

Sawbones 252: Jilly Juice

Published November 9th, 2018

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Intro (Clint McElroy): Sawbones is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

Justin: [voice cracks] Hello ererevryrbody. Wow! That was bad! That was not a great start to the show.

Sydnee: Do you wanna start over?

Justin: I'm—no! No. I want people to know.

Sydnee: Are you sure?

Justin: A lot of people say, "Justin, you are like unto a God."

Sydnee: Okay!

Justin: "Of podcasting."

Sydnee: Do they?

Justin: And I want 'em to say—I put my microphones on one leg at a time—

Sydnee: Who—

Justin: —just like everybody else.

Sydnee: —who says... who says that?

Justin: [speaking carefully] Hello everybody—

Sydnee: [laughs quietly]

Justin: —and welcome—he's back. Welcome to *Sawbones*: a marital tour of misguided medicine. I'm your cohost, Justin McElroy.

Sydnee: I'm Sydnee McElroy.

Justin: Coming to you from a... *dreary* November 9th. It is, uh—

Sydnee: Yes, it is.

Justin: —depressing outside, here in the great state of West Virginia. The leaves are beautiful, as always, but it is just... dumpin' buckets.

Sydnee: [simultaneously] Cold and wet.

Justin: It is cold and wet, and it's kind of a bummer to come down off of my birthday high yesterday.

Sydnee: I was gonna say.

Justin: 38 great years old.

Sydnee: We're as far as we can be from your next birthday, so that's a—that's ano—that's especially a bummer, isn't it?

Justin: And all the gifts have been opened. And, you know, that's sad, you know? Got some great stuff, but...

Sydnee: Well, Justin, for your birthday I actually got you one more present.

Justin: Oh yeah?

Sydnee: Yeah.

Justin: Go ahead, hand it over.

Sydnee: Well, it's this episode.

Justin: Oh! You're gonna let me take the episode off? Where's Raleigh? Is Raleigh gonna take my place and I can just go kick it?

Sydnee: No, no. As much as—[laughs quietly] as much as you would enjoy that, not doing your job—

Justin: Yep.

Sydnee: —with me, your wife.

Justin: Mm-hmm. Yep.

Sydnee: That you love.

Justin: Yep.

Sydnee: [inhales] Uh-huh. Good. I'll just mull that over later. As much as you would enjoy that, instead I got you a topic, uh, just for you.

Justin: Okay!

Sydnee: A special topic that—see, I know how much you enjoy... really dunking on people who support specious medical claims and treatments.

Justin: Mm-hmm. Mm-hmm.

Sydnee: For serious deadly diseases.

Justin: Yeah.

Sydnee: Uh, especially that are so wrong, that are *so, so* wrong. I know how much you enjoy that—

Justin: I do.

Sydnee: —and I found one.

Justin: Yayyy!

Sydnee: I found one for you, thanks to our listeners. Uh, many people have suggested this. Dakota, Herman, Cecil, Jasper, Sana, Julian, Angela, Chris, and Charlie have all recommended this topic, and it is... Jilly Juice.

Justin: Jilly Juice.

Sydnee: Jilly Juice.

Justin: I—you've mentioned this to me, and I have, like, a very vague, uh... a very vague knowledge of what this is, kind of, but, um, I'm not precisely sure. I feel like I have, uh, heard of it.

Sydnee: Uh-huh.

Justin: Uh, in other realms, but—

Sydnee: Well, I had—I had heard it only because really our listeners had brought it to my attention. I've gotten some tweets about it and some emails about it, and I hadn't really dug into it, but for your birthday, I've dug into Jilly Juice, and I think you are really going to enjoy this.

Justin: Okay.

Sydnee: In that way that you do.

Justin: Okay. I'm—I'm thrilled.

Sydnee: So Jilly Juice is—it's a... it's a [hesitantly] medici—it's not medicine, but it is—

Justin: A purported—

Sydnee: —touted as a, uh... medical treatment.

Justin: Okay.

Sydnee: Created by Jillian Epperly of Canton, Ohio. Hence, Jilly Juice. Jilly. Jillian. Jilly.

Justin: Canton, of course, most notable for being the home of the...?

[pauses]

Football Hall of Fame!

Sydnee: Oh.

Justin: Go right up there to Canton. See all the legends of the gridiron.

Sydnee: Didn't know that.

Justin: All bronzed glory.

Sydnee: Didn't—didn't know *that*, but I—now it is famous for this person.

Justin: Oh! Good.

Sydnee: Unfor—I'm sorry, Canton.

Justin: Sorry, Canton.

Sydnee: I'm sorry, all of you from Canton, that you are now famous for this as well.

Justin: I remember also that, uh, you all had an excellent Carrabba's Italian —

Sydnee: [laughs]

Justin: —uh, Italian Grill up there. It was—'cause—'cause when my friends and I drove up to the Football Hall of Fame last time, it was closed, because we hadn't checked the hours, and we went in the off season and it was closed, so we went to a Carrabba's Italian Grill, [holding back laughter] which I remember being exceptional, so you do have that also going for you.

Sydnee: Alright. So, besides that, uh, here's the thing. Jillian has no medical training whatsoever. No scientific background. Nothing in nutrition or medicine or anything in the science world at all.

She is very open about that, which is different—you know, a lot of our traditional, like, patent medicine salespeople throughout history have... lied. Called themselves Doctor or pretended like they had some sort of medical training or whatever. Um, Jillian is very open about the fact that she has no scientific expertise, and she sees that as a plus.

Justin: Yeah, 'cause she hasn't been corrupted by all your... lies.

Sydnee: Precisely, because her response... uh, you can watch her on Dr. Phil... if you want to watch Dr. Phil. Her response is, "Really, what has medicine done for you, ever?"

Justin: Mm-hmm.

Sydnee: Ever. Like, "What have all those... *regular* doctors—" like me, what have we ever done for anybody? I mean, could you name a single thing that we've *ever* done to help *anybody*?

Justin: I mean, you changed my life, personally, but that's more your own personal—

Sydnee: No, I mean, like, medicine.

Justin: Uh...

Sydnee: All of allopathic medicine, with our studies and our science and our medicine and our degrees. [through laughter] What have we—have we ever actually helped anyone?

Justin: I think you all have done—you know what? [holding back laughter] 50/50. You know, good, but also—

Sydnee: Justin, the answer is yes! Vaccines.

Justin: Oh, vaccines. Right, right, right.

Sydnee: Anyway. Well, and also, like, medicine.

Justin: Yeah. Like, cures, casts...

Sydnee: Yeah. Like, all the things that still are helpful and good.

Justin: Casts.

Sydnee: Okay.

Justin: Those are huge!

Sydnee: Well, casts. That what you came up with. Casts?

Justin: Casts are great!

Sydnee: Okay. I mean, like, surgeries and antibiotics and...

Justin: Um... [holding back laughter] butt implants?

Sydnee: [laughs quietly]

Justin: [holding back laughter] You guys—are those—is that you all?

Sydnee: Yes, doctors do that.

Justin: Butt implants is huge!

Sydnee: Okay. So, she got her information from looking it up on the internet. She's very open about that. Largely PubMed. She just did some searches, and she says she put it together in a different way, that maybe all these authors of the studies that she's read didn't see, necessarily.

Justin: Okay!

Sydnee: Right?

Justin: Okay, yes.

Sydnee: Like, put—like, I imagine that she had, like, a big—one of those big cork boards with, like, the strings—

Justin: Tied to it. "[quietly] Wait a minute..."

Sydnee: Yeah. Like, put—piecing it all together.

Justin: "They've all been missing it."

Sydnee: Um, she was suffering from some sort of systemic illness. I'm not sure what exactly it was. Uh, but she blamed it on candida [pronounced like CAN-di-da unless otherwise noted], and—

Justin: Not... Canada.

Sydnee: Not Canada. Not the country Canada, but the fungus candida, which I say—by the way, I want to address this now, because we've talked about candida before on the show, and I've gotten some people correcting my pronunciation.

I have looked into this, because I was never taught anything other than candida. Every professor I had, every—all of my colleagues say candida. I've never heard anything other than candida in my professional life, but I looked into it. Apparently that is the British pronunciation, is what I have read.

Justin: Oh, so you're, like, continental. A little bit aristocratic!

Sydnee: No, I don't know why that's what I was taught, but the American English pronunciation is candida [pronounced like can-DEE-da]. I have never heard anything other than candida, and it is what I will say, but both are correct, so please don't tell me I'm wrong, 'cause they're both right.

Justin: So, take it! Take that!

Sydnee: We can all be right, and be pleased with that.

Which—I wanna take just a moment to talk about candida. Candida is a yeast. It is usually—there are 20 different—there are over 20 different species of candida. It is usually candida albicans that you're thinking of, if you think of a yeast infection, but there are others that can cause yeast infections.

And they most commonly cause infections is, obviously, the vagina. You can also have oral yeast infections. Thrush is the common word for that. Uh, you can have, like, skin—in, like, skin folds or under your breasts, you can have yeast.

Um, there also is a systemic yeast infection that patients can get, an invasive yeast infection, and these are—these are patients who are immuno-compromised in some way. So, like, someone on chemotherapy or somebody with HIV. Something that suppresses the immune system. Chronic steroids, things like that can cause you to get, like, yeast in your blood.

This is a huge deal. If you have yeast in your blood, you're not walking around with headaches and fatigue. You're in the ICU getting IV antifungals, because it is a very serious infection, and you just—you don't walk around with it for years. You get very sick very quickly, and you get treated.

So this—

Justin: So that's a good—kind of a good way of telling the difference, is if you're in the hospital, then you probably have—

Sydnee: You might have this systemic yeast infection. If you're not in the hospital, you *don't* have a systemic yeast infection. This concept of candida as, like, a... the culprit behind all secret disease—which, by the way, this is largely aimed at women.

Justin: Hm.

Sydnee: If you go back to the origin of this, it seems to be from the 80s. There was a book published by a Dr. William Crook—

Justin: [snorts]

Sydnee: —about candida. That is his name. About candida, and, uh, specifically, you know, what it can do. Uh, the—the idea is that, in this book—and again, it's largely women. Women suffer from a variety of problems, and we don't know why or what's up with them, except *I* figured it out: it's just yeast. So give them all nystatin, which is an antifungal medication. Give them all nystatin and tell them to eat less carbs and they'll feel better.

Justin: Why less carbs?

Sydnee: Because the idea that carbs and foods that contain yeast are going to increase the amount of yeast in your body, so... low-carbohydrate diet, and take nystatin, and all of your female complaints will be fixed.

Justin: Wow!

Sydnee: Now, what has—

Justin: That sounds easy.

Sydnee: No, that's not true. And what has grown from that is this entire, uh... this entire pseudo-scientific belief that a lot of us suffer from candidal overgrowth, and it causes all sorts of vague symptoms, and that what we all need to do is be on an antifungal on a special diet, and we'll feel better.

And the thing is, like, if you eat less carbs, you probably will feel better. I know I do when I don't eat a lot of carbs. Um, a lot of us feel better if we're not eating bags of chips or whatever.

Justin: It's funny—

Sydnee: But...

Justin: —it's, uh... [quietly] Shh, everybody come close. It's kind of like the gluten thing, you know?

Sydnee: Sure.

Justin: [quietly] It's kind of like the gluten thing, where people think they have a gluten intolerance, but really they should just eat more, uh, [holding back laughter] lean protein and vegetables, and you will, indeed, feel better.

Sydnee: And that's—and there are certainly people who can't have gluten, but then there are a lot of people who can, but just feel better when they don't eat it, and that's fine! If you don't wanna eat gluten, don't eat gluten, but not—

Justin: But you're not—you're not intolerant to gluten!

Sydnee: Just because you don't—just because you feel better when you don't eat gluten doesn't mean you have celiac. That's a whole other thing, and that is a diagnosis that we can find, and does need to be treated by avoiding gluten, but that's different.

And it's the same—like, if you feel better when you eat less carbs, that's fine. You don't have invasive candida. You don't have systemic candida, though. That's not a thing. It's just not.

Um, 90% of us are colonized with candida. It's just in there. We just have—it's normal. Humans have yeast in them. That's fine. It's no big deal unless, again, you're immuno-compromised and it invades, and then you get infections, whatever.

But that is not the same as candida overgrowth, which is blamed for all kinds of problems, and is an easy way of dismissing women who have real issues by just saying "Well, it's yeast. Go eat less carbs. Bye."

So, I'm offended by the diagnosis, and it's fake. Uh—

Justin: But that's not—is this something that real doctors are doing? Or is this, like, naturopathic—

Sydnee: No, no. This is—this is not a thing that medicine at large recognizes as a real thing, but you will find lots of information. There are tons of books.

She had been—I don't know if it was self-diagnosed, or if some sort of practitioner of something had told her that she had systemic candida, but she came up with a way to flush out all of her candida on her own.

Justin: Wow, great!

Sydnee: And you can read—I mean, there are tons of different fake ways to flush out this fake illness, um, but this one is Jilly Juice.

So, Jilly Juice is a mixture of salt, water, and cabbage or kale. Largely cabbage, but I saw that you could use kale, too. And it's been fermented for a couple days in the blender.

Justin: Mm. [shudders]

Sydnee: By the way, I say "salt." It has, like, *12 days worth* of your—of your, like, daily recommended salt intake.

Justin: Ugh!

Sydnee: In, like, one concoction of—

Justin: That doesn't sound very pleasant.

Sydnee: —of Jilly Juice. No. No. Um, from the reaction that Dr. Phil had when he smelled it, I imagine it doesn't taste very good.

Justin: Dr. Phil!

Sydnee: [laughs quietly] He didn't—he didn't—I didn't see him taste it. I just saw him smell it. Um... but yeah, it has a ton of sodium in it, and then it's fermented.

And you start off by drinking two cups of this a day, along with eating—basically, like, a healthy diet. Like, she puts forth this proposed diet, and it's essentially what you would think of as, like, a healthy diet. You know, fruits, vegetables, some lean proteins. The usual kind of things. Like, sure, that's fine, eat that healthy diet. But also, drink two cups of this a day, and then your goal is to work up to drinking a gallon of Jilly Juice every day.

[pauses]

Which... I mean, first of all, as you're gonna find—as you probably already suspect, this isn't gonna do anything good for you. Also, that's a lot of sodium. [through laughter] Like, a dangerous amount of sodium.

Justin: Yeah. Like, yeah, that's gonna make you feel like utter crap.

Sydnee: Mm-hmm. And it does! That's actually what you—that was the next thing I was gonna say! She will admit this to you. You will feel terrible when you're doing this. You're going to feel bad.

Justin: But that's it working!

Sydnee: Exactly.

Justin: That's how you know that it's working!

Sydnee: That's—that feeling that you have is healing. That's what healing feels like.

Justin: There needs to be—

Sydnee: It feels like explosive diarrhea, and maybe vomiting.

Justin: —there needs to be a logical fallacy named for this. Like, "All effects are helpful." Because, like, there are so many from the patent medicine days where it's like, those ingredients will make—like, emetics and stuff like that where it's like, "Oh, I threw up. Good, it's working. It's getting out the bad stuff."

Sydnee: You can draw a direct correlation, I think, from that to this, because that is exactly what she tells you is happening. That the cramping and the vomiting and the diarrhea and the possible dehydration that results from this, uh, will, um... it is the result of parasites and fungus leaving your body, and sometimes you may even vomit or poop blood—

Justin: Fun!

Sydnee: —and that's okay, because it's just that all of these parasites and fungi—they tear your flesh as they leave, and so you bleed some. But that's okay!

Justin: It's okay.

Sydnee: This is all healing. And she notes that you're gonna have some pain, but that we have been confused into believing that pain is our body's way of telling us something is wrong.

Justin: Mm-hmm.

Sydnee: That pain is actually a good feeling, and that it means healing, and that we have this whole human history of trying to, like, help people in pain and treat their pain and give them medicine or therapies or whatever to soothe their pain, and that really this is all bad, because pain is a good thing.

[pauses]

Justin: Okay. Now—

Sydnee: Not an indicator of something bad.

Justin: —now I got it. See, I've been so lost this whole time.

Sydnee: Um, she has some other beliefs, in addition to drinking this Jilly Juice to fix—by the way, what can this fix other than this fake systemic candida thing? It can fix... anything. Anything.

[pauses]

Justin: Uhhh...

Sydnee: Anything.

Justin: What about... cancer?

Sydnee: Yeah.

Justin: Oh!

Sydnee: Well, see—

Justin: That's huge!

Sydnee: —that's because—

Justin: That's huge! Like, we've been tryin' to crack that nut for a while, so that one's solved.

Sydnee: That—that's because cancer is a fungus.

Justin: What?

Sydnee: Is what she believes.

Justin: What?!

Sydnee: She believes that cancer is a fungus.

Justin: Is cancer a fungus, Sydnee?

Sydnee: No, it is not a fungus. Cancer is not a fungus.

Justin: Wait. Prove it. [wheezes]

Sydnee: Cancer's not a fun—[laughs quietly] it's just not. It's not. It's—

Justin: Prove it! Why does it look like mushrooms?

Sydnee: Just—it—what?

Justin: I'm just saying.

Sydnee: No it doesn't!

Justin: Let's leave the door open.

Sydnee: No.

Justin: The case is—the case is open on whether or not cancer is a fungus.

Sydnee: This is—this is, I think—uh, so she—she seems to believe that—I mean, definitely cancer, 'cause she says it specifically, cancer is a fungus. And she says it on Dr. Phil. She says it in her literature, and then she also said it on Dr. Phil, which he did not—he didn't really challenge as much as I would have liked Dr. Phil to challenge.

Justin: He's not a doctor.

Sydnee: I know! But—

Justin: I mean, he's not a body doctor [crosstalk]—

Sydnee: Hey—

Justin: Listen. He probably did have a moment where he was like, "[Dr. Phil imitation] That doesn't sound right. I don't remember that—[wheeze-laughs]"

Sydnee: Hey Justin?

Justin: "—but okay."

Sydnee: Are you a doctor?

Justin: No.

Sydnee: Is cancer a fungus?

Justin: Not to my knowledge.

Sydnee: Okay. There you go. See, we know this! Cancer's not a fungus. But—and this, I think, is at the root of it all. I found this on her Facebook, 'cause she puts a lot of her information out through her Facebook as well.

Justin: Mm-hmm.

Sydnee: That, uh—she makes this claim. "I have a protocol to reverse 100% all of your health issues from A to Z, forever, vaccinated or not."

Justin: [angrily] Eat my shorts!

Sydnee: "Even if you were never vaccinated, you still were given the candida/cancer with virus microbes, which trigger allergies, eczema, low immune system—" and then it goes on and on and on. Um, so I think from this, she thinks that vaccines introduce some sort of candida/cancer virus?

Justin: [simultaneously] Virus.

Sydnee: Microbe? Maybe fungus? I don't think she knows the difference between different microorganisms, but she kind of groups it all together. But you might still have gotten it elsewhere—so I think she blames vaccines for some of this. She's *definitely* anti-vax.

Justin: Oh, no question—

Sydnee: *Definitely* anti-vax.

Justin: Oh, no questionay. That is the least surprising thing I've heard all day.

Sydnee: Yeah. She's anti-vax, but she's also, uh... anti-antibiotics! At all!

Justin: Uh—wow! Okay!

Sydnee: You don't need them! You don't need them. They're a negative element. They can harm your body. You shouldn't take them, ever.

She also believes that exercise regimens and coaches are bad for you.

Justin: Um... wow! That's a—that's a big one!

Sydnee: "Exercise harms your body. Don't do it."

Justin: Okay.

Sydnee: Just to throw in some other... some other thoughts. I—I will tell you that if you wanna go down this rabbit hole—I wouldn't recommend it—

Justin: No thank you! Hard pass!

Sydnee: But she has a lot of strong beliefs about medicine, about the body, about science, about DNA methylation and [through laughter] genetics. Uh, and the government. And it's all tied together. Um... in very long Face—or very long YouTube video... monologues.

Justin: [quietly] Okay.

Sydnee: That are dif—I would say, difficult to follow, myself.

Justin: How's she—how's she makin' money?

Sydnee: Well, let's talk about how she's making money. But first, Justin...

Justin: [gasps] How are we making money?

Sydnee: Let's go to the billing department.

Justin: Let's go!

[theme music plays]

Justin: *Sawbones* is supported in part by Audible. I wanna tell you all about—you know about Audible. It's a great place to listen to books.

"Listen to books?! Is that what he said? He must've misspoken again."

Sydnee: [laughs]

Justin: No, I said *listen...* to books. Audio books, folks. That's what you're gonna find on Audible, and there's a—there's a new member benefit there called Audible originals. Audible members now get two Audible originals and one audio book each month. These originals are exclusive audio titles by celebrated storytellers from worlds as diverse as theater, journalism, literature, and more!

Audible has the largest selection of audio books on the planet, so you can fill your fall with, uh—with more great stories.

Uh, I know that if you want a *real* slam dunk, *The Sawbones Book* is gonna be up on Audible, uh, soon, I believe. I would recommend *Murder in Mesopotamia*, this Poirot novel that is about middle of the series, and because I'm a 78-year-old man—

Sydnee: [laughs]

Justin: —I'm really enjoying this new Poirot mol—uh, [holding back laughter] book that I am reading. Not—not new. It's extremely old. Uh, but it is, uh... it is excellent. If you're looking for a great Poirot novel, this one is, uh—this one's way up there.

Sydnee: Or any books for younger people, maybe. [laughs]

Justin: They're wri—well, you know what?

Sydnee: Younger than 70.

Justin: They've got earlier Poirot books, thank you, you're right. When he's, like, in his 60s.

Sydnee: [laughs]

Justin: So... those are great. A lot of 'em are read by Hugh Fraser, who was Hastings on *Agatha Christie's Poirot*, the series.

Sydnee: Right.

Justin: With, um—

Sydnee: So anyway, what if people wanna check this out? [laughs quietly]

Justin: Uh, yeah, sorry I got too down the rabbit hole talking about Poirot. That's me. Uh, so get your first audio book for free, and choose *two* titles from a curated list of Audible originals with a 30-day trial. Visit audible.com/sawbones, or text "sawbones" to 500500.

Also, let's talk about Away. I'm a big fan of this, which the makers describe as "first-class luggage at a coach price."

We got a carry-on, um, that is—first off, it's this beautiful deep red color. The thing is indestructible, and I've kicked it down the stairs multiple times, 'cause that's what I do when we get home from vacations. I kick our suitcases back down the stairs, uh, because I'm not gonna go all the way down there and carry 'em.

So, it was fine. It held up to that great. It's got a—a battery pack in there that you can use to charge your goods. Uh, we got a really pretty light pink one for Charlie to use. She—

Sydnee: She loves it.

Justin: —she loves it. *She* can push it around. It's really, really easy to roll.

Sydnee: She did set the lock on it.

Justin: She did, I've forgotten—

Sydnee: I said—I put the code in my phone—

Justin: Okay.

Sydnee: —'cause I knew I would forget it, and there's no way *she* remembers it.
[laughs]

Justin: Yeah. Uh, the interior features a patent-pending compressions system, which is great for over-packers, and you can use it, like I said, to charge your cell phone, table, anything else that's powered by USB cord. And a single charge of the Away carry-on will charge your iPhone five times. And there's a lifetime warranty. If anything breaks, they're gonna replace it, uh, or fix it for you, for life.

For \$20 off a suitcase, gotta visit awaytravel.com/sawbones, and use code "sawbones" at checkout. Luggage is—take it from people who travel probably, uh, too much. [laughs quietly] Uh, luggage is one of those things that you don't realize how annoying your luggage is until you get a great new piece of luggage, especially one at this great price. Uh, and you are gonna realize how much you've been missing out.

So, go to awaytravel.com/sawbones and use the code "sawbones" at checkout.

[music plays]

Raleigh: I'm Raleigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Taylor Smirl.

Sydnee: And together, we host a podcast called *Still Buffering*, where we answer questions like...

Raleigh: Why should I not fall asleep first at a slumber party?

Taylor: How do I be fleek?

Sydnee: Is it okay to break up with someone using emojis?

Taylor: And sometimes we talk about butts!

Raleigh: No, we don't. Nope.

Taylor: [laughs]

Sydnee: Find out the answers to these important questions and many more on *Still Buffering*: a sisters' guide to teens through the ages.

Raleigh: I am a teenager...

Sydnee and Taylor: And I... was... too.

Taylor: Butts. Butts, butts, butts-butts!

Raleigh: [softly] Nooo! [laughs]

[music plays]

Justin: Alright, Syd. [sighs] What a—I just wanna thank Audible and Away for taking me away for a few minute break from talking about Jilly Juice. But here we are again.

Sydnee: Alright. So, Jilly—I'm just gonna call her Jilly from now on. Jilly has written two books about this cure, uh, and how it can save your life. I don't—I'm—I don't own 'em.

I'm gonna be honest. Anything I had to pay money for to access about this, uh, protocol and about this person, I did not pay money for, because I'm not giving her any money. I feel very strongly about that.

Typically—if it was just, like, "Ah, well. I gotta throw a couple bucks this way so I can see this weird thing and find out what it's all about," I wouldn't be so opposed, but I'm gonna get into more of her claims, and I find them so egregious, I *can't* give her a dollar.

Justin: Okay.

Sydnee: So, there you go. Uh, so I don't own her book, because it initially, I guess, was free? But according to her website—and this is on there multiple times. This is the notation. "Book one has been retired and cannot be free any more."

Justin: [laughs] [high pitched] What does that mean?!

Sydnee: [simultaneously] I don't know what that means! I don't know, but it's—you have to pay for it now. It's, like, ten bucks for the electronic version and 20 bucks for the hard copy.

Um, and you have to get book two. I didn't—I don't know where book two is, but you have to get book two. Book one is called *The Jilly Juice Protocol: Exposing the Lies Candida Weaponized Fungus Mainstreaming Mutancy*.

Justin: Love that title. Is that an acronym? That seems wild enough to be an acronym. No, it's not an acronym.

Sydnee: Mm-mm.

Justin: The producers are telling me it's not an acronym.

Sydnee: No, it's not an acronym. I mean... Elcuwafumm—no.

Justin: No, don't try it. It's nothing.

Sydnee: If you—if you get them, you do get access to her site and her forums.

Justin: Alright. Great.

Sydnee: If you don't get them, you've gotta pay 30 bucks a month. Um, she'll also coach you personally for, like, 70 bucks a session. Uh, if you wanna do that.

Um... she does claim on there—'cause you can access some of the site without paying, and so I've been through her website, what I could read without having to give this person any money. Um, and she does say things like, "All the other detoxes and supplements and herbal meds, all those other things that you see advertised are fake, and you shouldn't buy them."

Justin: Hey! Alright, Jilly!

Sydnee: Like, Okay! Okay.

Justin: Okay.

Sydnee: Um, on the downside, she says all of allopathic medicine is fake as well.

Justin: Hm.

Sydnee: So...

Justin: So kind of a hit.

Sydnee: You know.

Justin: Gonna win some and lose some.

Sydnee: She also really hates weed!

Justin: [loudly] Okay! That's it!

Sydnee: [laughs]

Justin: Now you've gone too far! Now you screwed up, Jilly! Now you came to *my* house and started knockin' over *my* vases.

Sydnee: She's very against cannabis. She's very against CBD oil. Uh, she's very clear that these are negative elements that can damage your body, and you should not use them. Um... like, takes a really hard line on them. Which I just found, like, a strange thing to focus on.

Like, antibiotics? Hate 'em. [pauses] CBD oil *hate* it. Bad.

Justin: So what am I supposed to do, Jill?

Sydnee: Uh, you're supposed to just use her Jilly Juice and eat her diet that she says. Because, in addition to curing all disease—all disease—

Justin: I also should mention, by the way. Jilly Juice sounds like prison toilet wine, and I really can't get over how unappealing the name Jilly Juice is.

Sydnee: Jilly Juice does sound really—

Justin: It sounds something a cult drinks to off themselves. It's miserable.

Sydnee: Either a cult or, like, a fraternity.

Justin: Yeah, right-right-right, right-right.

Sydnee: No offense to fraternities, but it does—yeah. [laughs]

Justin: [simultaneously] "[dudebro voice] What's in here?"

"[dudebro voice] Crushed up condoms! Do it! Drink it! Idiot!"

Sydnee: Uh, it—so it—she says it can cure all disease. I've already said that. And again, when I say all disease, I'm not just, like, blanket—like, she says, "A to Z, every disease you have can be cured with Jilly Juice," um, including cancer, of course, since cancer's actually a fungus. This will flush out your fungus.

Uh, it also *can* make you live to be 400 years old.

Justin: Aw, cool! That's cool, though.

Sydnee: Yes. She can't prove that yet because, as she says, she's only been doing this for, like, a year, so... but she will live to be 400, and everyone who follows her protocol exactly will also live to be 400.

Justin: Incorrect.

Sydnee: Um, at least.

Justin: Wow.

Sydnee: Why stop there? Uh, it can also make you regrow a limb.

Justin: [loud bark of laughter] [through laughter] You're makin' that up! That's not real.

Sydnee: No. She claims it can make you regrow a limb.

Justin: That's not real.

Sydnee: She can't prove it yet because, again, [holding back laughter] it's only been a year and I guess nobody has used it for this explicit purpose—

Justin: There's one—there's one guy who's managed to grow back a stubby little baby doll of an arm in there—

Sydnee: Nope.

Justin: —by taking the Jilly Juice.

Sydnee: No. She—

Justin: You've gotta give him time to cultivate it and...

Sydnee: Dr. Phil did challenge her on this. How can you—how can you claim that this makes you regrow a limb? It remin—it really—like, when I read that I thought "Well, that can't be right. Like in *Harry Potter* when you drink that stuff to regrow bones? Like, that can't be right. Skelegrow?"

Justin: Skelly Grow?

Sydnee: Yeah. No. Um, she really believes that, because she says the body is already capable of doing this. It's proven... by the fact that when you cut yourself, eventually it heals. Like, if you have a cut on your arm, eventually that will heal, right? Like, the skin cells will grow back over it? So obviously our body is capable of regenerating. Why not a limb or an organ? She actually says, or an organ! Don't get an organ transplant, 'cause you could just regrow an organ if you just take it out. You could just regrow another one, because—

Justin: Do I hear Dr. Phil—I feel like I'm gonna need to blame Dr. Phil for this one. Why are we *elevating* people like this, *Phillip*?

Sydnee: I was gonna ask this question. This is one of the points I wanna make. Why was she ever on Dr. Phil? Obviously this is completely fake. Why was this ever given a platform on Dr. Phil? I don't know, because I don't feel like he adequately challenged a lot of these things. So, okay. The body—in case you're curious, in case you're curious—

Justin: [crosstalk] You could make the argument—

Sydnee: —there is a huge difference between the regenerative capacity of skin cells or the cells line your intestines and the ability to grow an entirely new limb, complete with not just skin, but, you know, muscle and fascia and bone and the blood vessels and the nerve endings. Like, it's not—and different cell types in your body have different regenerative capacity. Otherwise, a heart attack wouldn't matter, right? 'Cause you would just grow new heart there, but obviously it *does* matter, 'cause it's not that simple with heart cells.

So your—your body—every different kind of cell has a different capacity to regrow and regenerate. Comparing a cut to removing a limb and regrowing it is... I mean, obviously there is no scientific understanding of anything if you make a comment like that.

Justin: I wanna back up something, because I realize that it may seem hypocritical for me to attack Dr. Phil for elevating someone like this when [crosstalk]—

Sydnee: When we're doing a podcast on it.

Justin: I would say two things. One: we are obviously taking it to task in a way that I am *assuming* Dr. Phil did not.

Sydnee: Mm-hmm.

Justin: Two: we are presenting this information to a, uh, beloved community of what I assume to be medical skeptics, at this point, I would hope. And Dr. Phil is—Dr. Phil knows his people. That's all I shall say! Dr. Phil knows he's talking to some people that are, uh, vulnerable to... *hacks*, I guess? Spiritual, real-world hacks, like this? And I think that Dr. Phil is being a little bit irresponsible by elevating this.

Sydnee: Yes. Uh, and this is—this is the only point that Dr. Phil got really upset about, the one that I'm about to tell you, which I understand is—

Justin: It wasn't the weed?

Sydnee: No. [laughs quietly]

Justin: I figured that would've just gone—driven Phil mad!

Sydnee: I—I mean, for me, as soon as you say, "Don't use chemotherapy. Use this for your cancer." I'm kind of done. Um, but obviously this is—this was the bridge too far for Dr. Phil, and I agree, this is a particularly upsetting, egregious claim that she makes.

Uh, she believes that this will fix mutations.

[pauses]

Justin: finally, you teenage turtle. We found your weakness.

Sydnee: We can just make you teenage... ers.

Justin: We could just make you...

Sydnee: Turtles?

Justin: Turtles.

Sydnee: Turtles?

Justin: I think they're turtles.

Sydnee: They're just turtles. [laughs quietly]

Justin: They're not teens that turned into turtle-men. They're turtles that turned into teen-men.

Sydnee: [laughs breathlessly]

Justin: You know this. You know this to be true, Smirl.

Sydnee: I know that's true. Anyway, uh, so—no, not Teenage Mutant Ninja Turtle mutations. She believes that her Jilly Juice will fix things—first of all, she said it fixes autism. Secondly, she says it will—and this is her terminology—*fix* Down Syndrome. She's going to—to reverse the chromosomal, um, change that results in what we call Down Syndrome. Her Jilly Juice will... will—

Justin: Can I just—can I just make a point that I have heard? I am echoing, now, people—

Sydnee: Mutate that.

Justin: —people who—families of—can we *stop* treating autism like it's the plague? Can we stop treating autism like it is a scourge that needs to—

Sydnee: Or—or Down Syndrome, as long as you're—

Justin: Or Down Syndrome.

Sydnee: Yes. I mean, both.

Justin: Like, as a scourge that needs to be wiped out. There are, like, beautiful, incredible, powerful people who are on the autism spectrum or have Down Syndrome. And, like, these... can't use a word that is appropriate. These people are treating them like they are—like, need to be eradicated. Like, that—their kind—it drives me cra—they need support, obviously. They have special needs that they require, but they don't need to be... wiped out. It drives me absolutely up a wall.

Sydnee: Yes.

Justin: And there—and I know—because I *know* we have listeners that are, like—that have to scream at their headphones, however you manage that, every time they hear junk like this, and it drives me absolutely crazy!

Sydnee: Mm-hmm. And—and Jilly also claims that not being straight is a mutation.

Justin: That I—okay, that I can see, obviously.

Sydnee: [laughs quietly]

Justin: That—[loudly] What the—[laughs distantly]

Sydnee: Yes. Any—anything—anything other than straight is the result of a mutation in your body, and it can be fixed by drinking her juice.

Justin: [hits mic accidentally?]

Sydnee: Then you can go back, I guess, to being straight, after you drink Jilly Juice. Uh—

Justin: "This juice cured my gay" sounds like a 4chan meme. It doesn't sound like a real thing that someone said.

Sydnee: This was—and this—I mean, Dr. Phil challenged her by saying, "I think that that's—"

Justin: [loudly and distantly] Thanks, Phillip! Welcome!

Sydnee: "—offensive."

Justin: [loudly and distantly] Welcome to your own show, Phillip!

Sydnee: And obviously it *is* offensive. Of course it's offensive. Uh, but that was the only thing that really seemed to... *really* seemed to rev his engines.

Justin: Finally got you off the bench, Phil! Thanks, bud!

Sydnee: It's all—

Justin: Not cancer?! Phil?!

Sydnee: I mean, it's *all* horrible! It's all horrible. I don't—I don't know that any one of these claims is any worse than the other one. These are all terrible things to say. To refer to these as mutations that need to be fixed with *juice*—all of it is, of course, incredibly offensive and dangerous and harmful.

And again, it—this stuff will do nothing except maybe dehydrate you. Uh, there was a note that she had recommended to somebody that even infants can suffer from this, so you may benefit from taking away breast milk or formula, and instead giving them... Jilly Juice.

Which could be fatal, by the way.

Justin: Cool!

Sydnee: In an infant.

Justin: Cool!

Sydnee: I should note. I'm not—I have no proof that this has happened, I'm just saying that if that is followed, could be.

Does it work? No, of course. It will give you diarrhea. That's about all it'll do. So if that's your goal, is to eat a lot of salt and get diarrhea., it works for that. But otherwise, for anything else we've talked about, no.

Is it dangerous? Absolutely, yes. I would never recommend doing this. It can dehydrate you. Dehydration can damage your kidneys, it can—you can end up in the hospital. It can be incredibly dangerous. And also, people are doing this over seeking actual medical help for their medical problems and taking real medicine, and at least one patient *has died*.

Now, I am not gonna—I am not going to blame this on her. This patient reportedly had pancreatic cancer, and chose to stop seeking traditional treatment, you know, with chemotherapy, and instead started the Jilly Juice protocol. I—I have no way of knowing, did this patient die as a result of that? What was their prognosis anyway? I'm not going to say I know the details of this case, but this patient definitely did that, and then definitely did pass away.

And there was a note that his daughter said he was in consultation with her the whole time, which I assume meant that he was paying her money. So she was stealing money from him for her fake medicine while he was dying. Whether or not this was the cause of his death, I think we can all agree that's... horrendous.

Uh, she's been investigated by the Ohio Attorney General for her claims. She's been reported multiple times to the Better Business Bureau. There's a petition, I think, to remove her from Facebook, 'cause she still has thousands of followers.

There are a lot of people who are buying into this. I know this sounds like, "Why are you even talking about it? Who would ever believe this?"

A lot of people have bought her lies, and have bought her book, and are... using her juice.

Um, her website—you can tell that she's come under *some* fire from a legal perspective, because her website is full of disclaimers and full of... walls, to try to prevent you from seeing stuff, I think, unless you pay—I think, on the basis that

you're not gonna pay unless you've already bought into it, so then you're not gonna come... do what I'm doing. [laughs quietly] Talk about it, and about how it's wrong.

Uh... but it's all on her Facebook. I mean, you can watch her Facebook videos. I—I tried, um, watching some of the videos through Facebook, and it's just hard. It's so, uh... it's like she's read enough stuff on the internet to—to sound like she's speaking science, to sound like she can talk the language. Um, but as somebody with a scientific education, it's all nonsense.

I mean, it's nonsense! The conclusions she draws—let me give you an example. She talks about how important it is that the body maintain homeostasis, that all of our, you know, reactions, need to be at homeostasis, and stuff that disrupts homeostasis makes us sick—negative elements is what she calls them—and we need to fix that by flushing it all out with her Jilly Juice, and then allowing our body to absorb nutrients.

Okay. If our body remained at chemical homeostasis, we'd be dead. It's important that we're not at homeosta—[laughs quietly] it's important that all of these chemical reactions are not at equilibrium. It's really important, 'cause once they reach equilibrium we die.

So it's, like, a fundamental misunderstanding of biology and chemistry and biochemistry and genetics and medicine and... everything that goes into science. Uh, she takes the words and she takes the... the studies, and then twists them to mean things that they don't at all, and to support—again, this completely false idea that she had a candida overgrowth that was cured by... fermented cabbage juice.

[pauses]

Justin: [blows raspberry] Well, happy birthday to me. That was... I mean, bracing? If I can put it that way? Um... I guess—

Sydney: It's—it's all so—it's all so egregious. It's so—

Justin: I feel like—there should be something we should do—like, we could do. Like—

Sydnee: There i—there is a Facebook petition—or there's a petition out there to try to remove her from Facebook, because she is, um, selling these ideas. She's making money off of this. It's incredibly dangerous, if you listen to what she's saying. Um...

Justin: And I—

Sydnee: It's incre—it's incredibly dangerous. Uh, and obviously it's not just dangerous from a medical perspective, like, to drink a bunch of this juice. Um... that has, like—what did I say?

Justin: [simultaneously] I'm gonna tweet at Dr. Phil about how—

Sydnee: Like, 28,000 milligrams of sodium in it, or something? It's not just dangerous to drink this juice, and it's not just dangerous to seek this out instead of other actual medical treatments. It's also dangerous because of, like, this continued, uh... I don't even know—myth, this horrible... bigoted idea, that there is a perfect kind of human that you need to be like, and we should treat you to make you like that perfect kind of human. Whatever your fake thing is that you have come up with to address that. That idea is so damaging.

Justin: Um... yeah. Dr. Phil apparently did have a... a debunk guy come on and [through laughter] say that she was dangerous and bad.

Sydnee: Good. Well, good. Good, I'm glad. I did not—

Justin: [simultaneously] So I will—I will—I'm sorry—

Sydnee: I did not see that clip. I didn't watch the entire episode of Dr. Phil, I'll be honest. I don't watch Dr. Phil.

Justin: You usually don't miss 'em, so I'm surprised.

Sydnee: Yeah, I—I found her interview on Dr. Phil. I was trying to get more of her—I wanted her words. I wanted to be able to really find what she said, and not just what other people said she said. And so I've been to her website, I've watched her videos, [holding back laughter] I've been on her Facebook page, I watched her on Dr. Phil.

It's... it's as bad as it sounds! I mean, a lot of the time I will say, "Well, at least this person seems... you know, like they have good intentions."

Justin: Mm-hmm.

Sydnee: I don't—I don't know that I can say this about this person. I think this is incredibly harmful, what she's doing. I think it's very dangerous, and... there is nothing about—this isn't, like, a secret that doctors don't want you to know! It's just wrong!

Justin: Just wrong.

Sydnee: It's just wrong.

Justin: It's just wrong.

Sydnee: So, I mean... I don't—I don't know what actions we can take. If you're in Ohio, I guess you can complain to the AG? They're investigating her.

Justin: I think one of the main things everybody can try is to try it!

Sydnee: No.

Justin: And if it doesn't work—

Sydnee: No.

Justin: —then you can say—

Sydnee: No.

Justin: —conclusively—

Sydnee: Don't try this, please.

Justin: —you know what I mean?

Sydnee: Please, do not.

Justin: If you try it the one time—

Sydnee: No.

Justin: —for however long she says—

Sydnee: Please—

Justin: —400 years or whatever. If it doesn't work after 400 years... then you'll know.

Sydnee: Please do not. Please don't.

Justin: If you die, then you'll *know*—[wheeze-laughs] she was wrong. Uh, folks, thanks—

Sydnee: Please do not try this. *Please* do not try this. Don't do this at home. Um, don't listen to anything she is telling people to do from a medical standpoint. Go talk to actual medical professionals.

Justin: As always.

Sydnee: *Please* do not drink Jilly Juice.

Justin: Uh, thank you so much for listening to our program. Uh, we hope you have, uh, enjoyed this... uh, delightful—[laughs] delightful tale of Jilly Juice.

Sydnee: We'll go back to history next time. It's just, this is—I mean, this is—this is—

Justin: It's just—if you hear your gra—

Sydnee: —a continuation of the fake patent medicine salespeople of the past. This is it!

Justin: If you hear your aunt talking about something, we want you to be able to say, "No. No, Aunt Ruth. You can't do that. You can't do this."

Sydnee: Yeah, it's—it's very dangerous. It's really—this is incre—what she is doing is incredibly dangerous.

Justin: Um, thank you so much for listening to our program. Thanks to The Taxpayers for the use of their song "Medicines" as the intro and outro of our program.

Thanks to the Max Fun Network for having us as a part of their extended podcasting family.

Thanks to you, I would say, most of all, for being so supportive of our show.

We, uh, actually got some great news this week that *The Sawbones Book*, which you can find on Amazon and at bookstores everywhere, was on the New York Times Best Seller List for science books last month! So that is amazing, and it's thanks to your all's support, so thank you so much for that. And, uh, we love you very much. Thanks—thanks, as always.

Sydnee: Yeah. Thank you all so much.

Justin: Uh, folks, that is gonna do it for us for this week. So, until next time, my name is Justin McElroy.

Sydnee: I'm Sydnee McElroy.

Justin: And, as always, don't drill a hole in your head!

[theme music plays]

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