

EPISODE 253

[INTRODUCTION]

[00:00:19] AVH: Hey everybody, welcome to Paleo Magazine Radio. I'm your host Ashleigh VanHouten and I hope you're having a fantastic day and a great week. But even if you're not, I think this podcast might help out a little bit because today's episode, I got to talk to Kyle Kingsbury, he is the Director of Human Optimization at Onnit, which is a fantastic health and fitness and supplement company that I really like and I got to spend some time at their headquarters last year at Paleo f(x) because they're also based in Austin and director of human optimization is a pretty cool sounding job title, right?

Kyle is a former professional UFC fighter and now he gets to spend his work days among other things reading and learning about ways to make his life and life of others more happy and healthy and fulfilling, which is a pretty sweet gig if you ask me. If you follow him on social media, you'll see, he obviously works very closely with Aubrey Marcus, the CEO of Onnit, he's often on Aubrey's podcast and he's just one of those aspirational people I think because he just seems kind of have it figured out. He's got a happy beautiful family, he's super fit, he's just really dedicated to getting the most out of his life. Which I think is a great goal.

For this episode, I kind of just indulged in an hour or so of picking this guy's brain. Asking him about his athletic background and training and how he transitioned to a less competitive but still very active life. We talk about plant medicine and psychedelics, we talk about mental and emotional health and reframing — this is really interesting, especially for men, the concept of being vulnerable to the idea of just being human and being able to express the full range of human emotion.

Related to that, we talk about this Fit for Service mastermind group that he host with Aubrey and a lot more. It's plain and simple, just a very open, honest, authentic conversation with a solid and knowledgeable human being and for that reason alone, I think it will be a great learning experience and possibly a mood booster and I hope you enjoy the chat as much as I did.

I think this would actually be an awesome one to share with your community especially if maybe some of your friends are not big like paleo people or they're not really into the idea of a podcast that's super health and nutrition — just nutrition focused I guess and they don't care about specific diets. This could be kind of a cool one to share with people because it's really just about living your best life and however that looks to you.

If you agree, please do share it for me on social media, you can take a screenshot of the podcast, wherever you're listening to it, post it, tag, paleo magazine @paleomagazine, tag me, @themuscemaven and we'll share it because that's really what this is all about. Sharing and caring. Really extra mushy today, can you tell? I think it might be Kyle's fault but anyway, please share, leave a nice iTunes rating and review if you enjoyed it and here we go, my chat with human optimization expert, Kyle Kingsbury.

[CONVERSATION]

[0:03:20.0] AVH: All right Kyle, welcome to the podcast, thank you so much for taking some time to hang out with me today.

[0:03:25.3] KK: Yeah, it's my pleasure, thanks for having me on.

[0:03:27.7] AVH: Awesome. Before we get into the many questions that I have for you, I thought we'd start kind of high level and dig down and the first question is of course, probably our listeners already know this about you that you work for Onnit and you're the Director of Human Optimization, which is a very cool sounding title but I'd love if you could kind of tell me in your words what that means, what your job means.

[0:03:49.9] KK: Yeah, I'm basically, I guess in a nutshell, I'm paid to learn. Everything from being able to read on the clock, constantly searching, listening to other podcasts and being connected to some of the — what I consider the smartest people in the world in health and wellness. But really, more towards performance and longevity. We have these two avenues now that people are really focused on depending where they are in life.

You know, certainly we have a lot of athletes, here, we have a partnership with EXOS, which is primarily focused on performance and then we're all the athletes that retire or people that are just trying to get the most out of life, it becomes more about longevity. And so really, what I'm trying to do is learn as many things that help move the bar on the physical, mental, emotional and spiritual side of the equation, which really lends its hands to how we have our experience in life, you know?

How do we get the most out of life I think is really the mission here and that's what I'm focused on.

[0:04:50.9] AVH: Okay, cool. I want to maybe go down the rabbit hole a little bit later and talk about performance and longevity and sort of performance versus longevity because it's something that I kind of come up against over and over again and my line of work and the people that I get to talk to where it does sort of seem like you have to focus on one or the other and sometimes one to the detriment of the other.

It seems like when you're sort of a younger athlete and you're kind of just going balls out, you want to be the strongest and the best and you're working on performance and then when you maybe sort off get past your athletic prime a little bit but you're still young and want to learn and want to be fit. You kind of focus more on longevity.

It almost seems like you kind of need to sacrifice one for the other. Maybe we can get into that a little bit later because I'm already going down a rabbit hole and I have other questions I want to ask you first.

Okay, very cool job, you get to learn for a living, I feel very privileged that that's kind of thing I get to do too and that's why I get to talk to people like you. My question is, did you always want to do this kind of work? Like what led you to the job that you have with Onnit, having the sort of conscious approach to being healthy and living an optimal life? Is that something that you are always interested in doing or how did you find your way there?

[0:06:07.6] KK: Definitely was something that I learned over time. I didn't really understand the connection between what I put in my body equates to how I feel, how I operate, how I think, how

I react to life. You know, through everything from diet and nutrition to the entertainment that I watch, the media that I digest am my indoors all day, do I take times to go outside and walk and be in nature and clear my mind.

Really, that was all learned in fighting. You know, I had played football from a young age, I think from 10, finished at Arizona State, realized I still wanted to continue on in some facet with being an athlete and got into mixed martial arts and from there, the pressure of fighting, of having someone that was going to potentially take my head off, there was a new found desire to learn more.

Really, when you think about all the things that encompass being a fighter, it really tackles all angles, there's the nutrition that I put in my body supplements, there's recovery aspects, everything from the ice bath to stretching, to yoga, massage therapy, there's the mental aspects of breath work and how I stay calm in the middle of a storm that's coming with the fight and just dealing with the anxiety of fight camp all together.

How do I quieted my mind, how can I practice stillness inside and mindfulness? Those are all different avenues that I needed to explore in order to be a better fighter and every one of those avenues are things that I still practice to this day because they make me a better person, they don't just make me a better fighter.

[0:07:45.6] AVH: You still train MMA, right? But you're not actively like competing anymore? Is that true?

[0:07:50.4] KK: That's correct, you know? I wouldn't say I train MMA for the sense of, you know, there's no comparison to how I used to train and how I train now. I do things for enjoyment, I enjoy continuing to learn Jiu Jitsu even though I'm not on the mats consistently.

I enjoy throwing the gloves on and wraps and a little mouth piece and hitting the heavy bag for a while, listening to some good music. Then I enjoy different forms of weight lifting and things like that but for the most part now, those are supplemental. I can't say that I'm consistent on any one type exercise. I'm just consistent with exercise and movement.

It varies greatly between what I'm doing day to day. I might only lift hard once or twice a week, you know? That has also changed from how I lifted in fighting and getting into power lifting after. I like exploring my body and the limits of that but now it's more about how do I create balance and you know, remain strong and fit but also have a layer of I'm not going to beat myself up the way that I used to with martial arts. How do I manage energy and make sure that I'm optimized for my son as a dad, who is three years old, you know? All those things play a factor now.

[0:09:00.4] AVH: How long did you fight for and when did you stop, when did you retire from the competitive fighting?

[0:09:08.3] KK: I fought professionally for about eight years. Six of which were on the UFC and I retired four years ago in 2014.

[0:09:16.4] AVH: Okay, was there like a conscious decision like I'm getting too beat up or maybe I'm not enjoying it the same anymore or what was the sort of ark of training and enjoying it and loving it and then deciding to move on?

[0:09:29.4] KK: Yeah, there was quite a few things that went into determining that. I think some of the major ones were, I realized I was taking long term damage, I've had my face fractured many times in fights, fighting at light heavy weight, you know, certainly a lot of power behind the punches of my opponents and really not having — not only was I not being able to set money aside for the future, which would be important as an athlete. I was barely getting by.

You know, I had two, sometimes three jobs that I was working just to pay bills. Really, financially, it didn't make sense and then at the same time, I was working with different plant medicines with a Native American boxing coach who is trying to teach me some of the traditional practices of Native Americans and in that process, it really just showed me that fighting wasn't as important as I thought it was. In order to be great, I think in any type of athletic event, it needs to be the most important thing you're doing in life.

It simply wasn't anymore. That transitioned became very easy for me when I realized after my last fight that it lacked a lot of the importance I was giving it.

[0:10:41.0] AVH: Okay. I'm super interested in this because I'm just a huge MMA fan myself and I've been able to interview a couple of other fighters like TJ Dillashaw and a couple of the female UFC fighters. And I'm — yeah, I'm fascinated by the mental strength that goes into it and the sort of chess like attitude towards Jiu Jitsu and how you always have to be thinking about your own body but the other person's body and what they're going to do.

Also, it's like with any sport, there's like this performance aspect, you have to be so mentally sorted out but there's another level for fighting because you could also get knocked out in front of everyone you know and love.

There's just that — to me, it's — I cannot fathom the strength, the mental fortitude that it takes to do that sport and to do it in front of other people. During the process of you competitively fighting, were you actively learning about sort of mental strength kind of work in terms of like breathing and meditation and things like that while you were fighting or is this stuff that you're doing now, like looking back, thinking if I had known this when I was fighting, things may be wouldn't been even more different? Is that stuff that you kind of like did while you were fighting too or no?

[0:11:57.3] KK: Definitely things that worked on while I was fighting.

[0:11:59.6] AVH: Okay.

[0:12:00.9] KK: Worked with two sports psychologist, one was primarily on visualization where we would do everything from the weigh-ins to my walk out, to every position on the mat that I could potentially be in, winning or losing. The more I did that, the more comfortable I felt in those situations. I used to panic quite a bit at the weigh-ins.

I worked with a different sports psychologist on breath work, specifically how to tap into the parasympathetic nervous system, quiet my mind, lower my heart rate and you know, that became incredibly important for me in fighting and now post, you know, you mentioned the fact that have I learned things post fighting, that would have helped me. There's a lot that I've learned but really, I was, I did start while I was fighting and I don't think I had any level of mastery over those skills while I was fighting.

Certainly I feel that I have a bit more mastery now when it comes to meditation and different practices, certainly with breath work. Yeah, there's a little regret when it comes to that but I'm not upset that you know, I've continued to learn these awesome things post fighting, you know? Have those skills regardless.

[0:13:06.6] AVH: yeah, absolutely. You're working on, along with Aubrey Marcus and I know others with Onnit, you guys have, it's like a mastermind program, right? I have a friend actually who signed up for it and I think is taking like the next program that you guys are doing.

Can you talk a little bit about that?

[0:13:22.4] KK: Yeah, we just finished our mastermind weekend in LA and you know, business is an important thing that comes up for a lot of people, Aubrey really knows a great deal more of that since you see, king off the throne here at Onnit and has built this thing from scratch. But relationships, love and relationships is a big topic. Also, our bodies being such an important piece, you know, that's something that I really dive into deeply is how, when we take care of our physical body that results in us enjoying more in life. And not a lot of people make that connection, you know?

I think being able to tackle things from all angles and give as many different things that we can, as many different tools that we can that have impacted us has really helped people. This next one is going to be called Fit for Service. The idea behind that is how we can become the very best version of yourself in order to serve not only ourselves but our families and people closest to us, our community and all those in the world.

That ripple out effect that we can have from being the best version of ourselves possible. I think that's really the mission behind it.

[0:14:29.9] AVH: I like that you mentioned the idea of connecting sort of your physical health and body with carrying that over I not how you can kind off live your life better in other facets and serve other people and be more present for other people because I think it's something that almost like on paper theoretically it seems like common sense, when you're healthy and when

you feel good about yourself, when you're taking care of yourself, that makes everything else easier and better.

But it isn't something that is a natural connection for a lot of people. I think one of the questions that I wanted to ask you and this is going along with my themes that I'm really into right now about mental and physical resiliency is how you can take physical work and behaviors and routines and dedication and practices and really physically apply them to other areas in your life.

The reason why I ask it that way is because from personal experience, when I do things like a new sort of physical goal if I'm learning Jiu Jitsu or if I'm climbing a mountain or if I'm doing cold therapy and all of these things, I'm seeking out this discomfort and this learning experience and I'm thinking that it's making me mentally stronger and I hope that it is.

I don't always — sometimes I think I do it almost as a distraction from dealing with other difficult mental things. Maybe it's anxiety or it's personal relationships or things that are going on that are stressing me out and — I think on the surface, all the stuff is helping me deal with my personal issues or my stuff in my life or obstacles.

Maybe it's actually distracting me because I'm just like focusing on this other tough scary thing instead of the other tough scary thing. I guess this long rambling question is how do you make sure that all these other work that you're doing, maybe this physical improvement stuff work that we like to do, how can we make sure that we are applying that same kind of discipline and that learning experience to other areas of our life?

[0:16:28.7] KK: Yeah, I think you touched on a few things here. Without a doubt, people will take whatever — fill in the blank and use that as a distraction from life. That could be everything from TV and movies to radio to constantly having this incoming outward message that they're always listening to instead of being alone with their own thoughts and themselves.

People do it in the gym, you've got gym rats who are just in the gym every day beating themselves up to the point where they get hurt or sick and then they wait until they're not hurt or sick anymore and they go right back to it. Really, that is an error as well, you know? Because you can overdo anything, you can even overdo the cold, you can overdo breath work.

The point is to be mindful about all of it, to be mindful about why you're training, why you choose to have the acute harmonic stresser like cold or hot sauna, when is it applicable to do breath work so that you can focus on something but all these things factor in to the experience of life.

If I know that I'm going to do five rounds of 50 breaths of Wim Hof breathing because I want to get higher oxygen, help my body recover and turn my brain on, also to quiet my mind and in the same level, that's okay.

But I'm not going to do that all day every day because now, I'm not being present with stuff that's coming up for me. I think the key here is to know that it's okay to work out, it's okay to do all these things, it's important that we do those things but one of the ways that I make sure I'm not overdoing that, is to check in with myself.

I think walking meditation has been one of the biggest impacts in my life because oftentimes, if I have anxiety or energy, I can't sit still. If I can just get out in nature and go for a brisk walk, I can meditate, I can do mindfulness walking meditation and there's an excellent book I often refer people to called *The Science of Mindfulness* by Dr. Ronald Siegel, it's one of the great forces on Audible.

He talks about many different paths that lead up to mountain in terms of meditation but it's a muscle that you can strengthen, quieting the mind. We know that through science, neurons that fire together, wire together. If we can actively and consciously shift ourselves from a sympathetic fight or flight, life is happening to me state of mind to parasympathetic rest and digest, deep inner peace state of mind at will, we can do that, and we can, that's something that's trainable.

If I get in a cold bath and I panic, I'm not going to last long. If I get in a cold bath and I quiet my mind and start doing deep, slow, nasal breathing, odds are, I can stay in a lot longer. That skill is transferrable to other things in life. If I get cut off in traffic, if I'm in an argument with my wife, if my son is having a meltdown because he doesn't want to go to school or fill in the blank, those skills apply.

If I can slow my breathing down in that situation, my brain and body will remember the act of slowing down the exhale and it will help me dip into parasympathetic faster, right? You can overdo anything, people train all the time just to numb themselves or to escape whatever thing is going on in their mind. Certainly, if I'm not feeling good about life and I know that I can get high from a workout or breath work, that's fine but I still need to address the underlying thing.

What is my fear, what is the anxiety, where is it coming from? If I can carve out space, whether that's through meditation or walking meditation or tai chi or any other form, then I give myself space to feel that thing. If I go through my day, adding in activities from – it doesn't matter if they're good for me, if I hadn't, if it's one thing to the next from breakfast to a workout, to work, to emails, to watching TV and dinner and all these things but I'm never giving myself space to be alone with my thoughts.

Now, when I lay down in bed at night, I'm not going to sleep because that's the first time in the day where I've been quiet and with myself. That's when the mind will race, that's many people in the west –

[0:20:31.6] AVH: You are speaking my language right now dude, that's all I could say, this is my life, let's just crush everything all day long and then I lie down in bed and I'm like, there goes my brain and anxiety for the next three hours. You're speaking to me right now.

[0:20:46.9] KK: Yeah, it doesn't take long, you know? One of the things that I've gotten a lot with doing Facebook Lives here and answering a lot of Q&A, from the podcast as well is people don't think they have an hour to commit to anything in the day, right? You don't have to do that, a lot of my workouts don't last an hour anymore. They might be 30 minutes of mobility and working out and then 15, 20 minutes of sauna and then I'm done in under an hour.

It doesn't – I'm not training to be a professional athlete anymore but that's something where I have a balanced approach that opens up my body just as much as it tightens it. There's other good things that happen from the sauna, resiliency, hormetic stress, things of that nature. But really, there are time crunches you can do and the same goes for meditation. I can go out and do a 20 minute walk around Onnit and I feel much better and I can do that twice a day.

If I'm doing that twice a day and I'm getting out in nature, that improves my overall ark of the day much better and that carves out space for me. Then, if I have time, sometimes I'll go in and actually meditate in our meditation room. A lot of people don't have that but if you pack a lunch on your lunch break, you can usually eat that lunch pretty quickly. Hit a walking meditation, which will help you digest and then if you need to, throw in some binaural beats and sit in your car for the last 15 minutes to really get quiet.

I mean, there's many ways you can sort your things out if you create the space to do it.

[0:22:17.1] AVH: One thing you touched on earlier that I want to talk about because you're saying that you can train yourself, your mind, your body, to be present and to be mindful and to apply these kind of behaviors to other areas off your life.

But one question that I have and correct me if I'm wrong because I think maybe I'm just sort of, I have like a glass half empty kind of cynical approach to this stuff. But in terms of building resiliency and mindfulness, and being present and all of these important things in life, through stuff, like meditation, breath work, cold therapy, all of that stuff. I sometimes feel like the people who seek out that kind of behavior are people who are already kind of inclined to it anyway.

As an example, I saw you posted on social media that you've done – you've worked with Wim Hof and done this breath work and I did a similar program called XPT, I'm not sure if you're familiar with it but –

[0:23:18.8] KK: They've learned from Wim and they've added a number of other things, they're fantastic.

[0:23:22.0] AVH: Right, it was an incredible experience for me and the breath work, I mean, that's something we could talk about forever too. Because the first time I did was like an hour's worth of that sort of, I don't even know what the proper term is but that hyper oxygenation where you get like super high and it's like, it's the most incredible feeling in the world, I had no idea that you could feel like that from breathing.

It was just such an incredible experience but one thing that struck me during the course, the three days that I was with these people and doing the ice baths and things like that. Is that there was like a little bit of a selection bias going on with this group. These people were all very like, I don't know, type A sort of ambitious, willing to kind of put themselves in uncomfortable positions and learn and do things that they've never done before.

Again, it's sort of a generalization but I'm thinking like maybe there are people out there who could even more better benefit from this kind of work but they wouldn't seek it out or they wouldn't be interested in trying it for whatever reason.

I guess, my question is, how can we maybe reach or do we even think about reaching people who maybe wouldn't be the type of people who would seek out the kinds of things you are teaching. Like, do you ever feel like maybe you're already sort of preaching to a choir of people who are open and willing and ready to learn these stuff, where the people who really could benefit even more aren't the people that are listening?

[0:24:44.3] KK: Yeah, that's a good question. I don't know, I mean, there's without a doubt, the people that show up to XPT are down. They want to learn, that's why they paid the money to go there. Same with you know, an Aubrey Marcus mastermind weekend, a lot of likeminded individuals, people that want to improve their lives.

Oftentimes, they've got some shit to work on, you know? If you go to an Ayahuasca ceremony, people have some things they're dealing with, that's why they're showing up to something that difficult. That's okay, right? I often times think of the matrix when Joey Pantoliano is talking to her and he's like, I know what you're thinking, why did I take the red pill, right?

Many people in the world, family members I have, would rather keep blinders on, they'd rather not know the difference between grass fed beef and feed lock cattle. They want to just ghost through life, they want to watch *Keeping up with the Kardashians*, they want to keep their head down and they want to work their shitty job and hopefully have retirement and all the things that we're sold on when we grow up. Those people, it takes them wanting to change, right?

It's not about convincing others, this is the path, look at what I'm doing, if you want to be like this, it's accessible and here are the ways, that's not it at all, it is about finding those people that are kind of on the fence or kind of feeling like, "Fuck, I think I can do better. I think I get more out of life, I think I can move better."

And not just saying well, "I'm 35 years old, this is what it is." Or 45 or 55 or 65, whatever that timeline is will be decide to throw in the towel and accept what life is bringing us. There's always room to improve, there's always room to get more out of life and that's the group that we answer to, that's the group that listens to these podcasts.

You know, we can say hey, you know, check out this podcast and maybe there are some things that resonate with people and it starts to trickle in that idea that they can enjoy more, right? It's not the pursuit of happiness, it's the cultivation of a better life and that's going to include all the feels, right?

Il think that's important to understand is that it's not about convincing people to jump on board, obviously, you know, that means more downloads, that means more people that are following the brand and all those things. But it's already growing at a rapid pace. You know, those that want to shift, those that feel like maybe something's a little off with what we've been told growing up. I think there's plenty of people waking up to that saying like I want more for myself.

[0:27:18.0] AVH: For your mastermind program, does it – do you have a sense of the people who sign up the demographics like does it tend to be more men, is there a certain age group that's more prevalent?

[0:27:30.1] KK: You know, it was a younger age group, this time in LA than it was in Austin very good mix of women and men and you know, we had a couple of older guys that were in their 50s, which were awesome because they – it's funny talking to them, they felt like bro, the oldest guy here. It's cool because it's like dude, it's never too late. It's never too late to get stuff going.

My dad is in his late 60s and you know, not long ago, went paleo for a period of time, he tried keto for a period of time, felt better, I mean, he is searching, he is looking for different ways to

lower inflammation and do the things. I think with, you know, it's cool to see that, it's cool to see young people, you know?

There's a lot of people in their 20s that are showing up to an event like that and it's like, damn, all right, you guys are fresh out of college, you're thinking about this shitty day job you're going to have and you want more than that. That's a cool thing to see too.

[0:28:26.9] AVH: Yeah, to be that on the ball that early, I wasn't thinking about trying to sort my life out when I was in my early 20s, I was like, in the thick of it, I wasn't that self-aware. So they're definitely on the ball. I think you know, speaking to the older people. You talk about longevity and I think that one of the key things to living a long and fulfilled life is that concept of feeling like you can always keep learning and never feeling like okay, I'm old, there's no point now and let's just stop.

I think that that sort of hunger to learn things and improve yourself is something that can keep you living a better life longer, right?

[0:29:03.0] KK: Yeah, I mean, fundamentally, it's the idea, I brought this up on another podcast but this idea off elder virus older. Elders in tribes are people that are revered, they have a lot of wisdom, they've been around the block but they still have a zest for life. They love living and they're funny, their characters and they keep going.

They keep going, they keep learning, they keep improving. Older are a lot of what we see in the west where you've got the grumpy old man or the grandpa who is always yelling at you to knock it off, you guys are going to break something. That kind of old turd who doesn't want to experience anything new and just wants to cultivate the same experience each day because it's safe and there's nothing new.

Unfortunately, we have quite a few people like that that reach a certain age and they throw in the towel and they're done learning, they want to keep things the same, they want to hold on to what they have and they fear change, they fear something new. There are practices that actually strengthen the muscle of welcoming the unknown and that can be done through breath

work or hot and cold temperature changes, where you're actually putting yourself in a something that's difficult and willingly doing that.

Quite honestly, psychedelics do a great job of that as well and I think Michael Pollan and his new book really illustrates that, *How to Change Your Mind*, you know? He was an older guy when he first started down that road. There's no doubt that science is supporting that, the ability to have a different perspective on life is there, there's no doubt.

I know that's not something that's available to everyone but at a certain point in time, it may be.

[0:30:46.1] AVH: How do you approach the emotional side of health and wellbeing through the work with the mastermind program. I know I listen to the podcast all the time and I hear you guys talk about relationships and love and emotions and trauma and all of these things and I think maybe it isn't as unique as I think it is but I think it kind of is because to have some what we consider to be type A, sort of masculine, manly men having these kinds of conversations with themselves, I feel like that's not something that you see a lot.

But maybe because you're in this world, you're noticing a shift where people are becoming a little bit more willing to talk about stuff like that a little bit more open to talking about it. Is it something that's still kind of a tougher subject to access or what are your thoughts on that?

[0:31:33.6] KK: Well it's do we have permission? Do I feel invited, you know? There was – I spoke first after Aubrey's opener at this mastermind event and I got choked up a few times in my talk, I was talking about things that I was passionate about and it surprised me how many dudes came up to me after and we're like, "Wow man, thanks for being vulnerable, thanks for this, thanks for that." And thanks for sharing, it really helps me to feel like I can do that too.

I find the word vulnerable funny because really, it's about how do I be human. It's not – there's nothing courageous about being able to cry in front of other men, it just is. Hey, if I'm a human being, man or non, physical stature or not, I should be able to express all emotion and I should know when that's okay to do that, right? But we're oftentimes taught to behave a certain way. Men and women are, from a very young age, and it kind of stifles our ability to process and feel in life.

If I'm doing the work on myself to be able to feel everything and to let that out appropriately and to feel like I can express myself, that's an invitation for others to do so as well. I think that's why people enjoy coming to events like this or listening to the podcast because of the fact that there's a level of talk and communication that's more real than in other places that they hear or see.

[0:32:59.8] AVH: Was that something that was difficult for you personally as you were going through this sort of journey and working with Onnit or were you just waiting to be invited and it feel like you were able to share. Was it difficult or was it once the floodgates opened, it was easy for you.

[0:33:18.0] KK: Well, I mean, I think it's a lot like meditation, that's a skill that can be strengthened and over time, in being around people like Aubrey and different people who have full use of their faculties and are fully emotionally available, that's just the culture here. It is easier to live that way when you're surrounded by people that embody that.

[0:33:38.2] AVH: Yeah, something that you mentioned a couple of times that I wanted to talk about was the idea, and we're talking about life optimization and maybe cutting things that are unnecessary or that are harmful out of your life and one of those things is the type of media that you take in or pay attention to or make a part of your daily routine.

Is that something that you consciously worked through at some point? Where maybe you were reading certain kinds of media or news or you were using certain kinds of social media that you felt were a waste of time. Was that something that you had to work through personally?

[0:34:12.1] KK: Yeah, I think you know, all social media has this pros and cons. I'm not really on facebook anymore because I got tired of the long post. The long venting post, certainly get sucked into that rabbit hole. I like Twitter because it's short and to the point. Really, I don't spend a whole lot of time on social media anymore.

My wife had the idea of getting rid of our TV and we don't have a TV anymore. Now, we still have the big computer, we'll watch fights on or movies or things like that with family and that's

cool too. But for the most part, my screen time is way less than it used to be. Even when I was watching TV and we still had that, it'd be sports and maybe some different nature shows and a movie here and there. Not watching the news very often.

I get that on social media, you know, Twitter I follow a couple of news people and I'll see stuff as it happens but people tell you about stuff just the same, you know? So it is not like you're going to avoid whatever recent tragedy just happened. I mean we're in LA when the fires happened and the Thousand Oak shooting but I didn't find out about that from watching TV. I found out about that through people talking about it and that's okay too.

But I am not inundated with that negative aspect of news by constantly watching that. They know what sells, so they're going to deliver that package to you every single time you are watching the news and that's not something that I want to be a part of.

[0:35:38.1] AVH: Yeah, I got rid of my TV too because I am a freelancer, I work from home but I also know how TV works and how the human brain works and I know that even if most of like daytime TV for example is garbage, if it's there I might turn it on and I might waste my time. So I got rid of it and I am absolutely happier for it and you realize I think sometimes when you cut things out how much of a drag they were, how much time they were taking that was unnecessary and it's almost like a weight that's lifted, right?

Like you said, I am not out of the loop because I don't have a television and can't watch the news, I am not unaware of what is going on because I don't have my TV on all the time. I think it is just one of those things that you need to maybe consciously experiment with and see is this something that I need in my life or not.

[0:36:24.6] KK: Yeah, I couldn't agree more with that.

[0:36:26.9] AVH: Yeah. Okay so we are going back to social media because this is something that I want to ask you about and maybe I am overthinking it but I follow you on Instagram and I think you are somebody who I don't – the term influencer I think can be annoying to people but you do influence other people. Because you are in a position where you have a lot of

knowledge, you have a lot of experience and you can share a lot of this stuff with other people and they can be inspired by you.

You post on social media about the incredible things that you're doing and the things that you do with your family and a lot of it is really positive and inspiring and awesome and Instagram I feel like is really big in the health and fitness space for whatever reason and I think that as you touched on before, social media can be a tool. It can also be a hindrance depending on how mindful you are and how you use it.

But what are your thoughts in terms of what you share on social media? Are you planning it in your head or are you like, "Oh I did a cool thing today, let's just post this picture." How much thought is going into that for you?

[0:37:26.4] KK: Well not a lot and then truthfully I could be more mindful from a business standpoint or growing my personal brand on how I post, how often I post, those types of things but I really don't give a shit for the most part. I mean there are some cool things that I am doing that I am like, "Oh man I should post about that. That was really cool." But you know, I mean there is a lot of times where I don't. I posted on my way to Burning Man when I got to meet Paul Stamets who I am a huge fan of.

I posted maybe one pic or video from Peru from the trip we had there with Aubrey and everyone and there is some – those were impactful experiences for sure. You know posting a fun workout video with my wife that we do at the house on the weekend with our son running around like a crazy man in the background, that's fun too. This is just stuff we're doing and it is more about like that's the invitation for others. You can do this right in your house, you don't have to have an expensive gym membership.

Buy some kettle bells or battle ropes or whatever and just hang out, make it an enjoyable thing that you do. And I think from there, is it worth it to me to think about all of those stuff and stress over that? No, Onnit is growing on its own. I am growing with on it. I think going on big podcasts and things like that grows myself and the brand bigger than what I post online.

So really if I have my choice on what I am thinking about, I'll be planning to podcast with bigger name people. I think that makes more sense than what cool picture or video I post online.

[0:39:05.1] AVH: Yeah, I think probably not giving a shit too much about Instagram is probably helpful really in the long run. Because it is less of a drag and the time that you are taking thinking about strategic on social media. But I also think we are hitting a point again in the health and wellness space on social media where people are becoming a little bit numb to it, they are becoming a little bit jaded to it.

They are also maybe – because there is so many of these Instagram influencers whose whole world is about what they post on social media and I think a lot of us were spending a lot of time on it are starting to be like I don't almost trust the people who are a little too strategic, a little too polished and you are almost looking for people who are just being a little bit more authentic, a little bit less curated.

[0:39:53.5] KK: Yeah, I mean I will use an example of my mindset on social media. When I was fighting, there wasn't a waking moment where I wasn't in the fight. So all through training camp, I am thinking about how I spared that day or the sparring that is coming up. I am thinking about the techniques that I've been working on with my boxing coach, Muay Thai, wrestling, jujitsu, all of things and the fight that is coming up, what is the strategy, what are they good at, what are they bad at.

If I just finished the fight, where did it go wrong, where did it go right, what do I want to do going forward, who is the next opponent they're going to put me against. So 24/7, the fight is on my mind. Now there is a lot of people where they are not professional fighters but 24/7 social media is on their mind. They're either scrolling through other people's posts and looking at that and commenting and wow and how many likes did I get and is this something people want to see or is it not.

Should I post something different and it consumes them, right? Because we don't have real threats anymore in most of the modern world. I am not saying that doesn't exist on planet earth but there is a lot that we don't have to fear anymore and with that comes us creating shit in our

mind about what to fear, what to be engaged with and it can be very consuming if we don't have other things we are focused on.

But truthfully, I am so focused on training the skill of quieting my mind. On optimizing my experience in life, on getting the most out of my training but being mindful of overdoing it and also, thinking about the podcast and other things that I think really are a better deliverable to people. You know if you are willing to carve out 45 minutes to an hour to listen to two people talk in a way that you don't see anymore, I mean it's very rare. It is funny how many people have their phones out at dinner and if you go out to eat you still see it, right?

And there is just not many great conversations anymore in real life but when you carve out a space like this, you have my full attention right now for an hour and I have yours and I think that is a cool thing to listen in on especially if the people that are talking have some valuable things to say and I think that's where I see most of my mental energy going as oppose to what picture they're going to scroll across or what cool thing can I write about this weekend I just had.

It's like, no, you know maybe I'd talk about it on the podcast. Maybe I don't but still, what I deliver on the podcast is going to be more important than what I deliver on social media.

[0:42:26.2] AVH: Yeah, what are some other ways – maybe this is something you work on with the mastermind program too but ways to maybe cultivate or encourage that really radical presence being fully focused in the moment because that is as you just touched on, that is something that is really hard for a lot of people to do and we go out of our way to seek it out.

I mean you were fighting in the UFC and one of the reasons why I love training jujitsu is because it is one of those few moments really in my day where I cannot think about anything else. I am not thinking about the work I have to do tomorrow or posting on social media or whatever.

I am thinking about surviving and not dying and it's such an incredible visceral real feeling to just be fully in your body and in the moment and I know that people can achieve that through breath work and meditation and things like that but so much of us, so much of our day and our life is just autopilot and we don't think that it is autopilot.

That is the other thing that makes it difficult is we're not thinking like, oh hey we're just mindlessly scrolling on Instagram and now I am mindlessly checking my emails and now I am mindlessly driving to the grocery store to pick up some groceries.

We don't think that that's how we're going through our life but until you put yourself in an ice bath or in meditation or in a fight with someone else, you don't realize the difference in how your brain works and how your body feels.

When you really truly present in the moment. So what are some ways that we can encourage ourselves to snap out of this autopilot that is so easy to spend our life in and really put ourselves into this presence and just fully being in our body. How do we do that?

[0:44:14.5] KK: Yeah, I think there's many practices. There is a great book called *Stealing Fire* by Steven Kotler and Jamie Wheal and they really try to figure out how archetype flow states. So flow would be what we consider to be being in the zone and there is actual different brain wave activity when we're there and that actually feels really good to us. There is a high that accompanies that.

Oftentimes, people would miss associate an adrenalin junkie as chasing that rush but really it is chasing flow. So if Laird Hamilton's riding what I am sure you'd met at XPT, if he is riding a 50 foot wave that he had to be towed in on, on a jet ski just to get on he has to be 100% in the moment. He is not thinking about anything else. So what are the practices, often times they involve risking our life you know?

So people who have families and things like that, maybe they don't want to jump out of airplanes or base jump but there are other practices that feel like we're risking our lives that force us into flow. Back squat has such a tremendous impact on our physiology because our body thinks it could snap. We could die in this position if the weight is heavy enough.

That requires a certain degree of presence. Jujitsu, you have all kinds of variables. You don't know what your opponent is going to do and in that situation, they are trying to choke you out or

rip your arm off. So because there is a different layer of consequence there's definitely a different layer of presence and flow attached to that.

Maybe that is not for you, maybe it is just the feeling of death, right? So why does cold therapy work to quiet our minds? Well if we are conscious about our approach to the cold, we can slow everything down and in that, we're practicing exactly what I was trying to learn in fighting, how do I stay calm in the storm and we do that through breath, we do that through mindfulness, we do that through putting ourselves in danger like I could freeze to death in this thing even though I am only going to stay for three minutes, my body doesn't know that.

It just recognizes the temperature as I am going to die if I am here long enough, right? And I think in those circumstances, it is very easy to hack flow and it is also something that we train so we can get back into those states faster in life and that is the transferrable thing we're looking for. That is the transferrable thing we want to have access to when shit hits the fan in life and we need to calm ourselves or when we just want to get more.

Like hell, I live a pretty cush life, everything is good, let me add something in where I can feel alive hormetic stressors like temperature help us feel alive. You go through a 90 minute hot yoga class, you are going to panic there for a second if you are not used to that. So what do you do? Well you listen to the instructor, you follow your breath, you match the breath with movement, you quiet the mind and the longer you do those things, the greater the reward.

[0:47:06.8] AVH: Yeah, I think one of the things that we have been talking about a lot is a proactive approach to living the best life that we can and being mindful and being present but one of the things that I think is a really interesting way of looking at a mental resiliency is how people handle the failures that do come up. So maybe you did something you fucked up really badly or maybe something outside of your control messes with your life and there's a catastrophe.

Or something that happens that you have to cope with and being able to access these practices and behaviors that are perhaps easier to do when you are life is fine and everything is going well but how do you deal with crazy failures or catastrophes in your life, how do you access those practices that you have been working on when shit really does hit the fan and I would love

if you can share as much or as little if you want to but maybe you have an example of something crazy that happened in your life and how you overcame or dealt with it through some of the stuff that you've learned.

[0:48:16.2] KK: Yeah, I think it's, "Which tools do I have, which are most appropriate for the time being?" and then accessing those things like so often, we know something is good for us but we don't do it because it is difficult or it is not necessarily convenient to do that thing. But I know breath work and meditation make me feel better. They change my state of being and the more often I do them, the better I feel. So even if I am having a good day, I am still going to meditate because I know that thing gets strengthened every time I do it.

Similar to lifting weights, it is consistency that makes everything move in life and so if I can be consistent with the tools then there is going to be a bigger payoff there. But when shit hits the fan or if I have something that I am really struggling with, I've got to lean heavily on those things that I know work. So I will give an example of where I was at — I had started a podcast this is prior to coming Onnit and I travelled out to Paleo f(x) to meet people.

I met Aubrey and a few other people and Aubrey and I shared a flight home and we hit it off, we talked plant medicines, we talked all the things we have talked about today and he said, "Look I love to hire you here Onnit. Why don't you come out for an interview?" And I was pretty resistant that because I had a good thing going in Vegas. I was getting paid a good amount of money from one sponsor for this podcast that I had and it was a very easy life.

We had family in Vegas, my wife's sister was out there and her kids and there was a lot of reasons to stay. On the airplane or in the airport getting ready to fly to Austin for the interview, I was called from my previous employer who said, "Look man, we got to let you go. We ran out of cash and we can't pay you any severance." Now this is at a point where I have invested everything back into the podcast. We got a Prius because it is a reliable car.

So I could drive to do interviews with people like Ben Greenfield and out to LA and really have this road trips specifically for the podcast. Got a new computer so I could use Zencast, which we are using right now from the house. You know a lot of investments have been made back

into the thing I was doing and there really wasn't even money for a UHaul to go back to California and live with my mom in the garage like we had previously.

So with my back against the wall, what could I do but change my mind, what could I do but change my perspective. So on the flight to Austin, I threw in some binaural beats and I meditated and I did breath work the entire flight for three and a half hours and when I landed, I actually felt better than before hearing the news, that I no longer had any income coming in.

And that allowed me to be present and enjoy my time with Aubrey and then we got down to talking about the job and what it would entail, he asked, "When can you start?" and I laughed and told them what was going on and he was like, "Holy shit! I never would have guessed that in a million years," and so with that, it's like if I show up mopey and needy, probably not going to get the job. He needs to see that I am the right fit but he also needs to see how do I handle stress, right? And that is how I handled one of the most stressful times in life recently.

Simply by surrendering to what it is, trusting that it will work out and then relying heavily on the practices that I know can shift my state of mind and doing all of those things simultaneously, pulling out all the stops allowed me to be present in myself in front of my new boss.

[0:51:42.8] AVH: That is such a cool story. I think it is so empowering too for people to be able to understand and internalize how much power you have over your external circumstances simply based on how you react to them, right? It's like this stoic principles that they're evergreen. They are always applicable because it is not about necessarily what happens to you because it is always going to be stuff that is outside of you control.

But it is how you are able to react to them and as you said, you're able to quiet your mind and be present and be mindful and be calm that it shows that you have so much more power and so much more control than you think you do.

[0:52:24.9] KK: Yeah and they are really, I mean hindsight is always 20-20, stress makes us stronger. Stress in life oftentimes will cultivate unless you get broken and you die. Oftentimes, we look back on some of the most stressful times in our lives with gratitude when we say, "Shit if that thing didn't come up, I wouldn't have taken the steps to improve and change and do this

new thing that I am doing, which I love,” right? So we can often look back on tragedy or things that happen and come up for us.

With gratitude because it is hindsight and because of how we shift moving forward. It is very hard to do that in the moment. I have not mastered that by any means but there is a certain level of if I can let go and surrender to the moment of what it is and accept what it is, there is a great deal of more benefit there because the weight is lifted off my chest and I strongly recommend one of my favorite books, it is called *A New Earth* by Eckhart Tolle. I am not sure how you say his last name.

So much of these concepts of what I am talking about with the mental and emotional awareness comes from him. I have read that book 12 times. Every time I re-read it, I pick up something new and there's just a lot in there. He tells old fables and stories, one of them is “Is That So?” And so he tells the story of the zen master who anytime someone comes up to him and tells him something his response is, “Is that so?”

So they come up to him and they're like, “Oh no, the general is here. He's going to draft your son. He's going to have to go to war, he could potentially die. It's just terrible. This is terrible news.” And he says, “Is that so?” so the son of course goes to get drafted and I think he breaks his legs so now, he can't get drafted and then the town people come over and they're like, “Wow he broke his leg, he is not going to go to war and die. This is great news.” And it's, “Is that so?”

And the story keeps going along that way in a funny way and you know that is always the zen master's approach to life, “Is that so?” Because you really don't know where things will turn out or what they're going to lead to. So trying to attach this idea of a potentially bad outcome or a potentially good outcome, it really doesn't make sense. All we have is now and that's taught across the board in eastern traditions and religions.

It is taught in Buddhism. I mean we really can only manage what we are doing right now. So to focus on the past that you can't change, the future that you don't want, it really doesn't make any sense you know?

[0:54:45.1] AVH: Yeah, easier said than done. But definitely there's some wisdom there for sure. I wanted to ask you about — and I am sure this is a question you've answered before but everyone is always interested in it is the idea of a morning routine and it seems like everybody is that sort of successful and has their shit together has morning routine, which can be — it doesn't mean that you have to get up at four in the morning and meditate for an hour and then journal for another hour.

But people generally have some sort of idea of how they want their day to go and they set it up in the morning in a way that allows them to do what they want and get the most out of their day. So what is your morning routine like?

[0:55:23.1] KK: Well I know that is one of the things that Tim Ferriss, who is a friend, really has illustrated and *Tools of the Titans* is cool because he's asked a lot of similar questions to people and he's generally picked up a lot of commonalities between 80% of every person he's ever interviewed. All of them have morning routines. I have worked through my morning routine through reading *Tools of the Titans* but also, through Aubrey's book *Own The Day, Own Your Life*, which I think is a fantastic book of how to own one 24 hour cycle.

And the morning routine that I got is from him, it comes from first hydrating with sea salt. It could be Celtic sea salt or pink Himalayan salt but I will probably have 20 to 32 ounces of water before I touch caffeine or put anything else in my body and that right there allows my body to be hydrated. It allows it to work better so when I do have the cup of coffee actually feel it. It is not just getting me back to baseline and it's not dehydrating me further.

So people say hydrate-hydrate-hydrate but I mean that first intake of salt water is far more important than any other time of the day. If you can start the day with that, it is going to make a big difference. Aside from that, a morning movement practice, which could be jumping on a trampoline. It could be taking my dog for a walk or it could be just throwing on some dance music and dancing with my three year old son first thing in the morning, which doesn't sound awesome for a lot of people.

But anytime I could get my heart rate going and get blood pumping, I think more clearly and I feel better going about the day. It is not a morning workout. It is just morning movement and

then lastly, getting some type of direct light on my face. So going outside being in nature, if it is sunny that certainly works but even if it's cloudy that still works. I could smell the fresh air, I can see just the difference in being in nature and that doesn't take long.

It might take five or 10 minutes and often times, I will just combine those. So I will go for a walk and grab my salt water and just walk with that and I feel incredible starting my day that way.

[0:57:25.5] AVH: I don't know, I think a morning dance party sounds pretty good to me. I can't think of a better way to get some morning movement in.

[0:57:32.2] KK: Yeah, I certainly enjoy it and watching my son dance is really inspiring because he has – you know there is no guilt or shame about any of his movements. He is completely unattached to what people think and that is a beautiful thing to be around.

[0:57:46.4] AVH: Yes, absolutely not to mention toddlers have the most perfect body mechanics and mobility ever. It's incredible watching kids squat to pick something up and it's the most perfect squat you have ever seen.

[0:57:58.4] KK: It just pisses me off when I see that.

[0:58:01.2] AVH: Yeah, it's the worst right? You just see all of the ways that just living your life has messed up your body mechanics because these kids are born with the perfect ability to move. It's pretty incredible. Has having a kid changed your ability to I guess be present and slow down and be more in the moment as well?

[0:58:20.8] KK: It certainly has. You know I think that with that and that's another thing too that kids have is with their presence that they can get really upset and then a minute later, they're onto the next thing. They don't hold onto it the same as a dog, you know? There is that level of presence in being in the moment that I gravitate towards.

Like we can shift gears and move in to do something. If he is upset we can shift gears and move into something that's fun and it is pretty seamless transition. So I think there's a lot there. I think

seeing kids and realizing that I am going to teach my son a lot but he too is my greatest teacher and that's an important thing.

[0:59:00.0] AVH: I think being able to look at any of the people in your life as someone who can potentially teach you something is a great way to keep your mind open too. Whether it is your friends or the person you are talking to on a podcast or somebody that you meet in the subway or whatever, just having that attitude that other people can teach you something even if that is not necessarily what you set out to do when you met somebody.

I think that that's a good way to approach life, right? It is constantly learning from everyone and everything, I think that is a great way to go through life. Okay, so I have one more question before we cut this out here because I don't want to keep you forever although I could. But one of the reasons that I wanted to chat with you specifically is because I know you have a lot of experience with fasting and that's another thing that I think along the lines of physical resiliency, fasting is so huge right now.

Like in the health and fitness and in the paleo world and keto world and everything, fasting is all the rage and I know that it is not new. I know that people didn't event fasting a couple of years ago when everyone started talking about it again. But can you talk a little bit about that process for you and what kind of fasting you do and why you do it and why it works for you or has worked for you?

[1:00:12.5] KK: Yeah, I mean there's first a great resource that I want to recommend to people. It is *The Complete Guide to Fasting* by Dr. Jason Fung and Jimmy Moore. It is an excellent book. It covers a lot of science behind all the various forms of fasting. My wife and I do intermittent fasting fairly regularly I'd say probably 300 days a year and I think there is a lot of benefit to that who with lower inflammation and pain and having more energy.

But I have done some extended fasts too and I think those are incredible. I have done three or four days of fasting or three day fasts or longer. So three days of water only. I have probably done that two or three times and I have done two four day water fasts and then I did a five day water fast earlier this year out in Sedona and that would be more towards the longevity side than the performance side for sure. It is not something I recommend athletes doing in season.

Maybe you could do it out of season if you want to have some of the longevity benefits there and things of that nature but you know oftentimes you get this idea of body builders and power lifters like, “Oh man, he stopped eating food for a day you’re going to die. You are going to lose all your gains. You are never going to PR again.” And the truth is the body rebounds very quickly. There is a hormonal spike that happens in growth hormone and testosterone from fasting.

And the body wants to preserve as much as it can, that is one thing. There is many other things to that but one of the things that I have noticed in those extended fast that are really long is how much more mental energy I have and not really to do emails or read books or learn and things of that nature but just to process. My processing power goes up because I have more bandwidth that’s not dedicated to what I am going to eat and when.

If I get hungry, I am going to drink more salt water and it really is very meditative. It allows me think outside the box. It is about things have been troubling me and it is an excellent resource just for being able to sort and navigate stuff in life and I think it is not easy. It is certainly not something I would do at work or if I had a busy schedule or if I was traveling or if I have to be around my wife and kid. So with that, I think carving out time where I can have alone time to do those fast is important.

But you know the science is there. It is one of the best things you could possibly do for your body right now and long term and I think that’s one of the difficult things that makes us stronger as well.

[1:02:31.8] AVH: Is that something that you – you think moving forward, you are going to build into a regular schedule like maybe once a quarter or once or twice a year, you’ll do this longer fasts for longevity and for overall health and then just on a daily basis you do a more moderate intermittent fasting because that just works for your lifestyle?

[1:02:53.3] KK: Yeah. I would say intermittent fasting can be done daily 365 days a year. With the extended fasts, it is not something I plan to do quarterly but once or twice a year and just carving out the time and space for that where I can meditate and not have to worry about

cooking food for my son and other things of that nature but I can be out in nature. I can be by myself, I can be alone with my thoughts. If I can do that while I fast I get so much more from it.

From the mental and emotional side and I think that is critical too because it is not just about my body, it is about all of that.

[1:03:25.0] AVH: Have you experimented with fasting mimicking at all? Like reducing your calories and super high fat where it's supposed to give you some of the same benefits.

[1:03:37.4] KK: So Valter Longo coined the fasting mimicking diet and he has an excellent podcast with Dr. Rhonda Patrick on foundmyfitness.com and her podcast but his formula though I don't necessarily agree with, there is a substantial amount of carbohydrates there and having spent a great deal of time in ketosis, it doesn't make sense to me why you would add that in. It would only make you hungrier. I have done some really fat bombing I guess you could call it for four or five days.

Where I would have a thousand calories of fat a day with a very mild amount of protein usually in the form of shakes and that's a great reset too. It is also a great way to help people kick start a ketogenic diet but I think the difficulty of water only is something that I gravitate more towards certainly from a health standpoint they are showing with the fasting mimicking diet that a lot of the same health markers from hemoglobin A1C and the things we look out for longevity, they are impacted the same.

So that is a good entry point for people and I know they talk about that in the book, *The Complete Guide to Fasting*. So again, more than one way to skin a cat. All of these things work in different ways and I think it is just important to dive into that stuff if you are interested in it.

[1:04:49.2] AVH: Yeah, absolutely. I did try the fasting mimicking but it was a fat fasting. So it was like you're saying, it was like taking the Dr. Valter Longo's kind of plan but applying it more to a ketogenic approach than the macros that he has set up and I found it really effective because for somebody who maybe doesn't want to do a water fast or wants to be able to have a little bit of physical performance but get some of those benefits I found that it was a really sustainable thing.

I feel like I could do that every month for three days. A month and it would be okay but it made me feel really good. It made me feel really mentally good. I feel like that is a good initial step for people who are working their way up to a water fast perhaps.

And do you eat normally your daily food tends to be more keto at this point?

[1:05:38.9] KK: I do, typically in the winter months I will do a three to six month stand with keto that's not super strict in the way when I first started post fight career. So Thanksgiving, I will definitely eat some carbohydrates, sweet potatoes and things like that, Christmas as well but for the most part, yeah I think when carbohydrates weren't seasonally available to my ancestors that's a good time of year to go away from them and dip into ketosis.

And then as fruits and different carbohydrates become seasonally available to me in the warmer months to go ahead and lean into that and there is science from Dr. Satchin Panda who has been on Rhonda Patrick show as well, that show we tolerate carbohydrates better in the warmer months when they are seasonally available and we have longer hours of sunlight. So I think playing back and forth knowing that it is not that one diet is better than the other.

It is about creating metabolic flexibility and I think when I have a less dogmatic approach about those things not only does it make it more fun to eat but also to know that I don't have to eat this way for the rest of my life. I will eat carbohydrates again and I don't have to worry about missing out on holidays but I do feel great going into ketosis for certain periods each year.

[1:06:46.7] AVH: Right, it is about being intuitive I suppose. All right Kyle, thank you so much for taking the time. I really appreciate it. I could keep you forever but maybe we'll have to do part 2. I will come up to Austin and see you in person. I think that would be awesome. I did a workout at the Onnit gym and it was pretty incredible so I want to come back and thank you for all the books and recommendations. I've got five books here now.

We can put these in the shownotes that people can check out but I've got lots of books to read now so I appreciate that but thank you. Thank you just for taking the time and doing the work

that you are doing and spreading the positivity and the knowledge and I am glad that there are people out there like you that are willing to do that for the rest of us. So I appreciate it.

[1:07:22.7] **KK:** Yeah, it's my pleasure. Thanks for having me on.

[1:07:24.7] **AVH:** All right, thanks Kyle.

[END OF INTERVIEW]

[1:07:30.8] **AVH:** All right thank you so much for listening. I hope you are feeling inspired and once more, you have heard this before that I would love your feedback. Please message me on Instagram @themuslemaven if you have any guests ideas, topic ideas and anything you'd like me to be discussing on the show because it helps me provide a better service for you or just say hi because that is fun too.

And join me next week where I talk to author and biological anthropologist, Steven Lee, about his amazing and super entertaining book about culture and eating and health. It's called *A 100 Million Years of Food*, and it was so good. I really highly recommend you read the book but you can listen to my interview with him first if you are undecided.

So do that, subscribe to Paleo Magazine Radio on iTunes so you don't miss it and until next week, take care.

[OUTRO]

The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]

[OUTRO]

[0:47:47.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]