

**EPISODE 221**

[INTRODUCTION]

**[00:00:10] AVH:** Hey everybody, welcome to Paleo Magazine Radio. Thanks for tuning in while you drive to work or go for a walk or workout or whatever it is you're doing. Actually, I'd like to know what you do while you listen to your podcast, provided it is appropriate of course. I pretty much only listen to podcasts while I'm either going for a walk or I'm doing something passively, like cleaning or cooking or meal prepping or something like that. When I'm actually working out, I like to have like pump up music, like high energy music on.

I feel like when I'm doing light movement, that's the best time to sort of passively take in information. I think I've read studies that show that when you are learning, whether you're learning a language or you're listening to a podcast. You actually can kind of take it in and retain the information better when you're moving around a little bit.

Anyway, that's how I like to do it but how do you listen to your podcast? Let me know, send me a message on Instagram @themuscle Maven and tell me unless it's something gross or weird like if you're on the toilet, that's cool but I don't need to know that.

Anyway, speaking of moving and working out, today, I am talking to arguably one of the best athletes on the planet, he is a two-time bantam weight champion, MMA fighter. Bantamweight is 135 pounds by the way. His name is TJ Dillashaw. He is currently training for a fight that's on August 4<sup>th</sup> in LA and his prep involves an intense multiple month training camp that I actually got to speak to him right before he got into it.

Anyway, for people who don't know what MMA or mixed martial arts is or have never heard of the UFC, it's basically a fighting discipline that combines a bunch of others within it. Including boxing, kickboxing, wrestling, jiu jitsu, among others.

Consider for a minute the amount of dedication and time it takes to be for example, really good at boxing or kick boxing. And then think about being really good at five or more disciplines at

once and being able to switch between them from moment to moment depending on what's going on in the fight.

It's incredibly impressive and mentally and physically demanding. Whether you're into fight sports and whether you like watching them or not, I think the sport itself commands so much respect for the dedication and the fitness it requires. I am personally a huge fan and I was really excited to meet TJ for the first time at Expo West in California in March and I knew that I had to talk to him.

Especially when I heard that he had recently switched his diet style to something that was lower carb, paleo-ish, like almost keto approach, which is really interesting for someone whose fuel requirements are so crucial because this guy is fighting, sparring, training, doing strength work, stuff like that for hours and hours a day.

You know, how he eats is incredibly important because he is training at a specific weight class, he needs to be at a certain weight for his sport. Everything that he eats and the way he feels and recovers is just incredibly important.

He's also a hunter so in his spare time, he hunts his own wild game. That was a cool conversation, he's created his own gluten free, salt free, spice company. He's recently made some switches into more natural products, whether it's food, as well as like skin care and things like that.

This is an example of a world class athlete who is really paying attention to every detail to up his game. I just think it's really interesting, that's what we're covering, I hope you enjoy it and I think it's always a good learning experience to hear from anyone who is you know, the best in the world at something. Like even getting your head around that is pretty crazy, right?

Being one of the best in the world at something. I think we can all definitely learn something from TJ, he's also a great guy, super nice. I hope you enjoy it and if you do, leave a note on social media, @paleomagazine or you could talk to me personally @themuscemaven and even better leave us some nice words and review on iTunes so that more people will listen because if you're into it, chances are, somebody else is into it too.

If you share the love, we all win, appreciate that and that's it. I hope you enjoy my chat with UFC fighter, TJ Dillashaw.

[INTERVIEW]

[0:04:22.6] **AVH:** Hey, this is Ashleigh with *Paleo Magazine*, how are you?

[0:04:25.4] **TD:** I'm doing great, how are you?

[0:04:27.1] **AVH:** Good, I appreciate you taking the time. I know you've got a lot going on.

[0:04:30.4] **TD:** No problem at all.

[0:04:32.1] **AVH:** I know this podcast that we're doing here right now, leans more towards the health and wellness nutrition thing, so I think our listeners are generally more interested in maybe your eating when you're fighting. But I am a very big fan so I got to ask you some fighting questions. Okay, you're fighting on August 4<sup>th</sup>, right? You're fighting Cody for the second time. Has your camp actually started?

[0:04:54.7] **TD:** Yeah, I probably start camp a little longer than most.

[0:04:59.7] **AVH:** Okay, how long are they usually?

[0:05:01.2] **TD:** Mostly like on average around, it all depends on the fight, you know, depends if I'm doing the five round fighter or the three round fight but I'm always in the gym. That's one thing, I'm just constantly around in the gym. But I'd say like, where I try to cut everything outside of my life and solely focus on the fight. Try to do less media and do less things for 10 weeks out and that for me would start tomorrow.

[0:05:22.8] **AVH:** I came in right under the radar then.

[0:05:24.9] **TD:** Yeah. Heck yeah.

**[0:05:26.0] AVH:** Great, all right, I like it.

**[0:05:28.1] TD:** No, I mean, I'll still do things but I just try to like you know, maybe I have some other businesses that I've started, a spice company that I own. I guess that goes with the podcast, yeah, it's called Flavor Republic. It's a spice company, it's an all-natural spice company, it's low or no sugar in the spices and also low sodium but we have our own Himalayan sea salt so you can add some good sodium to the spices if you want to, kind of thing you know?

It's a spice company and I can use those to drop weight when I'm getting ready for a fight. I'm able to stay on my – just the paleo somewhat ketogenic diet, you know?

**[0:06:01.8] AVH:** Yeah, that's awesome. All right, I didn't know that, I'm going to have to check in on the spices, all right. My other question is, what is it like going into a fight with someone you fought before versus a new opponent? Like, especially someone you've already beaten, is it less exciting, is the mental process any different? How do you approach it?

**[0:06:20.3] TD:** I actually prefer it. I've always done better on the second time around, fighting someone. I'm one of those fighters that got high IQ's at the Octagon, so I like to figure my opponent out and the more time I get in there with them, the more I can figure them out and I feel, the better for me.

For instance, when I beat Raul the first time, you know, I did it dominantly, when I got my belt and they wanted me to rematch him, kind of the same situation. Same with Cody right now, you know? I got to come out and perform even better, just kind of prove my dominance I guess, you know?

**[0:06:51.4] AVH:** Right, nice. Okay. You fight at bantamweight which is 135 pounds. How far off are you coming out throughout the year like when you're not training for a specific fight?

**[0:07:01.9] TD:** Let's say I work around like 155, I usually wake up in the morning at 155 pounds naturally so you know. I'm kind of lifelong strict kind of now. Since my new coach,

lifelong kind of conditioning, he's kind of strict on my diet. Yeah, I usually walk on at about 155, which is pretty lean too.

**[0:07:16.7] AVH:** Okay, yeah and that's a pretty reasonable amount of weight and when you're doing your camp and then there's the cut sort of the at the end there. How much of that sort of 20 pounds or so that you're losing is, I mean, because again like you said, you're walking around pretty lean. How much of that is water that you're just losing at the very end versus weight that you're actually losing?

**[0:07:35.3] TD:** Yeah, a lot of it is water weight towards the end. I mean, I usually show up, I'd say, fight week like 10, 12 pounds over and that will be completely water weight, just doing it in a strategic pattern, you know? Kind of taking your body into being overly hydrated and slowly decreasing it until weigh in until – so you're not depleting your body at all. And able to lose that water weight all at the end.

**[0:08:03.6] AVH:** Right, that might sound a little crazy to normal nonfighter people but that's actually like on the lower end of weight that people – you see all these crazy people trying to lose 25 pounds in like a few days like craziness like that. Obviously, the less you have to do, the better you're going to feel when you're fighting, right?

**[0:08:22.4] TD:** Yeah, you're going to feel better than this. They should do it the right way, there's a lot of guys that – because they didn't have their diet right all camp and maybe took a fight short notice and living the lifestyle year-round, sometimes you have to drop crazy weight like that, you know. They might have to dehydrate themselves more than you know, more than you would want to, to be able to compete at your best.

You know, yes you're separating yourself as a professional and want to be world champion. I hold myself accountable year-round which makes my weight cut easier. I don't have to dehydrate myself as much and I'll be feeling better the night of my fight.

**[0:08:56.8] AVH:** Right. For people, for listeners who maybe aren't as familiar with mixed martial arts, the training that you do is, it's got to be the most intense or one of the most intense of any sport in terms of like the level of conditioning that you have and they share volume of the work

that you're doing. Fueling yourself is like, crucial to having energy to train but also recover from your workouts.

I read that – and you just mentioned that you kind of have switched to a more sort of keto like approach with your diet. Can you explain like what that looks like for you, like what exactly kind of foods you're eating and I would imagine because you train so hard, you're still eating carbs, how does it look for you?

**[0:09:35.6] TD:** Yeah, I'd say the closest side I would be to is ketogenic but I'm not, you know, my coach has got a real strategic way. My coach, I mean, my strength and conditioning coach, my last nutritionist – he's the one that got me into this lifestyle for the last year and a half, you know? Going on two years and yeah, he's real methodical with the calories I'm taking in, what I've been taking but yeah, the closest to that I would say, I would be ketogenic, you know?

I am eating more carbs than a normal ketogenic diet because of how much I'm burning, those carbs are just simple carbs, you, things are going to break down easy. You know, I was saying, staying away from grains and things like that. I've done huge things to my hormones with it, I've done great things with my recovery, there's also a part of my hormones, just naturally just eating the right way and yeah, it's been amazing to see the gains that I've made in the last year and a half, it's been an amazing. Especially me being only 32 years old.

**[0:10:31.4] AVH:** Yeah.

**[0:10:31.6] TD:** I'm all in.

**[0:10:33.1] AVH:** Would you say that one of the biggest changes then would be like the amount of fat that you're eating, like you're eating more fat than maybe you did in the past?

**[0:10:41.4] TD:** Yeah, a lot more of that and eating obviously very – no sugar, only natural sugars and no grains and whatnot. You know, just keeping my body really clean. Obviously, there's a lot more and my diet's a huge part of what's been changing me over the last year and half as well as you know, my workout routine, things like you know, the times I'm working out, definitely.

I felt my diet has had the biggest overall difference right away. A little bit cold press juicing and things like that. Which a lot of ketogenic diet's won't do, because you can't have as many of the vegetables but I need that for the nutrients of my body.

**[0:11:23.7] AVH:** Yeah. You basically are doing like the best of both worlds because you're doing this like keto diet, that is obviously good for your health and your hormones but you also get to eat carbs, like the rest of us don't get to do when we're eating, we aren't training for hours of hours of the day, doing the crazy stuff that you're doing.

I mean, I guess the answer is, all you have to do if you want to eat keto and eat carbs too is just be a world class mixed martial arts. That's no problem. We'll get on that.

**[0:11:54.8] TD:** Just put in six hours a day of working out.

**[0:11:56.9] AVH:** Yeah, exactly. Have your food portion changed at all, were you eating more or less?

**[0:12:01.8] TD:** I'm eating more now, you know, over my last fight, the goal was to actually drop to 125 to fight Johnson and you know, that was a talk on the horizon, something that I felt was going to happen. It was going to be a big super fight, well, that didn't happen. I was in the process of you know, changing my body composition by the way I was working out, the calories I was taking in, the types of calories.

Since then, I had changed and gone back to 35's and I'm in this awesome stage of continuing to put more muscle on. So I've been increasing my intake.

**[0:12:35.7] AVH:** Right, okay, do you stick to keto when you're not in camp? Are you sticking to that general kind of plan?

**[0:12:41.6] TD:** Yeah, I mean. I give myself a few weeks after the fight to throw it all away and feel horrible about yourself, you know?

**[0:12:50.4] AVH:** Right.

**[0:12:51.3] TD:** But by being in this top of shape that I've been, my body feeling the way that it has felt now, I mean, I've competed my entire life. I've competed since I was eight years old and I wish I would have been in my diet in college or even the early years of my fighting because now that I know what it feels like to be at my best.

After a couple of weeks after the fight, you feel so bad that you want to get back on the diet.

**[0:13:14.5] AVH:** Yeah.

**[0:13:15.1] TD:** Like your energy levels just crave it again.

**[0:13:17.7] AVH:** Yeah, when you're eating that feel bad about yourself, post-fight kind of binge, what kind of stuff are you eating? What are you craving like when you're eating super strict, what kind of stuff do you miss?

**[0:13:29.1] TD:** Man, I never really used to be a sweet tooth, I wasn't really a sweet tooth until I became a – I guess a ketogenic, you know? You miss sugar. You miss real sugar, so I think that was the first thing from my last fight, was you know, just getting desserts and I never was that kind of guy. But I don't know, being in this diet has done that to me. Then you know, kind of like sour dough bread or pizza, things like that that I crave, you know?

**[0:13:53.8] AVH:** One of the up sides and maybe I shouldn't be telling you this if you're like just starting in your camp like hard, but you know that there is lots and lots of books and recipes out there, with some pretty intense keto desserts, right? You know that there's stuff that you could be –

**[0:14:06.1] TD:** I know.

**[0:14:06.9] AVH:** You can be, it can be pretty decadent and still be relatively healthy. I mean, you still get that sugar cravings but some of these like cookies and puddings and ice creams.

**[0:14:15.2] TD:** Yeah.

**[0:14:15.3] AVH:** You can make now and they're pretty insane.

**[0:14:18.3] TD:** My coach does a good job of tricking me, you know? Sometimes I'm eating like, I think the first time he gave me some like keto treats, I thought I was eating a steak because they put it in my – he did a lot of meal prep for me, I was like, "Was I supposed to get this or is this for someone else?"

I didn't even want to tell him that it was in there, hoping that it was just going to keep happening.

**[0:14:37.5] AVH:** Yeah. It's big. I'm going to keep eating it whether it's a mistake or not. All right, you mentioned earlier that like you're training, maybe has changed a little bit over the last little while too. Can you talk about how that's maybe changed and evolved along with the diet?

**[0:14:55.7] TD:** Yeah, I guess, just the scheduling of it all I guess, maybe a little more on point, my recovery is better. So I guess it's just knowing my body as a whole, not only my diet like how I feel, when I need to rest, when I don't. Really listening to my body and learning how to do that. Do a lot of heart rate variability training, things like that. Try to really hone in on all energy systems. I think that's probably the biggest way. Being a lot more scientific with everything I do. You know, I mean not cutting any corners anywhere.

**[0:15:28.5] AVH:** I'd love to know how you actually do recovery during a training camp when you are working so hard. I get it, I see, I watch the embedded and the countdown and I see you guys doing your ice baths and massages and things like that but when you are working as hard and as long as you guys are, how do you actually have the time to let your body heal between training? How do you do that?

**[0:15:53.6] TD:** I mean it's tough especially when you start getting into the mental aspect of a fight email and then you want to be more prepared than the next guy and you want to do this and you want to do that. You just got to really get to know the science behind it and sometimes you've got to pull the reins back.

Or you know some people, they don't have this whole problem of not having to pull the reins back but if you are addicted to what you do and you want to be the best in the world, most of us are going to overwork ourselves.

So just knowing how to do it. I mean I am going to train harder than anybody I know, you know? There is a couple of guys that I train with that I know that there is no one who is ever going to push harder than both of us. We know how to make ourselves feel recovered and the way to do it, the time to do it. You know I don't want to give away all the secrets because that is a big part of my success and the science behind it all. But yeah, there is a lot to it and yeah, you can see the ice baths.

You can see the Norman kegs and the things like that and whatever that we are doing for the recovery, you know it is more than that. It's more than – it is knowing when you're doing. You know I don't want to wake up in the morning by tuning into my body and my heart rate, things like that. How hard I should be pushing it the next day. I've also scheduled every week to be this day must be hard, there's days that are supposed to be light, there's days that are supposed to be off.

I have it to a perfect schedule and I stick to that schedule. I don't let anything vary my schedule and if my body is telling me something like I even know when I am going to end up being sick which I usually can tell before I get sick that I am going to get sick because my heart rate is telling me, you know? So if I don't listen to it and I kept pushing it then I am probably going to get really sick, you know? So things like that.

**[0:17:31.3] AVH:** Yeah and I guess some of it too is just like you said, you are not cutting any corners. You are paying attention to every detail and you are trying to maximize your health in every way year-round, so that when you do have these concentrated camps that are really, really hard on the body, you are more resilient and you can handle it because you have been taking good care of yourself, right?

**[0:17:51.4] TD:** Exactly and the reason why I think it is important to stay in the gym year-round too because I don't have to cram a fight camp all into that 10 weeks. I've already been training, I've already been getting better, I've already been focusing on my opponent too long or at least

myself. You know your biggest opponent is yourself, so being in the gym is really important as well.

**[0:18:13.9] AVH:** Another way I guess that you can support the hard work that you are doing is with some kind of natural supplements, something like that, like I know you work with Muscle Pharm. I've got to try some of your stuff too. I don't know if it's maybe better at feeding people off, I haven't tested it but I feel that I'll get there eventually but I have tried some of these products and they are natural.

**[0:18:34.8] TD:** Well it works for me, so I just have a little bit you know?

**[0:18:38.1] AVH:** It is such a good sell. I think it is a good sell but what are some of those supplements and things that you are taking that are helping with your training?

**[0:18:45.4] TD:** I mean I have been really lucky to be with Muscle Pharm. You know they are very well scientifically tested company. Everything is all third party tested. I don't have any questions about what I'm taking. My coach knows what exactly I am taking to have their huge natural line that's awesome if you haven't tried it and it has gotten into my diet perfectly when I am trying to stack. That way I know that the combat weigh is something that is clean.

It will put a lot of weight on me without gaining unwanted weight kind of thing and I am addicted to their – whenever I am allowed to have one, I am addicted to their little crunch bars you know? I would say that –

**[0:19:21.2] AVH:** Yeah, I was going to say the bars are good for me too, those are delicious.

**[0:19:24.2] TD:** Yes, yes they are. I have been very lucky to team up with such a great company. So it has been easy to stick to my diet, stick to my supplementation. With my coach being so strict and being teamed up with Muscle Pharm so.

**[0:19:37.3] AVH:** And like you said, the whole third party testing thing is key because especially with you guys who are so rigorously tested and watch yourself, you need to really pay attention to everything that goes in your body because you could be taking something perfectly innocently and not necessarily know every ingredient yourself.

**[0:19:55.0] TD:** Yes, it has happened multiple times and we have seen it already, you know? Someone's got a tainted supplement that they're unable to approve so.

**[0:20:02.5] AVH:** Yeah, so talking about cleanliness across all areas. I read somewhere and correct me if I am wrong but you are even kind of looking into cutting out some of these traditional toiletries or cleaning products that are full of chemicals and you're trying to look for some more natural stuff? Talk a little bit about that, what are you using?

**[0:20:22.0] TD:** You know the same as me and Jessie are trying to go is as natural as possible on my deodorant, my soap, I do like that. You know I like the Dr. Bronner's. I think they are a little bit more natural cleaner because all those lotions, shampoos, all those kinds of things have chemicals in them. They mess your hormones up and not let your body perform the way it's supposed to. I mean when you're going – even if I am going to change the one percent that 0.01%, I don't even care, every percentage will make me better.

**[0:20:53.5] AVH:** Yeah, absolutely and these days there are so many companies that are coming out with good – I mean it's like the skin care and the deodorant, stuff like that like really good products and it shows how unnecessary it is sometimes to use some of these crazy products and all of these nasty chemicals.

**[0:21:08.3] TD:** Well you don't know anything about it. Yeah, I didn't know anything about it so then my coach started getting involved in being sort of like doing my research on it. It's like, the way I had groomed my entire life. It was just pumping all of these other chemicals to my body through one of your biggest organs which is your skin, you know?

**[0:21:26.0] AVH:** Yeah, I've got to say that –

**[0:21:26.4] TD:** You know what? The water I drink from the products I use, shampoo, toothpaste, supplements I take everything has all been very researched so.

**[0:21:36.7] AVH:** Yeah, I mean switching from regular to natural deodorant is always a tough pill to swallow for people.

**[0:21:42.5] TD:** Yeah, I know.

**[0:21:44.0] AVH:** That whole transition period it's like you're straight up going to stink for like four weeks which upsets most people but after that then like you are sweaty in a rash guard pretty much constantly for 10 weeks aren't you, does that even matter at this point?

**[0:21:59.0] TD:** No, I mean actually when you start sweating that much you are actually getting all the toxins out of your body. When I am in camp, I don't stink. When I have been working strict on my diet. So if you have been eating clean, you are living a clean lifestyle and you are working out like you actually shouldn't have the body odor, you know? Everyone's got an odor but not like – I smell way worse when I am eating bad and I haven't been training as much. It is actually a lot harder to use a natural deodorant.

**[0:22:26.6] AVH:** Yeah, that is such an interesting point that I actually never heard of.

**[0:22:30.9] TD:** Well it's the toxins, it is coming out of your body.

**[0:22:32.2] AVH:** Yeah but the more that you are sweating, the more you're cleaning yourself out. I mean if that is not a good advertisement for working out, I don't know what is. The more you sweat the less you actually smell and eating well. Yeah that is a pretty good sell. Okay, all right well I have one more question and I won't keep you any longer, but I also saw, I think this is on Instagram that you do a little bit of hunting and stuff. You hunt your own game sometimes, is that true?

**[0:22:59.2] TD:** Yeah, I am an avid hunter, yeah.

**[0:23:01.5] AVH:** That's very paleo so I think that folks will really be interested. How long have you done this? What do you like to hunt? Tell us a little bit about it?

**[0:23:09.3] TD:** Yeah, I was hunting since I was 12 years old. My dad got me into it, it was just the way of life when I grew up. Every year in the beginning of September and August my dad would take a couple of weeks and disappear. He would go into the mountains with his bow and

he'd come back with an elk, you know moose, bear, whatever it may be that he was going to feed the family with. That was the only meat we ever grew up on and that is just the lifestyle I lived growing up in California.

I've just continued that tradition on the red meat that I eat is something that I have killed. I'd say my favorite animal – I am big time into archery, but I will hunt, but I love the challenge of archery. I mean it compares a lot to me fighting or just preparing for a fight you know? Like to go kill an animal with your bow and arrow is crazy. You just sneak up, you know you're going to be like 40, 30, 20 yards from this animal. You have to prepare yourself to be down wind.

I've probably hiked in 20 miles in the back country. I had to wash all my clothes in baking so that they don't have a scent. Again, I am using baking soda soap and deodorants, so I don't smell. Just all the things you have to do, camouflage, everything to really you make that perfect shot with the bow is so much fun. It is so much adrenalin that goes into it but yeah, I mean sorry to go off on that but I love it and yeah, it's just been the way of life as to feed myself and I am getting the most and best organic wild game you could get you know? There is no anything on it, it's just good off the land.

**[0:24:43.3] AVH:** Yeah that definitely beats going to the grocery store and buying whatever is frozen there, that's for sure.

**[0:24:48.3] TD:** And there is so much more respect that goes into every meal you eat. Like when I went out there and harvest an animal myself and I had to pack that animal out. I had to skin it, you know, I had to do all the work. I had to do all the weeks in advance to get into shape to go do it and all the preparations make you really appreciate it you know?

**[0:25:05.7] AVH:** Absolutely. I bet it tastes so much better after hours and miles of work, definitely that is pretty incredible. I think that is something that our listeners can really appreciate because that is something that we are all trying to do in a world that we are still removed sometimes from nature and from the things –

**[0:25:23.6] TD:** From reality.

**[0:25:25.0] AVH:** Yeah, some reality and the things that nourish us and the things that we consume every day and doing stuff like that. I think like you said, it's such a respectful way to eat meat.

**[0:25:34.2] TD:** That's pretty much it, the reality part of it like, I love it. I get to go out, we are in the middle of nowhere and my phone isn't working so no one can get a hold of you. So you know, it is amazing. I don't know, it's like a full-on week of meditations. Yeah it is awesome.

**[0:25:47.0] AVH:** Yeah, that sounds beautiful, being and going to a place where you can't answer your phone that's nice but you never answered what your favorite game is, like what is your favorite thing to hunt and then eat?

**[0:25:57.5] TD:** I'd say elk or veal deer. Elk is I think the best eating and you get just so much of it, so clean, so good. Veal deer I love it just because of eating, it is good as well, maybe a little bit of tougher, a little bit of gamier but the hunt is harder. The veal deer I think is one of the hardest hunts with the bow.

**[0:26:16.6] AVH:** Right, all right well I don't know. I feel like I might be a 100% more badass for just having this conversation, so I appreciate the talk.

**[0:26:25.5] TD:** Thank you.

[END OF INTERVIEW]

**[0:26:30.1] AVH:** All right everybody, thanks for listening. Super pumped to watch TJ fight in August. My fingers are crossed for you TJ. All right, next week we are talking to Carly Stein. She is the founder of the company called Beekeepers Naturals. They make honey and honey related products for health and wellness. Things like an antibacterial spray, a throat spray, made from Bee Propolis that is supposed to be very good for sore throats.

I actually discovered this product, this company two years ago at Paleo f(x) when a bunch of speakers who are having some trouble with their throats because they were talking so much and were running around and yelling and speaking and we are having some throat problems.

She was giving folks this spray and it was completely sorting them out and I use it now whenever I get on a plane because you know how gross airplanes are, this stuff is awesome.

Anyway, she also makes Nootropic product that includes Royal Jelly that is delicious, but it has also helped her co-founder overcome head trauma like brain trauma, so pretty incredible. She makes all different types of delicious honey. There is a cow honey. She's got a new honey product with CBD which if you know me at all, you know I'm very excited about and all of these products are offered and made using sustainable harvesting practices.

Carly is just a super smart, super genuine human being who I think is doing great things for the world with this company and I mean I love Carly. I am a completely biased and a huge supporter of what she does because not only is she selling these products that are good for people but she really loves to educate people about bees, about bee keeping, how important they are, the wonders of honey and its health properties and she speaks from experience because she is someone who has struggled a lot with autoimmune issues and has found a lot of benefit from using these products.

So it is a great company, a great person, don't miss it. Make sure you're subscribed to Paleo Magazine Radio and I hope you join us next week.

[OUTRO]

**[0:28:22.8] 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]