

EPISODE 164

[0:00:10.3] AV: You've heard of the term "going off the grid" but how many of us have actually contemplated doing it? An even fewer numbers made the necessary steps, truly living off the grid, even temporarily. Gary Collins is one of those rare folks. He's the creator of the Primal Power Method, a way to help people make better decisions to improve their health and importantly, simplify their life. The idea of simplifying your life is a topic we touch on a lot in this interview.

He's a college professor, health and wellness consultant and public speaker. He's worked in Military Intelligence, the US State Department, US Department of Health and Human Services and US Food and Drug Administration as a special agent. He's written books on his own unique take on being healthy, including this new one that we're going to talk about today, *Going Off The Grid*. The fun thing about this interview is not only how open Gary is to talking about living off the grid, working for the FDA, how he eats, whatever but also the dichotomy between interviewer and interviewee since frankly, I've never even contemplated living off the grid.

My idea of being disconnected is going to a tropical island and sitting on a beach for a few days, which is actually a form of unplugging and there are many forms which we'll get in to as well as a lot of other things. So this is a fun podcast and one I know you're going to learn a lot from. But before we get started, a quick word about our show sponsor, Desert Farms.

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[0:01:23.3] AV: Today's show sponsor is Desert farms. A company offering camel products like milk, meat and fat and even kefir chocolate and soap made from their pasture raised grass fed camels that live on family farms around the US.

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You can also check them out and order some camel milk products of your own at desertfarms.com and you'll get 25% off with the coupon code "paleomag".

[INTERVIEW]

[0:02:45.7] AV: Hey Gary, welcome to the podcast.

[0:02:47.2] GC: Thanks for having me on Ashleigh.

[0:02:49.6] AV: First, where are you? Are you in the middle of the woods somewhere, are you off the grid?

[0:02:54.5] GC: I am pseudo-off the grid. I am in Northern California right now, I have been coming down here for the winter for the last three years on my folk's property, which is five acres in my travel trailer. That's how I spend half my year. I spend half my year up there, a little more than half the year and then I take my travel trailer and head down south once it starts getting cold.

But hopefully, I'm going to plan around that in the future. It's just right now, there's too many projects and the property's difficult to access even in good weather. So bad weather, it gets really sketchy, so there's going to have to be some other construction to go on in a snow mobile and some other things to make sure I can get in and out during the winter.

[0:03:40.9] AV: Got it, okay. Well I'm going to ask you some questions about your travel schedule later but yeah, first, you know, as well as writing a number of books about being happy and healthy and self-reliant, including the new one that we're going to talk about, you are also the founder of the Primal Power Method and it says on your website, you're a leader in health and nutrition and a term that I really like which is "life simplification".

Can you tell our listeners a bit about what Primal Power Method is?

[0:04:07.5] GC: Yeah, Primal Power Method is a company that I derived over decades of experience in athletics, education and then helping other people. I started training people in my 20's and I did it for free and I worked for a couple of gyms in between and also my background as a federal agent, I worked for the US Department of Health and Human Services as an agent and then the FDA as an agent. I have the inside knowledge, obviously. I've been out for a while, I'm sure it changed a little bit but I took that information that I gathered and turned it in to something that's that transition of what are you going to do in life now?

I wanted to help people, it's always a good place to start for a business model even though I think that's been lost in American society for a while and I took that and that's what I wanted to do. I wanted to take that information, be able to relay it to people in order to help them make the right choices and Primal Power Method, it's more about getting back to our roots kind of thing. As humans, we're pretty conceited in where we fit in the big scheme of our planet, solar system, and the universe for that matter.

We are not the apex predator. We've been told that forever, you remove a human, you stick them out in the woods, they quickly learn they're not the apex predator anymore. There are many things that can eat a human quite easily. You know...

[0:05:30.7] AV: Always a good thing to remember in life.

[0:05:33.1] GC: Well, it kind of puts you back, and that's what I tell people, even the principles that I have for the Primal Power Method and one of them is "knowledge is power", that's the first one. That's what I mean, it's getting back, learning what, how humans evolved, how we're supposed to eat, how we're supposed to move, how we're supposed to interact. I mean, we've lost how to interact as well.

So there's a whole host of things that the Primal Power Method is evolving into. But the primary thing, and I didn't know, this is organically going its own direction, I'm not forcing anything, is life simplification. Because life today is just incredibly complicated, but what it starts with is health and that's the piece that a lot of people are not figuring out. That nothing else in your life can truly be enjoyable, enjoy the most freedom you have, the most happiness without your health first. You have to start there.

It doesn't matter about money, it doesn't matter of how many friends or you know, likes you have on Facebook or friends you have on Facebook, Twitter followers, that stuff doesn't matter. If you don't have your health first, that's it. That old saying, your body is your temple. It really is, that's why I look at how I've done things kind of as a journey. It's my journey too. I didn't come out of the womb knowing all this stuff. I'm learning as I go, I do have a background in certain things.

I grew up very rural, I mean, I grew up in the middle of nowhere. Grew up basically almost living off the grid, all we had is power. Other than that, we had all other systems in place. You know, we didn't have anything else. 50 people lived in the place I lived and then I had to drive at half hour to the town that had 2,000 people in it. This isn't new to me but it's new on going back. I'm going back to my roots even of small living, simplified living, just to make life easier. That's what I'm truly trying to teach in the end is how can we make life more enjoyable and make it easier and simpler.

[0:07:43.8] AV: With all the other projects that you have going on, are you still doing individual consulting? Like if individuals want to come to you for help?

[0:07:51.2] GC: I do not do it as often. It's, as people know who work one-on-one with clients, it is very time consuming. I also wrote my books; that's why I've kind of wrote my books as I noticed I was repeating myself over and over again and I finally said, "You know what? I've got to write this stuff down. It's killing me," and it sounds kind of a little lack days called lazy. I was like, "Read the books. I put this all here and what I've noticed is it kind of weeds out the people who are not serious. I'm not cheap you know? I'm closing in on 50, I've got some of the most unique experience in health and wellness in the United States. You're going to pay for it.

I mean, that's just kind of my attitude now. I'll get you there more quickly than most people and in the end, it will probably cost you a lot less but I've kind of made it to where my time is very valuable and if you want my one on one and you feel you need it, I'll do it but I'd try not to, I'd try and get them on the path by following the books and do it themselves because that's what I teach as well.

I teach, don't make someone hold your hand the whole way. The way humans evolved and the way we have, pre historically, survived is by doing things on our own. I don't mean individually but within tribes and individually but within tribes and individually. You know, there is a community. Today we just look on the internet or call someone and say, "Hey, would you help me?" As a matter of fact, perfect example, I got an email from someone, said they wanted to call me to talk about some of my products. I went, "Well, I'm pretty busy, can you give me the gist of what you want to know?" They said, "Well I want to know if your products are none GMO, organic and what are the ingredients to a couple of them?"

In my mind, I went, "All that stuff's on the website, why would I waste my time to call you for free, one-on-one when the information is already there?" Not to be, you know, I'm not degrading this person but it was a perfect example of a lot of in the business what we get. Instead of going and doing their homework first and looking because all the information's already there, they email me and ask me to hold their hand and spoon feed it to them. And not only that, but it's valuable time and I could tell, they expected me to do it for free and I was almost, "Hey, if you need consulting," I've done that in the past and I'll never hear from them again.

It's that tricky slope. Where you comply most of your time to help the greatest number is kind of how I look at it. Now, it's not that I'm being a jerk in saying, "Well if you don't pay me, I'm not going to do it." I've helped hundreds of people for free over my life, if not thousands. There comes a point though where you only have so much time in the day.

[0:10:38.9] AV: Yeah, and I think you're touching on something good here too in terms of you know, we're used to so much information so easily and not having to work very hard for it. But when you put the effort in and you take the initiative and you maybe put some money in and invest, you are going to be more likely to stick with it and to work hard because you invested in it. I think that makes a lot of sense.

[0:11:00.6] GC: It has been proven that if you have skin in the game, you're going to be far more successful than if you didn't. It's kind of like the AA model for alcoholics anonymous, they put the brunt of it on you. I've never been through it, don't get me wrong. I just know people who have and I'm kind of familiar with some of their philosophy and it's that you must take responsibility for yourself first. That's where I teach people, "Hey, it's about you first."

Because a lot of people will tell me, “Well I’m doing this for my kid, I’m doing it for my husband, I’m doing it for my wife,” and I go, “That’s the wrong reason.” I went, “In order for this to work, you need to put the responsibility upon yourself. If you don’t do that, it’s been proven again, you’re probably going to fail.” Because I call it “deflected failure”, you’re deflecting your failure on someone else, you’re saying, “Well, I’m doing it for my husband so if I fail, yeah, it’s important.” But when we internalize things and we say, “Okay, this is about me.”

It sounds selfish, and it sounds counter intuitive a little bit but it’s not. Everything that I start with internally about myself to make myself better, I’m far more successful then I go, “Oh, I’ll do it for so and so.” That’s just a cop out in the end. It really is, you’re really not serious truly about what you’re ready to do. Now, are they part of the reasons? Absolutely. But they should never be the first reason and that’s just what I’ve noticed and anyone who’s come to me right out of the gate and going, “I’m doing this for me,” has never failed to be honest with you, I’ve never failed with them, they’ve done great. The other people give me the wishy-washy answers and telling me what I want to hear, basically.

[0:12:36.7] AV: Right.

[0:12:37.5] GC: That’s where I have seen the failure rate and the dropout rate.

[0:12:42.9] AV: I’m curious, because you mentioned before about how we’re a little bit maybe misinformed about our place in the food chain. I’m really curious, because of your background and your expertise, what do you think about all of this survivalist shows on TV? And maybe you don’t watch TV or you don’t pay attention to these, but *shows like Survivor Man and Naked and Afraid*.

I mean, there’s a ton of shows where it’s basically people being left out in the wilderness, left to their own devices, left to themselves. I mean, obviously, it’s a concept that strikes a chord with a lot of people because we’re very interested in watching it and we watch it a lot. So what do you think about some of this shows?

[0:13:22.8] GC: It's good and bad. Anything for TV today, I do watch TV. I tend to watch more cerebral shows, I don't watch anything on the main networks unless it's, honestly, sports. You know, far as the programming today, I feel is just brain dead. I think that's two things or eating at American's fabric of intelligence, it's social media and it's stupid TV in their phones, which they do all on there.

For the shows, survivor man is good. I love *Survivor Man*, Les Stroud is the real deal. I mean, that guy is legit, he didn't make a dime off that stuff several years ago. He just did it, it was kind of a funky little show. I've heard interviews with him and the guy's just a down to earth, really good guy.

Just with my experience of growing up small towns and camping and hunting and fishing. I got a good BS meter, none of that but my background in law enforcement intelligence and all that stuff. I don't get that from him.

There's been the others that I go, no, that's fake. They are totally faking that, that is not how it works and the *Naked and Afraid*, I've watched it maybe twice, I remember what first came out I went, I got to see what this is about.

I didn't do it to see naked people because running around the woods.

[0:14:40.9] AV: Not to see anything anyway.

[0:14:42.1] GC: No, I figured not but I mean, running around and squatting and pulling on things and doing physical activity naked is not exactly appealing to me sexually anyway. You know, it's a weird awkward thing. I was looking and I just... this is unbelievably stupid because it's just not realistic.

I mean, where would you end up in the middle of nowhere that you've never been completely naked without any resources?

[0:15:08.7] AV: Right.

[0:15:10.1] GC: It is physically impossible unless you're abducted by aliens right? That's a whole question for another show.

[0:15:16.7] AV: Yeah, that's another podcast.

[0:15:18.0] GC: Yeah. It's like, why would I... just to me, people watch that and it's so completely impractical and I think it takes things out of context. You know, obviously if you're a human and you're grown sized, you're going to know your environment for the most part, if you're living out in nature, you're going to know it or you're going to evolve into it. Not just get dumped somewhere and go... okay. You know?

I don't have any pants. It's just weird and the conflict, I noticed a one common thread that all this supposed reality shows is they put them, the people that are going to conflict with each other the most. For good TV, for drama you know?

Just hear like, come on. I don't like a lot of them, there's a couple that I like, I like Building Alaska, survivor man is definitely one of my favorites and he doesn't even do that many episodes, he does it here and there.

I'm trying to think of what I'm watching right now. You know, I'll watch Alaskan bushpeople but I can smell through the fakery on that one too. There's a lot on there and I'm all no. That is definitely not happening that way. At least they're entertaining.

[0:16:32.8] AV: It is such an interesting concept though, we're living such a — most of us are lucky to live such a very comfortable existence and often so far removed from nature but obviously there is a part of our brain that is still fascinated and interested in that getting back to our roots because we're obsessed with shows like that.

Even if they aren't realistic, the fact that we're so into it, it is kind of saying something, it's interesting.

[0:16:56.9] GC: Well, it's ironic, we're interested in where we came from and we're not that far removed but we are, we're so out of touch with that type of living today. It's starting to make a

comeback. Because humans have always been curious about where we're from. The main question humans have is why are we here?

Why are we here and where did we come from. Those are the two elemental questions you can tap out of every person. Well, there's a few maybe that are so out of touch and you know, just they think the life is nothing but their smart phone and watching Kardashians.

You know, I think our curiosity is kind of taking us back and not only that, I think life has become so incredibly stressful and we're so overloaded with so much information that people are finally saying, "Enough," I don't care if I live in a box with duct tape anymore.

This is what — because people are realizing we're going through the best years of our life and that's a whole another subject talking about where the work schedule came from and you know, it was companies that basically did a ton of research to figure out how hard you can make a human work before they freaked out and lost their mind. That's pretty much where the work week came from.

You're throwing an animal in a cubicle for the most part, in front of a device, emitting all kinds of you know, electro magnetic electricity of frequencies and it's — I put it to the German shepherd in the small Manhattan apartment. That's kind of what I do. There's been many stays about docks, large dogs in New York that just finally one day they just lose it. Because they can't take it anymore, it's a dog and it's tuck in a small little place with no interaction with anyone but their owners in that inside world.

Every once in a while they get to go outside and take a poop. That's about it. Yeah, it's kind of interesting how we evolve a little tangent there, you go to be careful, I get on...

[0:19:00.5] AV: No, that's a good one, I feel like we could do a couple of podcasts because that one's really interesting and I think I personally have really tried in the last few years to make a move to more natural way of sort of living and going about my life and not doing the cubicle thing and I do think I wonder if maybe I'm just more aware of it or if it is a generational thing that we're trying to really kind of rebel against that and move away from that and work more towards performance based goals rather than just hours sitting at a desk.

I think that that's a lot of people are saying that's what they want to do, whether it's really happening and that change is really happening is another thing. But it will be interesting to see in the coming generations of people really do get fed up with it enough and also because, as you said before, we all have our work literally attached to our hands at this point anyway so you don't have to do the cubicle thing anymore. It will be interesting to see what happens moving forward with that, I think.

[0:19:56.0] GC: Yeah. It's such a complicated subject too because it's multifaceted. It's one part that people are getting burnt out and they're starting to realize, "Okay, this is not living, yeah, I'm alive but I'm not living." Then it's the second fold of world economy is changing. This is going to be something that humans are going to have to deal with in the future, pretty much the near future anyway unless we get hit by another meteorite or something goes wrong, some major world catastrophe and we start over, which has happened many times, we know that. I shouldn't say many, we know of some.

But that our workforce is changing as robotics, as electronics, as computer technology, as everything advances, what it's doing is its nudging the human out of the workforce. Slowly but surely. So eventually, all we're going to have humans doing is managing the robots, the computers. That's going to be the primary jobs. It's just the way it's going to evolve. People are trying to figure out too, it's like, they're being pushed out just by that alone. I think it's kicked in a whole another subset of entrepreneurs that are like, "Okay, my job's going away, I got to figure something out."

Or the millennials who went into a pretty crappy job market with a lot of student debt, no jobs and they said, "I guess I'll just create a company. I mean, I'll figure something out," and that's kind of what's happening. So I kind of look at it as two fold, it's kind of, where we're evolving to in the global economy and also people are just getting sick of the work week. Because everyone who is an entrepreneur, it's not like you only work four hours a week, that's a great myth. It sounds great on a book cover but any entrepreneur knows, it's more like you work every day all the time.

It's just you get to pick and choose your time, and that's what I like about being an entrepreneur. Is, do I put in more hours than I did? Yeah, probably. It's much more satisfying because I'm doing A, something I love to do so I've picked my path. Truly picked it. Secondly, I can control it. There is some days, I mean, the human brain, it gets enough and I've had it where I go, "I can't focus on anything. I'm toast, I'm done." I have to basically take a step back, take a day or two off and just kind of lose it, kind of detach myself from what I'm doing. Not check email, get rid of, don't answer any calls unless really important and then I can eat, come back into it refreshed and I'm ready to go.

[0:22:35.3] AV: Right.

[0:22:36.7] GC: The problem I think with that is the modern work system or the way we work today is, as an employee, we have no leeway. We're forced into that schedule, we're forced into that, and it's ground hog day every day. That's terrible. Again, humans weren't meant to function that way, we're just not wired for that.

[0:23:00.5] AV: Yeah, the whole robotics thing freaks me out, I don't even want to go down that road today. But what does make me happier is the going off the grid stuff and I want to get in to that so let's talk about your new book. I read it and despite probably not being the target audience, I really enjoyed it.

Obviously I learned a lot because I didn't know anything and it was really one of the most exhaustive step-by-step how to books on anything I've ever read. I almost felt like I could do it from scratch with all the info in that book, which means that someone who has, a real desire and an interest in this, obviously could do a lot with this book.

So talk to us about why you decide to put it together and also what going off the grid really means? Because as you say, there's not really a strict definition on that. That can mean a lot of things to a lot of people, right?

[0:23:52.6] GC: The true definition is basically you're not tied to any public utilities. That is the true definition of it as far as, I will say in a building sense, as in a county regulation sense, that's what it means. Now you got other sub set movements off of that. Some are partially tied to the

grid, some are tied to the grid but they live off the grid because they don't use any of the grid-tied stuff, which is very difficult in today's — the way the regulations work and the power companies work. We can talk a little bit about that.

But yeah, it's funny you said that. I just got hit up yesterday from a guy who actually used to manage one of the bigger off the grid Facebook communities. He goes, "I have to digest your book first."

[0:24:35.9] AV: Yeah, that was a lot.

[0:24:36.9] GC: This guy created the community and it's a short book, it's only 167 pages long. I'm a big fan of short books. I do not like 400 page books on any topic, I just don't. It's hard to remember, I feel like I'm working and it's a chore instead of enjoying what I'm reading kind of thing on self-help stuff, it tends to be repeating many things over and over again. So I like to keep it short and concise and make it somewhat entertaining. That's why I self-publish all my stuff is I didn't want an editor or publish or screwing with it.

Horrible career move but people appreciate it now. Now they see it they go, "Oh my god, your writing style's very unique. It's very different and unusual." I go, "Because it's me. There's no one, there's no ghost writers, there's no one putting in," — I'll take, I'm not a total conceited. I'll take recommendations from my editor, but my editor knows me and knows how I am. That's why I think it sounds so different but what I want to do is I just want to touch all the bases.

Now, is it in detail book on how to put up your own solar system? No. There's 15 million books on that. I should say, there's not a whole lot but there's plenty. I want to just take you through the process and give it to you in a way that is non TV-esque. None mainstream-esque. Give you the nuts and bolts of how it really works and this is not only me doing the project myself but by doing it, I've met a lot of people who have been off the grid for quite a while. We talk and our stories are very similar in the sense of how hard it was, the timeframe it took.

Now, the way we went about it is different and our houses are different, our land is different, the areas we live are different. But the process and time-wise and what we had to go through to figure it out is fairly similar. Yeah, the first thing I talk about is how to find your land. That's the

toughest one. I think for most people, they're all, "Buy land?" And I'm all, "Yeah." They're all, "Well, how does the financing work?" I go, "It's totally different." Financing land is not like financing a house. It's usually for 10 years, it's a higher interest rate and most people who are wise buy the land cash first. It's like the first step and that way you don't have it looming over your head.

You can buy it, it doesn't cost you a monthly cost so you can let it sit without any pressure and take your time. Because rushing into an off the grid project is probably the worst possible thing you can do. If you don't have a background, which most people don't, they don't know anything about it, they're figuring it out for the first time. You push and rush it, those are mostly the people who fail and end up right back in their old job and they move right back to the city.

[0:27:21.5] AV: Okay, so this leads to my next question. Is there, for people who maybe were reading this book and we don't know anything but there's definitely an interest there, people who read a book like this probably aren't like super casual like, "Oh, maybe I'll live off the grid." They definitely have an interest in it, right?

Is there a sort of check list that you can run by yourself before you decide if you're even really ready to do this thing? What are some things that you need to be pretty sure about in your life before you decide to even start to embark on a project like this?

[0:27:53.7] GC: That's a great question. Actually, I have a free download that has all that in it and if you go to primalpowermethod.com/offgridresources. Sign up, you'll get two off grid resource that are just like that. One of them is a really good one, it's an in-depth product list of all the things that I've used and tells you where to get it, their websites and all that kind of good stuff. I love that one. That one's not in the book.

There's a very short one in the book, this is a much longer version of that. Also, I believe there's the top 10 item checklist of before you try and go off the grid, what you need to do and of course I wrote it months ago and I cannot remember it.

[0:28:39.6] AV: No, that's great, we'll put this in the show notes so folks can download it and check it out for themselves, that's good. Okay.

[0:28:44.4] GC: Anyone who is a writer, I just have to throw this out there because I've heard this from other authors. People come and ask you a question, your book that you wrote four years ago and you're like, "Huh?"

[0:28:53.0] AV: "Are you kidding?" Yeah.

[0:28:54.1] GC: Yeah. You tend to move on, it's funny as a writer, as soon as you publish that thing, you're already into the next project and you just kind of flush it and it's gone. It sounds horrible, but you just don't retain a lot of it because you can't retain all of it, the human brain just can't. So you're already moving on so I feel bad. But the primary one, the checklist I always give people is again, take your time and I would look in to vacationing in a travel trailer.

Go get a travel trailer or go rent one, go somewhere that you think you would like to live and this is part of finding your property. Use it as a vacation and see if you like the travel trailer living. Because travel trailer living is very close to off the grid and if you dry camp with a travel trailer, which means you're not hooked up to any utilities and a lot of them today have solar panels and your batteries, but you still have to haul your water in and all that good stuff, that's living off the grid. I mean, dry camping is off the grid.

So try that, see how you like it. If you like an area or property, find somewhere where you can take that trailer, hang out there for a couple of weeks with the family, kids, whatever. See if it's doable. If it's doable, come back and go, "Okay. Let's downsize." I would do it, people today are so impatient including me, don't get me wrong. It gets us in a whole bunch of trouble. So what I would recommend too is if you are in a normal house in the suburbs, either A, sell it, rent it out, to move into a smaller property. A little more remote. Not 80 miles away from any civilization, just the outskirts of town maybe.

Then try that. Continue to vacation in spots. Move around because don't fall in love with one area. I've learned this, I've traveled throughout most of the US, that it's very different and you may love the property and the area but you may not like the people and they may not like you. That's just the way life works, that's human nature.

You know, I got a question about this of where I grew up in, you know, they go, “Well, what would you recommend for people?” I talk about it, I go, “Me as an adult, I would not move back to the place where I grew up from if I was not from there.” They go, “Well why?” I go, “It’s not a good fit for my personality and the people there, it’s just not.” They go, “Wow, that’s really strange, I never thought of it that way.” And I go, “Yeah, that’s why you need to check the areas out.”

I fell in love with a town that I’m attached to because I love the people. I have a great time there. That’s part of it. I’ve been to other places where I go, “This area is beautiful but my goodness, I am not going to get along with these people.” So you have to think it through, there’s a lot more — There’s a social aspect of it. Because people think, “Oh, I’m off the grid, I’m not going to have to deal with people.” No, unless you’re living the uni-bomber lifestyle, you’re going to have to interact, you’re going to still have neighbors, you’re still going to rely upon other people here and there.

[0:31:59.1] AV: You may have deeper relationships even and say people who live in the city who kind of just nod their head at people in the elevator every day.

[0:32:04.7] GC: Oh you will, I know my neighbors, I’ve given few of them rides to places and you know, get in there and they’re riding your truck and you’re talking to them and you know, the live down the road from you. My neighbor down below me, he’s had to get me out of a couple of jams here and there on the property. I got stuck one time, drained my batter another time, you had to come give me a jump start because I didn’t have anything built yet.

So yeah, you want to know these people and you have to get along with them. If you’re completely anti-social, well you’re going to have to figure out another plan. I guess that’s why a lot of people end up in remote Alaska if you’re totally antisocial. I mean, there are people who live out in the middle of nowhere and they don’t have any human communication except for when the plane comes in to drop off their goods or when they go into town.

That’s a totally different lifestyle. I’m kind of an in-between is what I would call it. I still want most of the luxuries of modern society but without the crap basically, is the best way to put it. But I still — my house is still going to have heat, it will not have cooling, that’s very difficult to do

off the grid, it takes a lot of power to run an air conditioning unit as far as a ducking system, heating, cooling system. It's very difficult that you have to still, it's not quite there yet. People do it but it takes a lot more resources to run that stuff. Plus, I'm in a place where it doesn't get that hot. It gets hot but not unbearable. So, yeah.

[0:33:27.9] AV: Can you tell us, and we were talking about this a bit at the beginning, but you talk about how you spend quite a significant part of the year travelling, you're kind of moving around. Can you talk about how your year is portioned out in terms of where you live and where you're moving and how you're traveling and how you split that up? Because I think that is something that's really appealing to people, even if they don't do the sort of fully live off the grid thing. But even having time when they get to do that, times throughout the year that they get to move around. So tell us how you sort that out in your own life?

[0:33:59.5] GC: Yeah, the nomadic lifestyle is becoming very popular and we kind of look at it as the retired people, you know? The people who used to retire, they'd go out and buy the big motor home, RV and they'd go take off and travel around the country. Well now younger people are looking at it going, "Well why do I have to wait until a mold to do that? Heck I can do that now," because technology has caught up and I do. I run my business completely remotely. Everything I have my all-in-one laser printer, my laptop, I run everything from my travel trailer.

But for me, the dream was to have a house remotely where I could get away from and I plan to get into different styles of writing. So it's going to be kind of my getaway where I can get away and write for six, seven months without anyone bugging me to get everything done and go travel. My schedule is honestly by feel. I don't schedule it. I get up there when I can get up there. I have to wait for the roads for the snow done and thaw then the roads get real muddy. So I have to wait for them to firm up a little bit then I head up. I don't leave until — I decide when I am going to leave near the end.

I just go, "Okay I'd either run out of money, I haven't got anything else I can do, or it's getting cold. It's time for me to go." So I'll just pack up whenever I feel like it and I'll go. Where I'm going I know my mom's properties heading south, so I will head south. I'll stop in Oregon for a day or two, camp out, and I just go and meander my way because I have the technology where I can wake up and go right to work. So I can get my work done anywhere.

Now yeah that's really hard and this is Gary's life. Anyone who knows me and has known me for quite a while, a lot of my friends are 40 plus years. We actually were babysat together, some of us I've had friends for so long they know how I am. I just go with it. However I feel, I am going to do that. I ended up this year I drove all the way through Texas. I drop my travel trailer off, took the truck went off on a huge 6,000 mile road trip and drove through Texas.

Went through a workshop there that my friends puts on and came through Albuquerque. I used to live there, stayed there for about a week, 10 days and then cruised around. Went through Arizona, I went back through parts of California by where I grew up and meandered my way back up and just winged it and that's what I really want to do. That's the end goal because right now I have too many responsibilities in still building the house.

It's done-done as far as the off the grid stuff is done for the most part and I've built houses before. So it's like, there's nothing really interesting to see here now. The hard part is all done, all the normal construction you can go on the internet and watch that anywhere. I'll show it, but to me the finish work isn't that important and it's fully functional. So yeah the best answer is I just kind of wing it. I just go where I feel like it and see where it takes me.

If I enjoy a place, I'll stay there for a while. If you don't, you hook — That's the great part about this and if I wouldn't have bought this house or put this house and built this house, this is exactly what I'd be doing. I would be living with my travel trailer towing it around the country, hanging out with friends and doing my thing. But I want people to understand there's an entrepreneurial book coming, eventually. It's written in my head but also I am not there yet.

I'm not one of those people who says, "Oh I've done it for a while, I am smart." No. I have been a true entrepreneur for about five to six years now. I think I am too green still to put that out right now. There's more to it and that's what I want to tell people. It took a lot of work and planning for me to organize and run my business the way I do and a lot of pain. This was not easy; but it was my end goal and my end goal was I just made sure that I had a plan.

People think I fly completely by the seat of my pants, I don't. I'm actually a planner behind the scenes. My chaos is planned. So I look at it and I go, "Well, I don't know when I'm leaving and I

don't know exactly where I'm going, but I have a general idea. I have planned for it and I know when I'm probably coming back up, what area within 30 days." But yeah.

[0:38:15.0] AV: Sounds very appealing. Okay so when you are travelling, back to health and fitness side of things, what is your food-exercise regimen like when you are traveling the country in your travel trailer versus when you are staying at home or you're at someone else's home? Does it differ at all? What's the regimen like?

[0:38:33.3] GC: All over the place. My exercise and nutrition is structured to a point but I have been doing this for so long that it's second nature. I really don't think or put a whole lot of thought into my exercise and eating anymore. It evolves naturally upon itself. But my exercise, it depends. There's a gym in almost every town now so anywhere I stay I am within 15 to 20 minutes of a gym usually and that's for me. I do exercise outdoors and I do enjoy it. I mountain bike, I road bike I have for several years if not decades now and I've always done that. I'll throw that in there.

I have some major injuries, I can't run anymore. I do trail hike, I do stuff like that. I'll do pushups, sit ups, pull ups, my usual staple that I tell people to do and they think that I don't do that. I tell them, I do a lot of pushups and pull ups and air squats and you can do those anywhere and that's why I preach this; what I do I can do anywhere. But I like the gym because I call it my therapy. I grew up with Arnie Days, Arnold Schwarzenegger and pumping iron. I grew up playing major sports and I am a big fan of the pumping iron, of that concept and Arnold Schwarzenegger. Whatever is his politics I don't care about that. I look at it from the pure health in that era. They had a lot of it right.

So I do that and I like to lift and de-stress. It's where I let things go and then I mix my outdoor stuff in with that. But I do resistance training three to four times a week in the gym. Then other times I walk every night two to three miles with my dog. It's just what we do. It's our pattern, I've done it for the last 15 years with my dogs. I walk every night, that's what I do. It's all about stress relief is what I try and do. Everyone thinks my life, because I've made it this way, is less stressful. I would say yes, and no. I mean, it is less stressful but I still need stress releases.

I am running a business. I don't care how you do it unless you have become a billionaire and even billionaires are pretty stressed out from what I can see, that you're always involved so you are always going to have some sort of stress going on. Whether it's job, personal, self-inflicted, there is so many and we do a really good job of the self-inflicted. I've done a lot of that myself and so I plan that around that and it depends. There'll be times where I don't work out or I don't eat well for three or four days. It's just not in the cards at the time. I used to beat myself up over it when I was younger, I don't anymore.

[0:41:12.5] AV: It makes it worse of course.

[0:41:14.0] GC: It makes it worse, yeah. Again but I do eat pretty clean.

[0:41:20.8] AV: Have you subscribed to the Arnold kind of old-school style of eating too? Like heaps of?

[0:41:35.6] GC: No. I'm older and my digestion has definitely changed especially over the last five years. I eat probably half the calories I used to eat. Is it cleaner? Yes. But it's pretty basic. I'm a basic guy. I do look at food like they did as fuel. It's fuel, I don't need to have an orgasm in my mouth for every meal and people kind expect that. That was probably over-gross but...

[0:41:53.5] AV: No, it's absolutely true though. I was talking about this with someone else the other day but it's like we have this expectation because we are so spoiled that every meal has to be like this incredible, sensual, life-changing experience that has to be delicious or else it was a waste of time. That's not how adults live, you don't get to do that as an adult. Like eat food that fuels you and be happy and grateful for that.

[0:42:17.6] GC: And move on. I mean there's times obviously in the community where you want to have those big meals with groups of people you really enjoy and you go all out. But you're right, today we expect that every meal and the irony of it today is we cook less than we ever have in the existence of humans but we own the most cookbooks and watch the most cooking shows ever. Talk about irony in that. We watch all this and we never do any of it.

No one knows how to cook and I'm sure, you know, that this is the struggle that I got upset and fed up with clients too is none of them wanted to cook. Hence, I created a little cookbook that was really simple just so I could give it to them and go, "Okay just do it, here these are real easy. They take 10 minutes," and it worked. It worked very successfully. But yeah, people today, my stuff is basic. I've got a refrigerator and freezer in here.

I could store easily a week or 10 days worth of food in there for one person. So if I know that I am going to be on the road for a while I just stock it up. It runs off propane, travel trailers are pretty cool and RV's. They're pretty high tech today and I love them. They're nicer than most homes at a fraction of a cost and that's where I have a chapter on the teeny home movement, whether it's a scam or fad. I get into that too because I know a lot of millennials are buying the tiny homes that are towable.

I have a blurb in there about, "Okay, not such a good idea. Here's why." Because this is my third travel trailer and I grew up my grandparents had an RV and I know the lifestyle and I just don't understand spending a \$120 grand on the same thing that is built and very dangerous and very heavy when you can spend less than that, get a brand new one ton diesel truck that's nice as a BMW, really nice travel trailer and still save money.

[0:44:18.7] AV: Yeah. I thought the tiny home chapter was really interesting because I, while not a survivalist by any means I do like to think of myself at least as an aspiring minimalist. I like to live in a smaller space. I like to have less things. I like to have less choice in the day in terms of a zillion outfits and a zillion meals and all these things. I think that that simplifies your life and makes you less stressed and I really like that and yeah, this tiny home thing has been very trendy and adorable and cute.

But I think part of it too is about picking, not just doing it because it's there and because it's the new thing and because someone else tells you it will simplify your life. It's about figuring out what is this really going to give me, what do I really want for my home and figuring it out from there so yeah I thought that chapter is really interesting.

[0:45:05.2] GC: Yeah and for me, and I didn't mean to, people know I talk about this every time but I think it's important because that's the trendiest thing and it's all over TV and it is such a

huge waste of money and effort and time to go that route. Now if you are going to build it yourself and it's a project, hey I'm all for that but most of these are going to a place that manufactures them, you go through their book, you tell them what you want and it actually is a travel trailer.

It has all the same things, they use the same stoves, they use the same toilet, they use the same shower, well they make the shower and closers a little nicer. It's the same stuff but you are paying five to eight times the cost of what I paid \$25,000 for my last travel trailer, brand new. It is beautiful. I mean, it's got everything. Why would you spend a \$120,000 on something that is not even built to take what mine's built to take? And then you got to tow it.

It's on the road now you have to have it certified through the DMV or you have to have it towed by a company that can get the exclusion, which costs you even more money. Just the whole concept to me just didn't make a lot of sense, unless you are going to build it yourself as a project. Then I am game on for that. That makes a lot of sense to me. But there's so many, I wanted to show too, there's so many ways to do it. There's no right or wrong way and the way I wrote it was I would say a large proportion of the people buying my book are not intending to live off the grid or going to live off the grid but they are interested in it.

They want to hear about it and what I want to give them was the real facts. I want to tell them, "This is how it really is." So if you do decided to do this, you're not going to jump in completely blind and I think I have the only book A to Z book out there because there is not a whole lot of them. Because I went looking, the list on Amazon was very short and a lot of them they were more of simple guides. They were like 50 pages. So they were kind of someone something put together probably for friends or they got asked a lot of questions which is nothing wrong with it. I just didn't find anything that gave you the whole approach to it from beginning to end and what's involved.

I have a chapter on security because people think if you live out on sticks you don't need any security. No, there's still people around and they will come steal your stuff. They know you're there and they know if you're dumb enough to leave it out in the open, they're going to take it all. That's just the way it works.

[0:47:35.1] AV: Yeah. So it's funny you mentioned that folks who are reading your book may not all necessarily be ready to go completely off the grid. So maybe I was more of a target audience than I originally thought, despite that I may never build my own house. But I live in New York City. So I am that German Shepard you were talking about earlier, that's me. So I'm about as on the grid as you could get.

But as we've said throughout this talk, I think a lot of us have a desire to be more self-reliant, less on the grid, spend more time away from it all and you did talk about a couple of things that people can do. The idea of vacationing, having a travel trailer, trying that out, downsizing in different areas where you can. So for those of us who do have a desire to make some of these more small manageable maybe progressive changes, what are some other things we can do or some other things we can think about? And this is for not just your physical living space but just your life and lifestyle in general.

[0:48:33.4] GC: Yeah, that's why I wrote it. That's why I think I was trying to cover that too because it's not just about living off the grid. It truly is about life simplification and getting down to the nitty-gritty of what you need, what you truly need. Oh god, I hope you can't hear that. I've turned my messaging off on my laptop but it keeps dinging.

[0:48:51.1] AV: Terrible, technology.

[0:48:52.7] GC: Oh I've turned it off and it's still dinging and I'm all like, "No".

[0:48:55.8] AV: It finds a way, yeah.

[0:48:57.1] GC: Yeah, let's see here options, no there's it. I'm done, all I can do. Sorry about that, people.

[0:49:04.9] AV: That's all right.

[0:49:05.5] GC: See I'm glad that you — I thought you lived in a big city. I couldn't remember if you lived in and I've spent many months in Manhattan working for the State Department that's why I gave the German Shepard, because I saw people every day or their dog walkers taking

them out and I go, “God that’s a big dog that lives in that little apartment? Oh that’s going to be bonkerville,” and I’ve heard that dogs do go nutty in the city every once in a while just lose their mind.

But yeah, you can apply this stuff anywhere and the biggest thing for me was just getting rid of stuff I didn’t use. We have a ton of crap that we just buy things to buy them and I did. When I de-cluttered everything I found things that were brand new in the box and I go, “I didn’t even know I had that. I wonder why I bought that?” and we do and to go through everything I would recommend doing this once a year kind of the spring cleaning model but it goes through all your stuff.

Your clothes, shoes everything and go, “Do I use this?” and if you don’t use it, put it on Craigslist. Get rid of it or donate it. I donated a ton of stuff to the Salvation Army and Goodwill. Clothes for a guy I am like, “Why do I have all of these clothes? All I need is a workout gear and a couple pairs of jeans and I’m good,” and that’s what I have now. My life is very simple and the certain, do you need — like my table was a perfect example.

I had this dining room table so when I sold my house and moved, I remember spending so much time and effort finding that dining room table and I ate off of it four or five times the entire time I had it and I remember it kind of crushing my soul when I got rid of it and went, “Why?” I should have never owned it. There was no purpose for it. I didn’t use it, and it’s kind of those things. Think of the things that you do own, start there and then start thinking about the things you do in life.

Is there ways you can cut your commute? Is there ways on your commute do some stuff that will save you time later? One of the things that I did in the government was I always had a bag, I called it my workout survival bag. It was a fresh set of workout clothes and another pair of shoes that I, back then when I could run, it was a good pair of running shoes too. So it wasn’t just crap that I threw in there, it was a full blown workout set. I had a jump rope in there, sometimes I’d be on surveillance forever and I’d get an hour break, they’d say, “Cut loose, go eat.”

I’d run to the park. I’d have my food with me or a protein shake, I’d pound that and I’d exercise. I get my exercise and I’d change real quick. Go run around, do some pull ups, do some jump

rope, get all that out. Well that was a time-saver because now I didn't have to work out or try to attempt to work out and stress out about it at the end of the day.

It doesn't always work that way, but I highly recommend to stick with the program and a way to simplifying gain some more time is to have that in the back of your car and figure out, "Okay I have an hour long lunch. Well, instead of me sitting here at my desk or maybe a group of us goes out and eats," and don't be totally antisocial, I use that time to work out. "Well, I got an hour, I'm working out. When I go home, I'm home. I don't have to deal with all of this stuff."

I used it to get out of traffic too. I would try and leave at a certain time to where I could beat traffic because I knew I got all of that stuff in and I could leave. I either go in a little bit earlier so I could leave a little earlier. I'd go in later, I had a little bit of flexibility in the government, a little bit and then I'd leave later after the traffic. So if there's way that you could do things like that just anything to simplify and take some things out that are unnecessary.

If you find yourself entertaining yourself with stupid TV, you might want to rethink that. What are you truly getting out of that? Yeah it's entertaining but is that time wasted? Is that time that you could be spending starting a business on the side? Is a time where you spend reading a book and educating yourself? Could you be exercising? The average person today spends four to five hours watching TV. That's insane. That's way too much TV so yeah.

[0:53:12.3] AV: Yeah, I love this idea of efficiency, finding ways to increase your efficiency and simplifying things because in many cases our world I feel like people like to talk about how busy they are to the point where it's stressful and they have no time for the things they want to do and it seems like some of the most successful people in the world would not consider themselves busy. It's about finding ways to organize your life so that you aren't dropping the ball on things.

And you do have time to do the things you want to do and often time being busy is just a sign that you are being inefficient with things. So I really like that idea of finding ways to manage your time better and get the most out of your days, right?

[0:53:54.8] GC: That's it. I think what we do is we overthink — sorry I had to reply there to hope to make him stop. It's my web guy. To look at that and we do, we stress. We put so much stress

upon ourselves. I would say today's stress on us as humans is self-propelled almost. It's like, if you just look, sit back and some people thrive off of it, I don't get that. For me I stay away from those people. Oh my god, hold on here, sorry, texting me back.

[0:54:28.1] AV: Technology.

[0:54:28.9] GC: Yeah, I told him hold on I am doing an interview, please stop. So yeah, a perfect example right there and just look at that and go, "Okay is this stress?" I talk about this even on the exercise side. Are you working out with a trainer that is stressing you out or you do not get along with? Well you got choices in life, don't do it. Stop it. Are you hanging around with people who are sabotaging your goals to be healthier and to do different things?

Well, I hate to break it to you but you might want to change friends and the people you hang out with. They go, "Oh that's a horrible thing to say." I go, "Is it really? Why would you want to be around people who do not believe and support you in the things you are doing? That's truly not friendship and if it's family, well they are family but I've always said too, you don't need to hang around family just because they are family." You have to make these difficult choices in life and any change is painful.

Human nature likes to shy away from that, now. We go, "Oh that's uncomfortable and I don't want to do that." Uncomfortable is where you grow, that's where you truly start to make strides in your life. We learn from mistakes for a reason. We're program for those to stick in your mind right? I can remember a lot of the stupid stuff I did in life that caused me pain but I forget some of the good stuff or a lot of the good stuff that was positive. I go, "Well is that a flaw in me?" No, it's my brain saying, "These bad things are survival mechanisms. You're remembering them so you don't repeat that stupid thing ever again."

It's interesting, so I mean looking at it that way, so if you are going through that and you're going through these painful events to grow, yeah but it's one of those where we just go, "Oh that hurt, that painful. Oh, I am going to do it again just because," and you're like, "What are you thinking? Don't do that." You are remembering the pain for a reason. You look at it that way and I know people go, "Well, new friends, this, that." The easiest way is to just participate in groups and things you like. If you do that new friends will follow. They'll find you.

You'll find each other and that's what I like about the gym mentality. Everyone is there for a reason, usually most. Some people are there for different reasons but most people are there to get healthier. To work out, to de-stress. Well that's a great play, I have really good friends to this day I met in the gym. We're talking still after 20 plus years and I met them in the gym and we just have to change our perspective. We have things really turned upside down right now.

[0:57:14.5] AV: Besides the new book, because we do have to come to end here. We'll have to set up another podcast to talk about robots and aliens and stuff. But besides the new book, do you have anything else on the go right now in terms of new products, projects? I know you've got a podcast you can tell us about.

[0:57:31.0] GC: Yeah, this is a perfect example, a guy I went to boot camp with in the military 25 plus years ago now. It is a long time ago, I've always wanted to start a podcast. It's called Old Dudes New Tricks, we're the same age. We are getting older and it's about anything. It's not just guys, we have women guest on there too talking about health and all kinds of stuff. So I have that going on, that's a great project and what I like about this is it's a little bit of everything.

It's not just about primal based. We'll talk about anything. It's wide open. It's anything about making yourself better, basically and as you age that you don't have to get worse. You can actually better your life and better yourself as you get older, even get in better shape. So that's the gist of it and it's fun. We're having a blast doing it. I have the next book written, we'll see. It's hard when you do this stuff all on your own and I plan to write fiction down the road and do all that.

So there's a whole series, I don't plan to stop writing anytime soon so you guys just keep looking out for my books. Hopefully I'll get them out quicker and quicker and that's about it. I mean right now it's finish the house up and I will surely get another project. Oh, and the podcast is olddudenewtricks.com. You go to the website, you can download it. It's on iTunes and all of that. I'll always be busy, Ashleigh. Anyone who's around me knows it, one project to end another one will pop up.

[0:59:02.0] AV: Very cool and you've always got new stuff for us to read and your blog, I was checking that out this week. There's tons of good stuff on there, lots of free resources, which I think is very cool too for people who are just maybe dipping their toe into some of these stuff and trying to figure out what it's all about. You've got a bunch of really good free stuff on the website for people to kind of check it out and learn a little bit. So make sure that our listeners will have to check out your website for that as well.

[0:59:28.1] GC: And the best place for them to go is, if you're new to this and you're just getting started, I have a "start here" that basically rolls you through about me, what the Primal Power Method is about, my projects, the products I carry and I describe everything to you. I kind of take you on this little quick journey of what I do is all about and I bet you, did you see the new post that I did? I was expecting to get some heat from that.

[0:59:50.6] AV: The ketones?

[0:59:51.9] GC: Yeah.

[0:59:53.0] AV: Yeah.

[0:59:53.8] GC: No one bounced back on that and it's getting really good. What's happened with my business, well I will close with this because this will lead into entrepreneurship is that I don't get the trolling and the hate that I got early on when I started taking on different groups and stuff maybe and it was because simply that I attract the people that I would hang out with. That's the best way to put it and it's a business model.

I would highly recommend people to follow because some people do it to attract negative attention minds to educate and I think that's why those articles don't press buttons because once you read it, you realize, "I'm not saying it to piss people off. I am saying it because it's the truth and my background and I researched it and I know about it. That's where those come from. It's not to stir the pot." But I was a little surprised on that one because it's a hot topic right now.

[1:00:52.6] AV: It is a hot topic. You're right but talk about a good end goal. You're saying it's finding a tribe. It's finding people who are like minded or have the same interest or are

interested in learning and getting better and growing and I think that's what you're doing and it's awesome and yeah, I really appreciate you taking the time to chat with us today and teach this city girl some life lessons. It's always very useful.

[1:01:14.2] GC: I don't know about that.

[1:01:15.8] AV: I look forward to checking out your podcast and hopefully we'll have you back on here again soon. We can chat some more.

[1:01:22.1] GC: Yeah, anytime. You can ask me anything, I'll answer it.

[1:01:26.2] AV: Awesome, thanks Gary. I appreciate it.

[1:01:28.2] GC: Thanks Ashleigh.

[END OF INTERVIEW]

[1:01:29.4] AV: Thanks everyone for listening and again check out Gary at Primalpowermethod.com. He has a ton of great resources and even though he's not big on social media, we are. So make sure you follow us on Instagram, Facebook and Twitter @paleomagazine and you can follow me personally on Instagram @themusclemaven.

Next week we're talking to the folks at Crowd Cow. It's a really cool company that's changing the way we purchase our meat. They provide high quality beef in a pretty cool way I have never seen before. They use an online system where you can put money on a cow along with many others becoming a "steak" holder, get it? And you can purchase as much as you want without having to basically split a cow with someone else and then find a place to store it all. It's pretty awesome and it's pretty delicious, I know because I've tried it and you can find out more next week if you subscribe to Paleo Magazine Radio on iTunes or Stitcher.

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your life and you want something that tastes great without the digestive issues that can come from cow's milk, you can learn all about the health properties of camel milk at desertfarms.com.

[OUTRO]

[1:02:45.8] AV: Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]