

Q&A Episode 398 w/ Co-Host Dr. Jay Wiles

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Have a podcast question for Ben? Click the button at the bottom of the page (or go to [SpeakPipe](#)), or use the Contact button in the free [Ben Greenfield Fitness app](#). Click [here](#) for some tips on how to have the best chance of having your question featured on the show!

Ben's travels and extensive travel gear...1:42

- lessemf.com
- [Lambs radiation proof underwear](#)
- [RA Optics](#)
- [Pac Safe Theft and RFID preventing bags](#)
- [Hydrogen-rich water](#)
- [Activated charcoal](#)
- [Ample Keto Meal Replacement Shake](#)
- [EMF Portal mentioned](#)

News Flashes...15:00

-[Top 12 keto myths debunked](#) (WARNING - these studies were performed in diabetic patients, NOT in active athletes)

-It's pretty shocking how many nutrition studies rely on self reported data when we KNOW people vastly underestimate the # of calories consumed: [Click here to read up on it.](#)

-[This incredibly helpful portal](#) summarizes all systematically scientific research data on the effects of electromagnetic fields (EMF) - with an inventory of 28,495 publications and 6,364 summaries of individual scientific studies on EMF, updated daily

-[Interesting - how men's bodies change when they become fathers](#)

-[The dark side of Tabata sets \(and a potentially better alternative\)](#)

Special Announcements...41:40

- [Click here to follow Ben on Instagram](#), and get ready for some epic stories about his morning, day and evening routine!

Here's where I'm speaking and traveling around the world coming soon.

- 13-14 July -- Train to Hunt nationals in Mesa, CO

- 27-28 July -- Race the River Sprint Triathlon in Couer d'Alene, ID
- 3-4 August - Aspen Snowmass
- Late September -- Spartan World Championships in Lake Tahoe, CA

- [View Ben's Calendar Here](#)

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Listener Q&A:

The Problem With Sunscreen (& What To Do About It)...55:15

Alex asks: There are a lot of claims from the sunscreen industry about its ability to reduce or remove the risk of skin cancer. From what I've seen, the rates of skin cancer have increased, as has the use of sunscreen. What are your thoughts on that, and what are some of your strategies in regards to using sunscreen?

In my response, I recommend:

- [Article: Is Sunscreen The New Margarine?](#)
- [EWG.org guide to sunscreens](#)
- [Healthy sunscreen recipes](#)
- [Superessentials fish oil](#) with astaxanthin
- [Dr. Thomas Cowan's vegetable powders](#)
- [A New Path book by Arthur Haines](#)

[-Sunlight Makes You Skinny & Blue Light Makes You Fat: 11 Ways To Biohack Light To Optimize Your Body & Brain](#)

Food Grade Hydrogen Peroxide Benefits...1:10:56

Steve asks: I've used the food-grade hydrogen peroxide in the One Minute Miracle every day for several years. I didn't hear you mention it on your recent water podcast, so I want to get your take on it.

In my response, I recommend:

[-35% Food Grade Hydrogen Peroxide](#)

Does Hydrogen Rich Water Feed SIBO Bacteria?...1:21:05

Kathy asks: I've heard you talk a lot about hydrogen-rich water lately on the podcast. If someone has hydrogen-dominant SIBO (small intestine bacterial overgrowth), is hydrogen-rich water or the tablets going to be a good thing for them to ingest?

In my response, I recommend:

[-Active H2 Molecular Hydrogen from Water & Wellness \(Dr. Robert Slovak's website\)](#)

[-My podcast on hydrogen water with Tyler Lebaron](#)

[-Drinking hydrogen water and intermittent hydrogen gas exposure...](#)

[-Intestinal Microbiota Ecological Response to Oral Administrations of Hydrogen-Rich Water](#)

[-Effects of the long-term consumption of hydrogen-rich water on the antioxidant activity in female Chinese soccer players](#)

Giveaways & Goodies

- This week's top iTunes review - gets some BG Fitness swag straight from Ben - [click here to leave your review for a chance to win some!](#)

The Library of Human Performance ★★★★★
by hkgreen25 - Jun 7, 2019

I refer to this podcast show as "The Library of Human Performance" because that is exactly what you get: a library full of incredible information, facts and resources from renowned and expert individuals in all things human health and performance. I have used this podcast and the contents included therein as a resource for my own human optimization journey and in my studies as a current Public Health major student. In fact, I use as much information from this show as I do the text books because the information is more up to date and has been field tested by doers not just researchers.

Prior to [asking your question](#), do a search in the upper right-hand corner of this website for the keywords associated with your question. Many of the questions we receive have already been answered here at Ben Greenfield Fitness!

