

Podcast Episode 18

2013

{Music}

Host: Welcome to PMR, Paleo Magazine Radio, where we bring you Paleo nutrition, exercise, and lifestyle perspectives from both the experts and the everyday. PMR is brought to you by Paleo Magazine, the first and only print magazine dedicated to the Paleo lifestyle, and is hosted by Tony Federico.

{Music}

Tony Federico: Hello, everyone, and thank you for tuning in to PMR. My name is Tony Federico, and I'll be your host on this journey of modern day primal living. Walking through the supermarket we are constantly bombarded by advertisements, many of them claiming health benefits such as reduced cholesterol, weight loss, or heart healthy, from foods that are nothing more than processed, refined grains. Do the companies selling these foods really have our best interest in mind, or are they simply in it for the profits, selling us a load of you know what so they can make millions?

Carl Lanore, host of Super Human Radio, an internet radio show dedicated to fitness, health, and anti-aging, has made it his purpose in life to expose the industrial food system for what it is: an unholy alliance between government and agribusiness that is directly responsible for the millions of death that occur each and every year due to chronic diseases, like diabetes, heart disease, and hypertension. Today we'll be talking with Carl about his thoughts on how we can fight industrial food and win back our health.

And then in the second half of the show, I'll be interviewing Frank Perez. Frank is a network infrastructure technician at the Kansas Air National Guard. But when he isn't working on top secret computers, he spends his time slacklining, land boarding, and living the Paleo lifestyle.

{Music}

Tony Federico: All right. So we're here with Carl Lanore. He's the host of Super Human Radio. It's an internet radio show that's dedicated to fitness, health, and anti-aging. Carl, welcome to Paleo Magazine Radio.

Carl Lanore: Yes. I'm really excited to be here. Thank you so much for inviting me.

Tony Federico: So, first of all, I've got to give you props. From just looking at your website, you're up to episode – it's twelve hundred and something – basically it's a lot.

Carl Lanore: Yes, yes. And actually...

{Laughter}

Carl Lanore: ...I only started using numbers to tag the episodes the end of 2006, beginning of 2007. Prior to that, I've got a whole catalogue of shows that I did that are by date.

Tony Federico: Oh, wow.

Carl Lanore: And they're not even up there anymore, so...

Tony Federico: So we're looking at twelve hundred known episodes, and then potentially many more.

Carl Lanore: They're on CD. They're not even available anymore. Because I started out with Clear Channel in Louisville, Kentucky, and we weren't even thinking about podcasting back then when I first started doing the show.

Tony Federico: And now you're all over the internet. Times change quickly. And really, our whole focus is on Paleo health, it's on ancestral health, it's kind of going back to the beginning, so it's sort of this primitive theory, and then we're applying it in this modern world, which is what you're doing as well. And for people who aren't familiar with your show, who – maybe who haven't listened to Super Human Radio, maybe they're into Paleo – what is it that you're doing with your show that might interest people? I think they're going to be interested once they hear it.

Carl Lanore: Well, I was introduced to the ancestral diet after a series of interviews that I did in the end of 2005 with two people. The first one was Dr. Loren Cordain, and the second person was a fellow named Randy Roach, who wrote *Muscle, Smoke And Mirrors*. And the whole first volume of *Muscle, Smoke And Mirrors* was dedicated to the nutritional origins of physical culture. And this intrigued me from a health status standpoint as well. So I think that when we talk about Paleo on my show – and we talk about it quite a bit – Paleo is just the new interpretation, if you will, of a style of eating that actually began in Greco Roman times with those who saw that you could affect the physical form by heavy resistance training and dietary style that focused on certain foods—animal proteins and healthy fats and good vegetables and really not a lot of bread, quite frankly. Even back then, bread was for the poor people, or

for the less fortunate. It wasn't for the athletes, it wasn't for the people who were building those bodies that are now statues today.

And so I like to look at it from an ancestral standpoint more than a – the new movement standpoint, but it's still the same message. It really is.

Tony Federico: Absolutely. Because when we get down to it, it's all about clean eating, which is real food, and then exercise. So for your show, when we're talking about physical culture, you had mentioned being born during the time of the ancient Greeks. And I think that that's interesting, because a lot of times we look at those statues and they're still kind of the ideal. If we could look today like Michael Angelo's *David* or something, or maybe even some of the more heavily muscled ones – I think he did a statute of Hercules – I saw somebody overlaid an anatomical breakdown of all the muscles. I mean, that's displaying a level of muscularity that would be impressive in contemporary times.

Carl Lanore: And keep in mind that Eugen Sandow, one of the later fathers of physical culture, who preceded even Bernarr MacFadden and those people, he actually studied those statues and used those statues to dictate how he trained and what muscles were in proportion to what muscles. And that's why he was considered the physical form at that time ideal. He took his blueprint from those statues.

Tony Federico: You know, it's really interesting. And we actually had Dr. Hamilton Stapell on our show—I think it was Episode 9. You had him on your show recently, and he's done a lot to really explore the more recent iteration of physical culture, and I think the one that most people are familiar with and that occurred around

the turn of the century, or a little bit before that. How has that impacted you personally? Is that something that you were involved in?

Carl Lanore: Yes. I followed that as well, as a more modern template. Because, you know, we can look back in time at physical culture, in its early origins, but some of that doesn't play any longer, because we have access to things that they didn't have back then, in the way of food as well as the way of training. So I really do look to that period that you speak of, the late 1800s, early 1900s, when physical culture made a resurgence and it became very, very popular. I think I adhere to that much more so and relate to that much more so than going beyond that. But I acknowledge that it started much earlier than any of us talk about in this day and age.

Tony Federico: Yes. And if you look at some of those old turn of the century physical cultured gyms, you look at it, there's gymnastics rings, there's a nice open, empty space, there's barbells, primitive barbells. I'm like, that looks like a crossfit gym basically. So the Paleo movement, crossfit, all these things that are huge – and in many ways, people look at them and they say, "Oh, this is new, this is different,"...

Carl Lanore: It's not.

Tony Federico: ...but it's a recent iteration of something that people have been engaging in for, you know, really thousands of years or more, but it's just, again, percolated up to the surface and captured public attention and the public imagination. What are your thoughts on that? Why do you think that right now today is one of these periods where we're ripe for reengaging with physical culture, reengaging with whole food and with movement in this particular way?

Carl Lanore: I think it's quite simple. It's because of the rate of disease today. There's a large faction of people like ourselves – and I say you and I – who – we look at this disease society today, and we say, "You know, it doesn't have to be this way." And when we start to go, "Okay, what can I do that can affect my ability to stay strong, robust, and healthy?" And when you start to read, all of a sudden these things pop up and you go, "Oh, wow, they were doing that back in the 1920s." And it played out true at that time, and it can play out true again. But I think really, sociologically, when we look at everything including farm-to-table movement, which is an offshoot of what happened with Paleo – I mean, let's face it, Paleo was driving the farm-to-table movement because people want grass-fed, grass-finished beef now. They want raw, unpasteurized milk. They want locally grown produce, and local means local; not 200 miles away. They want organics, non-GMOs. This is all the result of a large number of people who are starting to say, "You know, illness is not my destiny. Health is my destiny. And how do I get there?" And when they start looking for answers, we all end up on that same street.

Tony Federico: You know, in many ways, illness is an option. We do have personal choice. There are forces that are aligned against us. And one thing I want to talk to you about is the industrial food system, kind of your thoughts on that. I know that you feel passionately about it. But in spite of that, in spite of this obesogenic environment that encourages us to be sedentary, to eat way more calories than we need, to eat foods that really bear little resemblance to actual food, in spite of all that, we still have this personal responsibility piece where we can be the difference maker, we can at least enact change in our own life, in our own circle of influence, our families, our friends, and then hopefully if enough of us start doing that, we can spread that out through the community. But what do you think is the biggest challenge that we are facing today, in terms of the environment, in terms of the world in which we live?

Carl Lanore: I'll tell you what it is. And I'm thinking about this as you're saying. I know the question is coming. I'm like, "Oh, my God, how do I give the greatest gravity to this over that? How do I give the greatest gravity to the lack of sleep and the overconsumption of stimulants? Or how do I give the greatest gravity to the heavy cereal grain diet? Or how do I give the greatest gravity to genetically modified foods that we don't even know what their transgenerational epigenetic effects are? How do I give the greatest gravity to any of these things?" And I can't. So what it comes down to, in my humble opinion, and what I talk about on my show regularly, the new evolutionary selection pressure is where you get your information. It's not famine, it's not ice age, it's not storms; it's where you get your information from. Entire genetic lines will be gone in 200 years because some people follow the mantra of the mainstream, their children develop diabetes, their children became infertile, they never procreated, and their lineage stopped there. And the rest of us, who didn't buy into that and went, "You know, I'm not going to be afraid of animal protein, but I'm going to eat the animal protein that my ancestors ate, I'm going to find grass-finished beef, I'm going to drink raw milk, I'm going to do all these other things," and we live on and our genes will predominate that gene pool 200 years from now.

So, I think if I had to come down to one salient answer, it would have to be the new evolutionary selection pressure is where you get your information from. If you're listening to people who are saying, "Popcorn is a great thing to eat right before bed," or...

{Laughter}

..."Heavy cereal grains are grains that are good for you, don't listen to the whole (sounds like: Lectin) thing," then you will be erased from the gene pool 200 years from now.

Tony Federico: And I think the sad thing is, just in my experience, it's not that people are intentionally going out and saying, "Oh, I'm going to kill myself for food," or "I'm going to poison my genetic heritage and destroy my body," often times it's well intentioned. They're looking at marketing that says, "This is good for you. This is something that's going to make you healthier." So people, they want to do right, a lot of times, they really do. But they're being misled, you know. And it's interesting that you make the point about information, because it's really the defining factor. Do you take information at face value, or do you peel it back and you go deeper and you start looking at, "Well, where's this information coming from? Is it coming from a corporation or have I done my own due diligence?"

Carl Lanore: This is a great point. I'll tell you why. And I want to jump in here for a second, because you just made a very, very important connection here. There are so many people out there decrying the Paleo movement, right? But interestingly enough, other than the handful of authors and bloggers out there, the Paleo movement is a grassroots movement. So when people say, "Oh, that Paleo thing, that's nonsense," who really benefits from the Paleo movement? I'm not Procter & Gamble on a new Paleo food line, right? We are passing information along for the value of information. That is the intrinsic value of the information. It's not, "Hey, if we convince you of this way, you'll buy more of this product and our corporate profits will go up." So I say beware of the messages coming from the mainstream because they profit from their messages. I don't profit from my message. I can get on the air five days a week and talk about anything I want to talk about, and it's not going to change

how many people favor my sponsors or download my show. But if I'm telling something that's helping somebody and they're getting better, they're going to listen to my show and they're going to talk about my show. So really, I don't stand to profit from lying.

Tony Federico: No, not at all.

Carl Lanore: I only stand to profit from telling the truth.

Tony Federico: If you look at something that's done from love, something that's done from passion, something that's done with really a purity of intent with a genuine desire to share something that's good or that's been helpful, maybe it's not perfect, but at least it's real and you can trust that it's heartfelt. So I think if we're making these podcasts, we're putting this information out there, I mean, I'm definitely not Procter & Gamble, I'm definitely not a millionaire. It's funny that you say that, because it's like, "You know what? I don't know if there is a Paleo millionaire yet." Mark Sisson might be getting close. Like, I think if anyone's going to get there, it's probably going to be him. But, for the most part, we're still working. We're still doing our regular day jobs. We're still, you know, trying to make ends meet. But then we're spending this extra bit of time that we have, you know, in the middle of the day trying to put stuff together to try to make a difference, you know, the intention behind that versus billions and billions and billions of dollars, it's hard to say that we're the ones that are crazy.

Carl Lanore: Yes. And there's another thing that must be said in the context of one of the things that I think make a difference today. We did a show in 2007 with Randy Roach where I talked about the idea that as a civilization, critical thinking has been bred out of us, that we can't even make decisions about

what food – you know, you take a lion and you put a living gazelle in front of it and you put a bag of wheat in front of it, and it's going to jump the gazelle and eat it, right? And the lion knows what it desires. But humans, we no longer know what we desire because we have been marketed to for so long that it's been bred out of us.

And the other thing that's been bred out of us, other than that intuition to know what we do best with, is critical thinking. And this even comes through – and I do this on the show all the time. I have scientists come on my show and talk about research, and I say to them, if I disagree with them, when push comes to shove, science against critical thinking, I always go with critical thinking. Because if you tell me something that doesn't make sense to me, and I'm fairly educated in the subject, instinctively I know this can't be accurate. There must be something else. Case in point, high Vitamin B12 blood levels linked to cancer. No. High Vitamin B12 levels linked to a failure in the methylation process at the liver, which is corollary to an environment that is capable of developing cancer. You know, it's like Loren came on my show once and said, "If epidemiology studied fires, they would say fire truck cause fires because there's always a lot of fire trucks at fires," right? So, when you hear science, and it doesn't make sense to you, go with what you know. Always go with what you know. Those of us who have critical thinking skills, as you said before, we take the information, we peel it back. We go, "You know, this doesn't sound right; this does." Those are the people that are going to do well in this environment, because we're not going to get sick and die.

Tony Federico: It's like every week there's a new story that says, "Eggs are good for you." Next week, "Eggs are bad for you." "Red meat, it's good." "Red meat, it's bad." You know, it's just going back and forth, back and forth, back and forth.

And I think that people just throw their hands up, and they say, "Well, nobody knows, so forget about it," basically, you know...

Carl Lanore: No, but we do know. And I'll tell you why we do know. Okay? So you and I are having a conversation today. Right? And the reason that we are able to have this conversation, Tony, is because our ancestors survived. And if red meat was no good, then you and I would not be having this conversation because our ancestors would not have survived. So I don't need science to tell me – now, do you want to look at the different qualities of meat, (sounds like: keifel) raised beef versus grass-fed, pastured cows that lead natural lives? Yes, I can definitely agree with you that that (keifel) raised beef is no good to eat. But it's not about beef.

Tony Federico: Yes, I mean, you eat things that are sick and unhealthy, you know, you eat an obese animal that's basically suffering from chronic disease, and then are you going to expect good results in yourself?

Carl Lanore: No. You know, and I used to say this on the air, and someone once told me that I was wrong, so I stopped saying it, but back in 2005, '06, and '07, I used to say, "In the wild, a lion won't eat a sick animal." And I don't mean a wounded animal. I don't mean an animal that's been hobbled because of an injury. Sure, that's easy prey. They don't have to run fast. But an animal that is dying, that is withering, that is sick, most of the time animals of prey won't eat them. Why is that? Why won't they eat a sick animal? Because they know, if you eat a sick animal, you could get sick, too.

Tony Federico: Yes, unless you're something like a vulture that's specifically evolved to eat rotting and dying flesh.

Carl Lanore: Well, now wait a minute, rotting and dying flesh is different than a sick animal. When the animal is dead, the active diseases in that animal that caused its death probably died, too. And now we have bacterial, live bacteria, that we are now understanding better. You know (inaudible)...

{Crosstalk}

Tony Federico: Probiotics.

Carl Lanore: ...he tells people to eat what's known as high meat. You take the meat, you put it in a jar, you let it rot for awhile, and then you eat it.

Tony Federico: Hey, dry-aged steaks. When people go to a fancy restaurant, they get that dried...

Carl Lanore: Aged beef.

Tony Federico: ...steak. What do they think that is?

Carl Lanore: That's the bacteria eating the beef. It processes the beef. It tenderizes it. So there's a difference there, too, I think, Tony.

Tony Federico: Yes, that's awesome. I think you need to bring that analogy back. {Laughter}

Carl Lanore: Somebody emailed me one day and said, "Animals do eat sick animals. You're wrong." And I didn't have the time to do the research, so I thought, "Oh, well let me just stop saying that."

{Laughter}

But, you know, I was like, "Okay, that's fine. I'll give you that one."

Tony Federico: Yes. Hey, man, Carl, really super awesome conversation. A Super Human Radio/Paleo Magazine Radio combination. I could talk to you for hours, man. I think you're great. And I just want to make sure that I take a moment to give people some information about how they can find you, because I think they need to be listening to your show and getting some of the stuff that you're getting. Obviously we're kind of crossing some paths, we share some territory, but, you know, you definitely have your own unique take. And I feel like I personally have a lot to learn from you, so I really appreciate you coming on the show.

Carl Lanore: Oh, listen, I'm flattered that you asked me. I've got to be honest with you. Thank you so much.

Tony Federico: That's awesome, man. People can find the show obviously on iTunes.

Carl Lanore: Yes, iTunes or Stitcher or any of the top podcast directories at Super Human Radio. And then, of course, the website is superhumanradio.com.

Tony Federico: So we're going to be taking a short break. We're going to be coming back with our second guest, Frank Perez.

{Music}

I'm Tony Federico. You're just listening to the super Carl Lanore, and this is Paleo Magazine Radio.

{Music}

Tony Federico: Hey, everyone, Tony here. At Paleo Magazine Radio, we want you to know that your story matters, that everyday people like you make a difference. And we want to give you an opportunity to join me right here on the show to tell us your story. To do that, all you have to do is go to facebook.com/paleomagazine and click on the radio tab. There's a form that will pop up. It's super simple. You just fill it out. It's going to send us your information. Obviously you don't have to give us all of your personal details, but if you have a Paleo story, if you have some experience that has come from living this lifestyle that you think is going to inspire or motivate other people, or even if you don't think it's going to inspire or motivate other people and it's just an interesting thing that you maybe want to share with me, please, please, please go on facebook.com, fill out the form. Or, just shoot me an email. It's tony@paleomagonline.com. I look forward to hearing from you.

{Music}

Tony Federico: All right. We're back. I'm here with Frank Perez. Frank, thank you so much for coming on the show.

Frank Perez: Not a problem. Thank you for having me.

Tony Federico: What we do here on Paleo Magazine Radio is we like to bring on experts, we like to bring on people that are either writing books or they're doing some research or they're doing the whole blog thing or whatever, but really also want to make sure that we're taking time to find everyday people, because ultimately it's the everyday people that are making the difference. We were just talking to Carl Lanore, the host of Super Human Radio, and he made a

good point about Paleo is a grassroots movement. It's coming from the bottom up. So why don't you just give us a little information on how you kind of got involved with this whole thing and what your own personal story is?

Frank Perez: Okay. Well, been pretty much into fitness and nutrition for pretty much at the end of high school, first start of college. But back then, you know, I learned everything as the whole low fat, processed foods, high cardio, high intense activity, high volume. And, you know, I did fine. I kept most of the weight gain – and I felt healthy.

But when I turned about 37, I ended up having a TIA—basically a small stroke—went into the hospital and the doctors, they couldn't find anything wrong. They'd tell me I'm doing everything right. The only thing they found was I had borderline cholesterol. They put me on statins, aspirin. And I didn't want to be on any kind of drugs. I never really agreed with that. You know, also with the statins, you have to have a yearly liver or kidney function test, something like that. So I figured that can't be good for me, you know, if I have to get tested every year to see if everything still functions properly (inaudible)

{Crosstalk}

Tony Federico: Is the drug killing you yet? Have you died from the thing and...

{Laughter}

Frank Perez: Right. So I eventually took myself off of it and just stopped taking it. I'm real bad at taking medications anyway, and so if I have to take it every day, you

know, I just don't do it. So eventually I took myself off of it and continued with my ways, you know.

I was – at that point in time, I was working out, ten to fifteen hours a week, I was eating, you know, low fat, trying to eliminate fat knowing that I'd at least get a little bit, which would be sufficient from what I was told all through high school and college. And I did take a lot of nutrition, exercise, physiology classes, and that's the whole thing they preached back then, and they still do it nowadays. But eventually it just got to the point where I started hearing a little bit more about Paleo, and really heard about it through (Barefoot Running). I started doing (Barefoot Running) back I think 2010. And knowing that it's the proper way to run, it's totally different than what I learned before, felt better, had knee surgery in the past, and the barefoot running definitely helped alleviate any kind of knee pain. But I was still, you know, running a lot, running marathons and things like that. But then I started hearing more about Paleo just because of the whole running barefoot's natural, you know, Paleo is more of a natural, you know, foods, natural lifestyle.

And so I kind of started gravitating that way, learned a little more about it. But when I first started reading – that's stupid, you know, that's completely against everything I've learned. But I kept an open mind just because of the whole natural aspect of it, and eventually got to – the more reason I'd do it, I was like, "That makes total sense." Why eat stuff that's not real. And that's what the whole health industry and what not teaches us. Why? Why not eat foods that are natural and real? So eventually with the reading that I did, I started switching over to Paleo. Went really strict for about 60 days or so and felt great. I mean, there was one point I – after two weeks, I did feel a little bit of a – I don't think I want to say energy drag, but my running, my pace was a lot slower, for the effort level after about week two. But then after the third

week, I was back to normal, runtime was back down, you know, low eights, upper sevens for like the three mile run or so, you know. Felt great after that.

Eventually reintroduced some foods. Some foods I dealt well with, some foods I didn't. And, you know, I'll cheat on it every once in awhile – never planned – but I'll weigh the decision, you know, like if I know how this food's going to affect me, do I want to eat it or not? And just make my decision from there.

And my workout philosophy has changed completely, because back before, I probably worked out ten to fifteen hours a week and eating low fat and processed foods, a lot of carbohydrates, and I wasn't really losing any weight. I didn't need to lose any weight, but I was – I had a lot more body fat than I do now. Now I've cut my workouts down to really technically working out about two hours a week maybe, but then I do some other outdoor activities, but not any kind of high intensity. Just, you know, being outdoors, slacklining, and just doing something out there that I'm enjoying, not pushing myself, not killing myself. You know, I've ended up losing some weight, I'm more toned, more cut a little bit, you know, and I feel great.

Tony Federico: Yes. And, you know, I want to kind of go back on a couple points that you made, which is you went from a routine where you were exercising 15 hours a week – and this is something that I can totally relate to – eating a diet that you thought was going to be the healthiest possible diet, and that was the one that ultimately could have been related to some of the health issues that you came across. And you started working out less, enjoying it more, and actually getting in better shape. So, you know, I think that anyone who has reservations about the Paleo diet, or the Paleo lifestyle really. They say, "Well, if you're not working out all the time, you're going to gain weight." Or,

"If you're eating high fat, you're going to get out of shape." And it's like, "Well, what you're doing right now is not working, you know. And if what you're doing right now requires that you kill yourself in the gym" – yes, I did that for years, man. When you're saying 15 hours a week, I'm like, "Yes. I was right there." And I felt terrible.

So I really want people to think, you know, "How are you feeling right now, and are you holding on to feeling terrible because you're afraid of something different?" And it sounds like you took that leap of faith and it's really paying off for you. I do want to kind of go to the slacklining thing, because I don't think everybody really knows what that is. I'm familiar with it, of course, but I'd like for you to tell us a little bit about slacklining, what it is, and then how does that factor into your fitness routine?

Frank Perez: I first heard about slacklining through Mark's Daily Apple website. When I say heard about it, I just saw on his listing, whatever, with links to sites, and all this different fitness equipment, things like that, and saw this slackline equipment, read a little bit about it, and thought it was really cool, you know, but I never thought that I'd be able to do it. And then I happen to see this video called *Never Leave the Playground* on a website called (inaudible) dot com. And there was this guy – I forget what his name is – (Stephen Jessop), I think. I think he posted it, actually. That's where I saw it from. He talks a lot about balance and how important it is for, especially elderly to prevent missteps and falling down, things like that. And he has one point – part where he was walking across, it was a slack rope. And, you know, since I can do that, I need to do it, you know. I've wanted to try it for a long time, and so I finally got down to buying a two-inch Gibbon slackline. And in my first day of standing on it, my first step, it was like half a second, if even that. Ended

up falling off, got back on, and within about an hour of trying, I was able to make ten steps on it.

I progressed from there eventually, switched from a two-inch line to a one-inch, and started going for long lines. Now, with slacklining – and I know I guess I didn't really say much about what it is – if you aren't familiar with it, it's basically almost like tightrope walking, except it's a lot more slack to it. The rope actually sags quite a bit. But it works your legs, your core, your shoulders, because part of the balance process is moving from side-to-side with your core, having your arms out in the air, in order to balance.

But there's a few different aspects of slacklining. You've got some people who do (trickline), which is doing a bunch of the flips, spins, things like that. I mean, I'm never going to try anything like that because I've had knee surgery in the past, and if I land wrong, I can really damage my knee.

But the other aspects are (long lining), which is just going for distance, which is what I'm kind of staying on, and then there's (high lining), which is what people go up over gorges and canyons or stuff, usually tethered, so if they fall, they won't fall to their death.

You know, I do the (long line). I've got to a little over 200 feet. You know, it takes a lot of effort, concentration, leg strength, core, body awareness is a big thing, too, knowing where your body is in space. You're not looking down at the line, you're looking straight ahead, so you've got to be aware of everything. So it's a lot of fun and a challenge. The workout I get out of it, I can feel that I'm working, but I'm having fun. So it's not, like I said, I'm going to the gym and killing myself for an hour or something like that. I may be out there for an hour, but it's exhilarating. It's fun. I love it.

Tony Federico: And you might even get some applause. I saw you posted something on Facebook that you're getting some spectators the other day.

Frank Perez: Right. I see people stop and watch every once in awhile, like what's this guy doing or whatever, you know. And one person will be watching and the next person walks up and they'll say, "What's that person looking at?" and they start watching. So I got a – had a little group. And then I like jumped off right at the end, I had about ten people clapping for me and everything. And, you know, I do it for a workout and, like I said, I post on Facebook. It's like – yes, it's – slackline is one of the few sports/workout activities that you can actually get some applause at. {Laughter}

Tony Federico: That's an interesting point, because what are people applauding? You know, I think they're seeing something that they're connecting to on an intuitive level, and it's something that most people, they're not willing to follow that intuition. They have this feeling like, "Hey, I'd like to try that," or "that looks fun" or "It definitely looks interesting. I can't stop watching for whatever reason." But there's that gap there, because I think so often in modern society, we're not only hit with bad information about diet, we're hit with so much information about, "Oh, you're going to hurt yourself. You're going to do this or that. You've got to be careful." And recently, I started going to an adult gymnastics class. You know, I'm 30 years old, and I committed to – I want to learn how to do a back flip. I think that, you know, that's a reasonable goal. And everyone's telling me, "This is crazy. You're crazy." A couple people are like, "Oh, that's super cool." I'm like, "All right, right on." But, yes, man, after six months, I can do a back flip now, and it feels really good, and I think it's something that a lot of people – it appeals to them because like with slacklining, it's that body awareness. It's something about being kind of fully

engaged with your physical self that I think most of us want and most of us crave. And I would even say that that's similar to our craving for real food once we've been exposed to it or – you know, versus the superficial, short-term reward that we get from, you know, I don't know, maybe watching other people do stuff, you know. Just thinking about television, you know. We're watching athletes on TV every day, but how many of us are actually going out there and playing games and having fun?

Frank Perez: And that's the thing. A lot of people see somebody doing something like that that they think is cool, that they don't think they can do, and they think that it requires a lot of talent, and that's not necessarily the case. I mean, yes, it takes some talent, but also work. And if you want something bad enough, you're going to work for it and do it. Like on my first day, I couldn't even stand on the thing for half a second; and I just started last August or September is when I bought my slackline. I'm 43 now, so I started when I was 42. A lot of people know me now as kind of a kid at heart, you know, but I don't really feel that way. I don't feel I'm a kid at heart. I just feel that I'm me, and I'm not afraid to try something that I want to do, whether it's an activity that most people associate kids doing, it doesn't matter. I'm having fun, I'm enjoying myself, and I'm getting a workout, per se, in the meantime.

And another thing that I started doing recently is land paddling, which is kind of a big, giant skateboard with a paddle that has a rubber end to it, and so I'm basically skateboarding. And when I got that, you know, everybody was like, "Skateboarding is for kids," you know, "what are you doing on it?" I'm getting a great workout, you know. I'm having fun out by the river, out by the lakes or whatever, out in the neighborhood, paddling around. Compared to running where you're working only lower body, with land paddling you're getting a really good upper body workout.

So, as I said, I'm getting out in the sun and just enjoying myself. I also recently got one of those rip sticks that, again, everybody was kind of giving me a hard time about that. I'm like, "Hey, I'm having fun again, you know. It's – I'm getting a workout with it again." When I do it, I'm not doing a full workout, but I can feel that I'm getting a workout, a good, full workout, good leg workout, with carving back and forth and everything. So, I'm having fun, I'm enjoying myself and, you know, that's what life's about. It's not about killing yourself in the gym. I mean, heck, going back to the whole Paleo ancestral thing, cavemen didn't go work out. You didn't find them going out, "Okay. I need to go for a run to stay in shape." You know, they do their daily activity to stay in shape, and not necessarily for the cause of staying in shape, so...

Tony Federico: They're not going to go and pick up a rock a hundred times and put it back down in the same spot. They're going to build something.

Awesome stuff, man. I think the take home message is have fun, stay active, always be learning, and have that be just as much a part of your Paleo lifestyle as what you're eating. So I really appreciate you coming on the show, man. I'm going to put some links up on the Paleo Magazine website, just so that people can kind of see what you're talking about. I know what video you're talking about, too, that *Never Leave the Playground*, so I'm going to throw up a video for that, put up a link for the Gibbon slackline, so maybe they'll be inspired to go pick up one on their own.

But other than that, man, thanks so much. I really appreciate you coming on the show.

Frank Perez: Thank you for having me.

{Music}

Tony Federico: All right, everybody. That concludes this episode of Paleo Magazine Radio. I'm Tony Federico. I hope you enjoyed the show. On behalf of everyone at PMR, thank you for listening.

{Music}

Host: If you would like to share your story on PMR, please visit our Facebook page at facebook.com/paleomagazine. For full transcripts of the show, as well as exclusive online content, go to our webpage, paleomagonline.com. You can also talk to us on Twitter at #PMRadio.

{Music}

THE END