

**EPISODE 211**

[INTRODUCTION]

**[00:00:10] AVH:** Hey everybody, thanks for being here, welcome to the Paleo Magazine Radio podcast, today's episode is a little bit rock and roll and a little bit health nerd which is kind of my favorite place to be, so I'm into it. I'm talking with drummer Frank Zummo. He is currently the drummer for the band Sum 41, which you may know and they're Canadian band so again, shout out to my Canadian listeners.

He also works with Krewella who you may know from my interview podcast Episode 202 and from our super fun day together, we posted a video about it and you can search Krewella and Paleo Magazine on YouTube, you can see how that went but basically, he worked with Krewella as their drummer, on and off, he's still doing that and he learned from them a little bit about paleo and healthy eating and he says that they inspired him. That's pretty cool.

Just like Krewella, he is one of the nicest, most down to earth people. These guys are all totally debunking the myth of the narcissistic unhealthy, rock star, so that's cool. He's been a drummer his whole life and has performed with Motley Crew among other big name bands so you know, that's a story and in 2004, he cofounded the award winning drum ensemble, Street Drum Corps and he does world tours with those guys, Vegas residencies and much more.

He's a busy guy, he has a family and on top of all of this, he's trying to be paleo, trying to be healthy and trying to take care of his body. We get into a lot of that stuff, we talk about why he trains like an athlete for his work. How grueling and athletic being a drummer really is and we talk about how this lifestyle changed, really dramatically, changed the way that he works and lives.

He talks about his favorite products and supplements, some of his favorite meals. Basically, we get a glimpse into a healthy rock star's lifestyle, which I would say is pretty different from the Rolling Stones documentaries you may or may not watch on Netflix. I am obsessed with them but yeah, it's a pretty different story.

Anyway, this is a super fun episode and I hope you enjoy it but before we dive in, here is a note from our super awesome, super delicious show sponsor Chomps.

[SPONSOR MESSAGE]

**[0:02:14.0] AVH:** Chomps makes healthy meat sticks that are multiple Paleo Magazine best of award winners, you don't have to take my word for it, these are very popular in the paleo community and they really do a good job of hitting those salty, meaty, beef jerky cravings but they're infinitely healthier and tastier than your typical gas station variety.

They're made with 100% grass fed and finished open pasture beef which not a lot of meat sticks can say for themselves, they have nine grams of protein, six grams of fat, zero carbs. Perfect for all you low carb folks and they are non-GMO , they have no added sugar, gluten, soy, dairy or fillers, binders, MSG, none of the bad stuff, all of the good stuff. And they have four awesome flavors, they've got original beef, one with cranberry, one with salt and pepper and for those of you who like it spicy like I do. There's a jalapeño flavor as well which is really good.

You can go to [chomps.com](http://chomps.com) to learn more and I have an exclusive promo code for you if you want to get some. You can put in the code, [paleomag](http://paleomag) at checkout for 15% off your entire order and free shipping. Do yourself a favor, get some awesome paleo snacks, go to [chomps.com](http://chomps.com) and let me know what you think.

[INTERVIEW]

**[0:03:33.0] AVH:** Frank, welcome to the podcast, thank you so much for being here.

**[0:03:35.0] FZ:** Thanks for having me.

**[0:03:37.2] AVH:** I'm pumped and I'm glad you could be on the call and chat despite having just come back off tour in China which I can only imagine how tiring and how kind of crazy it is to come back and have to deal with all the jet lag and still try to be coherent on a podcast, I really appreciate that.

**[0:03:54.8] FZ:** Yeah, no worries, it's literally coming home to a two year old, will help you get over jet lag pretty quick because he's just so pumped and I'm just happy to be home, the weather's gorgeous in LA. Like literally yesterday, I ran, because I have a canyon behind my house and the weather's perfect now because it gets really hot here in the summer so it's kind of hard to do that.

I ran two and a quarter miles yesterday in the canyon. Came home, did some emails and I was like, you know what? I don't want to be inside so I ran two miles to my Starbucks, all the way down the canyon and then ran two miles back. Literally I did over seven miles yesterday and like it was nothing because I was just so happy to be home and like, just enjoying being outside and back in California.

I've just been kind of – you just got to battle it and not think about it, otherwise, the jet lag can get you. You know, it was worse when I was over there in China trying to adjust which I literally started adjusting, I think I slept like five or six hours uninterrupted on the last day there, of course, figures.

It's a point we get adjusted and I'm like, okay, cool, now I'm going to get on the plane for – I get my stop watch when I got in the Uber leaving my house and I stopped the stop watch when I got to my hotel in china and just someone to get this right, I'm going to look up, I took a screenshot of it, it was two flights to get there, an Uber and like an hour car ride when I got there to get to my hotel and it was 26 hours and 43 minutes.

**[0:05:26.9] AVH:** I'm tired just listening to all of this. I mean, that's pretty impressive though that you come home and go on like an epic run but like you said, kind of just grinding through it instead of submitting to the jet lag I think is what you got to do.

Everyone also says that a big part of overcoming jet lag is like being outside, expose yourself to the sun, touch the ground, I mean, it seems like you did everything you're supposed to do to kind of get over it faster, right?

**[0:05:48.6] FZ:** Totally, I was just, you know, really appreciative to be in a place where you know, obviously, we have smog and air quality issues here in LA but right now is a good time of

the year where it's clear but being in China, you know, I would put up my weather app every morning and I've never seen it say this before, it said, poor air quality or like bad air quality, not good for people with sensitive allergies or whatever it was. I just feel so bad for the people who live there and have to live in this air quality. I mean, you literally can't see your hand in front of your face. It's that gnarly.

I went to the top of – you know, the Great Wall of China. Went there which was like you know, such a bucket list thing to do and we were at the bottom of it, couldn't even see, I mean, it's just up the mountain, couldn't even see it. You know, it's just so bad, the air quality there, you know, it was super appreciative to be home in LA, which is not even the greatest, you know? But it wasn't nearly as bad as what they have to do with over there in China.

**[0:06:47.6] AVH:** Yeah, did you notice any affects on how you felt or your breathing or your energy or anything while you were performing because of that?

**[0:06:54.9] FZ:** I didn't and I have pretty bad allergies and stuff like that, it didn't bother me. Even like you know, we did serious hiking up at the great wall, I mean, it should be called the great wall of steps because the whole thing is just steps.

You know, there's really no areas that are just – don't have steps and what's incredible is, none of it is straight because it's built on a mountain and obviously, it's built in ancient time where they didn't have the technology to make things flat and whatever.

I mean, it's a workout which is pretty cool so you're up that high which you know, breathing is hard in general and then to do all this walking but I traveled with the owner of SDC drums which is the drum company I play and he's younger than I am, you know, in great health and all that. He had a really hard time with the air quality and stuff where he wasn't breathing right the whole trip. Coughing, didn't sleep right so it kind of really messed with him so I saw the effects definitely hit him.

**[0:07:45.3] AVH:** That's crazy. Well yeah, I mean, lots to be grateful for when you come back home.

Before we get into any deeper into this tour and then obviously, I want to talk to you all about how you found paleo and your healthy lifestyle and what you do.

I'd love for you to kind of tell our listeners a little bit about your background because it's pretty awesome and colorful and just tell people a little bit about who you are and what you do and then we'll get into kind of nerdy, health paleo stuff.

**[0:08:11.4] FZ:** Awesome, yeah, I'm Frank Zummo, I was born and raised in New York and I moved to Los Angeles 14 years ago to – I thought I'd be out here for a year, it was a dream of mine to always try to make it in LA and be part of this incredible music scene and I just kind of wanted to know on my death bed, you know, that I tried to go out there and do it, I was young enough that I didn't have any responsibilities and I came out here with the hopes of never having to come back.

You know, I had so many other friends that would literally get discouraged and come back and I didn't want to be one of those people and I just came out here and grinded as hard as I could and haven't left and I have no plans of leaving. I love it here, of course I miss my family terribly in New York but you know, I got married, it will be actually four years this month of April and we have a beautiful two year old son and my wife is actually pregnant right now.

**[0:09:13.7] AVH:** Congratulations. That's news.

**[0:09:15.4] FZ:** Thank you, yeah, it's all pretty new, she's like just at the end of her first trimester right now. Baby is going to be due on October, we don't know the sex yet or anything like that but it's definitely super exciting, it's been incredible just having a two year old. And then as far as you know, I'm a drummer, I've been drumming my entire life, I literally started when I was like two or three years old because my parents were in a band together.

My father was a drummer, my mother was a singer. I was just born into a musical family and discovered my father's drum set in the apartment that I was born in, on my own, I was like two or three and just have not stopped since and I played drums for the band Sum 41 and I also have this insane drum group called Street Drum Corps which I've been doing since I moved to

LA. For about 14 years now. I don't perform, not as much as I used to because it's become this just insane company what we have multiple troops out.

With tons of drummers touring, I run the company now. That's kind of like my business side and I've also played with Krewella who you know very well off and on for the last couple of years which is kind of how I learned about paleo which we can get into when we get to that part of tis interview. But yeah, just drums, family, I literally changed my lifestyle in the last – over a year ago, you, you know, I've always been, just being a drummer is like being an athlete and I've always been healthy, and all that.

I really wanted to kick it up and just because of the grueling – you know, playing with Krewella, playing with Sum 41 is insane drumming wise, it is so hard on the body, it's really like being an athlete, you know? I just wanted to be on my game and see how I can just be even better, you know? At the health game and I started consulting with athletes.

Not your typical doctors or you know, people in my industry. I just wanted to just kind of see what athletes were doing, how to take care of myself and I wound up doing Gabby Reece's podcast and we hit it off really well and literally, after the cameras were rolling, we were like talking and she helped me get on such amazing supplements and proteins and how to deal with inflammations and about ice baths and all these things that I now do on a daily basis and that was kind of like the door that opened.

**[0:11:43.8] AVH:** Okay. I have a lot of questions already. Let's get started before I forget, all of these questions that I have for you.

Okay, first of all, I listened to your podcast with Gabby Reece, The Truth Barrel Podcast which I loved and I love Gabby, I know here as well because I actually went through one of her first, the XBT events that they have and her husband Laird.

Yeah, I got to do the first one in Montauk because I'm over on the east coast, it was incredible and she is –

**[0:12:08.8] FZ:** I love Montauk, that's my childhood. I've literally, my grandparents would take us there every summer and my sister got married there like almost two years ago.

**[0:12:16.2] AVH:** Stunning, it was so beautiful, it was such an incredible experience and a lot of this stuff like you were saying that they taught us, the breathing and the ice baths and the recovery. Really was life changing as someone who is into this kind of health and fitness stuff too. It was pretty amazing,

It's funny what a small world it is too because I'm certainly not running in the same circles as you and yet we've already talked about two groups of people that we have in common with which I think is just such a small world but when you get into this kind of health and fitness world, it really is a smaller world and I think that the girls in Krewella are so unique because they're really passionate about their music and being health at the same time which can be a struggle.

They like to learn about it and they like to talk about it and they like to share that stuff with other people which I think is really unique. So yeah, I mean, can you talk a little bit more about how I guess, touring with them, they kind of maybe showed you some things or kind of got you on to this train in terms of the paleo side of things?

**[0:13:10.6] FZ:** Yeah, we were doing this, it was called the Sweatbox Tour which basically, for like a month and change, we would be out on the road Thursday through Sunday. Literally, every night was a fly show. We'll be flying to you know, across America and Canada and you know, we'd have to be in cars a lot too.

Like traveling from city to city or airports or whatever and they'd be like, "We're going to stop for lunch at this paleo friendly restaurant," and I'm like, "What the hell is paleo? What is that?" I didn't understand it at first and then they started explaining it to me like slowly, when I finally figured out what it was, I'm like, "This is incredible, what a great way to live," and I mean, I was pretty much without even knowing that I was paleo.

I was doing a lot of the similar things that they were doing, not obviously 100% but it was really inspiring, they were just like, on that entire tour, they were 100% paleo, they weren't drinking on

that tour and because it was grueling, I mean, the fact that we would just have to fly every day and play a show and then we go to the hotel afterwards and sleep.

They'd go DJ an after party. It was like nonstop with no sleep or whatever and it was like, really inspiring to see like, okay, they're doing this diet, they're working out, they're not drinking, they're just – they're playing amazing on stage and doing two shows literally a night.

It was super inspiring and I literally came home from that tour and my wife was like, I'm doing this whole program now, it's called the Vital Mind Reset Program with this woman who, it's a paleo diet, it's all about meditation and breathing. She was like, you know, you should do this with me and I started doing it with her and then literally, after the holidays, we went full force with it and you know, I haven't stopped.

**[0:15:05.3] AVH:** Were you, prior to doing this, and prior to seeing them living this kind of healthy lifestyle on tour and being inspired by it? Did you eat healthy before or did you eat like – were you kind of not living a healthy lifestyle before? Or were there certain kind of health issues that you want to improve or was it just that you kind of wanted to maximize your health and your performance and all those things?

What was the situation before you kind of got like deep into the healthy stuff?

**[0:15:34.0] FZ:** I've always been healthy, thank God. My mom you know, Italian mother, always home cooked amazing meals, we didn't grow up with any junk food or anything that was unhealthy. You know, really good foundation and I've continued that throughout my whole life but always want to improve things, I mean, I even was vegetarian for a little while but I'm so skinny and just with you know, being – drumming and running and stuff like literally, I was losing way too much weight and not looking healthy. But again, I was young, maybe I wasn't doing it the right way and I've just always been conscious.

My wife is a big enforcer. I mean, everything in our house has to be organic and everything that we eat has to be the cleanest, you know, just – there's nothing we don't have any junk food, we're raising our child that way as well.

I've always worked out and you know, I love running and obviously, drumming is just the greatest workout of all time but like, I've just – to stay at that level that I need to perform at, when I'm out on tour, I have to run, workout, practice, I have to stay in that rhythm because I don't want to go on stage and feel winded or not to the level that I need to be and like the biggest kick in the ass was last year, we did a nine week tour Sum 41 in Europe which is a very long time to be on tour playing two hours a night, for nine weeks straight with the travel, with the shows.

And in that two hour show, I did not get a break, there was a drum solo, the only break in the show was my drum solo, the guys got to have a break. I didn't so it was pretty insane and I'm like, that's why I was like, "Okay, I need to really change the game here and you know, be as healthy as I possibly can be."

Usually people will end the tour and they're fried and they're just you know, depleted and all that, I actually ended the tour so strong which was such a triumphant feeling to just be like, "Holy shit, I need the nine weeks and I'm playing better than ever, I'm feeling better than ever."

What also kind of started this whole plan was, right around the end of – so that was 2017. At the end of 2016. I would go from a Sum 41 to our Krewella tour. I would literally – of I'd do, I'd be on the – somewhere in America with Sum 41, finished that show, get on a plane, go to Europe to play one show with Krewella, come back. It was the most insane because I was juggling between both groups and at the end of that year, I started having serious shoulder, just wear and tear from just using – playing so much because I'd hit the drums really hard.

And just from not having enough rest and whatever it was I was having serious pains which sucked, I ended that tour in pretty bad shape, I went to all these sports therapists and stuff and basically, I had to do serious deep tissue repair on the area, I have this guy who is like, my healer.

Who really knows how to correct and fix things and that's when my wife discovered Organics with their turmeric and then all the amazing inflammation peelings of turmeric. I started getting on their programming by their turmeric 3D which has all these other amazing supplements within the turmeric and that's honestly healed me.

Between the deep tissue sports therapy and the turmeric and then Gabby Reece told me that I need to get on beet powder as well because that's another inflammation. Between beets and the turmeric and having a sports therapist guy, I've not – you know, knock on wood have any issues since then, which has been really cool and I literally started working with Organics.

I sent them a cold email like you literally get on the email list when you buy something online and not thinking that I would ever get an email back, I was just like, "Hey, thank you guys, you've changed my life, your products rule," and I got an email back and they were like –

"My god, you're a drummer? We never even thought, drummers, this would benefit," and stuff like that and we started a conversation, they looped me in with the owners and I've been working with them, you know, endorsing their products and just – I consult with them with just any questions I have about health and all this. I'm literally taking all their vitamin supplements and their bone broth protein stuff which has been amazing to work with a company like that and just be having all this fuel on a daily basis. It really helped in a big way.

**[0:20:01.7] AVH:** Okay, I have a lot of questions about this. Going back to originally you said that you know, your work and what you do is extremely athletic and in order to kind of be really good at what you're doing on the athletic side, you were reaching out to athletes. Which I think is really unique and really cool, right?

Because it's one thing to try to be at the top of your game at whatever it is, if you're a writer or a singer or an athlete or a drummer or whatever, to reach out to other people who are good in the same game as you. But to reach out to people who are doing amazing things in different worlds but share similar kind of requirements. I think that's really interesting.

I guess, besides Gabby, who else did you talk to and what kinds of information were you trying to gather like on the athletic side in terms of how to kind of be in the best shape you could be for the tour?

**[0:20:52.4] FZ:** It was a lot of sports medicine slash therapist type people that would work on us on tour, you know? A lot of them were therapists and people that toured with the Olympics

teams. I had a woman who was with us for a run of shows in Canada, she did the Olympic Girl's, I think, volleyball team or something like that and she gave me so much knowledge and taught me about so many. When I'm doing my warm up and stretches.

All the different shoulder things and arm things and leg things to do, that I do on a daily basis on tour now. And then you know, my guy in LA who has worked on a million athletes, his wisdom and advice. And then working with these different supplements and vitamins, companies as well who have worked with athletes and things as well. I go to them.

But Gabby, I will go to her for everything. I email her a couple of times a month about any questions or things or for advice and she's been really helpful and I even, - I'm a huge coffee drinker and I love the Laird stuff because it's like healthy coffee.

Then for all of my smoothies, I eat a lot of the Laird products that they make and their coconut water and all of the stuff.

**[0:22:05.8] AVH:** Have you tried their turmeric cream or two? Because I know –

**[0:22:09.6] FZ:** Yeah.

**[0:22:10.0] AVH:** Krewella love that and it's really, that's really good in your coffee.

**[0:22:13.9] FZ:** Now they have a turmeric/coconut water power. I used that in my smoothies and you just add water to it which is incredible. Yeah, just the things that I like, I've tried to like work with the healthiest companies, as well, you know, even my protein bars that I take on tour, working with Primal Kitchen now. They have those amazing paleo approved bars and you know, those are my go to, I literally packed a box of them in my book bag when I just traveled around china.

Just trying to have the healthiest stuff and work with companies that are working with athletes and all these things and it's kind of cool because all these companies are like so stoked that working with an artist, you know, musician that reached out to them because they've never

really worked with, you know, musicians and things. It's just been kind of cool to work with companies like this on such a different level, which is really cool.

**[0:23:10.0] AVH:** Our listeners are very familiar with all of these companies but Primal Kitchen, I mean, Mark Sisson is like big time in our world of course, we all know these guys and know those products and they're amazing.

I think it's cool because probably most people who are Sum 41 fans or Krewella fans or fans of yours in general aren't looking at you guys performing and being like, I bet he's crushing some like turmeric creamer and like a primal kitchen bar after his performance. It's pretty cool. I think that's very cool.

Okay, I have another question about, the athletic side and the training side because listening to your podcast with Gabby, you were talking about how – you know, you train like an athlete and you work out even when you're on tour and you like to run and you do a lot of cardio and obviously, you have to have a lot of good conditioning to do the job that you do.

But you also mentioned, you're a lean guy, you don't have a lot of fat to lose or to try to, you got to maintain for health purposes. How do you balance – do you need to do a lot of extra cardio or work when you're on tour, when you're doing all that hard work on stage? What does your training look like I guess on tour and then when you're not on tour?

**[0:24:17.1] FZ:** Got you. Okay, right now I'm off tour cycle. I obviously I just did a week in China but you know, I'm not on like a full blown tour until the end of April. Sum 41 is going to do a month anniversary tour, month long tour throughout the US.

Because I haven't been in like full tour cycle, since August. We wound up ending a very long cycle, I think we were on tour for I don't even know, a year and a half or something crazy like that. All over around the world, multiple times to Europe and Asia and all that.

I'm off tour now so I have to – when I'm off to train even more to stay at the level of touring. I train five days a week, Monday through Friday. What I do is I alternate gym and then like canyon running in my neighborhood here. I'll do Monday, Wednesday, Friday at the gym and

just do a mile on the treadmill warm-up, at eight miles an hour at an incline and then I just do all kinds of mainly like the CrossFit stuff I love.

Because I had a trainer for years that taught me all that really good stuff to do so just a lot of stuff with your own body weight and then obviously with the weights too, weight training. As well and then on the off days from the gym, I'll do like two and a half to three miles in the canyon which is gnarly where I live.

It's literally the longest steep inclines that take forever and it's really hard. And I'll even do that when I'm off tour in the summer in the heat because that training helps me with the festivals because when you're playing festivals in the hot sun and the humidity, it's really hard to drum in.

Me running in the heat around here in those conditions really helps to condition me. That's kind of like my home off tour training. And then obviously drumming at home as well for an hour or two hours when I'm preparing for a tour or a show, whatever it may be.

**[0:26:07.8] AVH:** Do you have to worry about losing too much weight? Do you have to – because I mean, most of us like you know, I know my story especially is that I have to, I want to eat like a 200 pound man but I'm 130 pound woman so I'm always trying to reign in how much I'm eating. Even when it's healthy food because you can absolutely overeat healthy food.

For you, it seems like it would be almost the opposite problem. Are you concerned sometimes when you're super busy on tour and traveling that you're not eating enough and do you kind of work around that somehow?

**[0:26:39.8] FZ:** I've definitely kind of maintained the same weight for a really long time. I mean, I only got bigger when I had years ago when I had a personal trainer. He was like, definitely bulking me up and I actually didn't like the way I looked, it was the biggest and most weight I've ever been which was like maybe 135 pounds but I think right now, I'm like, between 120 and 125 and that's been like my weight forever, you know?

I actually didn't like the way I looked and I was just getting a little bit too big in the upper area which isn't good for drumming because I need the speed to move quick and all that. We kind of

corrected that. I came off the tour and I was like, “Hey man, I don’t like the way I look and feel, we need to just, I want to just be slim cut and you know, all that.”

Ever since then, I’ve kind of maintained the same weight. I pretty much, whether I’m on tour or pretty much eat consistently the same with how my meals are and the amounts. You know, I don’t ever have to like lessen or increase really because I just kind of maintain. And my weight’s kind of stayed the same as well. I haven’t had an issue with that stuff.

**[0:27:45.8] AVH:** Okay, I mean, consistency really is the key, right? Your body finds its equilibrium where it likes to be and you know, whether people are trying to maintain or gain or lose or whatever. It’s so much about the consistency, it’s not about crash dieting for three weeks or crash bulking for a month or whatever. It’s just you know, finding that sustainable, kind of enjoyable balance and what works for you, right?

**[0:28:12.0] FZ:** Totally, I mean, a lot of musicians you know, it either one of – the stereotypical thing that happens to guys on tour is either they get, they gain weight on tour because of just like the boredom, you’re waiting around, you know, all day to play a show and there’s just a plethora of food in the catering area just – you just eat because you’re bored and then you’re you know, people drink a lot more alcohol when they’re on tour.

Then late night, you know, they’ll bring a pizza on the bus and stuff. Or, people just don’t eat on the road enough or whatever so it’s like one of the other happens. I’ve tried to make a point to never fall into either category just to stay on the same path.

I’ve just changed my whole lifestyle with touring as I’ve gotten older and just as I’ve gotten more health conscious. I completely stopped drinking – I took last year, I took that out of my touring thing. I stopped, I was like, I don’t want to drink on tour anymore, I just wanted to be what it’s supposed to be for it. You know, for a special occasion with my wife, a glass of wine and I want to get it back to that not just because –

It’s in the dressing room and it’s there every day and all that stuff and I just wanted to just get that out of my touring life to just be as pure and healthy as I could and then after I got through that year, I was like, “I don’t even want to drink anymore.” I haven’t even wanted to, I cut that out

of my life and that was like the only – let's say, toxic kind of thing that used to be in my life but I was never. You know, I never overdid it, I wasn't an alcoholic or anything at that but I was just like, "I don't even need this anymore."

You know, it's like, I make sure that I get enough sleep on tour which I do because it's like, when you're on tour and you're in great hotels and you're on your tour bus that rocks you to sleep at night, you know, not having at home, the dog waking you up, the baby, all this stuff. I actually sleep better on the road.

You know, my training on tour. Because yeah, we're playing an hour and a half to two hours a night at you are playing at a 100% for the entire show, I will then just do a backstage, I have a kettle bell and then as part of my warm up for the show, I go through mainly sit ups, pushups, box jumps, kettle bell swings, squats. I'll go through that and do that every day and then on the days off, I will run in the hotel treadmill for a couple of miles.

So because the show is so grueling and that's the real workout, I'll just do the light stuff throughout the day and then more of the treadmill in the days off because the show is enough. I mean literally you are just so exhausted after the show and it's such a great feeling.

**[0:30:42.5] AVH:** Okay, I love the idea of you doing a conditioning circuit kettle bell workout backstage. That's amazing and that's also a good little reminder to listeners here that none of us have any excuses, right? We can all – we have families, we have busy jobs, we have lots going on but we can all find the time to find some kind of movement practice, whatever it is even if it is a couple burpees or if it's going to a class or if it is doing all of these things.

Find something that works for you and that makes your life better and that makes your body feel better and all of those things, everybody can find the time if you make a priority, right?

So another question I have and you talked about that you sleep well on tour because you're being rocked to sleep and you don't have to worry about babies waking you up and all that stuff but how do you – the other side of the fitness equation, it's one thing to eat healthy and have the energy, and to work out and all of those things but how do you come down after a show? How do you bring your adrenalin down or deal with just the cortisol of traveling all the time and

getting on stage in front of all of these people and being so jacked up? How do you bring yourself back down after?

Is there any kind of practice that you do or any kind of supplements you take or anything you do that just helps you calm down after shows?

**[0:31:58.2] FZ:** That's a great question, I used to back in the day I would literary have a glass of wine. That would be the decompress and all of that and when I took that out of the equation it was like, "Okay what's going to be the thing to kind of do that?" And my wife was like, "Oh you should do a nice calming tea or something after the show." And I'll mainly do that at home just to wind down after the day but on the road it is literary because you leave every bit on that stage.

I come off stage and another part of my health routine is I do an ice bath. I have Home Depot paint bucket that is filled with half ice and half water and I ice two hours before a show for two minutes straight which is torture especially when it is winter and it's cold to begin with. I do from my fingertips all the way to close to my shoulder just dip it all the way down, do that for two minutes and then the second I get off stage, I go right into the dressing room and I ice for another two minutes.

And that really helps with the healing and all of that. So I will ice and shower and literarally go to the bus or my hotel room and I'll have the stuff that actually Gabby introduced me to. I think it's called Menotrophin which is really good for sleeping a little bit better and just the repair and all of that so I will just have that and then just lay down and read a little bit and then I am usually done. I can't even make it through like a chapter of a book and I am just done usually that's how it works.

**[0:33:29.2] AVH:** There is a lot to be said for having a day that is full enough that you're just tired at the end of the day. You know I think there's a difference between feeling worn down by your life and by the work that you do and feeling like a pleasant tired like, "I worked hard and I put it all out there and I am done at the end of the day. I gave it everything I could." And I think that that's the kind of exhaustion that helps you sleep whereas a lot of people have the kind of worn down, burnt out exhaustion that can actually keep you up, right? So I think that you're obviously finding the good side of being tired.

**[0:34:01.5] FZ:** Yeah and I definitely - you go through rough patches here and there because of the jet lag and you'll crash because you're so exhausted but then you'll wake up two, three hours later wide awake and you have to calm down and try to go back to sleep and that will happen sometimes when we're overseas at the start of the tour. You know it is not always perfect and you just work through it but even being at home, when you have so much more going on with family life. With just personal life, with work, with everything, it's just a matter of really just learning how to shut it down which I am such a workaholic and I never stop.

I literally have to learn how to, "Okay, it's the end of the night," like meditation which is something I didn't really understand and know how to do right, I literally started doing that at the end of last year up to this year, my wife and I before bed will do that. The phones are off, no more phone, it can wait until the morning and we'll have that.

Those couple of minutes of meditation and then read a little bit and I've been sleeping so much better at home. It is just really trying to just clear your mind and just letting it go which I just don't know how to let it go and just take everything to bed and then I had to wake up in the middle of the night, spinning out still thinking about work or having really bad dreams because of being too stressed out and it was just finding that balance which took me a really long time to figure out.

And obviously, when we had our new born, that was just, as expected, we were up every couple of hours or whatever it is. Now that he's two, he's a great sleeper which is one of our proudest parenting things. We learned how to sleep train him at an early age. We got this book and read it and did the methods of it and it really worked and we have a really good sleeping child and he's better at his day and energy because he is sleeping properly.

And that is the only parenting advice I'll ever give anyone is get this book and read it because it's like everyone is going to be different, everything you should just - we're all made to do this stuff, you figure it out and it works but that's the only parenting advice I will give because for yourself and for your child, it all starts with sleep if you want to have a healthy lifestyle. All of these things that I am doing, drumming and working and all of that, I wouldn't be able to do it without having the proper rest and seven hours is what works for me.

**[0:36:20.6] AVH:** So I want to ask about the meditation with your wife so you guys meditate together? Okay and how did you learn or what are you following or is it like an unguided, you just sit with each other, talk about that a little bit?

**[0:36:36.1] FZ:** Yeah, it's this whole Vital Mind Reset Program that my wife is on, I think her name is Kelly Brogan and she has all these different meditation exercises where you watch the little video, it shows you what position to be in, how your breathing should be and she shows you and then you just set the timer on your phone and then you just go your own journey for three minutes to as many as you want to do. It's been really, really helpful.

And now we have the ones that we like and that we'll go through and even recently, my wife is like, "You're stressed out right now I can tell. I want you to pick this video and do the meditation." And I did it and I slept better. I felt better the next day and it was cool that she called me out on it and was able to have it work which was pretty incredible. It was a three minute meditation I did and it was game changer.

**[0:37:29.4] AVH:** Yeah and that's why this theme keeps coming up through our talk but that's why it's so good to have people around you who support what you're doing and who are on board with what you're doing too and that's why I think it was so cool when you're touring with Krewella that you can see them do it and it's inspiring and obviously having your family be into health and wellness and all that kind of stuff too is really important.

And I guess one of the questions I had when you were on tour, you know, I went to one of the shows with Krewella, the New World Tour when they were in New York and I follow all of their Instagram, I love it and there were not tour, they were super clean, super paleo but they would post pictures from after parties and everyone is drinking, there's booze and there's chips and they're a little bit, "Ugh I wish I could have a little bit of this."

On one hand they were absolutely happy with the choices that they were making but it's not always easy when you're surrounded by people who aren't necessarily living the lifestyle you live.

So a couple of questions from that. One being do you ever find when you are on tour or you're traveling a lot and you have a hard time maintaining your lifestyle when other people maybe aren't necessarily?

And then the second part of that question is, I'll get back to you, you just mentioned the ice bath thing. Which I love and if you have people that are on tour, band mates or whoever seeing that are you nudging people to try some of this stuff too or are other people getting interested watching the stuff that you are doing to try and be healthier?

**[0:38:56.0] FZ:** Yeah, I mean to answer that question we actually travel with an amazing girl who takes care of us. With massage if there's any issues and she literally will rally up the guys to try to get them to do the ice bath and stuff like that. She's on it, she takes care of our bodies, it's a life saver. Everyone in our band is really healthy. Our guitar player, Dave, goes to the gym. His pre-show like getting ready, he goes to the gym, in any city where he is he does crazy, he's a body builder guy that's what he has to do to get ready for a show. That's his -

Our head of security, he's a trainer that every morning wakes up before we even wake up and get his gym training in. So we have a team of really healthy people. Our singer, Deryk is a 100% sober and is all about getting his voice ready for the day and doing all of his exercises because he's had back problems throughout his career to make sure that his back is strong and in the right position.

It's a really good camp that I'm in and I'm sure that it's so un-rock and roll like what you think but you know what? All of us has had our fun. When we were younger we all toured up and live the lifestyle. I mean I was in Mötley Crüe for two weeks. Tommy Lee burned his hand and called me and I had to go be with the band for two weeks. I lived it, I got to be in Motley Crew for two weeks and did everything you would think and then some more.

It's like I got it out of my system, we've all had our time when we were young and now it's about we have wives, we have children, it's just about being - and it's about the show. Nothing, no drug, no party, no anything is going to be the high of playing the show. Especially for me being a drummer. It's like you got to play God. When you're up there and there's these festivals, 90 to 100,000 people that are jumping up and down and are dancing and mashing and jumping up.

They are all jumping because of that beat and that rhythm you're playing and it is pretty incredible that high and that feeling of power, that nothing can beat that for me and I definitely try to I'll send the guy's links about, "Hey I am taking this new broth protein now or these supplements," and there is a lot of drummer friends who are best friends of mine that literary we train together. We will go to the gym, we'll meet at the gym, we'll go running the canyon together.

We'll email each other new articles that came out on different things and definitely because drummers are athletes, there's definitely a crew of drummers that I have that we geek out on this type of health stuff and work out together and motivate each other which has been great.

And then to answer your other question about being on tour and being around that stuff, last year it was definitely a little bit hard to suddenly stop drinking and living that kind of lifestyle. In the beginning, my singer who's sober he and I would have a Beck's non-alcoholic beer and then after a point, I was just like, "I don't even need to drink this. I don't want to do this like I don't even need this anymore," and I stop that and I don't have any problems. I would literary go to house parties and things that you would feel like, "Shit, I need to have a drink to feel like – I need to be social," or whatever and you just get over it and I don't miss it.

I don't feel like I am missing anything. I have no need for it and I just know how – I don't know it's just a natural thing now. It was definitely a little bit of adjustment in the beginning but I don't have any problems. And with the paleo thing, there was only a month into it where because growing up Italian, with an Italian mother and all of that, we were doing different pasta substitutes like butternut squash, spaghetti squash and different things.

There was one night where I was losing my mind like I need spaghetti right now or I need pasta. There was one little breakdown moment. But now, once I got passed that hump I haven't even needed it or even thought about it. You just adjust and when you see results and you're feeling great and if you feel like you are operating better, that is the best kind of pay off and I know people like, "Oh I have a cheat day, or this or that."

When I set a goal, if I mess with that I feel so defeated. I couldn't do a cheat day because for me even though let's say it was allowed, I would feel like I screwed up and I didn't do it because I am such an OCD about things like that. I'm either all in or all out. That's how I operate. But this China thing was a real struggle because literally when the promoter reached out and said, "Hey do you have any dietary restrictions?" And I was like, "Well I am paleo now."

So anywhere we can go if you can literally just have them grill chicken, fish, steak with nothing just really simple just grill it and then some vegetables grilled. That's all I needed to eat. I can eat that every day and be happy or a chicken salad with dressing on the side and he was like, "Oh that's going to be a problem." And you would think like it's the simplest thing ever but he was like, "If they don't know how to do that they are not going to be able to do that. Because everything was cooked in soy sauce."

And this and that and with the language barrier too, that's another hard thing where you try to explain something and they don't quite understand English to begin with, I just had to make do with what it was every day. I would go to the breakfast buffet in the morning and just have to pick and choose what I would eat and there was some things that I wasn't sure if it was totally paleo or not but you have to obviously stay fueled or whatever.

So I did the best I could but that was probably the most extreme situation I will be in. When I am on tour in America and I have my case with me, everything that I need, I could literally eat out of that case and know that I have what I need. And literally, we'll get our runner to go out and get the grocery list of things that I need. So I can control it a lot better when I am out in Sum 41 tour and we have those amenities but this, I was out on a solo tour by myself just playing drums touring around China. So I didn't have that Sum 41 team and machine behind me so I just had to make do with the situation.

**[0:44:45.8] AVH:** Yeah and I mean part of trying to do this paleo lifestyle in a modern world too is knowing that you're – it's not always going to be perfect. You have to pick your battles and I think it's also about through experimentation, figuring out what works for you and a lot of people they want to get really dogmatic and they get excited about it and so they're like, "Oh I can never eat a white potato or if I have quinoa that's the worst," or whatever.

Sometimes you just need to figure out maybe some of these things are actually okay for you and maybe some people can handle dairy really well so they'd put some cream in their coffee and so it's just about, again, picking your battles, figuring out what works for you and knowing what sort of the hard lines are and it's funny, you talked about the Italian upbringing and having a breakdown over spaghetti but it's funny I think most of us who have transitioned from a standard American diet. That is super processed carb heavy to something more paleo like we've all had those moments where it's like, "I don't care. I would just kill everybody for a dozen donuts right now."

I know I've been there but it's funny because I actually interviewed another woman in the paleo world who has battled and overcome severe MS by eating, among other things by eating a strict paleo diet and she has an Italian background as well. So I might have to send you some links because I think she's found some work arounds for some good Italian food that is either gluten-free or paleo or whatever.

And then another cool thing too is all these companies as you've eluded to, some of these companies you're working with, a lot of them, the whole gluten-free or paleo products are getting better and better and people can argue that a paleo donut is still a donut and in a lot of ways it is.

These are still special foods but it used to be maybe even five or seven or eight years ago that if you wanted gluten free bread or if you want noodles that are made with cassava flour or whatever they were either impossible to find or they were gross and it's not really necessarily that way anymore. So those things are getting better which I think is hopeful but yeah.

Okay so we're going to start wrapping it up pretty soon but I guess one other quick question. Because we talked a lot about the food and people love to hear about – they like to get a peek into people's lives and how you actually live your life and what are you actually eating. I'd love for you to walk us through a typical tour, not in China but if you're maybe in the States or Canada and you are allowed to bring some stuff with you and you're allowed to maybe prepare some food in your hotel room or whatever, what would be a day in your life ideally be food wise when you're on tour?

**[0:47:15.6] FZ:** Yeah, I mean the morning is either eggs or I found this amazing granola but paleo approved. We just got that app for delivery. What is it called?

**[0:47:27.0] AVH:** Seamless?

**[0:47:28.4] FZ:** No.

**[0:47:30.1] AVH:** Is it a healthy food delivery like a Blue Apron kind of thing or whatever? Okay.

**[0:47:36.0] FZ:** Yeah, you can get your groceries from them and I forget the name of it but they have a whole paleo section. It's their own brands. Shoot, I forget what it is but they have this paleo approved amazing granola which is just a bunch of seeds and nuts type of cereal. So I'll either do that with almond milk and bananas or do eggs in the morning and then my lunch is a Primal Kitchen protein bar with a protein shake which I do bone broth protein with organic frozen mango. The organic frozen Asahi, I always say that wrong. What's the proper way to say that?

**[0:48:16.6] AVH:** Asahi I think is right. I think you're on the right track, yeah.

**[0:48:19.8] FZ:** That, raw organic almond butter. Raw local honey, organic. Like flax seed that is crushed I also put in there. I use the Hydrate by Laird. Which is the coconut powder with turmeric in it. So I will put a scoop of that and add water to fill half the blender and I think that's it and oh I use the Laird –

**[0:48:44.9] AVH:** That sounds pretty good.

**[0:48:45.8] FZ:** Mushroom powder. So I will mix all of that and that will be my lunch and then dinner is usually something grilled. Either fish, chicken or steak with veggies and a sweet potato when I can and then sometimes, because I can't eat dinner on tour. I can't eat dinner until after the show because I can't eat heavy. So if it's after the show, that's when I am actually starving just because you obviously work out all of that stuff on stage.

You know if we can't have food that is going to be healthy or to my liking, I will just do another shake so I know that I've got those things that I need to put in my body and I can go to bed

feeling satisfied because that's the worst. When you get some kind of takeout food delivered that you're not sure where it is or what it is and it's just not satisfying and good and you just go to bed bummed because you weren't satisfied.

So if I can't control that part I will just do another shake. That's on tour. Obviously at home, I do the same breakfast and lunch just at dinner - we've been finding all of these incredible paleo recipes and things that my wife and I would never cook like meat loafs and chicken curry, things that we would never make. And that's the thing that I am enjoying the most about all of these recipes is that it's new. Like yeah, I will miss the Italian dishes and things sometime.

But you know what? I have been eating that stuff my entire life. It's actually nice and refreshing to especially for me to be off tour and be cooking, I love, because I can get in the kitchen digging up stuff that I can't do on the road. It's fun how to make these recipes and make stuff that I never thought I would ever know how to make. So my wife and I are just enjoying it and it's just been cool to change it up and have all these recipes and things to eat.

So that's what's been I think the funnest going down this whole paleo path is just - even the Krewella girls, they're going to come over and bring me a book of all these paleo recipes and things that they're liking. So it's been fun just to have a new outlook and just update on food because we were just burnt. We were going to the store buying the same things, making the same rotation of stuff. So it has just been really refreshing to just be in a new path.

**[0:50:48.9] AVH:** That's awesome and I mean anybody who's bored eating paleo is because they are not doing the work, right? It's like any other cuisine that there's endless ways to put your proteins and your vegetables and your fats and all of that fun stuff together. I mean it's about taking the time and like you said, reframing it as a fun thing and I think that it's important that a lot of us get back to the roots of preparing food and enjoying that process and doing it with your friends and family.

A lot of us are such impatient people or such busy people that we just want to order food and have it right there or have something that we can make in two seconds and we're not really digging it but there's something important about taking the time to prepare real meals and put some thought and effort and love into it and it's fun if you can look at it that way. We need to get

you some issues of Paleo Magazine because we have the best recipes. Obviously we know what we're doing so we have to make sure that you get some issues of the magazine so you can try out some of those recipes.

**[0:51:46.8] FZ:** It's incredible, I love the magazine.

**[0:51:48.6] AVH:** Yeah, you're just off the tour. Yeah so tell us what's coming up for you?

**[0:51:52.7] FZ:** Yeah I just wrapped my first ever solo drum tour in China which was such a success. Every show was sold out which is incredible and it went so well that we're actually going to expand that this summer to Europe, UK and all across America. So we are doing a lot more of that which is super fun. It's more of a performance with a meeting greet, with a Q&A, with just talking life stuff and you know the drum committee that I work with that makes all of my drums, they just have such a great way of doing these events and will do pop up events at cool places.

Which actually we want to get the instead of just like, "Hey it's a drum tour and it's just drum sponsors," and things that are involved, we actually want to get a lot of my team involved. So I will talk to you about this getting Paleo Magazine involved in the tour to just spread the word because I do talk about this so much on stage, people actually ask me there like, "Wow I just watched you play how do you stay in shape? What do you eat?" And so I have been spreading the word.

And it's been coming up naturally more than me just like preaching it on people which is really cool and I think it really is opening a lot of people's eyes because everyone does want to be more health conscious and all of that. So I will definitely keep you posted on that.

**[0:53:05.6] AVH:** I love that. I am going to talk to my editor. I can come with you and hold your kettle bell backstage. It would be amazing.

**[0:53:10.6] FZ:** Oh we totally should do that.

And then Sum 41 wise, we are doing a ton of festivals throughout the rest of this year around Canada and Europe and America and then we are about to go out on a month long anniversary tour of the Does This Look Infected album. It's our 15 year anniversary of that record. So we're going to go out in America for a month and play that record which should be really, really fun and then we'll be on the studio working on writing and working on a new record. So that's pretty much, what's going on for this year and then just enjoying as much family time when I am off the road as possible and then we're about to just have baby two in October so it's going to get real crazy around here.

**[0:53:55.7] AVH:** Okay, it sounds like you're ready for it. And where can our listeners, if they want to follow the tours, if they want to learn more about you, if they want to follow you on social media, where do they go online?

**[0:54:05.6] FZ:** Cool, yeah Sum 41 all the tour dates are posted on all the socials and the websites and then to see me and all of my stuff, everything is just @frankzummo where you could find all of my stuff that I am doing and I definitely am active on socials and so is the band with posting and updating and all of that kind of stuff. So it's definitely all out there.

**[0:54:28.4] AVH:** Awesome, very cool.

Well Frank, thank you so much for taking the time and for reminding us that we can all be healthy and do what we want to do to feel good no matter how busy we are. Because I think sometimes people need a reminder right? So I appreciate that and let's definitely stay in touch. If you're in New York and I am in LA let's get a workout in, eat some paleo food, let's do this in real life in person sometime soon.

**[0:54:52.8] FZ:** That would be incredible and talk about small world, it's like you and I are talking because of Krewella and because of Laird. You know the Laird team introduced me to you and your team and then I found out about all you guys because of Krewella. So it's so cool, you said at the start of this how it's such a small world and such a cool little circle.

**[0:55:12.5] AVH:** Absolutely and everybody is so genuine and just wants to connect people and make people happier so I think that's awesome. I mean next time I am on the West Coast

maybe we'll have to meet up with Krewella and go for a trail run or something, it will be amazing.

**[0:55:26.2] FZ:** That will be awesome and they love boxing too and like I said, that's another thing that I do when I am off tour is I have an amazing boxing trainer and that is so much like drumming with the rhythm and the timing, I enjoyed doing that so much. So yeah, we've got to definitely and the Krewella girls love boxing too so we should all do that sometime for sure.

**[0:55:45.5] AVH:** Absolutely. That will be podcast part two.

**[0:55:47.6] FZ:** Yeah, definitely let's do it.

**[0:55:49.3] AVH:** All right, thanks Frank.

**[0:55:50.9] FZ:** Thank you.

[END OF INTERVIEW]

**[0:55:56.2] AVH:** All right, thanks again to Frank. Thanks for listening to the podcast. I am looking forward to my future California trail run with a bunch of rock stars. What even is going on? Stay tuned for that, see if I survive, I'll keep you posted.

Thanks again also to Chomps, our show sponsor. If you want a healthy, tasty savory snack on the go that will fit into your paleo or keto or low carb or whatever healthy food plan you have, Chomps basically has you covered. So go to [chomps.com](http://chomps.com), pick yourself up some natural and delicious meat sticks and they are giving you 15% off your entire order plus free shipping, pretty sweet deal if you use the code "paleomag" at check out and they have a couple of different flavors to choose from too including some pretty spicy ones which are my favorite. So stock up, eat up, let me know what you think, [chomps.com](http://chomps.com).

All right, next week we are talking to Roy Krebs. He's one of the co-founders of one of my favorite natural supplement companies, Natural Stacks. These guys are super dedicated to being very transparent about their products and their ingredients, being really open and honest

about what they are offering which is pretty rare in the supplement industry still and they're helping people really level up their mental and physical performance through this natural supplements and supplement stacks that they put together.

I've used their products on and off for a while and I am always really impressed by the way this company operates. The way they think, and the ambassadors and champions that they have on board, Olympians, high level athletes and thinkers. So I am really excited to pick Roy's brain and learn a little bit more about how their supplements work and how their company works.

And we're going to talk a lot about neuro transmitters. What they are, what they do, why you want them working optimally, how we can optimize their function and make sure they're in balance through natural interventions as well as supplements. And if that sounds a little nerdy, don't worry because it's going to be me asking the questions, so I will make sure that it's very low level and easy to understand and if any of this goes over my head, I'll make sure to bring it down super quick, so don't be overwhelmed. I think it's going to be really good.

And that's that. Thanks as always to everyone who tunes in week after week to listen to me talk to smart people. I appreciate you and I appreciate your feedback and I would really appreciate it if you would leave us a nice review and rating on iTunes. If your review is super awesome, I will read it on the show and I'll send you some free stuff. So that's a pretty good deal. I think that's a nice symbiotic relationship we'd have going on if you could do that for us. So I'll stop now. Thanks again for listening and tune in next week. See you then.

[OUTRO]

**[1:22:32.8] 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]