

# THE MODEL HEALTH SHOW

## The Model Health Show with Shawn Stevenson Session #78

Show notes at: <http://www.theshawnstevensonmodel.com/78>

**Announcer:** This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit [theshawnstevensonmodel.com](http://theshawnstevensonmodel.com).

**Shawn Stevenson:** Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my cohost and producer of The Model Health Show, Jade Harrell. What's up Jade?

**Jade:** What's up Shawn?

**Shawn:** How are you doing this lovely day?

**Jade:** I am unboundamistic!

**Shawn:** Unboundamistic?

**Jade:** Yes!

**Shawn:** What is that?

**Jade:** I am unbounded and optimistic!

**Shawn:** Oh!! Would you look at that!

**Jade:** Would you look at that!

**Shawn:** Just have a look.

**Jade:** Look at it!

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**Shawn:** I love that. Optimism is important.

**Jade:** It is necessary.

**Shawn:** It's necessary, absolutely. It's kind of against our basic human blueprint because we're kind of hardwired to look for problems. It's a survival system that we've really evolved from but it's important in our world today because there are not a lot of dangers out there that used to be around. We don't have bears and tigers chasing us and we don't have to go and hunt for our food, for the most part. So we have a lot more time and space to go and look for problems and we tend to manufacture those things. So it is important to have optimism and I really, really enjoy that and really enjoy this word. And, today we're going to be talking about some of those things that are also kind of hidden in plain sight. We're going to be having our amazing friend of the show on, Daniel Vitalis, to talk about some of the taboos. In particular, those surrounding sex, nutrition, and things of that nature. So it's going to be really, really interesting and I ask that you really bring an open mind and open heart to the table to just see what things might be playing havoc on your health because you're not willing to look at something. By the way, this show is sponsored by [Onnit.com](https://www.onnit.com).

**Jade:** By the way, coincidentally.

**Shawn:** [Onnit.com/model](https://www.onnit.com/model) to get all of your health and human performance supplements. You already know, if you're a fan of the show, you know how much we love Onnit and their products. It's really about total human optimization and their Hemp FORCE protein is, by far, the best protein out there. You will not find a better source. When you get the other stuff, I've been consuming hemp protein for many, many years but I moved away from it because it just was not pleasurable. It was like consuming dust mixed with sand sprinkled in a little bit of grit.

**Jade:** Clay nuggets.

**Shawn:** Yes, clay nuggets. Blending your clay cakes together.

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**Jade:** There you go.

**Shawn:** Anyway, it was not very pleasurable. But they found a great formula and a really good synergy in combining with things like acai and real vanilla and cacao (raw chocolate) and maca and so many amazing things and it tastes incredible and it feels good. It's really about getting those bioavailable proteins. And hemp being the most bioavailable protein for the human body because it has the edestin in there, the albumin, very, very soft globulin proteins. It's really, really good stuff so if you've not tried it, do yourself a favor and get yourself some of that Hemp FORCE because it's the bomb.com. It's the best stuff.

**Jade:** May the FORCE be with you.

**Shawn:** May the FORCE be with you. Yes! And also the SHROOM Tech. I've got the SHROOM Tech Sport right here in my hands. It's really, really about optimal energy for your workouts. This is my pre workout. Jade says it's her pre life. The basis is cordyceps mushroom. Over 120 percent increase in your natural killer cells from consuming cordyceps. So that's just another side benefit. It helps to train your immune system so with that said it's a very, very powerful anticancer but also something that has been clinically proven to improve your insulin sensitivity, improve your blood oxygenation, radically boost your stamina.

**Jade:** Radically, key word.

**Shawn:** Very storied but also very clinically proven to do that. Then, we've got some other things in here, other awesome things like green tea leaf extract, rhodiola to keep your mood and balance. So this isn't some kind of spiked out energy. It's very calm and consistent energy. Astragalus and other great stuff is combined in here, all earth-grown nutrients. So definitely check that out if you are interested in something to give you that extra edge, that extra one to two percent that can really make a difference in those workouts. SHROOM Tech is the go-to.

**Jade:** I'm thinking it's double digits.

**Shawn:** Well there you have it.

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**Jade:** Not just one to two.

**Shawn:** Yeah, it depends on the person.

**Jade:** For me it's a good one.

**Shawn:** So head over there, [onnit.com/model](https://onnit.com/model) for 10% off all of your health and human performance supplements. They are amazing people, an amazing company and they are really doing big things. So head over there and check them out.

**Jade:** We told them thank you.

**Shawn:** We do. I do personally all the time.

**Jade:** Well tell them for me.

**Shawn:** I actually saw on Instagram the other day, because you know I'm new to Instagram, I saw Ludacris, the artist, gave them a shout out. He took a shot of his Onnit products. He's a big fan and has been using their products for a while and says it has changed his life.

**Jade:** Alright.

**Shawn:** And many other celebrity people and especially athletes, UFC fighters, NFL players, they're Onnit. They're on Onnit and it is the real deal so head over and check them out.

Now let's get into the iTunes review of the week.

**Jade:** Great info. This one is with five stars. "This is a great show to listen to if you are interested in educating yourself on health and removing the blinders placed on your eyes by the powers that be," bankman2471 gave us five stars on that one.

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**Shawn:** Awesome. Thank you so much for that review. I appreciate that so much. And, everybody leaving those reviews over on iTunes, it means the world to us. It keeps the show growing and reaching more people. Also, just the feedback. I read all of the reviews and every single day if I'm even having 1 mm of a down day if I go over there and see the impact that it's making it really does mean a lot. So, thank you so much.

**Jade:** Tremendous.

**Shawn:** So now let's go ahead and get into our topic of the day and our amazing guest. Today we have on the incredible [Daniel Vitalis](#) who is a leading health, nutrition, and personal development strategist. I love the way that he is defined. He is always encouraging us to rewild ourselves. Daniel teaches that invincible health is produced by a life aligned with our biological design.

Today we're going to be talking about some of the taboos, some of the things that are hidden in plain sight. Some of the things that we are not really allowed or even considering to discuss in our world today; and to get the blinders off. Again, have an open mind and open heart and let's go ahead and dive into this. We welcome to The Model Health Show, Daniel Vitalis.

What's up man? How are you doing today?

**Daniel:** Hey, you guys are a lot of fun. I'm really glad to be back on the show. I want to say, hey, it's awesome to get invited onto your show but it's really awesome to be invited back.

**Shawn:** I know, man. You're in a rare class, man. Second time on the show and happy to have you here. It's always enlightening. So, year man, let's go ahead and dive right in because, for me, I think we're a lot alike in that we look deeper into things. I'm a very big student of lexicon and the meaning of things. So I went and looked into what the hell does taboo even mean. One of the definitions we start with is it's a noun, a social or religious custom prohibited or forbidding discussion of a particular practice or forbidding association with a particular person, place, or thing. Then it can be used as an adjective which is prohibited

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or restricted by social custom or, more powerful and this is the one we can start with, it's a verb which is to place under prohibition.

We all know that when we talk about prohibition here in the United States, what did it do? It made us want it more. So it's kind of like that human wiring, if you take something away from us we actually want it even more. So, Daniel, tell us what you've been up to in your research into these taboos and what does this stuff even mean to you?

**Daniel:** Well, the topic is so interesting because there are certain things you know not to do. Like, you know not to hit somebody because so many times as a kid you hit somebody and somebody pulled you aside and looked right at you and were, "Shawn, you can't hit other people." You were told, you can't do that.

Taboos are different, right? Nobody ever pulled you aside to tell you about taboos. And what's so cool about these is that they function back in our subconscious. We don't actually even see them so they are actually a blind spot. That's different than, "Shawn, you can't hit people." That's not a blind spot.

In fact, there are probably times you would face it. We all know it. There are times we want to hit somebody, right. And we know not to. That voice plays in our head. But you never have a thing come up where you're like, I want to at a cat.

**Shawn:** Right.

**Jade:** No.

**Daniel:** And no one ever pulled you aside and said, "Shawn, look, you've got to understand we don't eat cats in this culture." You just know not to eat cats because it's a taboo. And there are a lot of taboos like this. Taboos function below our conscious level so pick it up just from being around people. Certain things where if you ever make a move towards it you're cut off so quick that you learn never to go there.

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So there are a lot of aspects of our psychology which have been sort of shunted off for us by our civilization. A lot of things that we don't dare really question, really dare to look at. And things that we've just assumed to be true. Like, for instances, we've assumed it to be true you don't eat dogs. That's not actually true the world over, that's just true for us.

But if you asked the average person why you don't eat dogs it's an interesting response you will get. They will be just sort of, "well, you just don't." You just don't do that. And, of course, I'm not suggesting that we start eating dogs. But, it's really fascinating when there are things that are just not options for us and we can't explain why.

**Shawn:** Exactly. Wow, so powerful man. And you just said it, it's really culturally driven because there are cultures that actually do eat dogs and there are cultures that will eat cats as well.

**Jade:** And those that don't eat cows.

**Shawn:** Right, exactly. Exactly. And it's just kind of like the different cultures choose which animals we eat or what plants we eat, what medicines we take, who we interact with. Some of these things, like you said, are just blind spots. So it's really interesting to even have this conversation today.

**Daniel:** One of the things that I have identified as is that there is a taboo which I personally call the intrinsic taboo. It's my belief that this is the big one. There is one big one that is like the one rein to rule them all taboo. That's the taboo against human wildness. It's really interesting when you look at human beings in the modern context because we've developed this scientific system around biology for classifying organisms. We call it taxonomy. We develop that two-part name for every species, right? Every species has their Latin name.

I often talk about dogs and wolves. So when we look at wolves we see this name, *canis lupus*. When we look at dogs we see this name, *canis lupus familiaris*. That third name, *familiaris*, is the way that we denote that dogs are domesticated wolves. So, dogs are wolves, they are just domesticated wolves.

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Every animal that has been domesticated has an extra name or some way of denoting that we're talking about the domestic form versus the wild form except with humans. We've spent a lot of time trying to classify ourselves biologically and trying to figure out what makes us different from other animals. But we've never really made that distinction that we are a domesticated form of humans and there are wild forms of humans. That's so taboo.

Our principal taboo is actually our own wildness. So that's the number one thing culture asks us to suppress. Whether it's how we express ourselves sexually, whether it's how our bodies smell, whether it's whether or not our bodies are exposed or clothed, anything that could remind us of our wild ancestry, we cover up and hide. When you start to go into that territory that's when people start to squirm and they get a little uncomfortable.

**Shawn:** Wow, the intrinsic taboo. Wow. And, the thing is, when I'm hearing you talk about this it's like we're not really all that far removed. We feel we are because it's this intrinsic taboo. We really think that's not even a part of us. But it's so close to us. Even for the most evolved cultures it's just been a few hundred, maybe a few thousand years since we've been living that way.

**Daniel:** Well, 6,000 years ago the entire planet was hunting and gathering, 6 to 10,000 years ago we should say, 10,000 maximum. The entire human ecology was that of hunter gatherers. There was no farming. There were no cities. There weren't even permanent towns yet. This was just 10,000 years ago. That might, for some people, sound like a long time ago but in the scope of our development, since we've been in our current modern form for 200,000 years, it's not that long ago. That's five percent of our history.

Our hominid evolution, in other words, since we've split off from the chimpanzees and the bonobos that's about six million years. So, 10,000 years ago for the first farming and for most of the world, when you really think about it, North America was in the stone age 400 years ago. Right? 400 years ago. This is a stone age continent. So, this kind of modern way of living is very new. And, what's really fascinating about it is that it's so blatantly, so obviously dangerous to our health. It's so bad for our health that you need a taboo to keep people from acknowledging it.



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See, if we acknowledged the existence of human wildness we would have to compare modern lifestyle against it. And the thing is it would become clear really quick that in every way imaginable this modern way of life is tearing us apart. We'd have to come up with some alternative to what we're doing and in order to keep us from doing that, this sort of machine mind of civilization has to keep us from ever looking at our history in a critical way.

So what we are set with is these ideas and caricatures of ourselves as cavemen. We never really even existed. It's funny. For those of us in the know, those of us who study anthropology and archaeology, it doesn't take long to realize that that's a caricature that's not realistic. That's not who we were or who we've ever been. But, that belief in that kind of Flintstone-like character in our past makes us think, oh that's was old world backwards savage and we wouldn't ever want to be anything like that. What we have now is so amazing even though what we have now is cancer and heart disease, failing immune systems, diabetes, cavities, bone deformation, arthritis, unhappiness, suicide. All of those things are really products of our civilization but in order to keep ourselves from acknowledging that we create a taboo of this wildness.

**Shawn:** Wow. You know, I was just thinking about the movie, *The Croods*. These big hit movies and TV shows surrounding that idea that we were existing as cavemen at one point and now we've kind of come out of the cave and we're this evolved, very enlightened human unit when, in fact, it was never really like that and there's this big distinction between some of the huge advantages that our hunter-gatherer ancestors had. So let's talk a little bit about that. You said if we were to compare where we are today versus, and correct me if I'm wrong, there are still some tribes out there that are still living by those ways, the hunger-gatherer way of life. So, let's compare some of those things and how we've kind of gotten away from our robustness and the potential for us being as healthy and happy as possible.

**Daniel:** The first thing I want to say to anchor that in is that there are currently about 100 uncontacted tribes. That, to me, is just amazing. I mean, what it must be like for these people. Because, no doubt they see planes going overhead. They see phenomenon and it must be so bizarre to them trying to integrate what

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that means. But, most of them are in hiding. They're not just living where they've always lived in a way they've always lived. They are actually pushing deeper and deeper into the forest to try to avoid us, almost like a Bigfoot type scenario.

**Jade:** Can you blame them?

**Daniel:** Yeah, no you can't right. A lot of times when we find these people, or so called find them I should say, we will find them having implements like a metal machete or a pot or a Nike t-shirt that they have gained through trade with tribes that are interacting with us. This is probably the last generation of hunter gatherers. The reason I bring this up is because it wouldn't be fair to judge the existing hunter gatherers as the best example of those people only because they have often times been pushed off their land and their food supply has been affected by forestry practices like clear cutting and things like that. But, if we were going to compare it kind of doesn't matter how we try to do it, if we try to base it off happiness we're going to find that these are happier people. If we base it off health we are going to find they are healthier people.

What we see consistently with hunter gatherers is that they are more robust, more physically fit than us, typically displaying the muscle mass of our elite athletes which is really interesting. They don't work out, right? They have perfect teeth. No cavities. But they don't have dentists. They don't have the diseases of civilization I was mentioning before; cancer, diabetes, heart disease, in any significant amount at least, yet they don't have doctors. Their nutrition levels typically are four times greater when it comes to water soluble vitamins and ten times greater than our when it comes to fat soluble nutrients yet they don't have nutritionists.

Here's why. This is like, wow, what a surprise. It is not really a surprise at all. If we are biologically adapted to a life in nature. So this new life we're living, which is kind a virtual reality, how could it ever be as appropriate for us since we're not adapted to that. We're adapted to a life in nature.

I want to be clear. I'm not on this call to say, "alright everybody, here's what we do. We turn around and we walk into the woods and we go live there now."

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What I'm saying is it doesn't make sense to build a life that who's engineered this? It doesn't make sense to build a life style that doesn't at least incorporate the idea that we're fit for our biological habitat. How can we not bring that in. But the thing that's really strange to me is our whole modern lifestyle is a rejection of nature. It's a battle against nature. It's constantly the story of man versus wild, overcoming nature.

That, to me, seems really short sighted. We wouldn't do that with chimpanzees we put in a zoo. We wouldn't take a chimpanzee, put it in a zoo and say, hey, how do we make this as much unlike their nature life as possible. We know they would get sick. But we do that to ourselves because there is such a taboo against wildness.

**Shawn:** Wow. There is so much there man. I want to go back and even just kind of drill down into just one of these particular things that just kind of gives us a good distinction between, yeah, it's so interesting that they do have perfect teeth and they don't have dentists. How is that even possible? Again, this is something that you probably know more about than I do. But, wasn't it Dr. Price in the Price-Pottenger organization who was a dentist that went and discovered and associated with these indigenous people and found that their dental health was so incredible.

**Daniel:** More than that. This was Dr. Weston Price, early 1900s. Dentistry was in the beginning of the drill and fill mentality. I think most people understand that teeth are bones. They are made of the same hydroxyl appetite as the rest of our bone structure. They are a unique modified type of bone. So, cavities are like a bone disease similar to osteoporosis, porousness of the bones. So, there is a porousness of the teeth, dental carries, dental cavities. This is a bone disease.

What's interesting is I was in Manhattan the other day teaching about 1,000 students. I love to ask a question like, put your hand up if you've never had a cavity. When you've got 1,000 people in the room you'll see five, six, maybe ten, 15 or maybe 20 hands go up. But that means out of 1,000 people 980 of them have the same bone disease.

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We are so used to it that we don't ask a question, wait a second. What we do is cosmetically repair it but we don't ask why we get it. So, dentists were filling teeth and filling them, of course, with mercury which is where that word quack comes from because mercury was known as quack silver in Germany. The idea of any doctor that would dare to put mercury in somebody's mouth well they had to be a quack so that's where that comes from.

Weston Price said wait, why do we even get them? Is this natural? He traveled around the world and looked at indigenous groups and people who are on traditional diets in small villages and found that they didn't display dental cavities in any statistically significant way. And not only did they not have dental cavities but their teeth grew in really broad arches. They didn't have the compressed nostrils and compressed dental arches which were so common in civilized people and are common today.

It's interesting, some of the work of his was in the early 1900s. So, there's writing in there that wouldn't be considered politically correct today. So for that reason I think it is really valuable because there are things that are difficult for us to talk about. For instance, in general, if we were to look at African American people's dental arches we would see a superior arch there than we see in a lot of Caucasian people. That's one of the things that we're not easily allowed to say. But, if you ask yourself why...

**Jade:** Shhhh. You're going to get us in trouble. Shhhh.

(laughter)

**Daniel:** It's taboo! It's funny because if I said if we look at greyhounds compared to looking at a bulldog no one would even blink an eye at that. The difference is that they are different breeds of the same species. Well the truth is that humans come in several breeds as well and that's very taboo to talk about. But my point is that African-American people are descended from people from Africa from just literally a few hundred years ago, 400 or 500 years ago, people who were still living on very traditional diets as opposed to Caucasian people which have been pushed into cities now for a couple thousand years in most

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cases. So their teeth are much more degenerated because domestication degenerates people, in other species too.

So, when Weston Price went to Africa we saw, in particular, really amazing dental arches and teeth. What he found was that as soon as they got onto westernized diets, European diets, within two generations their teeth were growing in crooked and they were getting cavities. Now, remember, if the teeth aren't aligned properly that's actually a deformation of the skull.

**Shawn:** Right.

**Daniel:** So what we see is this isn't just about cosmetically good looking teeth. This is about proper formation of our children. And, what's happening through domestication is our children are not being formed properly because there are simply not enough nutrients available and because our genetics start to get suppressed through the domestication process.

**Shawn:** Precisely. You know you brought up a couple of thousand years of living in cities and civilization. Of course, there are going to be a couple of thousand years of having access to sugar and things of that nature. I remember my wife being from Kenya. One of those things they would have as a luxury is sugar cane and then, straight up, have to chew on this plant, this hard kind of rod, and chew on it. That was kind of like a snack, something you would get some energy from, some sweetness from. Whereas, thousands of years ago we found a practice that we can pull that out of there and it was actually used in Europe in certain places in Europe as a recreational drug.

**Daniel:** You are making a great point because we were talking in the beginning of the show about our relationship to problems and stress and how it's very natural for us to look for problems but the challenge is that the problems we face in our culture are long term and they typically don't go away. So we stay in a chronic state of stress whereas natural people would purge stress from their body very quickly. So there would be moments of high stress. Life would be punctuated by moments of high stress but we wouldn't live in that state of high stress where in our culture we do.

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Similarly, if you can extrapolate that concept, it's natural for us to crave sugar because sugar in the natural environment is so rare. But it's such a high value calorically dense energy source. So we crave sugar and we crave fat because when you can find them in nature they are incredibly valuable. The problem becomes when you figure out a way to always have sugar around because we don't lose that desire for it.

So when you ask, for instance, if we were to go to Africa, there are some great studies on this because there are still some indigenous people there, I'm thinking of the Hadza people where they've surveyed them for their favorite foods and they find for both men and women the number one favorite food is honey. But they can't get honey very often. They hunt and gather so they actually have to go take on a live swarm of bees to get the honey so it's not that common so that desire for sugar stays in balance. For us, in civilization, we have access to it.

Another problem is our cities are essentially artificial canyons. Or you could think of them as artificially cloudy days. You know, if you've ever walked through Manhattan, trying to get enough sun is difficult. There are big building walls everywhere blocking it and we spend our time indoors. So we don't get enough sun as opposed to our ancestors. We also cover ourselves with clothes which is kind of a pathological thing because it blocks our access to sunlight. We can't make as much vitamin D which means we can't absorb as much calcium which means we can't have as good of teeth or bones.

When you look at civilized people what we find is that nearly anything that's important for our health has somehow been turned on its head and the challenge is trying to figure out how to optimize our lifestyle in a world that's constantly doing the opposite to us. So it takes really good strategies to incorporate natural living into your modern life.

**Shawn:** Wow, yes.

**Jade:** Most certainly.

**Shawn:** Let's actually talk about that a little bit, about the clothing aspect. Because, as you know, the vitamin D...the ability for the sunlight to actually

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touch your body; we're walking plants, right? We do photosynthesis as well, we convert cholesterol through a pretty interesting process into vitamin D. That is critical for our bone development. It's critical for our teeth. But we don't think about that, that our teeth are a problem because we aren't getting enough sunlight. It's more like, I know I've been drinking a lot of soda or I need to stop eating so much sugar and things of that nature. Not thinking about what this is actually doing to our genetics by not getting that sunlight.

**Daniel:** It's so funny. We're so short sighted in this culture and we always think that what we know now is enough. Even though next year we'll have the discovery where we'll completely erase something you thought was true. This constantly happens. We always think the science we have now is sufficient. It's funny, most people wouldn't connect their clothes to their teeth, would they? But there is a relationship.

I spend some time whenever I can out in the desert southwest that is in the hot springs that I have been visiting for years. I will spend days there essentially naked in the sun. It's a pretty strange feeling when you put clothes back on after a couple of days and you experience how restrictive they actually are. I wrote a whole article in my magazine about this recently, in ReWild Yourself, about the impact of clothing on our ability to move. We don't realize how constraining it is. Then again, there's also this piece of how it blocks our ability to get sunlight. So our bodies are, like you said, like photosynthetic cells almost like photovoltaic. We have our skin which is like our solar panel but then we also have our nervous system which is regulated by light as well via our eyeballs.

You can think of your eyeballs as the periscope to your brain. In other words, your brain, because it's encased in the darkness of your skull, sends up two periscopes to take in light. Light actually moves down through the eye and through a sophisticated pathway. But it finds its way back to the pineal gland. The pineal gland regulates the secretion of our melatonin and our serotonin. I know you know a lot about this, Shawn.

The impact of melatonin on our sleep can't be quantified. It is how our sleep is regulated. When we're exposed to bright light our body thinks it's daytime. Especially when the light is bluer in nature. It's noon time, our body suppresses

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melatonin and secretes serotonin. One other challenge that we're facing is that we're exposing ourselves to a lot of artificial light so our body is confused about when it is. Our sleep cycle is thrown off because our hormone production is thrown off. And, if we're not getting the photovoltaic cells to the skin out in the sun we're not producing enough vitamin D which means we're not absorbing the calcium we need and we're not getting that hormonal impact of vitamin D on all types of systems in the body; and, the cancer suppression that we now know vitamin D is responsible for as well.

But here's the funny thing, if you stop wearing clothes. I'm not suggesting people stop wearing clothes, I'm exploring a taboo. So let's explore the taboo. Let's say, you know what, I'm born naked. What's wrong with that? I'm going out today, I'm going out naked. Screw them. I'm just doing what I want. What happens? You get arrested and you get charged with a sex crime. This is illegal and you may be put on a federal sex offender's list and the rest of your life may essentially be destroyed because you just tried to go out wearing what you were born in.

So there is such...here is the question. I will ask you guys this, not rhetorically but seriously. Why would it be illegal to be naked?

**Shawn:** Well, I've got a good...

**Jade:** Do you have a theory?

**Shawn:** I've got a good example of just our intuition. Like my son, he is three years old now, but this was four or five months ago and he had just started at this very interesting Waldorf school. This is where they're learning through play. The kids are just phenomenally brilliant but they're not taught in a traditional way where they just sit at a desk all day and they're being disseminated information. I went on a visit to the kindergartener's classroom. They were straight up knitting. They were making little puppets and I'm like, I can't knit. These kids can make their own socks. They can take better care of themselves than I can. Also, the fourth grade class, one day they were out playing and they said, let's make an oven. So they made a mud oven outside to make pizza. It is so interesting.



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He came home maybe two weeks after, and I have never seen him have this behavior, he took all of his clothes off and, they don't do this at school, but he took all of his clothes off and sat their trying to lace his shoes up for like 30 minutes on the kitchen floor. I had to take...I was like, this is so incredible what I'm seeing right now. He is so free and it doesn't even matter. He's not thinking about that because he hasn't been programmed that it's wrong. But what we do over time is cover up. Or we laugh and point. We make a big joke out of somebody being naked to the degree that maybe they are embarrassed. Maybe they are in fear. So I think those are some of the underlying reasons that are driving that cover up.

**Daniel:** Now this is great Shawn because you're right. This is how we reinforce the taboo. But why do the lawmakers not want us to be naked? You know what I think it is, I think it's that they are afraid that we will be stimulated sexually. I think there's a tremendous fear. In the Victorian era there was a taboo against having bare table legs so they created skirts for their tables. The concern was that if we saw table legs we might get turned on by those bare legs.

**Jade:** How about that? So an example for me then was when my children first came into the world and we were giving them baths and we would immediately wrap them up in blankets and put on the onesies and have things on them. And then one day I was holding my baby after a bath to my chest and I realized that I hadn't done that since the first day.

**Daniel:** Oh wow.

**Jade:** And it stunned me for a minute. I had to give myself permission. I said, well they're our babies. We have the right to hold our babies. I remember saying this out loud, "Chris, they're our babies and we have the right to hold them and feel their skin and touch them and it's okay."

**Shawn:** Right.

**Jade:** And it occurred to me that there had just been so much mess that surrounded children and circumstances that we had to turn around. It would

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have been natural. I knew about the study where the Eskimo mothers would start their babies low and let them work their way up to the breast immediately and they had the capacity to move and find their way and we take that from them early. We take that from families early. It was just that whole nakedness that seemed to be a thing and from then on I just never let that be a barrier.

**Shawn:** It's actually a requirement for our development. It's a requirement for our mental development, our emotional fitness, even as a child. It's like training. If we're lacking that physical skin-to-skin contact that can lead to some serious mental and emotional issues as we evolve and then we wonder why we're so messed up and we wonder why we're misconstruing sex and thinking that if I'm naked it means I want to do it to everybody.

**Daniel:** If I touch my naked baby against my breast in some way maybe I'm a pervert. So you guys are really, that was a really moving story, Jade. Thank you for sharing it. I feel like this is such an important piece of it because we are made afraid to express anything that even hints at the fact that we are a type of animal. You see, it's important for our development, like you were saying Shawn, for there to be skin-to-skin contact between the mother and the child. This is so normal and natural. You don't see baby chimps being held by the mother and think, what a pervert.

This just looks normal to us. But if we do that that might remind us of our sort of chimp-like nature. We are 98% identical genetically to chimps. We've got to do a lot of work to make that less obvious, right? We don't want to see that. So what do we do? We cut the hair, we shave the hair, we clothe the body, we behave in very sophisticated ways. We sit in chairs, we cut the nails. We do all this stuff. We cover the smells. We go through all of this work in order to be able to say, hey, we're not a type of animal. We're something different. We're a type of angel.

I think the problem with this is it's really pathological for us because what we're doing is suppressing our nature. It's that thing of trying to hold a beach ball under water. It's like eventually it's going to come to the surface and you kind of hit on it a minute ago Shawn when you said it tends to come to the surface in

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weird pathological ways because we don't have healthy outlets for expression of it.

**Jade:** How about that.

**Shawn:** Let's talk a little bit more about this topic. Let's kind of switch gears a little bit and talk about some of the taboos surrounding sex because you don't hear about this. You witness it on reality shows and TV.

**Jade:** Or deal with it in your home.

**Shawn:** Right. And we're all really attracted to that stuff but we don't talk about it in our day-to-day life. We kind of witness it and get drawn in. It's like, woo, what are they doing? Oh my god.

**Daniel:** Sex is not taboo when it comes to maintaining a high state of sexual arousal. In other words, media can put sex in front of us in such a way that we are constantly sexually stimulated. That seems to be socially okay. We can drink without sex ad nauseum. We can make sexual reference ad nauseum. But if we try to have a serious conversation about sex, boy things get real weird real fast don't they? If you try to sit down and actually discuss sexuality with a family member, a friend, a community, people have a difficult time going there. In fact, most people lack sufficient language skills to even have a conversation, not to mention the emotional maturity to have a conversation about sex. That's not their fault. That's because of the sexual taboos of our culture.

Now we can't really have this conversation without first saying homo sapiens are a type of great ape. We are very closely related to the genus of Pan which is the noblest of chimpanzees. Like them, we are a very social animal. We live naturally in foraging groups of about 30 to 50 individuals and live very closely with each other. That would represent our wild state. In the same way that a Chihuahua is really a type of wolf but they don't represent the natural wild form. The natural wild form of wolf would be the wolf in the wild and it would live in packs.

The natural human is the tribal hunter gatherer and we live in foraging groups. Within the foraging group sex is something that has to be figured out and dealt

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with or else tribal groups wouldn't be sustainable. But what's really fascinating is there is really no debate whenever hunter-gatherer societies have been studied it's well established that in nature we are not sexually monogamous animals. We display monogamy at times and I'll get into what I mean by that in a moment. But we are not naturally sexually monogamous animals.

This becomes really obvious when you start to pick away at it. For instance, there's such a thing as what we would call serial monogamy. I've been a serial monogamist for much of my life. I'm sure both of you probably have too.

**Shawn:** Yep.

**Daniel:** True monogamy.

**Jade:** Some of us.

**Daniel:** True monogamy means you would get with one partner, usually around sexual maturation, and you would only have that partner your entire life. I only know...but that's so rare. That's one step less rare than unicorns, right? I mean, it almost doesn't happen. There are people, you know there's that rare, you might know that one or two rare individuals who have been with the same person their entire life or at least that's what they say. We don't always know for sure. I think we can all accept, and tell me your guys' opinion on this, that human beings are at least serial monogamists. But, certainly not exclusively sexual monogamists.

**Shawn:** Absolutely, yeah. I've seen that time and time again for sure.

**Jade:** Absolutely.

**Daniel:** Now if we make that distinction in biology, so there are animals that are considered serial monogamists. Now there's another thing that we call social monogamy. There are a lot of animals that we were told growing up were exclusively sexually monogamous. It turns out now, through genetic studies through their children that we find out that very few, if any, animals are actually sexually monogamous. But lots of animals are what we call social monogamous.

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This means they appear all the time in public as couples. You will see those same individuals together. But now, genetic testing of their children has revealed that a lot of these animals actually end up having little sexual dalliances outside the relationship and very often what will happen is one parent will be raising a child that isn't actually theirs.

**Jade:** Is that right?

**Daniel:** Unbeknownst to them. Now, for us that strikes, you can probably feel as we have this conversation the taboo kind of rising up in the chest of, oh, I don't like where this is going. We're going where we're not supposed to go. But here's what's interesting. I don't want to ask you guys and put you on the spot but if I was going to ask you if either of you have ever a) so called cheated on somebody, or b) been so called cheated on, or c) know lots of people who have the answer is probably yes. Most of us have these experiences in our lifetime and we have a lot of shame and guilt about it.

**Jade:** What were those choices again?

**Shawn:** That's a pretty important cough right here.

**Daniel:** I hate to say the word cheated, the word we use in our culture, because you've broken the rules.

**Shawn:** You know, it's so interesting. I've got to point this out. I didn't know we were going to get into my past but, yeah, absolutely. When I was raised; first of all, my blueprint, my intrinsic drive, and I'm sure a lot of people listening have had that same thing when you've first kind of fallen in love with somebody and you are all about that person. There is nobody else. For most of us that kind of dissolves. It is through a season or a few seasons and then that kind of fades away. It's very interesting how that happens and nobody really questions that. You start to think something is wrong with you if you continue to be in the relationship and you are unhappy.

Now for me, I started off with that blueprint that I wanted to be in love. I was a very romantic guy, kind of just having this idealistic thing. When that love was

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gone, when I lost that love, she actually moved away. It was like one of those stories, mom/dad couldn't keep us away from each other. Anyway, when she moved away I kind of lost faith in love and then a lot of societal stuff started to play...I had no idea I was going to talk about this...started to play its part in me. So a lot of people would be around me like my friends and family and they would see the attention I might get from girls and they were just kind of like, yeah, Shawn's got all the ladies and that kind of thing. I really dove into that. I definitely had a lot of connections and a lot of humping around. But this was that phase. That was the goal, it was just like going out and having that experience and that was the end goal.

But for a lot of those women that wasn't their end goal and I was disconnected from that understanding. But now I can bring that all kind of together and understand the bigger picture and I also chose, I chose, to focus and to instill and to put all of that into one woman. It's a conscious decision. It's not like I'm in prison. Here's the thing and why I brought this up is that the word guilt played a part in me switching out of that because I felt like I was living the wrong life. In some ways it was, it was kind of reckless and dangerous.

**Jade:** One sided.

**Shawn:** Dangerous in some aspects. But not really, not as dangerous as you would think, as the media would lead you to believe. But, more so, it's more of a conscious understanding of what you are doing to the other person. Are you hurting the other person? I think that's where my work really needed to be and I had guilt associated with that and I really strive to do so much right with my wife when I finally met her.

**Jade:** And after all of your years of service...

(laughter)

**Jade:** She is the benefactor. That makes sense.

**Daniel:** Thank you for that. That was really vulnerable and I appreciate you sharing that. I think it highlights several of the things. The reason I want to have

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this conversation, people, is because people are walking around with a tremendous burden of shame and guilt. I mean, if we're going to talk about human optimization or being healthy or any of these things I would rather have heavy metals in my body than guilt.

**Shawn:** Yeah.

**Daniel:** I mean shaming guilt is the most destructive energy sapping, productivity sapping emotion imaginable.

**Jade:** Yes.

**Daniel:** So society makes sure that we are all carrying lots of it so we don't get too uppity. Right? So we don't start to wake up too much. It's important that we stay shamed and guilty. And religion has been really good at this and now science is getting good at it too.

But here's the reality, if we accept that human beings in nature are the healthiest people and the most ecologically sustainable people and if our ancestry and what we're adapted to, then looking at them and how their sexual lives look might be really smart because we might get an insight into what is normal.

What we're struggling to figure out is what is normal, right? Here's what's really fascinating, the things that you just discussed, Shawn, is called promiscuity. And we have a very negative association to promiscuity. But in biology it simply means that you have lots of partners, revolving partners. And that's a phase that we do see in lots of hunting and gathering societies. It typically happens in the teenage years.

**Shawn:** That's my story right there.

**Daniel:** Here's the thing. That whole approach of telling kids they shouldn't have sex is to me like telling me not to breathe. It's like, it's not going to happen. That doesn't work. We want to have sex during puberty and that's very normal and natural for us. It's not uncommon in the natural world for us to do that in a slightly promiscuous way, in other words we're not related to a relationship. That

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is normal enough. Now, when we get into human adults in nature what we find is that there are actually multiple mating strategies. One is called monogamy, one is called polyandry, and one is called polygamy, polygamia.

Monogamy, I think, we'll get into more on that because there are a few things I want to break down there. Polyandry is where a woman has more than one male partner and polygamy is where a male has more than one female partner. Now, it's important to know that if we look at hunting and gathering people we see that the poly versions are as common as monogamy.

In our society that is just not allowed. That is a big taboo; especially a woman having more than one husband would be very taboo, I think even more so than a man. With a man, that's usually really taboo. But, for a woman, very taboo. Now I just want to be clear here that that's from the biological perspective. If we were zoologists studying homo sapiens we'd have to conclude that that's a normal expression of our sexuality. So that's a huge taboo right there.

This means that everybody is basically defaulted. We all have a default setting called monogamy. And we don't really question it. Now, I am in a beautiful relationship with a woman now for many years. And I'm certainly not...I want to be clear that I'm not trying to pushy people away from monogamy, I just think we need to understand our nature a little bit because it's going to help us release shame and guilt.

So here's the thing about monogamy. Monogamy has several forms. There is serial monogamy, which we discussed, and it is clearly very common in our culture. So people say, I'm monogamous. And I'll say, really? Have you ever been with anybody else? Okay, you are serially monogamous.

There is social monogamy and then there's sexual exclusive monogamy. Well, sexually exclusive monogamy is very rare in nature and incredibly rare in humans in nature. The phenomenon of people getting with another partner at some time during their relationship is really common in our culture. It's hard to say how common because not everybody will admit it. But most of us know people or have been there when our partner or we or someone we know has been with somebody else.



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We call it cheating and it's usually grounds for terminating a relationship. Now, the reality is, I think if a lot of us get really honest, the trigger for us is not the idea of us being with someone else, the trigger is usually our partner being with somebody else. That's really important to look at. I'm not saying that's wrong either because here's what nature has set up, this may be challenging for some people listening so I ask you to have an open mind and to know that this is scientifically validated information.

Human beings have both a desire to get with other partners; this is how nature makes sure that our gene expression stays diverse. In other words, so we can keep adapting to our environment. So we have a desire on one hand to be with other partners. Then we have something called mate guarding which is the desire to keep our partners from being with other partners.

These two things have been planted inside you at the biological level and they create a kind of tension or a toggle. So this is important because we both want to stay in a relationship and to sneak out of it. And if you really look at yourself you will see that there is that desire. Most of us can connect with this. I know there are going to be some people who are going to say, nope, not me. I'm just totally monogamous. Maybe that's true for some people. But I think most people, if they get really honest with themselves. If their partner said, you know what, I'm giving you one week. Now not doing that like you were talking about Shawn, during that phase we don't even usually desire that. A couple of years in if your partner said, you know what, this week while you're traveling if you want you can hook up with somebody and it's okay with me.

**Shawn:** You get the hall pass. It's called the hall pass.

**Daniel:** You know, another thing that I think is funny is there's a tendency to think that men are like that but women aren't like that. I think that's a real funny one because I think the reality is, especially, and we know this to be true from lots of really cool studies on this, when women are ovulating they are much more receptive, much more receptive to other males. And, what's interesting is, when they're not ovulating something changes in them hormonally. Women find themselves very turned off from men.

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**Jade:** Period.

**Daniel:** Turned off from men they are sexually compatible with when they're not ovulating. And when they start ovulating they start to become attracted to men who they have an immune compatibility with for making children. So, in other words, what they think is going on is that women have a program in them that when they're ovulating their desire is to go out amongst other males who they might get pregnant by. And then, when they are not ovulating they have a desire to be around their brothers, fathers, and kinsmen for protection. This is a natural cycle.

But both partners usually, if they have permission without any jealousy, shame, or guilt, or fear (if there wasn't the fear of disease, fear of pregnancy), most people would like the opportunity for a little more freedom. Now, I'm not saying we need to take that but what I'm saying is we need to understand that about our selves or we're going to be really confused about feelings that we're having and we're going to feel really guilty and we're going to have a lot of shame about feelings we're having.

But most partners, and this is what I'm going to challenge the listener to do, I challenge you to sit down with your romantic partner if you're in a partnership and have this conversation. Say you know what, I just want to recognize that one, I see that in myself I both have the desire at times to express myself sexually in ways that I don't and also unfortunately have a desire to keep you from doing that. I just want to share that I can admit that. That is so powerful but most couples will avoid this conversation for their entire life. They will carry guilt, shame, and control all the way to the grave with them.

**Shawn:** Wow, I'm so...

**Jade:** Very liberating.

**Shawn:** This show is really about breaking down paradigms, things that hold us down. Anything that you, you know you just brought up the fact that shame, guilt, and feeling that something is wrong with you is a very, very deep rooted

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issue that can then create so many dysfunctions and even diseases in your life, your physical body, your psyche. When you think there is something wrong with you and to kind of have this conversation today to open up the door and understand that it is actually programmed in your DNA, it's in your genes to have these different desires and that's okay. It's not meaning to go and act on your desires or to say that they are even right, per se, with our conditioning but just to understand that it's okay and you're okay.

**Daniel:** To simply feel that actually the weirdest thing would be to not have those feelings. That would be the stranger thing because they are programmed in. So, it is just like the same way when you start to need water to top up your blood stream you have thirst. You have hunger that arises when your body starts to need calories. You have the desire to sleep when your body needs to recuperate. Well, our bodies, what's our primary function? After base survival need are met it's reproduction.

The challenge is that we're living in a culture that wants to suppress reproduction. Most of us are not wanting to constantly make babies. That's a difference in the tribal world. In the tribal world people want to make babies all the time. They need to grow the tribe. So there is a desire to have babies. We have removed the desire to have babies but the desire for sex is stronger than ever. So it becomes very confusing about how to conduct our lives. I think we just need to get really clear that the reason sex stimulates us so much, the reason advertisers use sex so much is because they are activating a biological drive in you. They are playing with that biological drive. At the same time civilization is trying to repress or control the strongest drive in you which is the furtherance of the species.

This is very normal, very natural. And again, I want to go back to what I'm saying. If you're in a monogamous relationship I really celebrate that. This is a society in which having that is really important. And, that is important as well in tribal societies. People need to raise children. They want to do that together. People want to build their lives together. That makes sense.

What is sad is that when something starts to come up for somebody like attraction or maybe somebody does get with another partner then unfortunately

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that destroys relationships very often and it doesn't need to because people can have better communication before it even gets to that point. If they have the ability to say to their partner...you know, in my partnership I can go to my partner Alexandria and say, baby, that woman is hot and I got turned on by her and she is really putting vibes to me. I can say that and we can have that conversation. But that's the first time in my life I have had that.

In past partnerships when I was less aware of this than my partner was there would be all this discomfort and fear. And I wouldn't dare say that. I would be worried she would freak out on me or leave me or who knows what.

**Jade:** Or get a black eye.

**Daniel:** I wasn't grounded enough in my own understanding of my biology to say that. So what would happen is I would experience those feelings for that other woman but I wouldn't have an outlet to share it and often it could fester into really weird pathologic expressions of sexuality. Right? That's the kind of thing that leads people to cheating. That's the kind of thing that leads people to all types of lying and underhanded moves that destabilize the relationship. So getting to the point where maybe it's going home tonight and saying to your partner, hey, if you ever feel this I want you to know it might be hard for me and I might get jealous the first few times but I'm willing to start having that conversation so that we can be a stronger partnership, not destabilized by lying and secrets and things like that.

**Jade:** There you go.

**Shawn:** You know Daniel, we are coming up on the close of the show and this is incredibly enlightening and the thing is I know everybody has probably learned a lot. At the same time they are probably bumping up against some of the discomfort here for sure. Especially when you think about your goodies getting given away somewhere. It's really important to just really look at this stuff and see where you're being imprisoned in your own mind by these different things. It's really about freeing yourself so that you are able to see clearly and so that you're able to have a healthy, happy relationship and, like you said, people talk about this stuff very surface level. It's all about communication.

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What does that really mean? That means honesty. That means sharing the things that are our deepest, most intimate things with another person and to be able to share that and for them to be able to feel that they have a safe space to share that as well because I know this for certain. I have worked with thousands of people and their relationships, anybody, your relationship is the number one most influential factor in your health.

It's really important today that we understand that if we're going to have a beautiful monogamous relationship and, by the way, just really a quick little insert here is again referring to my wife, her grandfather had two wives, two families. I have a snapshot of what that looks like. That doesn't mean that it's a good thing or that it works out for everybody or that it's a bad thing. It's just that's the cultural thing.

Today, for you if that lifestyle is not on the table or is not something that's attractive to you understand if you want to have a successful, happy, monogamous relationship then it's going to take work, it's going to take communication, and honesty and it's not something that just happens on its own. Especially in our world today. We've got so much coming at us. You've got to put a focus on it. You've got to learn. You've got to study. This is something, if you want anything in your life, to be at a high level you have to make it a study. If you want better health you have to study health. If you want better wealth you have to study wealth. If you want a better relationship you have to study it, make it a study.

I hope today is opening the door for you to understand, I need to study what's going on with my relationship with my sexuality because it matters and it matters a lot.

**Jade:** And then when we find ourselves in these tug of wars with ourselves and we don't know what's pulling from the other side we're just raging up against a machine that we can't even identify. What a drain.

**Shawn:** I pictured you raging up against a machine.

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**Jade:** I mean! Please let me go. Who are you?

**Shawn:** Daniel, any closing words or closing takeaways for everybody from the topic today. And also, let everybody know where they can get connected with you.

**Daniel:** Yeah, I usually wouldn't end off with a quote of somebody else's but I've got to on this one. My buddy Chris Ryan, a fantastic speaker and writer on this very topic and someone who has really inspired me; his book is, *Sex at Dawn*, and would be a great guy to get on your show. He talked about and said because human beings are naturally hunter gatherers you can become a vegetarian but don't expect that meat is going to stop smelling good. Biologically you are a hunter gatherer.

You can become a monogamous person but it doesn't mean you are not going to feel attraction outside of that. That just can't be expected because it's not natural to us. Again, it's just about understanding yourself. Once you go, hey, this is normal, there is nothing wrong with me. We're all walking around and because we don't talk about it we're all walking around thinking something is wrong with us and there is nothing wrong with you. You're a healthy, normal person and you can embrace yourself and love yourself. I wanted to put that out there.

When it comes to my work I want to recommend people go over to [danielvitalis.com](http://danielvitalis.com). I have a really awesome free magazine I've been writing. There are currently six issues of it and it's called [ReWild Yourself](#). You can get that for free by signing up for my newsletter. My newsletters are really cool. They come out on the new moon and the full moon. They are like a lunar calendar. So, you can get all that stuff at [danielvitalis.com](http://danielvitalis.com) and you can get access to my store, [SurThrival.com](http://SurThrival.com) and my project [findaspring.com](http://findaspring.com) which we've talked about on this show before which is a resource for helping people find spring water wherever they live.

**Jade:** Yes.

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**Shawn:** Absolutely. We'll put all of that in the show notes as well. So, everybody, thank you so much for tuning in to show and a huge shout out to Daniel Vitalis, one of the best people in the game and understanding this stuff at a truly deep and profound level. It's those profound takeaways. It's not just about getting yourself around certain information. It's that profound knowledge that can actually change your life, something you can apply and make a difference in your daily life and he provides a lot of that. So I want to give a big shout out to Daniel and thank you.

I want to send out a humongous greater thank you to you for tuning in to this show and sharing the show and applying the things you learned. It means a lot to you and to your family, to your community and we can really make a huge difference.

**Jade:** Yes we can.

**Shawn:** With us all working together with this. So thank you so much for tuning in. We'll talk with you real soon.

**Jade:** Daniel, thanks for being so wonderfully wild.

**Daniel:** Oh I can't do it any other way.

**Shawn:** Okay everybody, peace out. Talk to you soon. And, make sure for more after the show you head over to [theshawnstevensonmodel.com](http://theshawnstevensonmodel.com). That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.