

EPISODE 203

[INTRODUCTION]

[00:00:10] AVH: Hey everybody welcome to the podcast. Thanks for joining me. This is episode is going to be a little bit different than usual and if you hate it let me know and I won't do it again but this time I don't have a guest it's just me talking because I wanted to read to you an article that I put together for the February issue of Paleo Magazine, which is all about what I learned from my first year hosting this podcast.

And I wanted to read it in case you didn't get a chance to read it in the issue yourself because I think that without tuning my own horn too much I think it's kind of a good article and important because we had so many smart, inspiring, awesome guests in the last year and they had so much wisdom to share and as I'm reading this article again, once it is published I was getting inspired and I was reading these pieces that I put together and I'm like this is amazing, this is making me want to be better.

And I think that, that's hopefully what this podcast is all about, it's providing information and resources, and inspiration to make people want to improve their lives and be better versions of themselves. I think that's what I'm trying to do.

So, I wanted to read the article and show you some of the guests and the concepts, and the quotes that really resonated the most with me, and I hope it inspires you to go back and maybe re-listen to some of your favorite episodes or listen to some that you didn't get a chance to listen too and hopefully learn something. Because, ultimately acts this is about so I hope you enjoy it and I love for your feedback. If you can send me a message on Instagram @themusclemaven, let me know what you liked, what you didn't like, what you learned. I would love that. I would love to hear that. And I would really love for you to leave a review on iTunes for me telling me what you liked and I'm going to start reading some of these reviews on the podcast and maybe sending you guys some swags as little extra incentive, if you do something nice for me, I'll do something nice for you, so - but anyway, that's it for the intro I hope you enjoy this short episode and I hope you get a lot out of it and here we go.

Some of the things I've learned in my first year hosting Paleo Magazine Radio, as of writing this article, I have interviewed more than 50 guests from Mark Sisson to Diana Rogers, to Chris Kresser, to Laird Hamilton, from doctors to nutritionists, personal trainers, professional athletes and beyond.

And, one of the main themes from all of these conversations is that the paleo lifestyle should be thought of not as an end point but as a means of achieving your goals in life, whatever they may be. Whether it's healthy family, an athletic personal best, better sleep, or more peaceful life. Paleo Magazine Radio dug deep from every angle in to the paleo lifestyle including the most nutritious foods, ways to improve sleep and manage stress, and new methods to practice effective movement and exercise.

But, the biggest lesson I learned from speaking to all of these experts is that the paleo lifestyle is simply a blueprint for becoming the healthiest and best version of yourself. And that paleo and healthy can mean different things to different people.

So, being paleo isn't about subscribing to one narrow list of rules, how you should eat and exercise, and live. It's a framework on which you can base your own unique plan incorporating your own individual needs, goals, and challenges. And, I think this is a liberating lesson because it allows you to learn from others while still forging your own path and that's what life is all about right?

So, I invite you to take a look over the past year of Paleo Magazine Radio and re-listen to the guests that resonated the most with you and in the meantime here are some of the people and their lessons, and their quotes has struck the deepest chord in me.

So, the first topic is exercise and the first quote is from Gabrielle Reece a professional athlete and that was episode 168 and her quote says, "I love the idea of training hard and keeping myself healthy but I've learned is that fitness is also an essential tool that helps me actually navigate the real life stuff."

So, my interview is Gabby Reese and her big wave surfer husband Laird Hamilton is an actual treasure drove actionable life advice an inspiration for discovering your authentic self. These

two are just some of the most high level, high performing, incredible authentic people that I've ever met and it was one of my favorite podcasts ever.

And, she is a high level athlete, she is someone who has dedicated her life to fitness so Gabby offers a great reminder that healthy eating and training they don't need to be goals and themselves for a lot of people, right? But, rather tools, for achieving your other goals with family, work, hobbies, and even just fun.

Alright so the next quote is from Darryl Edwards the fitness explorer and that is episode 184 and he's quote says, "Play can be taken very seriously and you could actually achieve more from a playing session than a workout. I am stronger, fitter, and faster than I have ever been and I haven't done an official workout for years." So, Darryl travels the globe teaching the art of primal play which is helping folks get stronger, fitter and happier through the art of "serious play." Which is unstructured yet kind of challenging movement in a lot of cases.

Often I feel we get caught about rules about quantifying our success. Always concerned with lifting more than the next person or being we were faster than we were last week and considering everything else a failure. It's like a vicious cycle that we need to get out of our own heads, but truly to connect with our ancestral animal roots and the way our bodies is meant to move, sometimes it's best to get out of a gym and in to the sunshine, take off our shoes and move our bodies in whatever ways comes naturally. And, if you ever spent in the afternoon in the park playing Frisbee or rolling around with your kids, you'll know that sometimes the silliest most playful movements are the most rewarding.

Alright, and last under the exercise category. I have a quote here from Craig Pickering of DNA Fit and that was absolute 170 and he said, "There is no good news or bad news just actionable news." So, Craig is the head for sport science for DNA Fit which is an online company that uses genetic information to inform what types of training, food and supplementation will help us maximize our health and athletic performance. And, he thought me at least in this episode that your genes don't have to determine what supports you enjoy or excel at or even what your body composition will look like. It's just another tool that can help you tailor your diet and training to assist you in whatever your goals are.

So, I remember in that episode I found out that my body was more suited to endurance style training and I always was kind of operating under the impression that I'm not really to endurance. I'm like, lift things up and put them down a couple of times and that's it and that's not really the case. So, it helped to kind of adjust some of my thinking and some of the limitations that I had around what I considered I was good at. So, I thought that was really, really helpful.

The next category here is on finding the "perfect diet" and the first quote is from our pal Robb Wolf about his book *Wired To Eat* and that was episode 154 and he says, "When we make poor food decisions we aren't technically cheating anyone. Of course there maybe consequences but it's only if you're emotionally attached the significance of our eating to cheating that we feel like crushed by guilt. If you're on a program and you have one off meal, you're just one meal away from being back on but you can assign this deep emotional guilt to the situation and make that one deviation off the path the reason why you give up the whole process."

Man, I feel this so hard someone who loves to eat. I mean for many of us our diet is so linked to our relationship with our food that our decisions around food are often used complicated mental battles. I know you guys, most of you out there can relate to this.

So, for many of us our relationship with food it's just fraught with guilt but it doesn't have to be that way and looking at the idea of food cheating critically the term just doesn't hold up. We aren't cheating on anyone or anything when we decide to eat certain foods. When we can accept that everything we eat has consequences good and bad but unrelated to morality or our self worth, we can begin to make less emotionally driven and more rational food choices and enjoy those choices with a clear mind and a clear conscience. It's so easy to be irrational about food because it's like this instant gratification and the crazy chemical things that sugar dust you but if we can try to make our decisions a bit more mindful and rational, and less connected to guilt, I think we're all going to be better off.

Alright, the next quote is from Diana Rogers of Sustainable Dish and that was episode 152 and she says, "Meat has been a pretty important piece of a human diet since evolution and death has to occur for life to happen. We all have to move out of the way for new things come. Everything eats and is eaten. Animal protein is nutritious, we are omnivores."

So, if anyone who struggled with the ethical dilemma of meat eating which I personally can't say I ever have. Diana Rogers offers years of knowledge and experience as a licensed registered dietician, nutritionist and speaker on sustainable farming. She is an expert on food policy issues and animal welfare and can help navigate anyone the best way to nourish your body while contributing to the welfare of the planet and all of its inhabitants. So, if you have ever struggled with the ethical or moral, or environmental issues around meeting meat or you know someone who has this is definitely an episode to listen to.

Alright, next up I have a quote here from doctor Norm Robillard from Episode 182 and he says, "People want the easy thing. They don't want to have to follow a diet for years to get sorted out, yeah."

Yeah, so he's a health expert who could fill probably multiple podcast episodes but his ultimate advice is to eat whole foods, incorporate plenty of fermented foods and chew thoroughly, taking time to enjoy and truly experience your meal. So, for many of us like me I'm definitely guilty of this, I eat in a rush, I do everything in a rush. It affects your digestion. It affects your enjoyment of food. And, it's probably always going to be part of human nature to seek the easy answer, that's largely how we're wired but in most cases the right answer is simple but it's not easy and the sooner we accept that the sooner we can get on the business of being healthier.

Alright, next up about the perfect diet, I have Michelle Tam from Nom Nom Paleo her episode was episode 174 and she says, "I'm not a paleo perfectionist but it's important to recognize what you're feeding yourself and your family. Cooking is a basic life skill just like you got to brush your teeth you have to learn how to cook." So, Michelle's cookbooks and her podcast and blog are wildly popular because she makes paleo cooking accessible and fun as well as delicious. And she includes her family in the process from podcasting with them to recipe development and showing it's possible to have easy healthy meals that the whole family can participate in and enjoy.

So, she kinda shows you that cooking don't have to be intimidating, it doesn't have to be time consuming and sometimes the simplest meals are the most memorable. And lastly in this category a quote from Stephan Guyenet of *The Hungry Brain* which is an incredible book, I recommend everybody to read it. There is so much to learn in that one or you can listen to the

episode 159 he says, "Habituation expresses itself when, for example you're satisfied by your meal but when tempted with a new flavor profile you suddenly have a second stomach like dessert time right?" He says, "I can tell you we don't have a second stomach, that second stomach is in your brain." Yeah, so again I think we can relate to this feeling being super stuffed and then like the cookies come out it's like a whole new game but his book *The Hungry Brain* is so full of wisdom and science backed explanations for this complicated relationship that we have that we could barely scratch surface in the interview but one of the key points from our chat is that our brain is hardwired to make decisions with food that is historically were helpful but that in today's world of over abundant food sources and kind of crappy food sources they're no longer giving us what we need.

So, knowing this doesn't take away responsibility for the choices we make but I think it remove some of the guilt or fear that we personally are just too weak to eat well or accomplish our health goals. So, this is a classic example of knowledge is power and understanding that the physiology behind why we make certain decisions can help us change our behavior patterns.

Okay, the next category is on wellness and the first quote here is from Stephani Ruper from Well Fed Women and you may know her from her popular Paleo For Women website and that's episode 161 and she says, I realize that paleo was not going to make me live forever and nothing well.

The future of health is going to be 80% psychological. So, Stephanie dedicates a lot of her platform to discussing women health issues including self love and self esteem, hormonal and sexual health, and relationships with food, and she has really a holistic sort of pragmatic approach that is a good reminder that perfection probably shouldn't be the goal and that is just trying to find your best happiness and wellness is.

Alright, next quote from Dave Asprey, the biohacker extraordinaire and the founder of Bulletproof and his episode, it was episode 175 and he said, "People without energy are wires to be mean to each other." I thought that was pretty intense and it really made me stop and think. So, Dave the founder of Bulletproof the popularizer of the ubiquitous Bulletproof coffee craze, he's unapologetic about the lengths he'll go to to experiment and hack his health the sheer amounts of supplements he takes. The kind of interesting approaches that he has. He

stresses that you don't have to follow his path. You don't have to do all of the extra bells and whistles, and technology because all of that extra stuff isn't going to do much if you aren't sorting out the original life hacks first which are just good sleep, stress management, and proper nutrition. And, our health and well being has a massive impact on the energy we put out in to the world. So, for anyone who thinks selfish to take time, you know hacking your own health or just improving it. You know that taking care of yourself first affords you the energy and enthusiasm to put your best self out there for others, which is the goal that we should we all be striving for.

Alright, next up is a quote from Dr. Michael Ruscio episode 176, "Sometimes the pursuit of perfection doing quite a bit more harm than it does good. If you can just learn to just listen to your own body you'll find your own truth." So, Dr. Michael Ruscio he's a gut health expert too which is also a very complicated issue and we have a lot episodes dedicated to that topic but he stresses that aiming for perfection like really nit-picking on exactly what you should eat and when, and how, and how much you obsessing over it can have the opposite effect. It can cause more stress than harm than good and that is something goes beyond just what you eat. It's how you manage your life in all respects I think. The stress of perfection can have gut compromising and cortisol implications that can definitely stall your progress as well as your quality of life. So food for thought.

Alright, and the last category is on living an authentic life and the first quote is from Diane Capaldi, she's The Paleo Boss Lady one of the most authentic people I have ever spoken too. Her episode 188, she says, "The life that we're living right now we get one shot at this and we're not guaranteed tomorrow or the next day and I believe that with the gift of being granted this life that we have we should all wake up with joy every single day."

So, Diane is living an incredible life, filled with challenges and joys. She's got an amazing story, you should definitely listen to this podcast, probably one of the most emotional podcasts I've ever done. I'm not like a super emotional person but she kind of brought it out on me. She's using her story to inspire others to live their best life. She believes that one of the biggest elements of finding piece and happiness is gratitude and she isn't the first and the last person to say this but I think it's one that kind of can't be repeated enough that practicing gratitude for your life as often as you can amidst all of it's pleasures and challenges, and learning experiences

can help you focus on the positive, in every situation which is ultimately and much more motivating place from which to move forward.

All right, next up Brian McKenzie whose talking about his book *Unplugged* in an episode 181 he says, "Technology is never going to replace your soul. I wouldn't be where I am without social media but it has to be used in the context of delivering information." So, Brian is a conditioning expert and a trainer for many of the world's highest level athletes and he recently co-authored this book, *Unplugged*, about how to get most out of sports technology without becoming too reliant and forgetting to check in with your most valuable hardware which is of course your own body.

Sometimes, setting hard limits with tech and social media is necessary. I know it's hard but we're all attached to our phones. Sometimes it's necessary to unplug from the aspects that are just wasting your time and impeding your progress. So good reminder.

And last but not the least, this awesome quote from Amy Rose, she's a strong woman she owns a holistic health facility and by strong woman I mean competitive strong woman by the way, very strong woman. In her episode, 172 she says, "Action is always the first step and if you don't try it you'll never really know." So, Amy has spent a lot of time kind of forging her own path to health and wellness and you have to listen to the podcast to get that story but the road less travelled was kind of the more appealing and rewarding one for her and she learned a lesson that your next step maybe your first step towards something truly incredible and life changing.

And, the power of inertia is incredible and sometimes all it takes is to find what you need and what you need to be happy in life is just one small step in the right direction and then you take another, and then you take another. Alright so that's it for the article I hope you enjoy it. I hope you're feeling like you're ramped up and ready to go and listen to some of these podcasts again. And I think the beauty of the podcast is that you know it exists forever right? It's there like a good book ready for you when you need some extra inspiration or a push and if you've found any encouragement or helpful lessons in these episodes I would love for you to pass that knowledge on. Share Paleo Magazine Radio with people in your tribe who could benefit from it.

And, I look forward to more learning and more fun in continuing to have awesome guests and interact with you guys and just get the most out of this podcast as we move forward in to the next hundred episodes that we're going to be doing.

So, as always, if you have any suggestions or comments or feedback please let me know, reach out to me I'm very responsive, chat with me on social media either at Paleo Magazine or myself, personally on Instagram @themuclemaven and one last request to write a nice review so that people can see and be exposed to the podcast and learn, and thank you for coming along for the ride and thank you for listening and I'll see you next week.

[OUTRO]

[0:19:15.8] 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.

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