

Tony Federico: Hey, Paleo Nation. I'm Tony Federico, and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo lifestyle publication.

One of the idiosyncrasies of the human brain is that it's hardwired to put things into boxes. Not literal boxes necessarily, but figurative boxes. Just think, if you see a person walking past you on the street, you immediately, reflexively, and instinctively categorize them based on qualities like age, gender, skin color, clothing, and attractiveness. From these generalizations, we then extrapolate even further, projecting our own prejudices onto the other person in the form of our expectations about their intelligence, socioeconomic status, and character. In responding to this feature of our primate brains, we can either deny that we do this, or we can actively override our instincts. Doing this takes energy, but it is in this act that we exemplify our humanity.

One person who constantly works to break down boxes, whether it is in the business world or in the gym, is Liz Nierzwicki. Liz is the owner of Solace Yoga Studios. She is an online fitness entrepreneur and the author of the new book, "Happy Healthy Fit: Transform Your Life In 90-Days With The figureFIT! Lifestyle Program". In today's show, Liz and I discuss: her thoughts on winning the 2015 Paleo f(x) Women's Fitness Challenge; the ins and outs of the human energy system; why she would rather run 10 sprints than a half a marathon; the effects of training for specificity versus general athleticism; how she's merged mindfulness practices, like yoga and meditation, with traditional strength and conditioning; the mental blocks that hold us back from success; and what her 90-Day figureFIT! Lifestyle Transformation Program can do for you. All right, everyone. It's time to unlock our energetic potential. Paleo Magazine Radio starts now.

Hey, everybody. Welcome back to another episode of Paleo Magazine Radio. I'm here with Liz Nierzwicki. She is the creator of the figureFIT! Program, the podcast, the website. Liz, welcome to the show.

Liz Nierzwicki: Thank you so much. I'm happy to be here.

Tony Federico: I remember meeting you for the first time. It was at the 2015 Paleo f(x). As I recall, did you win the fitness challenge, the ladies fitness challenge?

Liz Nierzwicki: I did.

Tony Federico: Nice. We have a verifiably fit person here. Can you tell me, just before we get into your own story, and your business, and everything like that, which we'll certainly discuss, can you tell me what that challenge entailed, just from your recollection, and the thoughts that were going through your mind when you were going through it?

Liz Nierzwicki: I thought it was a really great idea, what they were doing. I spoke at the event on Friday about the five ways to break bad habits. On Friday, I spoke. Then I spent the rest of that day just talking and walking around the venue. Saturday, I spent that day learning and going to other presentations. Then, Sunday I dedicated to the actual fit score, because I thought, this is neat. They didn't have it the year prior, so I wanted to dedicate a whole day to it, because I was going to get sweaty.

Tony Federico: You didn't want to get sweaty before you went and spoke?

Liz Nierzwicki: No. I also didn't want to be all dirty and sweaty walking around the convention center talking to people. I really just wanted to focus on what they had to offer, and just give it my all, and mentally prepare for it. Because, for me, I don't go and work out unless I'm ready, unless I'm prepared. I don't really do much fitness for fun. That really sounds bad actually now that I'm saying that.

Tony Federico: Let's keep going with it. Tell me, what do you mean "fitness for fun"? Is it one of those things where you're about the business of getting this very specific thing done? Is that what you mean?

Liz Nierzwicki: I'm about kicking my own butt. If I'm going to do it, let's do it.

Tony Federico: No messing around.

Liz Nierzwicki: If I would like to go for a walk with some friends and family, that's a different story. That's for fun. If I really want to get a good workout in, then I'm training my anaerobic systems and my power systems.

Tony Federico: It's like medicine. It should be a little bitter.

Liz Nierzwicki: Totally.

Tony Federico: I remember there was a dead lift. I think there was a sprint. Do you remember what the different parameters that were being tested were?

Liz Nierzwicki: There was a standing broad jump. There was a body weight dead lifts for time, for two minutes. There was a sprint. There was a standing overhead throw. There was a shuttle run. What else? Pull ups. Strict pull ups. No kipping. Then, they have their ARX machines that test you on your strength and your power. Those are pretty amazing machines. They push back on you as hard as you push on it. It's pretty impressive.

Tony Federico: The best way I can describe using one of those ARX, or ARX, or whatever it's called, it's like wrestling with a Transformer. That's what it felt like to me.

Liz Nierzwicki: If that's what it feels like.

Tony Federico: It's like Optimus Prime is trying to squish you, and you have to fight for your life.

Liz Nierzwicki: It's really impressive, because you don't really know what to expect when you first get into one of those. Then, all of a sudden, this machine is pushing back on you so hard. Neither one of you are budging. The machine's not budging and you're not budging, because it's giving you as much as you're giving it, which is so cool.

Tony Federico: It's a very unique experience. That's a very, I guess you could say, well-rounded physical test, physical challenge. You have strength. You have speed. You have agility. All these different things are factored into it. You blew it away. You got the best score. You came away as the challenge winner. Let's talk about what got you to that point. What

prepared you for being just this jack of all trades and master of all of them? Tell me a little bit about your personal fitness routine.

Liz Nierzwicki: It's funny, because I didn't realize how all-over fit I was until after that. It actually gave me a lot of confidence in the routine that I do here. It's called figureFIT! Through a little brief history, through my background, when I was young I was a sprinter. I was the fastest white girl, this is my claim to fame, in my county. I did that. Then I got into dance. Then I did a little basketball and volleyball. Then I started lifting weights out of high school. I've always loved lifting weights. All of that stuff was always in me, all the sports, the sprinting.

I did do crossfit at one point in time. The reason I quit doing it is because I just didn't like the lack of balance. I like to train everything. As a weightlifter and bodybuilder, you do train every single body part at least once a week, or more than that. When I was doing crossfit, I'd go in and I was at their whim. I didn't like that. I like to have balance. I like to know what I'm training. I like to train every system, every major muscle group, I should say, at least once a week. Then, I train my body's energy systems. A lot of people don't really know what that is.

When I became a personal trainer and I started to learn about the different energy systems in the body, it really was a cool thing that I was like, I just really want to focus on this and teach people about it, because we're all the same. We like to tell our stories and how, "Oh, I can't do it because my genetics are this," or, "I can't do this, because of that." No. We're actually all the same. If you know that and you train your body's energy systems the right way, then you're going to see some seriously amazing results.

Tony Federico: Let's do a little [inaudible 00:08:31] tutorial. If someone's listening to this and they're saying, "Energy systems? What is she talking about?" I know what you're talking about. For someone who doesn't, could you give us the quick and dirty version of those three main energy pathways?

Liz Nierzwicki: We've got the ATP. This is called the adenosine triphosphate system. Then we have the glycogen system, or other known as glycolysis. Then we have the oxygen system. If you think about it just really briefly, if you're sitting at your desk and something goes to drop onto the floor and you want to stop it, you reach and grab for it really quickly. That's the first system. That's ATP. I like to consider that as our fuel. Our gasoline, if you will. That's what every single thing is converted into to make us move. That is what is going everything in the whole body.

Tony Federico: When it comes down to it, that's the fundamental energy substrate.

Liz Nierzwicki: Then we've got our second system, which is tapped into once we run out of the ATP. We run out of ATP within 10 seconds.

Tony Federico: That's also related to creatine stores, as well. Correct?

Liz Nierzwicki: Right. Then we move into the glycogen glycolysis system. That's the stored, basically, glucose sugar in our muscles. We store a little bit of that in our liver, which is not where we want to store it, but we store a little bit of that in our liver and mainly in our muscles. That's what

actually helps to fuel us for a longer period of time, maybe up to 60 seconds. Maybe a little longer than that, but maybe not. It really just depends on ... I don't know the exact data on that.

Tony Federico: It's like a crossfit WOD, where you're in that real intense zone. It's not like you're throwing a shot put, but you're not going to be able to keep it up indefinitely. You have a limited amount of time that you can stay there.

Liz Nierzwicki: Then you run out of it. Basically, that glycolysis is turning into ATP. It's converting. It converts faster than fat. That's why the body stores a certain amount of sugar in the muscles. It's not stored as called sugar. It's called glucose. Some scientific research says that we store about 400 grams to 600 grams of glucose in our body.

Tony Federico: Which might sound like a lot, but that's really not a whole lot, I guess, when you compare it to our body fat, which can be pounds and pounds and pounds.

Liz Nierzwicki: If you think about it in terms of how quickly in just one, for example, segment of a workout we run out of it and it needs to be converted, we actually tap into fat for conversion. It's basically like our body starts to shut down. We'll come back to that one. Then the third one, we have our oxygen system. That one is just our longstanding oxygen as we're breathing in the oxygen from the air, we are converting glycolysis. When we run out of that, we turn into stored fat. Maybe not even stored fat. Maybe just the fat that we just ate for breakfast that morning.

Tony Federico: It could be cruising around in our bloodstream, some random fatty acids.

Liz Nierzwicki: That's the third one that we tap into. Basically, what I really love is training the anaerobic system, those first two systems. I focus a lot on that. The reason I focus a lot on that is because I never really liked, I guess that's the sprinter in me, I never really liked long distance running, or cardio, or just sitting on a treadmill for hours, just walking or jogging. Ugh. Shoot me.

Tony Federico: That's not your happy place.

Liz Nierzwicki: No. Definitely not. Neither is sprinting, I have to say, because that's hard. In my opinion, I would probably rather go out and do 10 sprints than I would go out and run a half marathon.

Tony Federico: You're a solid glycolysis girl.

Liz Nierzwicki: I would say so.

Tony Federico: Glycolytic pathway, I guess you could say. That's interesting. I think when we start talking about these different energy systems, that opens up some avenues for us to think about our exercise, like you were referring to, in different ways. In addition to maybe training body parts, now we have these three choices laid out in front of us. Independent of the body parts we're working, we have either that first pathway, that quick burst, or that medium term, or that long term. Your own personal workouts, you said you stick to that middle zone. What do you think, beyond that just being more of an enjoyable thing for you, or maybe not

necessarily enjoyable, but more effective and something you tend towards, what are some of the benefits of going down that anaerobic mid-range energy pathway.

Liz Nierzwicki: In my opinion, there are so many benefits. I believe that there's a lot more research being done on this now. From my knowledge and from my studies, the benefits are you legitimately boost your metabolism. It is the one proven way, outside of building muscle, that you actually boost your metabolism. The reason being because when you're training, for example, high intense interval training, so you're going into anaerobic and then oxygen system. Anaerobic and then aerobic system. When you're going into highs and lows, your body then is really getting into this excess post-exercise oxygen consumption. It's your body recovering.

If you think about going outside and running all out dead sprint as long as you can, as hard as you can, and then you're done, but then you're not done. When you're done running, your legs are done moving, but your body is then recovering. You're gasping for air.

Tony Federico: That's when it hits you.

Liz Nierzwicki: I like to tell people, that's what's going on after one of my training sessions. For the next 24 to 36 hours your body is then trying to help you recover. Your metabolism is boosted, because your body is working harder to help you recover. You're actually then building muscles, because you were just ... I use dumbbells in my workouts. You just tore down your muscle and your body is repairing. The metabolism benefits are wonderful. I have a client who has been doing my class here, at my yoga studio, and yes I teach this at my yoga studio.

Tony Federico: It's all about the balance.

Liz Nierzwicki: She's been doing this class with me since the beginning. She has been a marathoner, a full-blown marathoner, for so long and for, she said, probably 10 years she had the same marathon time.

Tony Federico: Wow.

Liz Nierzwicki: Then after about nine months of doing my class every week, every Monday and every Wednesday, she took off 10 minutes from her marathon.

Tony Federico: She had been totally stagnant, really working that far end of the energy pathways, where you're using oxygen to burn fat, and wasn't really making any progress. By incorporating this middle range ... Most people think specificity. If you want to get better at something, you do that thing. In a lot of cases, that's true. In this case, doing something different, working at a higher intensity, it actually helped her endurance.

Liz Nierzwicki: Absolutely. Major. That's what I think is really critical for people to understand. You hit the nail on the head. If we want to get better at something, we do that thing. We can also get better by challenging our self in other ways, and also getting out of that thing that we're doing all the time, because it really opens us up to ... It's like they say, enlightenment comes when you're not working at your trade, or something like that, or Thomas Edison discovered the invention when

he wasn't actually working on it. It came to him, was it when he was sleeping? I don't know if that was him. It came to him when he wasn't working on it.

Tony Federico: I don't know. I just saw a Drunk History about him. I'm stuck thinking about a completely different story about Thomas Edison. It wasn't that one.

Liz Nierzwicki: I really think that that is another aspect that when you're doing other things you're definitely going to benefit from that. The last thing I would say is I think when you train, and this is my personal opinion, when you train your anaerobic system you become more powerful. I don't have any science to back that up. I just feel that if you're doing it with weightlifting, for example, and you're actually building muscle, then you're going to become more powerful, not only faster, and have more endurance, you're going to become more powerful, as well.

Tony Federico: Power is one of those tricky things, because we tend to look at certain types of athletes, like a boxer, for example, as powerful, or a really good tennis player, someone who really excels. It's that quick burst of activity. It's the idea of force as a factor of time. One of the things that I know is that when people get older, power really diminishes precipitously. It's not something that tends to stick around as we age. If you're not training power, if you're not training that type of energy system, which is on the quick short burst end, you're going to definitely lose it. You see people as they get older. They might still be lifting weights. They might still be working on their flexibility. Oftentimes, they're not jumping. They're not throwing. They're not doing anything explosive. Then they gradually decline and fall into decrepitude.

Liz Nierzwicki: That's sad.

Tony Federico: It is sad.

Liz Nierzwicki: It's sad that that happens to our bodies. It really is.

Tony Federico: It isn't something that we have to accept. I'm sure that that's something that you're well aware of, working with clients. Then obviously with yourself, as well. You mentioned that, in addition to doing the figureFIT! high-intensity classes, you own a yoga studio. Tell me a little bit about how you incorporate those two things, because a lot of people, they're all-or-nothing. Either someone's a yoga person, or they're a crossfit person, or they're a bodybuilder. We like to get into these camps where we create an identity around our activities. You seem to shun that a little bit. Can you tell me what your thought process is and how you balance all those different elements in your own life?

Liz Nierzwicki: In terms of my business here, at Solace Yoga Studio, it's funny, because it is a yoga studio. Not many people come to my fitness class here. I have more people on my online program. Really, that's why I created it. At my yoga studio, I always taught a fitness class, though. The people who would come to that fitness class were really not the people who came to the yoga classes. The people who came to the fitness classes came because they wanted to get more fit. They wanted to get stronger. Maybe they wanted to have some of the muscle structure that I had, and they saw that in me, and I said to them, "It's not

from yoga." I actually had a lady post on my Yelp page that it was not a nice thing to say that I said, "It's not from yoga."

Tony Federico: You're besmirching yoga. I guess she didn't like that.

Liz Nierzwicki: I was like, "Uh, well, it's not." The fact is, it's ...

Tony Federico: You got a little too real, apparently.

Liz Nierzwicki: I love yoga. I love it. Otherwise, why would I have a yoga studio? Yoga has its place. Really, it is all about balance. It's funny, because, we talked about this off the air, is that people think they're so right in their opinion. We are allowed to go outside and sprint our little tails off. We're allowed. We're allowed to come inside and meditate. We're allowed to stretch. We're allowed to eat what we want. People having their judgement and say into what they think you can and cannot do, just leave your judgement out of it. In my opinion, our body is meant to be used and it's meant to be worked. We're supposed to take care of it. By taking care of it, it doesn't mean that you don't do any vigorous activity. There's a time and place for everything. I don't know if that really answered your question at all.

Tony Federico: I think so. It just gets down to this idea that we tend to put ourselves in boxes. That includes how we think and how we maybe eat and how we move. If we just get into this rut where we're only moving in one way, and like you said, yoga's great, but you understand the benefits of yoga and that those benefits are different and distinct from the benefits of high-intensity training. That just seems to be a more well-rounded, more mature philosophy, I would say, versus one that's a extreme or one that's more, I don't know what the word would necessarily be. Not indoctrinated, that's just the thing that I'm thinking about. People get so attached to they're going to wear the outfit for the thing, for the activity, and then it's just all about that one deal. We're free to do more, as you were saying. We can go out and sprint. We can do yoga. We can meditate. We can do all those things.

Liz Nierzwicki: What's funny to me is because I have a yoga school, as well, and I teach the yoga path. It's an eightfold path. It's about behaviors, ways that we treat people, animals, the world, ways that we treat ourselves. For example, the Ten Commandments. Thou shall not covet thy neighbor. It's basically little things like that. They make sense. Eat good foods. Think good thoughts. Treat people kindly. Don't harm anyone, and don't harm yourself. Then, it goes into movement. Move your body. That's what yoga is. It's one component out of eight parts. It's called the Eightfold Path. It's number three. It's called Asana. Those are the poses.

The history of the yoga poses goes back pre-Jesus. It goes 5,000 years ago where they saw carvings in caves of yoga poses. This was Southern India and Northern Indiana, where two different systems of yoga came together. You had the meditators from the north, and then you had the almost gymnast Ashtanga yogis from Southern India. I like to make jokes of it. It's like, "Hey. Oh, yeah. Oh, you can do that with your body? Well, watch what I can do." That's all they had back then, was their own body. Now we have technology, and we have ARX machines, and we have dumbbells, and we have weights and things that we can use to make ourselves stronger. It's just a different time.

All of that was still body movement in the Asana. The yoga path led to what runners feel when they run. It led to what dancers feel when they dance. That's their connection with their inner spirit. That precedes all of the other things in the yoga path up to our enlightenment or our oneness with the divine. That's the goal of yoga, is to have that. To get out of the body and the mind, because the mind is so active, and to just get rid of all the body agitations. You said a key word, all the attachments that we have. Whatever we're attached to is what holds us back. If we can just say in this moment, right now, I am free, I am always free. The only thing that's holding me down is my attachments to my opinions, my limiting beliefs, my old stories. All of that stuff just moves us further down that path towards divinity or union or peace. I like to just even call it peace.

Tony Federico: This is a much bigger perspective than just the workout that you're doing today. I certainly have had some personal experience teaching yoga and taking yoga classes. I do feel like what you learn and what you're able to cultivate is a connection to your inner self that's free of the mental monkey mind that's always chattering about to-do lists and anxieties and what somebody said or what your perceived victimization of the day was. I think that that's a great thing that yoga very specifically encourages. It can then be carried over and applied really in all situations, whether you're driving in your car in traffic, or you're at a crossfit gym and you're about to do a crossfit WOD. You need to be in the moment and aware.

I think that that's one of the things that we tend to miss out on, is some of these crossover benefits. You mentioned your client who improved her marathon time by working her anaerobic energy pathways. With something like yoga, we're cultivating mindfulness and we're cultivating a deeper connection to our body. The crossover benefits of that are huge, all the way up to and including, potentially, enlightenment.

Liz Nierzwicki: Definitely.

Tony Federico: Obviously whatever people conceive that to be.

Liz Nierzwicki: Exactly. I was listening to Gabrielle Bernstein the other day. She came out with a vlog that was talking about judgement. Go on a judgement detox. Man, I believe that this world needs that, because we all feel that our judgement is correct. Even me, I do. You do. We all, like you said, live in our world.

Tony Federico: Nobody's clean, I guess you could say.

Liz Nierzwicki: We all live in our bubbles of what we think is so right. All we really know, and sometimes we don't even know this, what's right for us. I think we're all doing the best we can.

Tony Federico: Hopefully.

Liz Nierzwicki: Hopefully. Hopefully so. I feel that when it comes to fitness and it comes to the body and it comes to yourself, it's really about what drives you. What do you like to do? Just do something. I think sometimes that we're, a podcast like this, is we're preaching to the people who are already

doing it. They already have their niche that they fit into. I have a tendency to like to try new things, simply because I like education. I like to learn new things and I like to get out of my box. That's what led me from my yoga studio over to the crossfit gym. I walked in there, and they had no idea the athleticism that I had. They just thought I was a yoga girl. Then I come in and I'm squatting 235 pounds and they're like, holy crap. What the heck?

I encourage people just to do different things, and test yourself in different areas and see what you like. You may love yoga or you may love one of the figureFIT! workouts. You may love a crossfit gym. You may love dancing. Whatever. I want to try breakdancing. That's my next thing.

Tony Federico: Breakdancing? That actually sounds really fun. I'm sure it's really hard, too.

Liz Nierzwicki: I might break something.

Tony Federico: Might break something. Still worth a shot.

Liz Nierzwicki: I saw someone the other day breakdancing. They had it in slow motion. I was like, "Oh. All right."

Tony Federico: It started making a little sense.

Liz Nierzwicki: I get it. I can so do that. Then, I think I'm afraid to try it.

Tony Federico: This is my final piece. This is actually specifically about breakdancing. One of the trainers that I worked with at the first gym where I got started almost 10 years ago, she said, "Everybody looks stupid for the first year. No matter who you are, when you first start breakdancing," she said, "you're going to look stupid for a year. If you can accept that, you're on your way." I never got into breakdancing, but that's something that I've thought about in other areas, whether it's a new job, or just some podcasting. I remember my first podcast. I was so freaked out to be recording and having a conversation. I'd had thousands of conversations in my life. All of a sudden, now it became a source of anxiety.

If you can accept that you're going to suck for the first weeks, months, years, and still do it, and still keep persevering despite of that, I think that just about anything will open up. It could be breakdancing, playing the guitar, singing, whatever the case may be. I think that that's a great spirit to have, a willingness to try new things, a willingness to go outside of your comfort zone. Before we finish for today, I'd like for you to just tell us a little bit about the things that you're doing online, stuff that people can access even if they don't live within the radius of your yoga center.

Liz Nierzwicki: The reason I created my online business is for that reason specifically, because I had people that I had known from when I lived in St. Louis or when I studied in Finland. I had someone from France say, "How can I work out with you?" It just led me down that road of, there's a way. Let me figure it out. I started to film videos at my yoga studio. I started to film the workouts that I do, those fitness classes. Those fitness classes

slowly became the figureFIT! method. Every single month, I film three separate workouts. They go up on the website. People who sign up for the figureFIT! program get those three workouts every month, and then they do them every single week.

For example, there's three workouts. They would do workout one on Monday, workout two on Wednesday, and workout three on Friday. The following week, they do the same three workouts, but the numbers change. Instead of doing 12 reps, they're doing 15 reps, and maybe they're doing a lighter weight. Whereas, the week before, they might have been doing a little bit heavier of a weight. The videos explain how to do them. People can do these at home. All they need is dumbbells, and maybe a bench or a chair if we're doing step-ups or a glute bridge, or something, with our shoulders resting on something. I really make these accessible to people who may be even parents or moms, people that need to do them at home.

I also even have other gyms who have contacted me because they want to teach the figureFIT! method at their gym. They ask, "Can we get somebody certified?" I, "Absolutely." I've actually had one company reach out to me and they've got someone certified, so they are now able to teach the figureFIT! workouts at their gym. It's just a fitness class. They also can get people to the online place, as well. I've, obviously, like any good entrepreneur, I'm thinking of ways to help people make money, like a affiliate program, being an ambassador for figureFIT! All of that, it's happening now.

Outside of just those three workouts, my members have everything that I've ever learned, Tony. I went to college for nutrition science. Then I've studied the paleo and FODMAPs and the SCD diet, and all of that information is on the website. I also have recipes, yoga videos, meditations, because I'm going to say it, right now meditation is the number-one thing I ever added to my life, above working out, because it helps to keep me focused on everything else. It helps to keep my mind, because really I believe it all comes down to our mind and what we allow ourselves to think. When our mind is focused, then everything else really does fall into place. We gain more time. We gain clarity. All of that is within the figureFIT! website.

Tony Federico: Awesome. Then, you're doing a podcast now as well. Correct?

Liz Nierzwicki: Yes. I do have a podcast. It's called The figureFIT! Lifestyle Coaching Podcast. It's doing really well. It was number one in Health and Fitness on iTunes for a while. I'm not sure where it stands right now, but it's doing really well. I'm really excited about it, because I interview, just like you, really cool people, entrepreneurs, other fitness people in the industry. Some people are New York Times bestselling authors, or entrepreneurs, or coaches, or athletes. It's a lot of fun. There's times when I just simply go off on teaching something like meditation, or the energy systems, or something like that. The other thing that I definitely have to mention is my book.

Tony Federico: See, I didn't even know about that.

Liz Nierzwicki: I have a book that finished in 2015. I don't exactly know when this podcast will air. My book is launching mid- to late-January on Amazon,

and hopefully I'll have it on Audibles shortly thereafter for the people who like to listen to audiobooks. It's called "Happy Healthy Fit: Transform Your Life In 90-Days With The figureFIT! Lifestyle Program". That's all about my online program.

Tony Federico: Awesome. That should be available when this podcast comes out, so we'll definitely link people to that in the show notes for this episode, and then also to your website and social media and all that good stuff.

Liz Nierzwicki: Thank you. I appreciate you having me on. Thank you very much.

Tony Federico: That was Liz Nierzwicki, author of "Happy Healthy Fit". You can find her book, blog, podcast, and more by going to her website, [figurefitlife.com](http://figurefitlife.com). On next week's show, Dr. Josh Axe joins us to discuss the root cause of many illnesses: leaky gut. Here's a preview.

Dr. Josh Axe: We need to treat the gut in order for the body to heal. We need to remove anything that's affecting the gut. What leaky gut is, it's when you have these what are called tight junctions. Imagine a net being your gut lining with very small holes in it, and you get rips and tears in the net. Now things are passing from your intestines into the bloodstream that should never pass in there, things like undigested food particles, such as gluten, pathogenic bad bacteria, toxins and chemicals. These things leak into the bloodstream, they circulate, and then they cause inflammation, system-wide. Oftentimes, they will target certain areas of the body, such as your thyroid or your joints. Again, rheumatoid arthritis, that's caused by leaky gut. That's the root cause. Any type of thyroid condition, for the most part. Any type of autoimmune disease. Food sensitivities and intolerances. Headaches. Depression, in many cases. Autism. These are all warning signs that somebody has leaky gut.

Tony Federico: To learn more about leaky gut and Dr. Axe's solutions for fixing it, you'll have to tune into next week's show. Until then, you can check out our full archive of Paleo Magazine Radio episodes by clicking the Radio tab on [paleomagonline.com](http://paleomagonline.com). While you're there, you can check out all sorts of helpful content, like a recent blog post about staying sane while traveling. I recently flew from Jacksonville, Florida, to Park City, Utah, for some spring snowboarding, and I can tell you that travel tip number four, intermittent fasting, is what saved me from airport food.

Speaking of traveling, if you haven't already done so, please be sure to subscribe to this podcast on iTunes or favorite us on Stitcher. It's an easy way to ensure that PMR episodes get automatically added to your podcast list. In addition to intermittent fasting, listening to podcasts is one of my personal favorite travel survival tips. Paleo Magazine is brought to you by the Paleo Media Group. Our show music features the song "Light It Up" by Morgan Heritage and Jo Mersa Marley. Paleo Magazine Radio is produced by me, and on behalf of everyone at Paleo Magazine, thank you for listening.