat. I think that that's an incredible statement.

[00:09:11] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. Yeah. You know, this story has so many important angles. One of them really is the government is listening to the grassroots. It's listening to individual people. It's listening to people with therapies that have the potential to disrupt an overarching industry that we've reported on for so long, the mental health interventions that are given right now, the SSRIs, the harms were hidden, the patients that suffered these harms even after they stopped the medication. They have these harms that show up. Um, this was all hidden and these people were kind of left, left behind for these blockbuster drugs. And that was really the only toolbox in the psychiatrist toolbox were these pharmaceutical interventions. So this is something that is really interesting. And I want to go into the FDA's process here because this is just a first step. So this isn't, you know, street legal psychedelic drugs. They're not passing them out to kids on the street. This is a very scientific process because this is, you know, this is big medicine. Anybody that's looked into this before. This isn't something you take one in the morning and one in the afternoon and you can go about your life. These are this is this is serious, serious medicine for people with serious situations that the pharmaceutical drugs just are not taken care of. So you go to the FDA's press release on this and they're putting forward an acceleration these vouchers for serious mental illness.

[00:10:31] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So it says that the FDA is issuing national priority vouchers to three companies studying psilocybin for treatment resistant depression, psilocybin for major depressive disorders, and methylone for post-traumatic stress syndrome PTSD. But then it goes on to say. "In addition, the agency is allowing an early phase clinical study of noribogaine hydrochloride to move forward following an investigational new drug submission." So that's the first time that drug has ever been able to be studied in the United States. Um, in this, I want to back up just for a second because this conversation, people hearing this the first time, maybe you lived through the 1960s, you were active in that culture, the psychedelic culture of the 1960s. There's a lot of stigma that goes into this conversation. I want to point you to this rolling Stone article, and this is really the bottom line in this conversation. "The rise of the 1960s counterculture and the derailment of psychedelic research." It says "President Nixon, dogged by the increasing unpopularity of the Vietnam War, was all too happy to find a zeitgeist culprit. The Psychedelic Party came to a screeching halt in the early 1970s. The Controlled Substance Act of 1970 lumped LSD and psilocybin with heroin and cocaine, effectively shutting down legitimate research." That's the key. "With counterculture movement scapegoated and psychedelics seem as a social menace societal menace. The scientific community's promising exploration of these substances became an afterthought." And this is what we're talking about here.

[00:11:53] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

We're not talking about the recreational recreational drug use here. We're talking about a scientific community that's been paralyzed for decades. And in many ways, this is like the vaccine research because it's been scapegoated. Anti-vaxxers, parents are lying about the injuries. You have decades of of science and governmental departments that could have been studying vaccine injury that haven't been. So the psychedelic conversation, although not similarly 1 to 1, is, is somewhat similar on this that a scapegoated area that could show valid promise for research into mental health and other issues because of a government, a political maneuvering had been sidelined. So we're picking that ball back up now. And I wanted to just go on that a little bit of a little bit of a rabbit trail there to talk about that, just to frame it a little differently here. And just to back up Kennedy too. He's not he's not just throwing stats out there. This is the National Institutes of Health looking at the mental health problem. We know in the United States it says in 2022, these are really the most recent numbers. There was an estimate of 15.4 million adults aged 18 and older in the United States with serious mental illness. That number represents 6.6% of all US adults. And then the suicide. These are the CDC rates. And just in case you didn't hear Kennedy right on that one, it did say 30%.

[00:13:07] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

The total age adjusted suicide rate increased 30% from 22,002. And it says from 2018 declined through 2020 and then increased to 14.2 in 2022, which was similar to the rate in 2021. I can only imagine what those rates are now. If we had actual 2026 numbers coming out of the pandemic. But the real conversation here too with these therapies, because again, these are these are serious therapies are for our veterans. And we know the suicide rates are high. We know the mental illness is high and all of the. All they have is pharmaceutical drugs and the Veterans Affairs. The VA and the VA is notorious for dropping the ball on the carrier. Here's a ProPublica investigation looking at "how the VA fails veterans on mental health." Specifically, it says "a ProPublica analysis of 313 studies conducted by the agency's inspector general in recent years shows repeated failures in behavioral care. The breakdowns have led to have had fatal consequences." So we know the problems now. I'm just kind of laying that out there to give people an idea. It's a flashing red light. We have massive issues in this country and our government is listening to this. It's a grassroots. You can hear Joe Rogan there. I had these people on my podcast, and here he is standing in the white House trying to get this bill across. The FDA is putting vouchers forward. So this is a it really should be looked at, a win win for the scientific community and the research community, possibly leading to something.

[00:14:29] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Now, let's go into the studies. Let's see what this stuff is doing, because it's not like the studies we've covered before at all. Here's the ibogaine study. Now, ibogaine is an alkaloid of a root bark from a shrub in native Central Africa. But the the people there, the indigenous people there have been using it for spiritual, for for spiritual practices for a very long time because something's happening. So this is magnesium, ibogaine therapy and veterans with traumatic brain injuries. They use it with magnesium because ibogaine has a safety issue. There's a heart issue with that. So if you use it with magnesium, it kind of makes that a lot safer, I should say. It says this is possibly the first study to report evidence for a single treatment with a drug single. Here's the difference. One treatment not for 2 or 3 weeks. We're giving these drugs. One treatment can improve chronic disability related to repeated traumatic brain injuries from combat and blast exposures. And they say this the researchers. In summary, we prospectively investigated the safety and efficacy of mystic. So this is basically the ibogaine with magnesium. That's the that's the protocol for special operations veterans. Um, with a history of traumatic brain injury and repeated blast combat exposures at baseline, study participants experienced clinically meaningful, meaningful levels of disability, PTSD, depression, and anxiety after mystic.

[00:15:49] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

That's the treatment participants showed a remarkable, remarkable reduction in these symptoms with large effect sizes, and the benefits were sustained at the one month follow up. So one dose, one month follow up sustained. Indeed, disability measures continue to improve and psychiatric symptom remission and response rates one month post mystic remained high. This is something you will not find in pharmaceutical drug interventions or trials. One dose, one month. Um and leading to this now, all of these people in this trial had to travel to Mexico. All these, uh, these veterans, special operations veterans. So that's what Kennedy was saying in the white House. There is, it's, it's kind of sad that we have these veterans and they have to travel to other countries to make this happen. So the FDA is now allowing this in the United States. Now let's just unpack one other therapy here. There's a couple obviously, the FDA is looking at. The other one is psilocybin. This is from mushroom derivative. That's the active component in there. Um, and this is unlike ibogaine because psilocybin has actually been being studied for, for several years now. Uh, here's some of the headlines coming out in 2022. Largest trial to date shows that psilocybin reduces depression symptoms. That's King College. Here's one of the studies in 2022 in the New England Journal of Medicine. So obviously, you're getting widespread dissemination of this information in the science community.

[00:17:08] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Single dose again, "single dose psilocybin for treatment resistant episode of major depression." Just for the audience there. It's what it sounds like treatment resistant episode. The people in these trials have tried everything and nothing works. So they're marooned when it comes to their therapies. So they're trying this. So these aren't just regular people off the streets. These aren't people that are attracted to, you know, doing this for whatever reason, these are people who have no other place to turn. Um, and the BMJ took all of these, uh, again, BMJ Major journal here took all of these in a meta analysis, a systemic review, including that New England Journal of Medicine study right there. And it looked at the efficacy of all the psilocybin studies throughout these several years of the research. Now the body of evidence is being built. It says response rates. This is what they found. The response rate, the response rate is is defined as a 50% or higher reduction in depressive symptoms. So it's pretty big. It says overall, the likelihood of psilocybin intervention leading to treatment response was about two times greater than the placebo. And then it goes on to remission rate. Remission rate is done. You know, that's kind of what you want is complete remission. Overall, the likelihood of psilocybin intervention leading to remission of depression was nearly three times greater than placebo.

[00:18:24] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So we're seeing we're seeing some remarkable things here. And that's depression. That's PTSD, that that's major depressive disorders. And again, these people have no other option. Now let's look at a case study that just came out. So we're starting to now move past depression depression in the research and looking again a case study one one patient. But listen to this case magic mushrooms. That's what they're being called in the media in Alzheimer's. What one remarkable case can tell us. I'm just going to read this. "The woman had experienced woman with with Alzheimer's, had experienced progressive decline for a decade. For the previous five years, she had largely communicated using single words and relied heavily on others for everyday care. She also had difficulty walking and dressing herself and experienced chronic urinary incontinence. She received five grams of psilocybin containing mushrooms," again a single dose. "The exact amount of psilocybin is unclear because mushroom potency varies. During the experience, she sweated heavily and entered a prolonged sleep like state. Around 19 hours later, she began speaking spontaneously and recalling memories from her own life. Over the following days and weeks, caregivers reported that she seemed more alert, recognized family members, walked more independently, began dressing herself, and regained urinary continence. One month later, she received a second supervised session involving three grams of mushrooms and again appeared more expressive and agile." Make of that what you will, but to me, I'm reading. Promise.

[00:19:52] Del Bigtree

It's really amazing. I'm sort of chuckling to myself, just in that this would be hard to have a placebo trial with. I'm pretty sure you know whether you got psilocybin or placebo. But anyway, very promising, promising work indeed.

[00:20:11] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah, I guess it's baked in the cake is natural Unblinding. I guess that would be called right?

[00:20:16] Del Bigtree

Exactly. We'll have to get around that little, you know, side effect, if you will. Alright. Yeah. Very interesting.

[00:20:22] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So I again, this is obviously Investigation. We're we're standing at the precipice of, you know, a lot of new research here in the United States, which is exciting and possibly some solutions for people that really have been left left without solutions for a growing mental health crisis. Now let's talk about what from what goes in our bodies to what goes in our skin. Obviously, it is summer here in the United States. The sun is hot and the conversation around sunscreen. A lot of people have contacted us to say, can you do a deep dive into sunscreen? Well, here's what the media will tell you on sunscreen. Take a look.

[00:20:56] Male News Correspondent

Whether you're climbing a mountain, skiing the slopes, or laying by the pool, sunscreen is a must when out in the sun.

[00:21:02] Female News Correspondent

Dermatologists and healthcare experts have long touted sunscreen as an effective way to prevent sun damage.

[00:21:08] Male News Correspondent

We've been told for years now that applying sunscreen early, liberally and often is our best protection against cancer, causing UV rays from the sun.

[00:21:17] Female News Correspondent

Sunscreen. This is my personal. This is going to be your best friend, and medical experts want to make sure that you are layering this on every single day.

[00:21:26] Female News Correspondent

The thing that's unique about skin cancer, it's so common, but it's also so preventable. We know that about 90% of skin cancers are associated with sun exposure.

[00:21:35] Male News Correspondent

Skin cancers still remains the most prevalent and prominent cancer in America. There will be over 5 million cases of skin cancer that's going to be diagnosed.

[00:21:45] Female News Correspondent

It's the number one cancer in the U.S. 1 in 5 Americans will be diagnosed with skin cancer at some point in their lifetime. Wow. Incredibly common,

[00:21:51] Male News Correspondent

Which is why prevention is so necessary.

[00:21:53] Female News Correspondent

Exactly. And sunscreen is one of the best ways to do that.

[00:21:56] Female News Correspondent

We know that melanoma is most common in men, and they actually have the highest mortality rate. It's thought perhaps men aren't as good about wearing sunscreen. There's no such thing as a safe tan. That's a huge mistake.

[00:22:08] Del Bigtree

Alright. Well, I mean, look, that's, uh, I I'll be honest, like I don't I can't remember the last time I wore sunscreen. I just personally, you know, there's been a red flag from the beginning. I was like, let me get this straight. The life, the source of all life is my enemy. It sounds like a religion that would be pushed by vampires. You know, I wear long shirts. I wear baseball caps. I don't think it's good to scorch yourself. But this this has never made sense to me. Just packing things into your pores, heating them up, having them, you know, go. I just can't imagine anything natural enough that I want to mess with it. But, you know, where's where's the science going on this?

[00:22:50] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. And this conversation, I'll also frame this. It's not it's not black and white. Like some of the stuff we cover. There is a lot of nuance in here, and there's a lot of personal decision making to be had from every individual. This is true informed consent, and it's just sunscreen, but it's very important. So in 2019, the FDA, HHS put this in the Federal Register regarding the FDA. And it said this this is the actual federal Register at that time, Department of Health and Human Services, Food and Drug Administration, um products, over-the-counter human use, the agency, Food and Drug Administration. It's a proposed rule. So it says this proposed rule describes the conditions under which FDA proposes that over-the-counter sunscreen monograph products are generally recognized as safe and effective and not misbranded as being published as part of an ongoing review of over-the-counter drug products conducted by the FDA. So what they're doing is in 2019, they're saying, look, we're going to do a review of basically the sunscreen. Um, now that review to this day has not been completed. So when we're talking about safe and effective, there's, there's a big question mark here. Is it really safe? It reminds me a little bit of fluoride. It's like it's been we knew it was everyone told it was safe. But the EPA said at some point they're going to redo that science.

[00:24:02] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

We're still waiting for them. So it's up in the air. That's kind of where we're at with sunscreen. But in the meantime, let's look at the science. So in 2020, we have the Jama Journal of American Medical Association. They looked at this. This was ironically, an FDA funded study. They looked at the "effect of sunscreen application on plasma concentration." Um, with their active ingredients. This was a really great trial, a randomized clinical trial. It said "in this study conducted in a clinical pharmacology unit and examining sunscreen application among healthy participants, all six of the tested active ingredients administered in four different sunscreen formulations were systemically absorbed and had plasma concentrations that's in your blood, by the way, that surpass the FDA threshold for potentially waiving some of the additional safety studies for sunscreens." So they're saying, well, the FDA, that bottom line there is saying, well, clearly, if it doesn't pass this threshold, we don't have to do further safety studies. And this this study is saying basically all of them, for the most part, are going into and they're surpassing the plasma concentrations. And it wasn't just there. It happened quickly, by the way, within 24 hours, but it stayed for days that that plasma concentration was elevated for days. So this the sunscreen systemically absorbs into your entire system through your bloodstream. And that's that's clearly a problem because it doesn't just stay on the skin doesn't evaporate.

[00:25:22] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

The Environmental Working Group did a really great article looking at this. I recommend everyone check this article out. "The trouble with ingredients in sunscreen." And it gives you a handy graph here you can go to and you can see all the ingredients on the left side. These are the active ingredients. And then there we just covered the FDA 2019 proposed classification as safe and effective. You can see a lot of those are not they've not been done yet. They can't say they're safe and effective except the last two, which are mineral. We have titanium dioxide and zinc oxide. We'll talk about those in a second. And then you go to the next column. Absorb through the skin. Yes yes yes, yes. Every one of those is absorbed through the skin except the mineral versions of those. But then here, here becomes a big problem. Evidence of hormone disruption. You can see here we have some of those with strong evidence of hormone disruption. That's that's not a good thing. And then also skin allergies. There's evidence of those. Those are concerns. And that's the big issue. So when it comes to these active ingredients, these are chemicals except for those last two. Those are mineral based zinc and titanium dioxide. The zinc and titanium dioxide do not absorb in your skin. The FDA just recently, just this month approved another chemical for sunscreen.

[00:26:34] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

However, they approved it and it actually had some foresight here. This is a chemical like our food. It's been approved in Europe, but not in the United States. And similarly, there's a lot of chemicals in sunscreen that are banned in Europe that we allow in the United States. But this FDA expands sunscreen options for the first time in 20 years. And this is basically an ingredient in here that it doesn't absorb into your body as easily as the rest of the chemicals. So it has a larger molecular weight from my understanding. So it sits on the top of the skin. You're not going to have an issue with that. So that's a good sign. The FDA is actually acknowledging the systemic absorption of sunscreen and the issues, because there are issues we already know there's lots of evidence here. Again, the Environmental Working Group shows that graph. And it's the hormone disruption allergies at the very least. So that's a concern for people. So with that information there's one of the conversations that I think people should think about when they're thinking about sunscreen. But now let's go into some of the, some of the information about, like you said, the sun, you mentioned that at the top of the segment here. So here's a 2013 study, and this was a pretty interesting study.

[00:27:40] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

It says "is prevention of cancer by sun exposure more than just the effect of vitamin D, a systemic review of the epidemiological studies." And that said, here "we found that almost all epidemiological studies suggest that chronic, not intermittent sun exposure is associated with a reduced risk of colorectal cancer, prostate cancer and non-Hodgkin's lymphoma." So that's a big conversation is the cancers when it comes to sun exposure. Obviously a lot of those are skin cancers. But this study is saying, hey, on the rest of the cancers, It looks like there might be something going on with the sun other than vitamin D that is helping people stave off these cancers. Here's another one. "Avoidance of sun exposure is a risk factor for all cause mortality results from a melanoma in in southern Sweden cohort." So they looked at thousands of people in Sweden. They said this this is a fascinating conclusion. "We found that all cause mortality was inversely all cause mortality was inversely related to sun exposure habits." So inversely related. Note that the mortality rate amongst avoiders of sun exposure was approximately twofold higher compared with the highest sun exposure group, resulting in excess mortality with a population attributable risk of 3%. "Conclusion the results of this study provide observational evidence that avoiding sun exposure is a risk factor for all cause mortality."

[00:29:03] Del Bigtree

I mean, it really seems obvious, doesn't it? Jefferey you know, if there was one thing I think we really learned during Covid, it was how important vitamin D is. I really hadn't, you know, contemplated it. But then when they started showing that if you had certain vitamin D levels, you would not be hospitalized. No one died if they had certain vitamin D levels, you know, detectable in their body. We now realize this is the building blocks of your immune system. And so and we forget that immune systems are what deal with cancer. They see the immune system that decides whether that foreign object or, you know, chemical or toxin should be attacked and pushed out of the body. So to me, it just goes without saying, so you're the only natural way, as I understand it really, to get vitamin D, which is like a hormone, is your skin's interaction with the sun. Otherwise we're taking these supplements just seems crazy that we avoid the natural way we're designed to take on one of the critical vitamins in our bodies. And then we start, you know, you know, supplementing it with bottled and God knows where that comes from in all those issues, I don't know. Just this seems like a no brainer in many ways. And it's one of those things where science just took us way off track. We allowed a whole industry to just pack crap into our pores without thinking about it. Anyway, um, it's, uh, it's great that we're starting to get some mainstream reality checks going on here.

[00:30:34] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. For sure. And there's a study that just came out earlier this year too. And it goes, it goes into what you were just saying, this is a risk benefit balance. And that's really what people have to decide for themselves. Risk benefit balance of habitual ultraviolet exposure for cardiovascular, skin and cardiovascular cancer and skin cancer mortality. And they concluded this in this large UK cohort, higher habitual UV exposure quantified by the Sunbeam index, was associated with lower all cause cardiovascular and non-skin cancer mortality, alongside smaller proportional increases in melanoma and other skin cancer mortality. Overall, these findings challenge the simplistic view that sunlight is primarily a skin carcinogen whose benefits can be replaced by vitamin D tablets and instead supports a more balanced perspective in which UV exposure contributes meaningfully and not fully substitutable to the prevention of cardiovascular disease and other major cancers. So that's a major conversation there. And, you know, to be responsible in our reporting here. Clearly, the sun does have effects on skin cancers. And there's several types of skin cancers. There's squamous cell carcinomas. There's basal cell carcinomas. Those you catch them early. There's no big deal. There's a high survivability rate on those. They're they're really common. Um, but then there's one, there's melanoma. Now melanoma will go to the American Cancer Society on this. And these are the statistics for melanoma. This is the one you really got to watch out for. I mean obviously got to be diligent. Watch out for all of them. But this one here cancer of melanoma. Cancer of the skin is by far the most common of all cancers in the United States. Melanoma accounts for only about 1% of skin cancers, but causes the largest majority of skin cancer deaths.

[00:32:10] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So when they say catch all term skin cancer deaths and they try to lump all skin cancers in there, that's not accurate. Melanoma is the one that accounts for at all. And this is for so the dermatologists out there that have been wringing their fist at my segment, I'm going to give them a little thumbs up here and attribute this chart. This is the A, B, C, D and ease of melanoma. So you do want to watch out for this. And this is this is just a quick chart here. Is it a mole or is it melanoma. Um regular checks to a dermatologist. Dermatologist. They can take care of these things especially the squamous or basal cell carcinomas skin tags. They can just pop those off before any issues happen. The melanomas obviously want to get on top of that faster. But this is this is one of the issues. However again, it's not just it's not the it's not a simple relationship here. It's very nuanced. It's not more sun equals more melanoma. In fact, there are studies out there, but not for time's sake. We're not going to go into all the studies, but showing that people with high skin exposure to the sun through their employment have lower melanoma rates than people that work in offices. So there's a lot of science that we don't understand about sun exposure, but this is hopefully this can give people an idea of maybe where to start. Obviously burning is bad. So anything you don't want to just go out there and burn because you want the sun exposure that's that's shown across the board to be really, really not a good thing.

[00:33:34] Del Bigtree

Well, you know, we were all talking about as we were working on this segment, do sunglasses have an effect? I look forward, we're going to do some research into that. I know some people are saying don't wear sunglasses. It's telling your skin you're in the dark when you're not very interesting. All of this, we're starting to wake up and I think look at things in a new way, which is great. It's a part of what The HighWire is doing. It's what you're doing. And I think we're forcing the mainstream narrative to shift. So great work. Jefferey, as always, amazing reporting. Um, I'll see you next week.

[00:34:05] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Alright. Thank you.

[00:34:06] Del Bigtree

Alright. Well, you know, look, when you look at the work that we do here, ask yourself, did I see that story presented on any of the other news stations that I watch? Is Fox talking about the fact that maybe you've been lied to on sunscreen? Maybe your sun exposure is important to you. Maybe you should start working on a more balanced approach. I don't think so. And I don't mean to call out Fox. How about MSNBC or CNN or any of the other agencies? And by the way, you're paying for a cable bill, are you not, to watch those things you're funding? You know, all of those that lied to you during Covid that bring you misinformation all the time and have you running to social media to see if you can get the answers there, but then you can go to The HighWire every week and we're going through social media, we're looking at all of it, and we're finding the science that we put in your hands just then, when you look at all those articles, you want to read them. If you are just signed up to our email list, which all you have to do is go to the middle of the page, go down the page and go to Brave Bold News and give us your email. You will receive every document we present on this show, whether it's a video, you'll get a link. If it's a study, you'll get the whole study, not just the paragraph that that we focus on so that you can check our work.

[00:35:19] Del Bigtree

We're trying to represent this to all the people in journalism. You know, this is the Highwire protocol. Show your work. Don't just tell me some expert told you or some expert came on your show. The Highwire is built on five core values accuracy, integrity, independence, accountability, and transparency. But then when we're done reporting, we don't just go, well, our job is done. We showed you there's a problem. Nothing you're going to be able to do about it. No. Then we take the funds that come in and from your support, and we go and we use one of the greatest attorneys in history to sue. Whether it's fluoride. We now have the biggest fluoride lawyer working with Aaron Siri. We're getting into five G and investigations into that. Microplastics, you name it, on top of all of the vaccine work. And so when you sit and think about the world that you lived in or that you do live in, what's happened over the last several years, who's affecting change? That's all I want to say. When you think about we vote with our dollars, where are your dollars going? Are they going to those that are bringing about change for the better in your world, or are you funding things that are lying to you and bringing about, you know, and funding? Honestly, all of those products that are advertising on those networks you're watching, you're funding them to, they're going, oh, great, you've got our attention.

[00:36:34] Del Bigtree

Keep poisoning us, keep giving us poisons we can pack into our pores. I'm I'm behind that. That's where my dollars are going. Obviously, we can't be perfect. Obviously, there's things that we have to do. We have to get through society. But how do you create a balance? How do you create a balance for those things in the world? You do it by supporting the things that you know really make a difference. And we believe that's what the The HighWire is. There is nothing like this. There is no no nonprofit. There's no group in the world that has this multi-pronged approach. We don't just bring you one of the best news shows and the most popular alternative news shows in the world. With a Highwire, we bring more lawsuits than any nonprofit like it, more victories than you've ever seen. The changes in the vaccine conversation in America that are rushing the Supreme Court are all made possible by you. They're donating right now 146 federal lawsuits filed, 560 16 document productions secured, including the Pfizer data, the Moderna data, the data. Nobody else did that. Books are being written about it now. Books that would not exist if it weren't for The HighWire and ICAN and those of you that sponsor our work. And so as we, you know, sit here and think about what's the world we want to live in, how much time do we have before AI governance takes over? And, you know, our government just starts turning on the facial recognition software and, you know, whatever, you know, is it going to test my sweat glands when I grab the steering wheel of my car? If all of those things are freaking you out, then we need your help right now.

[00:38:08] Del Bigtree

Please. Uh, we this is the last week that we have the \$1.5 million match. Where are we at? Well, we are at \$615,000 right now, which means we have a little ways to go. We need your help. I really want you to think this week. Let's make a difference. Your \$5 to \$10. Your \$100 turns to \$200. Your \$1,000 turns to \$2,000. You get the idea. But we really want to show sponsors that make this happen for us. This works. Thank you. Thank you. For those of you that have done well in life, when you offer up a a match like this, it really does make a difference. If you're one of those sponsors that maybe wants to get involved in a specific product that you can, you know, either put your name on publicly or just personally know you made a difference. Just write us at info@ICANdecide.org. We are going to keep putting the pressure on this government and the government is going. In the future. We have some of the most. Then. Now you see the newspapers are changing on this. They're writing in a positive light. It looks inevitable.

[00:39:14] Del Bigtree

ICAN is going to change this vaccine conversation. It's on its way to the Supreme Court. All that's made possible by you. I want to thank everyone that makes this, you know, great show and all the work that we do possible. And for those of you watching right now, join the team, join the family, get into the network, get into the Informed Consent Action network. This is your opportunity. I hope you'll do it. Now we're just asking you to hit the donate button at the top of the page. Become a recurring donor. \$26 for 2026 would be amazing. That way we know. And look. What is that? Lunch? Skip a lunch intermittent fast one day a month. And there you go. You're helping us change the world. Well, speaking of changing the world, the Maha movement is, as I travel the entire world, everyone's talking about Maha, whether they're in Italy, France, Japan, you name it. Maha is on the tips of everyone's tongue. But what does it mean and how do I implement it? Well, one of the best ways to implement it would be through your own diet, I suppose. And what if somebody wrote a cookbook about how to have a Maha diet? Well, I am going to be speaking with Pete Evans. He's the celebrity chef that has taken the world. He's really one of the most beautiful people you'll ever meet. And if you haven't heard of him yet, get ready. Here he is.

[00:40:38] Female News Correspondent

Chef Pete Evans.

[00:40:39] Female News Correspondent

Pete Evans. Pete Evans judge on the insanely popular My Kitchen Rules.

[00:40:43] Female News Correspondent

An internationally renowned chef author, speaker who became a household name through hit TV shows.

[00:40:48] Female News Correspondent

Brand name on everything from cookware to the kitchen sink.

[00:40:52] Male News Correspondent

Not only a mastermind, but is a loving father.

[00:40:55] Female News Correspondent

Documentary producer with over 30 cookbooks.

[00:40:58] Female News Correspondent

Lifestyle guru to a legion of followers, celebrity chef Pete Evans has had his Facebook page permanently deleted.

[00:41:05] Male News Correspondent

Channel seven has now dropped Pete Evans.

[00:41:08] Male News Correspondent

His pseudoscientific views have outraged leading doctors.

[00:41:11] Male News Correspondent

Evans has repeatedly created controversy on social media.

[00:41:14] Male News Correspondent

Pete Evans, celebrity chef and TV host, mocked for talking about questioning big pharma, gut health, clean eating and telling us to look outside the system. So was he actually crazy or just early?

[00:41:28] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

As soon as I started sharing that you could get healthy by eliminating a couple of foods and focusing on organic regenerative farming practices, that's when the attacks started coming. I knew that there would be repercussions, but I knew that that was the path and just trust in this path. Paleo is really, really simple. It's basically meat and three veg. That's it. Teaching people how to cook. That's what celebrity chef actually means. It's just a teacher of this craft, which is the culinary arts, which I love. And so many doctors that I've interviewed, they believe that 80% of chronic illness can be completely eradicated through lifestyle choices. The greatest lifestyle choice, I believe, is good diet. Imagine if 80% of hospital visits disappeared. Imagine if the lobbying from the pharmaceutical companies had 80% less funding. Everything would change. I don't think anyone can underestimate how powerful food is to bring people together and to share love and to receive love. My intention is to live as long as I can without disease. I want to live to 100 110, watch my grandchildren, great grandchildren and just see this beautiful play in the world for as long as I can.

[00:42:43] Del Bigtree

Well, it's my honor and pleasure to be joined by celebrity chef Pete Evans and his new book, The Maha Cookbook. Let's get into it, Pete, thanks for joining me today.

[00:42:52] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Brother. Thanks for having me. And I just want to say congratulations on everything you've been doing over the years. Huge fan.

[00:42:59] Del Bigtree

Oh thank you, thank you. It's, uh. I mean, I'm having a blast. You know, it's great to see the world changing around you. And, you know, since we've spoken prior to Covid, that in the middle of Covid and here we are again, um, you know, these are incredible moments. I always say they're the birth pangs of change. And, you know, Maha, I think being something that grew out of that, you know, Covid pressure, if you will. Yeah. It's really, you know, watching food come together with, you know, medical freedom. Um, I don't think the politics of America saw it coming. And, uh, and so, but you're embracing it in this cookbook. So let's get into that. Uh, why Maha Cookbook. What was your thinking on that?

[00:43:47] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Well, not only make America healthy again, but make Australia healthier again too. Yeah, I sort of yeah, I took the liberty of that. And as you said, I mean, food is such a, a beautiful part of our life.

[00:44:01] Del Bigtree

Yeah.

[00:44:02] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And as you just mentioned, once upon a time, for pretty much our whole evolutionary history, food was one of our top priorities.

[00:44:12] Del Bigtree

Yeah.

[00:44:13] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And I would say over the last 50, 60 years, it's sort of come down a few rungs on the ladder. And with what you were saying about Bobby and the Maha movement, it seems to be going back up the ladder, which excites me in so many ways, because I do believe the lowest hanging fruit. Pardon the pun, is to get into the kitchen and cook some beautiful food, create memories like we were talking just before for ourselves and our family, and ultimately learn a vital life skill. A lot of people can fall into the, um, not the trap, but the perception that cooking is a chore. Yeah, it's a burden.

[00:44:54] Del Bigtree

It's a pain in the butt

[00:44:55] Del Bigtree

My mom saw it. My mom just, I could tell hated cooking, and it kind of came out in the flattery.

[00:45:04] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And I guess my, my intention with the skills that I have and the toolkit that I have is to make cooking inspiring again and sexy again and fun again and, and not for it to be a chore, not for it to be a burden. And how does that happen? How do we create change? And obviously, everyone has free will. Yeah. And I never want to force my beliefs or anything onto anybody. Um, because we've been through that. Right, right, right. So how do we get cooking and the understanding of how important food is. Back up that that ladder. And Maha is such a a huge incentive and and moment in human history, especially in this country for that to happen. And, and I'm just so grateful and so happy. And it brings tears to my eyes, especially when Bobby was running and then the Maha movement came out. I was like, wow, what an amazing time in human history for this to be front and center, center stage, applauded, celebrated, and not to be something just that the, um, that's a bit woo woo. We know this helps. We know that if people spend time in the kitchen and not a lot of time and think about what they're cooking, cooking it with love, cooking it with laughter, cooking with an intention that dare say we can make America, Australia the world healthy again in a delicious way, in a fun way.

[00:46:39] Del Bigtree

When I mean you, obviously, you know, you travel a lot, you meet people, you know, you you've been a voice for cooking and food and health. What are the what are the things that have got have knocked it down the wrong. I mean, I'm going to assume it's sort of, you know, are we are we too busy? It's just the amount of time that we have available. Is it that we're we're not being taught by grandma anymore. I mean, is it just not in our, you know, upbringing? What are the major hurdles when you consider what it's going to take to get people motivated into this space?

[00:47:14] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

It can be a combination of those things that you just mentioned, for sure. And, and a lot of the time it is convenience and it's a lack of time or perceived lack of time. Yeah. So we can start with just learning the very, very basics how to poach an egg, how to scramble an egg, how to cook a piece of steak, how to roast a chicken, how to prepare some vegetables so they're not bland and boring And honestly, ten minutes preparation time in the kitchen, five minutes preparation time in the kitchen. That's all it can take. You know, a slow cooked lamb shoulder, for instance, if you like lamb. Yeah, pop it in the oven before you go to work or a slow cooker. You get home. You're eating restaurant quality food better than restaurant quality food because you know where it's come from. Yeah. If, if you take that into consideration and you're thoughtful about that, and once you tap into this and start at the basics and start to feel the changes in your body, you know, the thing that got me into this after being a chef for ten, 15 years was really my wife. She read a book called Primal Body, Primal Mind by Nora Georgiadis, and it took us through sort of the history of food and evolutionary history of human beings.

[00:48:34] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And it sort of comes down to some simple facts in my belief. Yeah. Good quality meat or seafood. Spray free vegetables and fruit. Like if you can eat that. And some eggs if you can tolerate them. If you can do that, rinse and repeat in. What's so exciting about 2025, 20, 26 and onwards is we have access now, like I just went to Whole Foods to buy our, to buy our, our recipes, the ingredients for it. There's everything there, spices from all around the world, all these beautiful herbs and then really good quality meat or seafood if you choose to. And if you're on a budget, then you can look for the cheaper options in all of these realms. Generally, things that are cheaper are the ones that are in season, things that are local. Yeah. Um, farmers markets, obviously co-ops, if you can grow your own herbs at home with your kids, you know, it just like we have a plethora of ingredients, so we can take inspiration from all over the globe because every single culture has worked out how to do it and do it so it tastes absolutely delicious. And these these classic recipes that have stood the test of time, um, you can do in your own kitchen, you know?

[00:49:49] Del Bigtree

Yeah.

[00:49:50] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Youtube these days, cooking shows, it's all there. The information is there. Yeah. It's true. And for me, I think one of the greatest gifts is to learn how to cook. You know, it is a way without going too deep into it, but there seems to be a lot of mental health issues out there, which can be a lack of self-worth, self-love, and to learn a skill, you're building confidence. You're building this, this relationship with yourself that you can do something and you can do it well. And cooking is one of the things that we can learn. If you're a novice or a beginner or not confident. And within the space of three months, six months a year, you're going to start to learn these life skills that do bring self nourishment to yourself, self love, self worth. And then when you can share that either to yourself or to others, you know, it just builds and builds and builds so that, um, if we eat well, obviously anxiety, depression, these sort of things can, can disappear.

[00:50:50] Del Bigtree

I mean, it's not just, it's not just the confidence around it. We actually more and more are recognizing that our gut biome, what's happening in our stomach really, truly is affecting our levels of anxiety, of depression, mental health, and a whole host of other autoimmune, neurological, developmental disorders in children. Mhm. Um, really is coming down to how healthy is our stomach. You know, I love that, you know, when I think of a cookbook, a lot of times you just open it up. It's just a bunch of recipes. But this is really a journey and an education. Just to read through some of these chapters, like chapter one, What is Maha? And then getting to the spirit of Maha shopping. It's a huge one. No one really talks about that. Cleaning out the pantry. How do I get the stuff that's in my way? It's not going to be helpful. The beautiful craft of cooking, ancestral diets, foods to cut down on and remove, you know, is it great organic, pesticide free and regenerative farming practices? You know, we're in chapter nine now meal prep, planning, cooking, bulk fussy eaters. I think that every parent has one of those at least a word on water, huge protein, fats and carbs, gut health and fermented foods, and invitation for further discovery. And then you get into actual Maha recipes with meat dishes and fish. And, um, you know, one of the debate, I mean, do you get into the debate, whether it's paleo? I mean, it just feels like paleo and vegetarian and, you know, um, vegan or, you know, and then there's people that just won't touch a vegetable, only meat. How, how, how does a, as, as a, as a chef? Because I grapple with it every day. I feel like I'm making someone some part of my psyche upset. I thought we weren't going to do that. Are there simple rules that keep us from getting, you know, buried in the, uh, the debate on.

[00:52:44] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

I'm not a controversial figure, as you know. Right?

[00:52:47] Del Bigtree

Yes. How do we stay uncut? Like, why would food get cut first? But it has it's gotten controversial.

[00:52:54] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

It it can be really confusing for people because there's if you go on social media or you just watch the news programs and they bring in the dietitians or nutritionists or fitness trainers, everybody's got a different take on it. My take is keep it really simple, keep it basic. Um, I do love really good quality meat and seafood and vegetables and fruits and eggs and nuts and seeds if you can tolerate them, but not in huge quantities and more of a lower carbohydrate diet.

[00:53:25] Del Bigtree

Sure. So you're in line with the pyramid being turned upside down by Robert Kennedy Jr.

[00:53:31] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

100%. You know, without getting too deep because we could talk for hours about this. But, you know, good quality fats are so important to us. Good quality protein is important to us. And then it's, it's down to, um, what, what brings you joy? You know, I've got friends that are vegetarian and vegan that seem to be thriving. Yeah. I've got mates that are carnivore and seem to be thriving. Yeah. I also have people that I know that don't eat well, that seem to be thriving. And, and we can reverse that.

[00:54:01] Del Bigtree

Trump. I think on top of that, I think the guy like.

[00:54:03] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Well, exactly.

[00:54:04] Del Bigtree

Seems to have, um, you know, endless energy, you know, you know.

[00:54:08] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And I talk about that in the book, in the further reading, you know, that our emotional belief systems and what I tapped into before self-love, self-worth, these emotional belief patterns can be even more important than what we eat. But I think the easiest thing to control and choose is what we eat. And then as you were talking about, if our guts are working well, our some people call it our first brain or second brain. Then some of these other hurdles or challenges in our life can become a lot easier to navigate and to confront and work through. Mhm. These emotional beliefs that we have, you know, whether it's from culture or politics or religion or family. Yeah. Um, so I think for me anyway, uh, food is, can be the first step into understanding long term regenerative health, right? Because once you start to look at that and you start to have some more vitality, then these other obstacles or challenges in our life can become a little bit more easier to deal with and to understand and to journey through.

[00:55:23] Del Bigtree

Fantastic. Well, we got together a little bit before this interview and got to have some fun in the kitchen. So let's take a look at what just happened in the kitchen. Not just talk about making it fun. This is how Pete Evans makes it fun. All right, Pete, looks like we got some beautiful stuff here. What are we working on today?

[00:55:41] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Well, I thought we'd do three little recipes. Okay, we've got simple recipes. Okay. So sweet potatoes. Okay. Roasted with a little Italian Amarillo. Basically a green herb sauce.

[00:55:52] Del Bigtree

Okay.

[00:55:53] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Super simple. We're going to do a pizza. So it's a.

[00:55:56] Del Bigtree

Pizza.

[00:55:57] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

It's a pizza. Okay. Without the pizza base.

[00:56:00] Del Bigtree

So without the crust, without the carb load there, that's it.

[00:56:03] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

It's just pure meat.

[00:56:04] Del Bigtree

Okay.

[00:56:05] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

With tomato.

[00:56:06] Del Bigtree

That sounds good. So all those like paleo people out there would be psyched on the pizza.

[00:56:10] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Oh, they gonna be so happy. Okay, we got some poached pears in coconut water.

[00:56:14] Del Bigtree

Oh, wow. Okay.

[00:56:15] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Really, really simple. So we'll start with the sweet potatoes.

[00:56:17] Del Bigtree

Okay. Very good.

[00:56:17] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So these are hasselback sweet potatoes.

[00:56:20] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So beautiful organic sweet potatoes.

[00:56:22] Del Bigtree

Okay.

[00:56:22] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And then just with a little sharp knife, we just slice into the sweet potato.

[00:56:29] Del Bigtree

So not all the way through. Just just leave a little bit. Holding it together. Why do that? Why not just take it without the slices and throw it in and roast it?

[00:56:38] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Well, you know, sometimes it's about a little bit of visual effects.

[00:56:43] Del Bigtree

Okay.

[00:56:43] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

But you could just easily slice them in. But people like the hasselback potatoes. Yeah. So we thought we'll do a sweet potato. And, uh, you can put chopsticks down the side and slice into it so you don't cut all the way through as well. Okay. Or just little like that?

[00:56:58] Del Bigtree

Oh, I see, so you lay it next to that. You don't go down too far. That's it. All right. Very good.

[00:57:03] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Uh, little sauce, a little fat here. So I've used some beautiful beef tallow.

[00:57:09] Del Bigtree

Okay. Yeah.

[00:57:10] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Great. Just great. A little extra virgin olive oil chopped garlic a little time in there. So we just. It's delicious.

[00:57:17] Del Bigtree

I can tell already that's going to be fabulous.

[00:57:20] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Just a little bit of that.

[00:57:22] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And they just go into the oven 350 for about 45 minutes. Okay. Tender.

[00:57:26] Del Bigtree

Okay.

[00:57:27] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Little salt on there.

[00:57:28] Del Bigtree

I mean, that didn't take but literally two minutes. I suppose the oil and the time and the garlic might have taken a minute, but that's it. You can do it.

[00:57:36] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

That's it.

[00:57:37] Del Bigtree

Okay.

[00:57:38] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Do you want to see what they look like?

[00:57:39] Del Bigtree

Yeah. Let's go ahead and pull out. I love this. You've shown us 45 minutes later. This is what this is coming out like.

[00:57:47] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Grab me that last plate. Yeah. And the spatula. Got it. That's hot. If you want to slide them on.

[00:57:53] Del Bigtree

Alright.

[00:57:55] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And the Amarillo is a beautiful little green herb sauce. You can do it with parsley, basil, oregano if you like marjoram over that. We just take the leaves off the herbs or herbs I should say.

[00:58:12] Del Bigtree

I love the herbs. I love hearing that. It makes it. I think it makes it sound like it tastes even better. Put that right on the edge.

[00:58:19] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Beautiful. So whatever green herbs you have.

[00:58:22] Del Bigtree

Alright.

[00:58:24] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

You can put it in a food processor if you like, or a blender or just mortar and pestle or a sharp knife. Basically that into a bowl. Okay. With a little garlic. If you want to pour in some extra virgin olive oil into that. Absolutely.

[00:58:40] Del Bigtree

lots of

[00:58:41] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yeah. Lots. Perfect. Squeeze the lemon in there.

[00:58:46] Del Bigtree

You bet.

[00:58:47] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Fabulous little fresh garlic. Some salt a little pepper. Oops.

[00:58:56] Del Bigtree

Is there a way to think about, like, tangy or sweet or savory? I mean, you know, is there a rule to it?

[00:59:03] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Chefs love fat, salt and acid.

[00:59:07] Del Bigtree

Okay.

[00:59:07] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Which we've just put the fat in with the olive.

[00:59:09] Del Bigtree

Oil, acid.

[00:59:10] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Salt in there and the acid. Little lemon juice. Okay, so that's salad dressings, its little sauces, little herb sauces like this. And then we just spoon that over the top.

[00:59:20] Del Bigtree

All right.

[00:59:21] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And that just elevates I mean this little sauce here. Great on steak. Great.

[00:59:25] Del Bigtree

So I'm going to eat the skin on this.

[00:59:27] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yeah.

[00:59:27] Del Bigtree

Okay.

[00:59:28] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yeah.

[00:59:29] Del Bigtree

Alright.

[00:59:31] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And that's just a just a nice little way to jazz up some sweet potatoes. You can have that spoon if you want to try it.

[00:59:39] Del Bigtree

I do want to try that. Let's jump in here.

[00:59:46] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Might be hot.

[00:59:50] Del Bigtree

Mhm.

[00:59:51] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

I'm gonna use my fingers.

[00:59:53] Del Bigtree

I never I've always just had like butter salt, sweet people like brown sugar. But to put the lemon with the sweet and the herbs, that is so delicious.

[01:00:06] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Another thing that's really good with sweet potato is a little cinnamon on there when you bake it with the fat. So again, either olive oil, duck fat, beef, tallow, coconut oil, any type of fat. I like to use the plethora of fats that we've got. The healthy fats.

[01:00:21] Del Bigtree

Are you where are you at with like, you know, temperature like this pan that's hot. Yeah. Very hot looking over it now about to incinerate what oils? I mean, are there, I mean, we gotta watch what oils we use depending on what temperature we're going. Is that is that right to it.

[01:00:38] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yes or no?

[01:00:39] Del Bigtree

Okay. Great.

[01:00:40] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

As a chef, we were taught it's interesting. The things that are really promoting at the moment are the things that chefs love to cook with.

[01:00:48] Del Bigtree

Okay.

[01:00:48] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Because we learned from French culinary tradition, Asian culinary tradition, it would be lard, good quality, pig fat, duck fat, chicken fat like schmaltz, beef fat, tallow. You can do lamb tallow, coconut oil, extra virgin olive oil from the Mediterranean.

[01:01:04] Del Bigtree

Yeah.

[01:01:04] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And um, yeah, butter if you can tolerate dairy. Yeah. You know, some people can't, some people can. Or ghee which is a clarified butter.

[01:01:12] Del Bigtree

Yeah.

[01:01:13] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So at home we have the plethora of.

[01:01:15] Del Bigtree

Alright

[01:01:16] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And then we just pick and choose. All right. You experiment.

[01:01:20] Del Bigtree

Very good.

[01:01:21] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Alright. So that's one dish done.

[01:01:22] Del Bigtree

Great. Absolutely fantastic.

[01:01:25] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Pass me the meat there.

[01:01:26] Del Bigtree

Okay.

[01:01:27] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

The classic meat.

[01:01:28] Del Bigtree

So those aren't both. There's two different meats here. It looks like. Yeah.

[01:01:31] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

You can do this with ground meat of any type. So you can do it. Turkey chicken pork. I've got some great organic pork here. Basically anything. Yeah right. And then it is as simple as seasoning it with some salt. Okay. There's some Italian herbs there if you want to take the lid off there.

[01:01:47] Del Bigtree

Definitely let me wash my hands a little. I say again.

[01:01:51] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

We're all friends, aren't we? Yeah. We're gonna put this in anyway.

[01:01:55] Del Bigtree

Alright.

[01:01:56] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Alright. Yeah. A little onion, a little garlic. You can flavor it as simply or as.

[01:02:05] Del Bigtree

Flavor the meat itself. So it's not just like a flat plain burger. We're getting some.

[01:02:10] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Well, it sort of is just like a burger patty. Yeah. You know, but we're just adding.

[01:02:14] Del Bigtree

I don't put onions and herbs in my. Maybe I should put onions and herbs in my burger patties. That might be a good idea, actually. Okay.

[01:02:20] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And grate a little egg yolk organic egg yolk there to bind it all together as well.

[01:02:26] Del Bigtree

Okay.

[01:02:27] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And I'll do the.

[01:02:28] Del Bigtree

All right. I'll let you do it. Sounds good.

[01:02:31] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

You could put a little garlic, but a little chilly in there if you like as well.

[01:02:34] Del Bigtree

Okay.

[01:02:34] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

You could put some bacon in there.

[01:02:36] Del Bigtree

Ooh. Much of that's pretty yummy.

[01:02:38] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Good quality bacon. Yeah.

[01:02:40] Del Bigtree

Yeah.

[01:02:40] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

What you could do for me, Dale, is that tallow. Yep. Want to just spoon a little bit into that pan there for me while I'm mixing this through. So yeah, this is a mixture of, um good quality pork and beef, but you can do whatever you like. That's it. And that pans a little bit hot, which is what we want. And then about.

[01:03:03] Del Bigtree

Like medium hot. Do we want at high heat. Does it it.

[01:03:07] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Doesn't really matter. You can actually put it into a cold pan straight into the oven. Okay. But this gives it a little bit more of a crusty base.

[01:03:13] Del Bigtree

Okay. Okay. Got it.

[01:03:14] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And then that meat goes straight into the pan. And you got to watch your fingers here that you.

[01:03:21] Del Bigtree

Don't burn yourself.

[01:03:22] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yeah. You can also do it on a tray without it being hot. With a little bit of baking paper or parchment paper and stick it in the oven, cook it until it's basically cooked. Yep. And then we drain any excess fat that we don't want off it. And then we top it with, uh, some pureed tomatoes.

[01:03:42] Del Bigtree

So do I just on top of the raw here. Do you flip it once.

[01:03:45] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

I stick it in the oven until it's cooked. Okay. Pull it out. Top it.

[01:03:49] Del Bigtree

Then you add that.

[01:03:50] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

The tomato some cheese. We've got some buffalo mozzarella there and then some sliced tomatoes. Look at these beautiful tomatoes that we've got. So that's what I did with that. Into the oven until the cheese is melted.

[01:04:01] Del Bigtree

Alright. So that says the last part. You're basically just cooking this like a burger. You get it done. So we would take this stick this in the oven.

[01:04:08] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Stick it in the oven. Yeah. Alright. If you open the oven door for me. I will. That's it. And that's it. Cook it till it's cooked. Strain off any fat.

[01:04:18] Del Bigtree

We're talking 20.

[01:04:20] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

That'll take five minutes.

[01:04:21] Del Bigtree

Five minutes?

[01:04:22] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Yep.

[01:04:22] Del Bigtree

Okay.

[01:04:23] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Top it with our sauce and our cheese. Another five minutes. Okay. Dinner's ready.

[01:04:27] Del Bigtree

So I'm thinking dessert while we got the pizza in there. Cooking. Alright.

[01:04:32] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Simple little dessert.

[01:04:33] Del Bigtree

Okay.

[01:04:35] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Organic fruit or fresh fruit? Poached in coconut water.

[01:04:38] Del Bigtree

Oh, wow.

[01:04:39] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

A few spices. So simple.

[01:04:41] Del Bigtree

I don't see any sugar. We're not. We're doing this without sugar. Don't need it without sugar.

[01:04:44] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

There's enough sugar in that. There's enough sugar. Natural sugars in there. Okay. Yeah. I don't eat that that many desserts. But if I do, it's something like this, right? So this is like a classic Italian French style poached pear dessert. So if you go to fancy restaurants, they'll have poached pears. Usually they do it in champagne or red wine or white wine with sugar and water. But the coconut water is perfect for this.

[01:05:09] Del Bigtree

Okay. Alright. Great.

[01:05:10] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

And, um, you can peel your pear or not. It's up to you. Okay. Let me just. It just gives it a better mouthfeel if you.

[01:05:19] Del Bigtree

Take the peel off. Yeah.

[01:05:20] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

Like if you want to pour the coconut water into that pot for me, you tip it all in there. Alright. Awesome. And then we've got some spices there if you want to throw some, a couple of star anise.

[01:05:31] Del Bigtree

Yeah.

[01:05:31] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

So that gives it a lovely little aniseed flavor that licoricey.

[01:05:36] Del Bigtree

Boy, that smells good.

[01:05:38] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

And then a couple of cinnamon quills here.

[01:05:40] Del Bigtree

Yep.

[01:05:41] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

And I just take the seeds out of the pears for presentation. And but if you're doing it at home and you like eating the seeds, feel free to leave them in. And the last thing I'm going to add, you could put vanilla in there. You could put saffron in there. You could put turmeric in there. Uh, we've got a little ginger here.

[01:06:02] Del Bigtree

Love ginger.

[01:06:03] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

So we just add a little, little ginger. I mean, when you think about these.

[01:06:07] Del Bigtree

So this is really just flavoring the juice and cooking in. You're not going to be eating the ginger. Is that.

[01:06:13] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

It's up to you.

[01:06:13] Del Bigtree

Yeah.

[01:06:14] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

Yeah. If you're a ginger fiend. Yeah. Keep it because the poaching liquor is so delicious afterwards because it's got all of those flavors just permeating into it.

[01:06:24] Del Bigtree

Nice.

[01:06:24] Pete Evans, Celebrity Chef, Author, "The MAHA Cookbook"

You can have a little shot.

[01:06:26] Del Bigtree

Oh, beautiful.

[01:06:27] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And we just slowly cook that until it's tender.

[01:06:30] Del Bigtree

Okay.

[01:06:31] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Usually about 30 minutes. It depends on how ripe the pears are.

[01:06:34] Del Bigtree

Okay.

[01:06:35] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Really slow. Really gentle. Let's check our meats.

[01:06:38] Del Bigtree

Let's do that.

[01:06:39] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So I'm basically just going to tip off all the excess water and fat that's come out.

[01:06:43] Del Bigtree

Okay. Oh, boy. That's smelling good.

[01:06:49] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

It's not the prettiest of dishes at this point.

[01:06:51] Del Bigtree

Okay.

[01:06:52] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Right out of the water. Some of the fat comes out, so we can just strain that out or tip it out. Okay. There we go. So we're left with our big meaty base.

[01:07:03] Del Bigtree

Yep.

[01:07:04] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Tomato sauce. So that's like tomato puree. Or you can get an organic pasta sauce. Okay. Spread it on. It's hot. The pans hot. So just be careful. Be careful. And if you wanted to make it perfectly round. I would have spent a bit more time.

[01:07:19] Del Bigtree

Sure. Doing that, the kids, you know, for those fussy kids, needed to look a little bit more like a pizza. Got it. Ooh. And then. Oh, that looks delicious.

[01:07:28] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Grab me the three different colored tomatoes.

[01:07:30] Del Bigtree

Got it. There we go. Some heirloom tomatoes. They're beautiful.

[01:07:36] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

If you want to pop those ones on.

[01:07:39] Del Bigtree

Yeah.

[01:07:42] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And yourself? Look at that. Nice and thin.

[01:07:48] Del Bigtree

Alright.

[01:07:49] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

And depending whether you want the cheese or not. Up to you.

[01:07:52] Del Bigtree

What should I like? Grade cheddar on there. You wanted to.

[01:07:55] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
Eat cheddar on there, brother.

[01:07:56] Del Bigtree
Okay. I'm a cheddar guy. I mean, like, the mozzarella is okay, but.

[01:08:00] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
Whatever. Brings a smile to your face.

[01:08:03] Del Bigtree
How about those pepperonis Do those go on now?

[01:08:05] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
We can throw a few pepperonis. I forgot about pepperonis. Yeah, we'll slide them under.

[01:08:09] Del Bigtree
I was gonna say maybe under the cheese. Okay, I'll help you.

[01:08:14] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
There we go. Thank you.

[01:08:16] Del Bigtree
Alright.

[01:08:17] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
You can't have a pizza with that.

[01:08:19] Del Bigtree
There we go.

[01:08:20] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
There we go.

[01:08:21] Del Bigtree
Nice.

[01:08:22] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
And maybe a little salt. Into the oven. That's it. Five minutes.

[01:08:28] Del Bigtree
Five minutes. And then that's good to go. All right. See this iron skillet? I've been cooking more with an iron skillet.

[01:08:36] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
They're the best

[01:08:36] Del Bigtree
Yeah.

[01:08:37] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
The best.

[01:08:38] Del Bigtree
Yeah.

[01:08:38] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
One good iron skillet. Last you a lifetime.

[01:08:44] Del Bigtree
Okay. It looks just like a pizza, but, you know, I don't see the crust off.

[01:08:51] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”
Yeah, look at that. So that's the famous pizza. If you want to pop it there. No, if you want to grab some basil just in front of you on the left there in the bowl.

[01:09:02] Del Bigtree
Yeah. Am I just laying it on there? Am I tearing it apart a little bit? Would you recommend. You know what? I'm gonna go. I'm gonna go with the whole pieces there.

[01:09:11] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So this is how we finish off the meat, which I'll show you the first process in a minute, but, um, and we can drizzle that with a little extra virgin olive oil. And if you like arugula.

[01:09:25] Del Bigtree

You know, my son has been eating a lot of pizza lately. I'm like, bro, you gotta watch the bread, man. You gotta this might be a way to to get some protein in there.

[01:09:37] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

This makes for a great lunch you can take to work the next day. You can eat it cold. You can have it for breakfast in the morning, either warm or cold as well. Yeah, it's just the perfect snack. I think the key for people, if they do want to change their diet, always have some good quality cooked meat or seafood or eggs in the fridge ready to go so that that becomes the snack, right? Instead of the cookies or the donuts or whatever it is, right? So olives on here, anchovies on here.

[01:10:07] Del Bigtree

Oh yeah.

[01:10:08] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Absolutely delicious. Little chili on there if you need it.

[01:10:16] Del Bigtree

So I think I'm going to take it just as a little piece of basil there. Cheers.

[01:10:21] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Cheers, brother.

[01:10:25] Del Bigtree

Oh, I'm. So smart. So easy. Really tasty.

[01:10:35] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Pears?

[01:10:35] Del Bigtree

Let's do some pears

[01:10:43] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Mhm. Spoons are behind you in the.

[01:10:45] Del Bigtree

Yeah.

[01:10:46] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Top drawer. I put a piece of ginger in there for you, too.

[01:10:58] Del Bigtree

Alright. Love it.

[01:10:59] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Thank you. Now, you can top this with a little granola. Gluten free granola if you like. Maybe, um, some good quality ice cream, coconut ice cream or, um, full dairy ice cream. Yeah. There's a little coconut yogurt. Normal yogurt.

[01:11:24] Del Bigtree

That was really, really delicious, isn't it? You know, Pete, I, um, unfortunately, I'm running to get on a plane because all I want to do right now is go to the grocery store, buy some herbs, some herbs. Yeah. And, uh, go home and cook. This is so much fun. Really, really lovely.

[01:11:42] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Thanks for having me in your in your home, in your kitchen. And, uh, what a treat.

[01:11:45] Del Bigtree

You know what, man? Honestly, thanks for being you. Your energy is just so beautiful. I love the energy you bring into the plant to the earth and this experience of cooking. It's really lovely.

[01:11:56] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

I appreciate you, brother, I love you. Food is medicine.

[01:11:58] Del Bigtree

Food is medicine. Alright. Well, I mean, that was so much fun and so incredibly delicious. And I think even more importantly, easy. I mean, this is something that, you know, my wife and I are really getting better at this, right? It's amazing how simple cooking a steak. I mean, it's really the easiest thing in the world. And I've been going to a restaurant to get it done. And you're like, this is the one thing we can do at home and it's ready. I mean, honestly, the longest part is if we're boiling some potatoes, I was like, steaks going to take three minutes. You know what I mean? The potatoes is what you have to get ahead of the game on. But it's really great to just get in the kitchen. Have fun. Any last thoughts for someone that's intimidated by the idea of cooking? I know my mom just felt like it was just going to be complaints. Like she just, I could see her like shoulders, you know, getting tense. You know, you got the picky family. You're not delivering. How do we get around that?

[01:12:57] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Whether it be my book or other recipes that are out there, I think including the children, if you have children or grandchildren or your partner, yeah, get them to choose a recipe per week that they want to eat from a book or something like that. So get them, get them involved. It can be if you've got young children cracking an egg and whisking the egg, it could be picking some herbs. And, and I think that when people feel apart because humans just want to connect, children want to connect with their parents. I mean, they just that's it, right? They don't want to be pushed over in the corner. They want to feel self-worth and, and be a part of that and collaborating. And so that could be a really good thing. And if you're fussy, fussy children sometimes come from fussy parents. Not, not it's not a blanket statement, right? I'm having a bit of fun here, but, um, if you can turn the kitchen into a fun and joyous environment, Play some great music that the whole family loves. Not just the death metal, if that's your jam. Unless you're home by yourself, go for it.

[01:14:02] Del Bigtree

I worked at rest for 20 years for some reason. Sous chefs like death metal. I don't know what it is. What gets you up in the 5:00 in the morning to, like, start cooking?

[01:14:11] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Or when I was running kitchens for 20 plus years and we'd work 80 to 100 hour working weeks, working our weeks. I'd have the Beatles playing Fleetwood Mac, playing just beautiful, uplifting music, sometimes classical set. Set the mood so that people are already in a in a joyous environment, you know. Read the room, pick the room, create the room, you know, and just that simple thing, a little bit of music can go a long, long way. And that inclusion and that conversation about it. Do you like it and perhaps put some different condiments on the table? Two different sauces, different herbs, different spices. So your children or your partner and yourself can experiment because our palates, if we are constantly eating sort of non delicious food, we can dull our senses, right? So if we can start to incorporate like, I love what Bobby said recently, like he's mainly eating meat plus fermented foods and for sauerkraut, kimchi, pickles, they can be quite a lot for somebody who's never had it. They might. But if we can keep introducing it on the table like it was great the other day. My daughters are 20 to 21 and I always have the sauerkraut on the table. I eat like Bobby does. Yeah. And, um, my oldest daughter, who wasn't that, um, she didn't love the sauerkraut the other day. I mean, she's 21 now, but she's like, I'll have some more of that. You know, I'm like, there we go. Like people's tastes change and sometimes we the worst thing we can do is force, like I was talking about before.

[01:15:46] Del Bigtree

Yeah.

[01:15:47] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

Just one of the greatest things I've ever.

[01:15:50] Del Bigtree

I remember a standoff when I was a little kid with Bulger, my mom made some tabouli or something. I mean, you're going to eat it. I think it was six hours before and I've never touched it since. I have gone back to quinoa. I was like, okay, I can do quinoa tabbouleh. But yeah, keep that bulgur away from me.

[01:16:07] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

So the last, the last thing I'll say is one of the greatest lessons I've ever learned apart from instead of forcing invite, if you put an invitation there of the food on the table or anything, then it gives the power to the person that's being invited to explore. They can say yes, they can say no. They can say maybe, maybe, maybe next time mum or dad, you know? But, um, invitation is such a beautiful, beautiful word and, um, intention for people.

[01:16:37] Del Bigtree

Awesome. Where do we follow the work that you're doing beyond just the book? Do you have, you know, social media where, you know.

[01:16:43] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

A little bit back on social media these days, a little bit on Instagram and, um, chef Pete Evans, I was canceled many, many years ago. No, I'm slowly, slowly coming back. Just beautiful recipes these days. I've taken off my my conspiracy hat for now. And, um, but yeah, I, my, my heart and soul resonates with beautiful food.

[01:17:07] Del Bigtree

Fantastic. Thank you for joining us today. Really appreciate it.

[01:17:10] Pete Evans, Celebrity Chef, Author, “The MAHA Cookbook”

I love you, brother.

[01:17:11] Del Bigtree

Thank you. You too. Alright. Look, you you want this book? Uh, the food is beautiful. It's such a great journey. And I, you know, I think it's, it's an expansion just of this movement. This is not a political movement. This is a health movement, this movement of the people. And really, you know, people having healthy stomachs. The Maha Cookbook, uh, get it wherever books are sold. Um, this is a part of our expanding movement. One of the ways to, you know, express yourself in that movement is to find your own kind. Find your community. And the best way to do that is to grab some Highwire merch so you can recognize each other out in public. Take a look at this.

[01:17:49] Male Speaker

Good evening.It's time to step onto, The Highwire

[01:17:58] Female Speaker

We asked and you delivered, showing us how you Highwire.

[01:18:02] Female Speaker

This is how we Highwire.

[01:18:04] Female Speaker

This is how we Highwire.

[01:18:05] Female Speaker

Team Highwire is being repped from all over the world.

[01:18:09] Female Speaker

Sporting our new Highwire gear in the free State of Florida.

[01:18:12] Male Speaker

When I wear this cap makes me feel proud.

[01:18:15] Female Speaker

I am a doula and a childbirth educator and I love wearing my get Factsinated t shirt.

[01:18:20] Female Speaker

Sometimes it's not just what you wear, it's who you meet while wearing it.

[01:18:24] Female Speaker

When I was wearing this shirt yesterday, a tourist came up to me and said, love that shirt.

[01:18:28] Male Speaker

Since 2020, when I woke up from The Matrix, I've been talking to neighbors, connecting with local groups.

[01:18:35] Female Speaker

There are a lot of people that are a little bit hesitant about approaching the topic of vaccination, and this wearing this shirt allows them to approach me, and I know exactly where to send.

[01:18:44] Female Speaker

Them, whether you're dropping the kids at school or marching in rallies across the globe. We see your dedication. We feel your support. We want to see millions of truth tellers show in the world how they Highwire. Head to Thehighwire.com shop to support our mission and stock up on gear for the whole family.

[01:19:03] Female Speaker

Thank you so much. Keep it up.

[01:19:05] Male Speaker

Thank you for spreading truth.

[01:19:06] Female Speaker

We love you guys. Thanks for what you do.

[01:19:12] Del Bigtree

I want to thank Pete Evans for making his way into our studio here was so great. What a blast to do some cooking. I hope you think about. You know, it made me walk away saying I want to do this more with our family. We all go out to eat. That's one thing. But sitting around, cooking together, working together, getting your hands, you know, in the butter and the salt and the spices together. Such a great family experience. And it's those things that we, you know, we tend to get so busy. And I think back to some of those memorable moments when I was a child, it was little things like that, just little moments you remember with your parents that you cherish forever. I have had several moments that I'm going to cherish over the last several weeks and months, traveling all around the world, meeting people, studying their culture, being inside of their culture, but also just seeing where the same we all want freedom. We all want the right to choose. We all want a clean food supply. We all want clean water. We don't want chemicals and forever chemicals. We don't want corporations being allowed to poison us. But most importantly, we want control over our own bodies and we want to make the decisions for our children. Not it doesn't matter what nation you are in, in the world.

[01:20:28] Del Bigtree

Doesn't even matter if you grew up with communism or if you grew up free. One thing I can tell you, nobody wants the government telling them how to raise their children, certainly what to put inside of their children. So we are all in this conversation together. I had, as I said at the top of the show, just an amazing journey in Japan. I'm going to be sharing some of the details of that and some of the people I met in shows in the future, as we're sort of laying out this international conversation The HighWire is now having, this is an international show, which is a huge part of that. But right now, this weekend, I'm heading back up into New York for the Farm Food Freedom event in one of the coolest venues we'll ever see. That place is real. This is a barn built on Abby Rockefeller's farm. This is the Rockefeller that resisted the craziness and decided she wanted to make the world a better place. This is her organic farm, Churchtown Dairy. I have done this event, I think every year over the last couple of years. We all sit around and just great experts talking, breaking bread. There's usually some local cheeses that are being made, and breads and getting to be a part of a community. But come visit me there.

[01:21:47] Del Bigtree

It's one of the most sort of natural, interactive spaces that I get to speak in, and I can't wait for some of the great speakers that are going to be joining me there. So that's this weekend. Abby Rockefeller's farm. You can just go to that website, get a ticket. Farm Food freedom. It's at maxcain.com/events, of course. Max Cain of Farm Match, a great thing you can get involved with if you want to find organic farms near you that you can directly purchase your food from. Food is medicine. This is a huge issue. And last year, one of the big topics that came up was the right to slaughter, which is in the current farm bill. Thomas Massie has made a lot of progress there. Anyway, these are conversations that go on and shape the world. And man, you got to meet Abby. What a great dynamic lady too. So I'll see you up. If you're up in New York, anywhere in that area. Hudson, New York. I'll see you over the weekend. And for the rest of you, this is what we do. We speak about truth. We live the truth. We stand up for wherever we are in the world. Wherever you are in the world, this is the HighWire. And we're a part of your family, and we're happy to be in your house as you watch this right now, I hope you'll share this show and all the other episodes with everyone that you meet.

[01:23:05] Del Bigtree

Also, please continue sharing An Inconvenient Study. It is having a massive impact around the world. Everywhere I go, we are putting more and more of the foreign language as we dub them, and as we create the subtitles in the different languages, you're going to find those up on An Inconvenient study.com. So you can literally share this with friends of yours that may be in other countries and get them to share it and have screenings. It's amazing how we can actually change the world just by one share at a time. One little moment of truth, one little moment of truth may be all that matters. That next person you talk to, you may find out one day. They're the ones that went on to do something none of us ever dreamed. That's how I approach the world. It doesn't matter who I'm talking to. Doesn't matter if it's a giant audience or a small audience, or sometimes just one person. We do not know what will be that fulcrum point, that shift that literally shifts the consciousness of the world. We see it happening. We know we're a part of it. So let's keep spreading the word, and I'll see you next week on the HighWire.

END OF TRANSCRIPT

