

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #81

Show notes at: <http://www.theshawnstevensonmodel.com/81>

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.

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: Look at you. How are you doing today?

Jade: I am healthtimistic!

Shawn: Healthtimistic! Tell me what that means.

Jade: I am optimistically healthy.

Shawn: Ah yes, I love that.

Jade: And I'm so healthy it makes me optimistic.

Shawn: I especially love that. See, it's like a virtuous level.

Jade: Right.

Shawn: Instead of the vicious circle. I love that. Awesome.

Jade: Victorious.

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Shawn: Everybody, we've got an amazing show for you today. We're in the midst of the holiday season here in the United States but I wanted to definitely create something that was evergreen because we've got hundreds of thousands of people downloading the show each and every month. Some people are going to be listening to this months from now, in the future, or even years from now potentially. We will make sure that you get things that can add value to your life no matter when you get it. So today we're going to be talking about get together, you know there are a lot of Christmas parties and stuff going on right now, and that to do with the holidays. A lot of people have big barriers in their health and a lot of challenges come up around holiday season.

Jade: Every year.

Shawn: Coincidentally, it's also flu season too.

Jade: Perfect timing, right?

Shawn: But we're going to add something to that and we're going to talk about tips for eating out at restaurants, family get togethers, and holidays all in one.

Jade: Perfect.

Shawn: Okay, so we are going to combine them like Jade does those words.

Jade: We'll take it.

Shawn: Again, these things are going to be able to be useful for many, many years to come because many times you are going to find yourself in a restaurant situation and you are going to know what to do to stay healthy, stay on track, and stay feeling good.

Jade: Shoot, for day to day sometimes.

Shawn: Right. But first let's give a huge shout out to our show sponsor, onnit.com.

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Jade: Make it big.

Shawn: [Onnit.com/model](https://onnit.com/model) for 10% off your entire purchase of health and human performance supplements.

We have an exclusive here with The Model Health Show. You get 10% off also on the Hemp FORCE protein. No other show has that right now. Let's keep it our little secret. But you get 10% off the Hemp FORCE protein, the most bioavailable protein for the human body. And by the way, I want to talk about the choco maca flavor because we haven't talked about it.

Jade: That's good stuff.

Shawn: It's got the cacao in there, the chocolate. So this is a food, not only does it have some of the caffeine-like components, caffeine is a nervous system stimulant, but it also has theobromine which is a cardiovascular stimulant. So it is more of a well-rounded energy that it gives your body. You don't get some kind of weird crash. This is mixed into the formula. So the basis is the hemp protein, a wonderful energy source. With that chocolate you are also going to be finding interesting compounds like anandamide, known as the bliss chemical. There is also tryptophan, precursors to serotonin. These are things that make you feel good, feel balanced. These are "antidepressant" compounds. And this is all found in chocolate.

This is why people tend to gravitate towards chocolate, especially when there's stress and when they just want to feel good, they need a "comfort" food. Chocolate is one of those things. It has more of an innocent root. The food, itself, is a really, really healthy food but we've kind of twisted and turned it into some FrankenHershey FrankenKiss where it has all of the processed stuff in there, the fake sugar, the fake dairy products, all of the preservatives. Then you've got something that's a "guilty pleasure" versus doing something that's part of your overall health protocol.

This is why I love Hemp FORCE and the choco maca flavor. They have the vanilla acai flavor as well. Both of them are phenomenal. They are using real earth-

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grown nutrients so this isn't just that whack stuff you are going to find on your store shelves when you go to GNC or something like that and they are saying chocolate flavor. It's not that. They've got the real stuff in this product so a huge thumbs up for the Hemp FORCE protein, the most bioavailable protein for the human body. Once again, listen to that and understand it. You actually absorb it and you use it. This is why it's so valuable.

Jade: It tastes good. Did you say it tastes good?

Shawn: Of course, of course. It tastes good. So definitely check out the Hemp FORCE protein. I am also a fan of the Earth-Grown Nutrients. Every single human being in our world today needs to be on a green superfood blend. This is essential stuff. This helps to buffer all of the acidity, all of the toxicity that we're all exposed to on a daily basis in our air, food, and water supply. We can't get around this stuff. You've got to do things in your world today to create real health insurance.

Jade: Absolutely.

Shawn: That's why these green superfood blends are so important. You're going to be getting a tremendous amount of bioavailable vitamins and minerals. The essential amino acids are going to be found in there. Also, polysaccharides. These are some of the "essential sugars" that help to improve the communication of all the cells in your body.

Jade: Nice.

Shawn: Really fancy stuff, right?

Jade: Well, I understood. I'm improving the communication in my body to do better.

Shawn: I'm so fancy, don't you like this green? And it tastes good. Just mix it into a little water concoction or into your juice or smoothies. It's all good and that's the way to really have a true health insurance. So check that out and check out onnit.com/model for 10% off.

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

Jade: This one is from GoneToRelax. It's rated five stars and check out this title, "Fantasmagorical."

"I came across The Model Health Show when Shawn was [interviewed by Abel James](#) on the Fat-Burning Man Show. I was immediately impressed by his positive attitude, his knowledge, and his manner. Shawn and Jade are a great team. They have great guests on their show and I appreciate, so much, the knowledge and inspiration I get each time I listen, all delivered in a fun, yet firm manner. Thanks!"

Shawn: I love that.

Jade: Yeah, I love that word, I'm so snagging that word.

Shawn: Thank you, and that's from one of our listeners in France actually. I truly appreciate everybody heading over to iTunes and leaving these reviews. Man, it is so amazing, so amazing.

Jade: It is, merci.

Shawn: So now let's go ahead and get into the topic of the day. Today we're going to be sharing tips for eating out at restaurants, family get togethers, and holidays. First we're going to start off and I'm actually going to give you guys straight-up bullet points and tips and strategies here.

First we're going to focus in on the restaurants. I'm going to share with you eight tips for eating out at restaurants. Now for me, traveling, having a lot of business meetings, and just finding myself in interesting situations from time to time while I'm working a lot or I'm doing an event or teaching a workshop and I've got to get something to eat. These are some of the strategies that I use. So we're going to go ahead and start at the top of the list.

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Tip #1 on our eight tips to eating out at restaurants is to **pick the place**. If you're going to be having a business meeting or you are meeting up with a friend or you are meeting with your family or friends, a group of friends, you pick the place. There are plenty of farm-to-table restaurants popping up all over the country right now.

Jade: I'm so glad about that.

Shawn: It's just a huge wave. It's one of those things that, in my opinion, is not a trend. This is an actual shift in the consciousness of the public and our demand for high-quality food.

Jade: Not a fad.

Shawn: I'm not a JJ fad. So pick the place, farm-to-table, organic, places that are using organic. Even farmer's markets, there's a place over here called Schlafly's that has a farmer's market every week outside on their parking lot. They source a lot of their food from those farmer's markets. Also, you could check out if they have gluten free menus, things like that. So choose a place like that. The easiest thing to do is pick the place.

Tip #2, if you happen to be in a situation where you can't pick the place or someone else has picked the place, **call ahead**. Even easier today, you can actually check out the menu online. So just go online, see what they've got and see how you can finesse this situation and know what you are going to be getting ahead of time. See what kind of options, if you call ahead, often times they can actually adjust things for you and make things a certain way or maybe keep an ingredient out. A lot of these restaurants are very, very willing to help you to feel comfortable because they want your business.

Jade: True, and that would probably be a great thing to do ahead of time anyway instead of at the table while everybody is looking at you like, "what is her problem."

Shawn: Would you hurry up, we're hungry.

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Jade: We'll be with like-minded people and everyone will be amenable to the fact that I need to get that...

Shawn: Compassionate, yeah.

Jade: They would. But if not, here we are around friends and neighbors and new acquaintances. You never know.

Shawn: Right. So that's a wonderful example. Also, this tip is just super easy. It really speaks for itself, super easy stuff. Sometimes some of this stuff that I'm going to be sharing today might be Captain Obvious, right? But it might be just kind of in the periphery, like you might be aware that this is possible but you don't know it, especially in the moment. And presenting this right into the front of your consciousness is going to have those things right there in your mental Rolodex to pull out when you need it.

Jade: Yeah, make it like a tool box.

Shawn: Yes indeed. So, that's number two.

Tip #3 on our eight tips for eating out at restaurants, use the pick-three strategy.

Jade: Hm, what's that?

Shawn: This is something I use with my clients. I actually build this into many of their programs because I know they are going to find themselves in situations where they're going to go out to eat so I use the pick-three strategy. It's real simple. I give them the category of foods so I'm not going to list a bunch of foods here, per se. But I am going to tell you what the framework is.

Jade: Well sure. Or you could use me, for example.

Shawn: So the pick-three strategy is simply pick one protein entrée of choice. That's pick number one. Pick number two is to pick one non-starchy veggie. Pick three is to pick one healthy fat source. Those are your three main things that you

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need to go for when you go out to eat at a restaurant. So the protein entrée could be anything from wild-caught salmon to flank steak.

Jade: Lamb.

Shawn: Exactly, or lamb. Then you have your veggie of choice. Yesterday I actually had lunch with my daughter, which was awesome. The veggie of the day was sautéed zucchini and squash so I went for that. Or it could be broccoli or asparagus or Brussels sprouts, sautéed greens. There are so many different options that different restaurants are going to have. Pick one of those.

Then your third thing is getting that essential fat. Note that these are all components to keep you satiated and also to fuel your body and fill your brain, especially with the dietary fiber aspect. If you're not actually getting satiated from your meal you are going to have a tendency to want to order that extra thing, you know, let me see that dessert menu.

Jade: When they come back around with the sample plastic cheesecake. Would you like one of these? Yeah, just give me all, put them all on.

Shawn: I'll take a box to go in case I don't finish.

Jade: There we go.

Shawn: So, protein entrée of choice, vegetable, healthy fat. This could be anything from avocado to olives. Maybe they have nuts like macadamia nuts or whatever they could throw onto a salad for you. Of course, you can get the extra-virgin olive oil to finish your foods. You can put a little bit on your veggies or if you are getting a salad. Salads are always a great choice when you go to a restaurant because there's a pretty good chance they will have salad available.

Jade: Then they can toss in the other things like the fat and the nuts.

Shawn: Exactly. So that's the pick-three strategy.

Jade: I love it.

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Shawn: Reserve the time that you are going to eat some carbohydrates for somewhere else. When you go to a restaurant take the safe choice. Use the pick-three strategy, protein, non-starchy veggie, and good fat source. Handle the carbs later and we will talk about that more in a moment.

Jade: Yeah, because they are everywhere right about now. You walk into the office, there's the cookies.

Shawn: Oh man, yeah.

Jade: Someone boxes up a pound cake for you with a little bow. And what's that smell in the air, is that fresh-baked bread?

Shawn: It's crazy. Pound cake?

Jade: Fruit cake.

Shawn: The pound cake is like what? A pound of...

Jade: Butter.

Shawn: A pound of flour, a pound of sugar, I think. It's a pound of a lot of stuff.

Jade: Yeah.

Shawn: And then it puts pounds on you. That's why they call it a pound cake.

Jade: Might as well just smather it on your thighs.

Shawn: Just rub it in externally.

Jade: Right.

Shawn: Some crazy stuff. But the thing is it's really a lot of traditions. But these are new traditions, I've got to reiterate this. And it's not about not enjoying the

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holidays at all. Of course, we're going to talk about more strategies for even when you go out to a restaurant to enjoy yourself. These are the safest bests. So that's number three on our eight tips for eating out at restaurants.

Tip #4 is to skip the beverage and drink water. That's another super simple one. I've been out with a lot of people and they think it's healthier instead of getting soda they will get juice or some lemonade.

Jade: Or diet.

Shawn: It's just processed sugar water. That's really all it is. And you are drinking the sugar. So what that's going to do is elicit a higher insulin response which is going to trigger your body to store more of the calories that you are about to eat and that drink as fat.

Jade: Wow, wait a minute. It triggers your body to store more. Oh man.

Shawn: You know this from our past shows that insulin is your body's fat-storing hormone. It's your major fat-storing hormone. So when it's active it's going to be looking to push whatever energy is available into those cells as energy.

Jade: Oh dear.

Shawn: So this was another reason that we talked about the pick three of avoiding the carbohydrates. This is a good opportunity to avoid some fat storage and to utilize foods that are going to keep insulin down at a minimum. So there's a method behind all of this, so that you can pick the safer starches or carbohydrate foods when you are in more of a structured environment.

Often times even if you are eating at a restaurant you might know a little bit, you don't know all of the little stuff they are doing to that food and how they are sneaking in more "calories" which is more energy and more potential fat.

We also talked in previous shows (and we will put this in the show notes) we broke down the whole calorie myth. Understand this is not about calories. This is

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about what your hormones are doing. Your hormones are going to determine every single calorie that you consume what it does in your body, whether it's going to get stored as fat and whether it's going to get eliminated as energy.

Also, understand that everybody is different. Your metabolism, your hormones are different from the person sitting across from you. They might be able to "get away" with eating the pecan pie. If you eat it then your butt is just going to start jiggling while you are sitting there at the table. It's going to jiggle on its own.

That might not necessarily be a bad thing, shout out to J. Lo, but really, for some people, they don't want that to happen. So that's what I want everybody to do, skip the beverage and drink water, super easy, super simple thing. Enjoy the good meal but you don't have to add on top of that by drinking some random crazy stuff.

Jade: You know, I've been wanting to ask you about the water at the meal combination too. Is there some truth to, or concern, about when you drink the water and when you're eating food?

Shawn: Absolutely. I was actually fortunate to be trained by the swift hand of my grandfather when I was a kid. I would be reaching for that cup and he would smack my hand and tell me to eat my food first. So I got conditioned. I never was one of those people who drank fluids or liquids with my meal. Even when I would go to the fast food drive thru, I would just get a meal. I wouldn't get the drink. That's the craziest thing.

So it kind of gave me a little bit of a benefit. But then, of course, with my research later on, understanding that. What you want to do is really help to strengthen your digestive fire and literally not water it down by consuming liquid with your food. Some people, it just depends on your constitution, some people have stronger digestive fire where they can get by with some of that stuff. But generally everybody can really benefit from drinking their water before or after.

Here's the general guideline, drink 20 minutes before. Give yourself at least 20 minutes after you drink liquid; also, 30 to 45 minutes after you eat. So give your body some time to process your food. What you want to do is help to cultivate

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the conditions for a strong, healthy digestive fire. In your stomach, for example, you've got hydrochloric acid. Acid and water kind of neutralize each other so stuff can kind of get stagnant in your body and you will depress your digestive ability.

That's a great question and people kind of wonder about that. So do your best to not consume water with your meal. Of course you can have a swig or two to wash the food down or whatever it is.

Jade: It depends on what neighbor cooked that one. Just a little, please.

Shawn: But generally, you can work on bringing this as a new way of consuming your food. Work on it if it's been an issue for you over the years just knocking down a big thing of water. If you're not in the physical health that you want to be in maybe it might be because you are not digesting and assimilating your food properly. Small things can make a huge difference.

Jade: It can.

Shawn: So let's move on.

The next tip on our eight tips for eating out at restaurants is **Tip #5, have a large salad first.**

Jade: Well there you go.

Shawn: Super easy thing. It can be like your "appetizer" when you get there. Get all that greenery in there. Get that roughage in there in your body to set the template. Also, of course, you are going to activate leptin in your system. Leptin is a satiety hormone so it is going to make you more satiated and, again, help to control cravings for other crazy stuff that might come along in the meal experience later. So get that salad in first so at least you are getting something.

It is also living. This is going to be living food so there will be raw foods that are going to be incorporated into that salad. You will be getting enzymes which can be utilized by your body for the purposes of assisting in digestion and also just doing metabolic processes period. So you are getting enzymes in your food.

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When you cook a food over 118 degrees you will potentially be destroying upwards of 100% of those enzymes. It is going to require more digestive energy to try to break that food down. Your body can do it but why put it under more stress when you can add in more raw foods to help your body along. So, get that salad in first, have that be your appetizer. This is another great strategy of eating out at a restaurant. Also, if you know that you are going to be eating something a little bit on the borderline get that good stuff in there first so you are setting a template. If you get that in there first then maybe you are having your, I don't want to say it, eggplant parmesan or whatever it is.

Jade: Garlic cheddar biscuits.

Shawn: Garlic...are you talking about Red Lobster right now?

Jade: I've heard of them.

Shawn: Are you talking about Red Lobster?

Jade: Just heard of them. They bring them out first.

Shawn: That used to be the fancy spot right there, the Red Lobster. Anywhere that they give you a buzzer thing is probably not like top notch. Not to take away, there are some good restaurants that have that because they might be in demand. But, generally Red Lobster is not the best ever.

So let's go ahead and move on in the list here. That was number five. **Tip #6** on our list of tips for eating out at restaurants is to **bring support along with you to upgrade the quality of your meal**. Jade you know this personally.

Jade: Spanx.

Shawn: No.

Jade: Oh, okay.

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Shawn: I bring along this bag with me, this little fancy...it's not fancy at all, it's a free bag that has my little supplements. I also have a notebook in there because sometimes I get hit with inspiration and I want to write something down. I might hear something so I keep this notebook along with me. But what's more important right now in the conversation is what's in the bag.

Jade: What's in the bag?

Shawn: I am going to go and actually reach into the bag right now.

Jade: Get the bag. Let me see this bag. Look at that fancy little burlap thing you've got there. Turn it around and let me see what's on the front.

Shawn: This was a free gift from my daughter's school.

Jade: Turn it around. Webster Wolverines.

Shawn: I don't know what that is, I think it's like a...it's not a wolf, it's something else. But that's neither here nor there. So, in my bag, what I mean by this is every opportunity I get I'm looking for ways I can upgrade the quality and nutrition in my meal. Chances are the meal at the restaurant is not going to meet my body's standards.

Jade: Oh, I love that, "that won't meet my body's standards."

Shawn: So I bring along a little bottle of spirulina. I actually have a bigger container but I pour it in there and actually bring a little bottle of spirulina and kind of dump spirulina into my salad. Or I will mix it in with some guacamole if I find myself in the mecca of chipotle. If I find myself in a situation like that I will mix some spirulina in to radically upgrade the nutrition in that meal. Spirulina is over 70% protein by weight. Beta carotene. Zeaxanthin, potentially the number one nutrient for your vision is found in that food. Phycocyanin, this food has a compound in it that can actually help to boost the production of your stem cells.

What do stem cells do? Stem cells become everything your body needs. So if you need to regenerate some muscle tissues, new cartilage, or something for your

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vision, stem cells are the seed cells that make that happen. This food has that kind of seemingly magic capacity but this is backed by many, many scientific studies so I am bringing this in and adding it to my food. That's what we call an upgrade.

Jade: Sure, sure. And that green quality to actually turn it true green. That's really nice.

Shawn: One time I was actually at Whole Foods. I had a salad there and I poured it into my salad and mixed it up. Somebody walked by and literally complimented my salad. I thought, who does that. Somebody might compliment your shirt, they might compliment your hair. But somebody walked by and were like, "that salad looks amazing."

Jade: That's a good-looking salad.

Shawn: Hey, my salad works out.

Jade: That's right.

Shawn: Okay. So that is number six.

Jade: Just look at my salad, just look at my salad.

Shawn: Actually, let me give you some more strategies before we move on because I didn't even go into my bag.

Jade: I see you slipped it back in there before I started asking for stuff. Pass it over here, quit playing.

Shawn: I've also got marine phytoplankton. So this is my Oceans Alive marine phytoplankton. I've been using this for many, many years. It is one of my favorite things in the world. I'm not going to talk too much about it because we're going to have the creator on very soon. This guy is brilliant. He is scary smart, just super smart. It has been one of my most incredible health insurance

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components, a utility I have had for many, many years. So, the marine phytoplankton.

Jade: It's interesting. We hadn't heard about this before.

Shawn: That's something easy you can mix into pretty much anything.

Jade: Okay, drink liquid?

Shawn: You can mix it in with your water, you can just take it straight. But you are going to get a tremendous amount of nutrition. In this food you are pretty much going to get every nutrient that is known. And that's no joke. So we're talking about every essential amino acid, every mineral and trace mineral, every essential fatty acid, every polysaccharide because this is from the ocean. This is the root of all life.

When I say it has every nutrient, of course, that might exclude a couple of things but generally you are going to be getting, across the board, everything that your body needs in this amazing food. But again, I don't want to get too much into it because we get to do a whole show about it.

So I have the marine phytoplankton in my bag. I've also got the [DigesTech](#) from our amazing sponsor, [onnit.com](#). So these are professional grade digestive enzymes. These will be very helpful when you are eating some questionable food. Also, denser foods which you are going to be finding at restaurants. They will be cooking in a lot of oil and a lot of salt just to make the food more palatable and tasty. So this has amylase, which breaks down carbohydrates; protease, which breaks down the proteins; lipase, which assists in breaking down fats; the cellulase helps to break down plant fibers and on and on and on.

Also, why I love this DigesTech in particular is that they also have ginger root extract in there. Ginger helps to increase the digestive fire power that we talked about. The same thing with fennel seed powder. I keep this with me at all times.

So those are just some of the examples that you can kind of keep in your bag. I'm a dude, so I'm carrying around this bag. But ladies, you've got purses. You

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can just have a couple of little things in there just to help upgrade the quality of your food.

Jade: I could have a little spirulina pouch in there.

Shawn: Yeah, why not?

Jade: Why not? Excuse me while I go powder my salad.

Shawn: What? That's number six on my list of eight tips for eating out at restaurants. Let's move on to **Tip #7**. It is pretty simple and self explanatory, **dessert the desserts**. This is, again, something you can do on your own terms. You don't want to fall into the trap. This is going to be where you have the tendency to consume a lot of processed sugar.

Jade: Oh my gosh, and grains!

Shawn: This is going to injure me in not the best spot. However, again, at a lot of these different restaurants, the farm-to-table places, what I want to encourage even outside of all of this stuff, and not to be so in our head about this and so fearful and so exclusive and not enjoying ourselves. We don't want to be dogmatic. So enjoy yourself.

I am giving you the strategies. I'm telling you the truth about this stuff. But at the same time live in the world. You need to enjoy yourself and let your hair down every now and then and just enjoy. Enjoy the experience. This is why food tastes good, because it wants you to eat it. But we've got to make the distinction between real food and stuff that's chemically made to taste good to get you to eat it.

Jade: Exactly. And what's the true value we're looking for, is it the feel good? Then maybe I don't need all of what's in that to feel good. That's one strategy I've tried. This is great for the holidays, prepare healthy treats to share. Prepare to share. So maybe I can make a raw vegan brownie and have them all wrapped up and ready to exchange as gifts. And if not for gifts you can know you've got one waiting for you at home so you are not totally without but you've got that

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dessert, that treat, that little sweet spark waiting for you at home or even in the car.

Shawn: Get your sweetness elsewhere.

Jade: No, no, no, you just go ahead and keep that upside down devil's pineapple whatever thing.

Shawn: Devil's pineapple...

Jade: I just created something right now.

Shawn: Right.

Jade: Oh. I'm not interested. I'm not....interested. I have my vegan brownie in the car.

Shawn: Yeah, wow. See, that's a skill that you need to develop, that somebody needs to develop to be able to say no to that and choose the higher.

Jade: Well, you could put it in your purse too really.

Shawn: Right. And I've seen that before many, many times. But, at the same time, if we are able to use Tip #1 and pick the place they will have higher quality ingredients to make some of this great stuff. So, gluten-free pumpkin pie or gluten-free brownies or something like that. Or they are at least using organic ingredients to make the chocolate cake or whatever it is. Now we are getting borderline. But, again, stack the conditions in your favor. And when you go out, enjoy. You can have a little bit of that stuff. But, what Jade is talking about is the strategy of a master right there.

The strategy of a master is understanding that you see that people have desserts available but you are getting your sweetness elsewhere and you have that composure and patience and ability. What it really is is instant gratification, right? That's what a lot of these different levels of mastery we talk about. Even with

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your finances, your relationships. You get that money and it burns a hole in your pocket, you want to spend it.

Jade: I do.

Shawn: Can you have that delayed gratification? Same thing with your food, every single meal. What we tend to do when we are in a food situation, we act like we are never going to get to eat again, "I've got to do it now."

The reality is that you are pretty much going to be eating three meals a day. You get to eat again, calm down, it's going to be okay.

Jade: And you will go at the leftovers the same way, well we only do this once a year.

Shawn: Right. So let's move on in our eight tips for eating out at restaurants and remaining healthy and beautiful. **Tip #8 is to strength train that day.**

Jade: Really?

Shawn: Strength train that day, before and not after. A lot of people are under the assumption they can go and work off the meal they indulged in.

Jade: That's true.

Shawn: The truth is you cannot out train a bad diet.

Jade: Yeah.

Shawn: Nor a bad meal because your body is operating, the hormonal landscape is totally different when you are trying to work it out afterwards versus before. So what you are doing when you work out beforehand is you are increasing your body's ability to help to shuttle the food to your muscles and to repair your body; versus, when you are trying to work it off, first you are going to be utilizing muscle glycogen. Your body has to go through quite a process to try to break down stored fat, fat that it has already stored because you ate crazy

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and try to use that as energy. You've got to do a lot to get your body to do that. You should start and create the template in your body in the first place for having that food be shuttled to the purposes you want. Actually, if you do the exercise we talk about here on the show you can actually block your body from storing fat. If you're doing high-intensity interval training, for example, in the way that we talk about you can actually prevent your body from storing excess carbohydrate as fat upwards of 36 hours.

Jade: Oh great.

Shawn: But, again, this is done beforehand if you know you are going to be going out on what we call a treat meal, not a cheat meal. The whole concept of a treat meal is that you earn that treat meal. So when you have it you are not getting into some kind of depression because, "oh man, I just ate this and now I've got to go and try to work it off." You've earned it, enjoy.

Jade: Right, that's a different mindset.

Shawn: So what you're going to be able to walk away with by understanding this strategy is something that a lot of people don't know. They will find themselves in the gym after the holiday, after the experience of eating a lot of craziness and they are trying to work this stuff off and then have a very difficult time in doing so.

Jade: It's horrible.

Shawn: You know the strategy is to work out first so your hormonal landscape is totally different. Your body's going to be less apt to store that food as fat. As a matter of fact, it's going to help you to build more strong, lean muscles so that you can look and feel the way that you want to. You can leverage this stuff just by a change in the syntax and the sequence that you do things.

Really, it's like with a recipe. If I give you the recipe and tell you all of these things but I don't tell you the order you might...

Jade: What a mess.

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Shawn: Right. Of course, you could come out with a complete disaster. This is why these little small things can make a huge difference.

Jade: Or results that you didn't intend. Maybe it does turn out not so bad but not for the results that you set forth to get.

Shawn: Right, when it can be amazing.

Jade: Amazing.

Shawn: So there you go, everybody. Those are the eight tips for eating out at restaurants and still maintaining your health and beauty.

Jade: Healthtimistic.

Shawn: Now we're actually going to dive into something that, regardless of when you're listening to this episode you can use this at any type of holiday because all over the world there are different holidays at different times where family members get together. There will be a lot of different foods, a lot of peer pressure and a lot of opportunity for you to kind of throw off your game and the track that you're on for your health and wellness. So I want you to be able to maintain that but at the same time be able to enjoy the holiday.

Now let's get into these five tips for family get togethers and holidays to maintain your health and fitness.

So we've got Christmas coming up here just in a few days. Christmas dinner is a big deal for a lot of families in this country and in different places in the world as well. But Christmas dinner is dinnertime. So what I encourage you to do for

Tip #1 is to have a great, healthy breakfast. So start your day with a very, very powerful nutrient dense breakfast. This is going to help you defend against overeating later on.

Jade: Nice.

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Shawn: Why this works is because of a very important, profound statement and truism, a reality about your health and your physiology. I want everybody to really tune in and listen to this, nutrient deficiency leads to chronic overeating. I am going to say it again, nutrient deficiency leads to chronic overeating.

Basically, when we have hunger signals occur, your body is generally pleading with you to get the nutrients that it needs to rebuild itself into your body. This could be the zinc, magnesium, and other minerals and trace minerals, the essential amino acids, the essential fatty acids that it needs to help rebuild you and to make you healthy. Then, in comes the Cinnabon. In come some Spaghetti-Os.

Jade: Cue the Spaghetti-Os.

Shawn: In comes the soy latte. In come the French fries, completely deficient in all of the things that your body actually needs so yes, you've got some stuff in your stomach that your body is putting attention on...

Jade: Yeah, salt and grease.

Shawn: But it's going to come up empty and it's going to be like, "hey, we didn't get what we requested," so now you are hungry again and you are going to eat more. This is why individuals in our world today find themselves constantly consuming food and consuming low-quality food. It becomes an addictive process. You aren't getting what your body really requested, you eat something else and you just continue; it's a vicious circle that is created.

Jade: It is, it's just an extended binge, it's awful. Then, talk about the guilt after. Then you are beating yourself up.

Shawn: This boils down to what it's doing with your hormones yet again. When we talked on our previous show about depression what has been clinically found is that you do actually get a little bit of a serotonin hit when you consume carbohydrates. It is an instant lift but it goes away very, very fast because your body processes carbohydrates quicker than anything. So we've got to be knowledgeable about this stuff and this whole entire landscape.

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What we're doing is preventing the overeating later on in the day during the holiday season by getting a great breakfast, getting a great start, flooding our body with nutrition. This would be a great opportunity to do your green smoothies where we are getting the Hemp FORCE protein and the cow powder and the good healthy fats like coconut oils, almond butter, and Onnit has [Trilogy butter](#), and almond, walnut, and cashew butter.

Jade: It's good.

Shawn: Fantastic. They've got that and you could throw that in there along with your green superfood, whatever it might be, the spirulina, chlorella, Earth-Grown Nutrients, blend all of that stuff up with some almond milk.

We preferably do the fresh-made almond milk so you are getting a lot of nutrients that have not been processed outside of you blending it with the water and straining it. It is a phenomenal source of fats and also a good source of protein as well. You will be getting the enzymes that are built into that food versus when you get it processed.

The store-bought almond milk is a much better choice than pasteurized, homogenized dairy coming from 10,000 cows. That will be a much better choice. But, if you can make it fresh that's a really great experience to try out as well.

Jade: Man, I just thought about cow milk soup. That stuff is the whole thing.

Shawn: Crazy pants!

Jade: Yeah, that's rough.

Shawn: Also, of course, if you are somebody who is more focused on eating lower carbs, especially in the morning, which is what we advocate because you are more insulin-sensitive in the morning and your body will have a greater disposition to store the carbohydrates that you eat as fat. It's a better idea to do lower carb breakfasts.

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Maybe you are doing a big veggie omelet which is tons of veggies, chopped spinach and onions and mushrooms and all that kind of stuff. Or, maybe you have a little bit of animal food with it, protein and bacon mixed in there. Then, of course, your non-starchy veggies.

One of my favorites in the morning is sautéed garlic spinach. Chop up some fresh garlic. The funny thing about spinach, you take a whole box, like two huge handfuls, and it would be like a teaspoon of spinach after it is all cooked. Then you say, "wow, how did that happen?" It's the cooking process. Have that and then your essential fats. I love to have that with some sliced avocado. Today I actually had some olives for breakfast. I threw that in the mix.

Jade: What kind?

Shawn: They were kalamata olives.

Jade: Okay.

Shawn: Delish! I had that along with some leftover roast and some incredible greens that my wife made which was a mixture of kale and Swiss chard. She also used these fancy Kenyan spices which she does not disclose what they are. I have no idea, I'm just trusting this woman. She's probably put love potion in there. Nah, I love you babe, don't worry about it.

Jade: Naturally, you don't need no potion.

Shawn: It's my choice. You didn't trick me, I think.

(laughter)

Jade: I think.

Shawn: Okay, that's Tip #1, to have a great, healthy breakfast.

Jade: And note to self, get recipe from Anne.

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Shawn: You've got to understand that this is the situation, you've got control of this. You've got control of breakfast because you're not in that environment, to be influenced/pressured by anyone else. You've got control of this breakfast equation so definitely handle your business on that breakfast. Get yourself nutrient back loaded in the morning so you can really face today and already be nourished.

Jade: And be emotionally charged.

Shawn: Exactly.

Jade: As opposed to let down and drained.

Shawn: So next up on our list of five tips for family get togethers and holidays, **Tip #2 is to be smart.** Be smart and avoid the food coma, AKA the itis.

Jade: The itis.

Shawn: Do you know what the itis is?

Jade: I do. Describe it though. I love it.

Shawn: The itis is basically when you consume a lot of food, we'll just call it food no matter what it might be, you consume a tremendous amount of this food and then you are just kind of sitting there and you become a part of the feng shui of the house, you are a decoration. You are pretty much useless, you are immobile and basically in a drunken stupor. You might take a nap. You probably are going to take a nap and fall asleep while watching the game or whatever, just doze off and come back. But again, people will be coming in and going out and you will have to say bye to whoever, "what's wrong with him?"

"Oh, they've got the itis." The itis has set in. So be smart, avoid the itis. This comes back to your psychology. It really has to do with who you are. A powerful book, and I encourage everybody to check this book out, it's a short read called [As a Man Thinketh](#) by James Allen. In this book he says, "As a man thinketh in his heart, so shall he be."

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This gets back to the fundamental principle of talking about how everything really works in our reality that whoever you believe you are, that is going to really be the out picturing, the person you believe yourself to be. The number one driving force of the human being is to stay congruent with the identity they have for themselves. So you are going to find yourself partaking in activities, habits, ways of being in the world based on what you believe. If you go outside of that context you are going to find yourself self sabotaging a lot to try to get back to that template of who you say you are.

You've really got to take ownership and choose who you are and do things to affirm that continuously until you become it. Again, "as a man thinketh in his heart, so shall the be."

Another important line that he says in his book is that self control is strength, right thought is mastery, calmness is power. So self control, that's tough in these situations because you are trying to use your willpower which we've talked about many times on this show, you get in situations where it's your willpower versus your biology.

Jade: Right, or pastries.

Shawn: Right. And it's going to be a losing battle most of the time. So you've got to stack conditions in your favor to make it so that willpower is not the issue. Strength is a component of self control. Then we move to the next level where right thought is mastery.

Now we're talking about using the power of our mind and how we are actually envisioning and seeing things more clearly for what they are. So, for example, when I am walking through an airport it's not even real to me when I'm seeing Burger King or whatever it might be. It's just like that isn't even real to me. It's absurd, it's not food because of the way that I've conditioned my thinking.

That's a level of mastery. But now, what everybody has the opportunity to experience is just be calm in these situations, be present. Say, "there is no

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shaking me, I'm centered, I know who I am and I know what I'm about and I'm comfortable."

There's no stress involved. The holidays bring no, zero, stress for me and I'm seeing people even tweeting about gift-buying parking lot stress and all of this stuff going on but it doesn't have to be that way.

Find that inner calmness and one of the ways to really cultivate that and what is super valuable is getting back to some of the fundamental things that holidays are supposed to be about which is gratitude, love...

Jade: Yes, absolutely.

Shawn: Compassion, and cultivating those things within yourself by having a practice, a daily practice, to really strengthen those muscles, that gratitude muscle. It doesn't come naturally often times.

We're really wired to look for problems. It's part of the amygdala so we've got three different brains beginning with the amygdala which is really the reptilian brain, which is only concerned with survival. Then we have the limbic brain on top of that. It is really associated with the four F's, fighting, fleeing, feeding, and F...procreation. So that's the limbic brain.

On top of that we have the more evolved human brain which is the prefrontal cortex which has more of this evolved thinking in a high-level capacity to create and whatever. But sometimes the amygdala can hijack the situation and you get right back to survival. This is why you need to have a practice to really be able to tame and to have mastery over those lower, more primitive parts of you.

Here's the thing and what makes it different for the way that I see things, it's not that that part of you is bad, you can use that part of you instead of it using you. That's what I want you to do.

Jade: Everything has a time and place.

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Shawn: So you can develop that calmness to be in these situations and feel strong. That's true power, so that none of this stuff is even an issue for you. This is all a part of who you are.

I want to share one more thing from this book really quickly and it's that "the outer conditions of a person's life will always be found to be harmoniously related to his inner state. Men do not attract that which they want but that which they are."

So, who are you? Here's what I want you to actually consider, that person that you want to be in these situations, and in your life period, when you are faced with obstacles of people coming in with take-out and it's pizza day or somebody's birthday in your office, the person that you want to be who doesn't participate in that stuff, who eats real food, who cherishes their health, who is an inspiration for other people, that person you want to be, how does that person carry themselves? How does that person walk? How does that person talk? How does that person function in their relationships?

You've got to understand that you've got to see it first. You've got to be it internally first before it's going to be your external reality. How does that person function in relationships? What does this person eat? Be clear on this person that you want to be, this person that you say that you are, how does this person eat?

How do they think? Or, are they subjected to people coming around saying, "what's wrong with you, everything in moderation." Man, if I hear that, that's just crazy. Food is the only context that we use something like that, everything in moderation.

Jade: Well, drinking.

Shawn: You know what I'm talking about, in-taking food and beverage. But we don't use the same idea in our relationships.

Jade: Or with poison.

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Shawn: We don't say, I'm moderately committed to my wife. I'm moderately in this relationship or I'm moderately doing my job at work. We don't do that. We are always accepting that around food.

Jade: We are moderately living our lives. This is not moderately living.

Shawn: Right, do you want to be mediocre? That's a decision you have to make as well. Some people believe we are not here to be average. I am one of those people that think you are exceptional.

Jade: Ohhh.

Shawn: You!

Jade: You are exceptional.

Shawn: You are in the circle.

Jade: Amen.

Shawn: So ask yourself these questions and start to visualize and see yourself as that person you want to be because that's how you actually become it. You must see it first and then the outer conditions of the world will start to mold itself around that. It's not the world, per se, it's literally you being able to see through new lenses. You are going to be able to see things differently in your perception and the way you respond to things. Your ability to see opportunities is going to change based on the you making the decision about who you are.

So now, to wrap this tip up, I really want you to come into the situation with a plan and with an intention to eat and enjoy the foods that are really worthy of your body. That's what I want you to do, come into it with a plan, with an intention to eat and enjoy foods that are worthy of your body.

Jade: Yes, worthy.

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Shawn: I promise you, again, you are going to get to eat again. I promise you this, so be smart. So that's Tip #2. **Tip #3** on our list of five health and fitness tips for family get togethers and holidays is to have **protein and veggies dominate the plate**. Generally this time of year there will be some turkey, some ham, some duck. Some people do smoked salmon and different things like that. So have the protein, that is thumbs up. Have protein and veggies dominate your plate at least, $\frac{3}{4}$ to $\frac{3}{5}$ of your plate should be those things. Then sure, go ahead and have a sampling of the other stuff but just don't go crazy.

Jade: Because it ends up stringing into a whole bunch more holidays. We have a New Year immediately after.

Shawn: I promise you, you are going to be fine without eating a half a plate of baked macaroni and cheese. You are going to be fine, I promise. Or a half plate of stuffing. I can't wait to have the stuffing, I'm going to stuff myself. Stuffing is so weird to me.

Jade: You are stuffing.

Shawn: I've talked about this before. The concept is that we take all of the stuff out of the bird and then we stuff it with some other stuff.

Jade: Don't do it! That's why it's called stuffing.

Shawn: That's just very strange. For me I think of Build-A-Bear Workshop with the process where you stuff the bear. I just drove by my old university and I saw a taxidermy. That is the creepiest thing. It's just like these dead birds and elk and all these animals have been stuffed with something and they are looking out the window at you. So, what is this stuffing? What is it actually? A lot of people don't even know. It's just a bunch of stuff.

Jade: It's got sage.

Shawn: It's got sage and some stuff.

Jade: Sage and stuff.

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Shawn: So what it really boils down to is having a strategy, that insight before hand, that $\frac{3}{4}$ to $\frac{3}{5}$ of my plate is going to be dominated by protein and non-starchy veggies.

Jade: Why did you say $\frac{3}{5}$? I'm just saying.

Shawn: Just to open up the ratio of the plate a little bit more. With $\frac{3}{5}$ you get a little bit more leeway for pumpkin pie or, what we had already this year, sweet potato casserole. Crazy pants, right?

Jade: A smart alternative.

Shawn: Right. Would you look at that?

Jade: Look at it.

Shawn: Have a look. When that sweet potato casserole came out I said, "would you look at that, just look at it."

Jade: Just look at it.

Shawn: And somebody came with a knife and I said don't touch, just look at it.

Jade: Have you ever seen anything like this?

Shawn: There is so much opportunity to change the ratio on your plate but you want to come with that insight of $\frac{3}{5}$ or $\frac{3}{4}$ of your plate, the dominant force on your plate will be protein and non-starchy veggies. That leaves room for some of the other stuff, some baked macaroni, some of whatever it might be...cranberry sauce.

Jade: You keep trying to come up with stuff because it's foreign to you now.

Shawn: I don't know anymore. I don't know.

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Jade: It cracks me up how you are searching for something familiar. You are trying to remember. It's so funny it's hilarious.

Shawn: So, here's what we do, we mainly eat real food that we can recognize. That's what we want to do with our holiday meals or any family get together. Eat the food you can still recognize where it came from. So the turkey, cool, go for it; the greens, thumbs up; the green beans, green light; the roasted Brussels sprouts, have at it; the yams, do your thing; stuffing...where does it come from?

Jade: The stuffing tree.

Shawn: It's coming from that taxidermy, it's coming from that Build-A-Bear Workshop. You don't even know what it is.

Jade: Not my granny's!

Shawn: Understand, what we want to do is take the strategy on and you will find that you will be much more satiated and you will enjoy your meal and will be able to sample and taste some of the other "fun stuff" or "holiday stuff" but you will not have the itis after it is all said and done. You will be feeling good and you will hit the rest of the year on a good note. You will hit the ground running.

So let's move on to Tip #4 on our five tips for holiday get togethers with the family. **Tip #4 is to upgrade the ingredients.** That is real simple, upgrade the ingredients. We talked about this on a recent episode with Dr. Pedram Shojai. He was talking about his pumpkin pie fetish. He just had to have it but it would mess him up. So his wife or he found a recipe and they actually upgraded the ingredients. They were using more real foods and avoiding some of the typical inflammatory triggers that would be found in a processed pie.

Jade: If they could just see the face that goes with "all that stuff" that's in there. Not only is it not, what did you say, not worthy of your body, but you don't even want to speak it.

Shawn: We're not worthy.

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Jade: It's like you don't even want to put those words in your mouth.

Shawn: For me, honestly, it's because there's a thin line between pumpkin pie and pumpkin cry. There's one way of doing this stuff that we will use organic pumpkin puree and maybe an almond crust or pecan crust made with dates. It's amazing and tastes fantastic. I will actually put in the show notes the recipe for the pumpkin pie we had.

Jade: And the pecan crust.

Shawn: I'll put the recipe in the show notes. Then you've got the pumpkin cry which is from some genetically modified pumpkin that was actually part of a scary movie at some point.

Jade: Stop it.

Shawn: Then the crust is made from pure gluten. It's pure gluten.

Jade: A gluten crust.

Shawn: So you get a coma, a gluten overdose and you feel like crap after you eat it. There's a thin line there and I don't want to just throw people off from enjoying yourself but what you want to do is be more intelligent and upgrade the ingredients. We can make some of this amazing stuff that we grew up with.

Jade: In a much better way.

Shawn: Yes, yes. And it might take a little bit more work in the beginning to get it down to a process often times but then it will just be normal.

Jade: And your body will say, "that's what I'm talking about."

Shawn: Absolutely.

Jade: Now you've got it.

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Shawn: So use organic ingredients. That should be Captain Obvious at this point; so we are not using foods that have been sprayed with pesticides, fungicides, herbicides, rodenticides. Remember, -cide means to kill.

Jade: -cide means to kill.

Shawn: So let's not kill anyone at your dinner table. Let's actually get together and have foods that are life giving, affirmative.

Jade: Don't kill them softly with your pecan.

Shawn: So use organic ingredients, find gluten free and/or paleo friendly alternatives. You could just do a little Google search. The reason I say paleo friendly is because it provides a good framework because that frame of thinking avoids a lot of the typical autoimmune triggers. So you are going to be avoiding a lot of those things that can really set you off and just make you feel bad. Whatever the recipe is just go to Dr. Google and put it in and look for a paleo or gluten-free version of it.

Make multiple vegetable dishes. This is something a lot of people don't do during the holidays. They just kind of make one vegetable dish.

Jade: Several.

Shawn: So roasted Brussels sprouts, I mentioned, amazing greens, green beans, kind of a staple at the holidays. But, make multiple vegetable dishes and don't be afraid to have something new there as well.

Jade: Yeah, because you really can't do 3/5 if you only have one scoop of something to choose from.

Shawn: Broccoli casserole is another thing we have done. Also, outside of all of this stuff, if you are not the one doing all of the major food stuff and entrees, you do the dessert. You bring the dessert along. This is something my wife has been a master of to the degree people were trying to order these pies from her.

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We've done raw food meals with raw food pumpkin pie. It is basically like an ice cream pie. It's just fantastic.

What happened was we had a store-bought one and then we had hers. I was sitting back watching peoples' reactions and I saw people go back and get seconds of hers. So I'll put that recipe in the show notes as well.

Jade: Does Anne know you are giving this away?

Shawn: The same thing, you could do some amazing apple pies. But you do the dessert. Upgrade the ingredients of the dessert and the quality of the dessert. Do that part because that's the part that can really set people off, going down that tunnel of processed sugar.

By the way, while I'm saying this and why this is the most important, overeating sugar will literally smack around your immune system. It will back slap you. It will smack your immune system down. This is another reason why around the holidays when people tend to get sick is because they've overindulged in sugar.

Jade: Oh yeah, wow.

Shawn: It's just another huge heads up. So upgrade the ingredients. That's Tip #4. Now, let's get into the fifth and final tip of the day. **Tip #5 is to walk after dinner.** This is as simple as taking a ten to fifteen-minute walk, a fifteen-minute stroll. What this does is radically improve your insulin sensitivity and help to basically clean up your blood from the food you have eaten. It will help everything along and help the processing of everything.

Also, it does something, it creates an interesting thing called piezoelectricity. A lot of people think they need to take something. People come into my clinic and say they need something for energy and ask me what they can take. Understand that you don't get energy, you create energy. So you create something called piezoelectricity just by getting up and moving around. It helps the digestive process.

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Jade: So quick question then, is that as soon as we finish that last bite, take the dishes in there and rinse them off and put them in the dish washer, or kind of like water, do I need to wait 15 minutes or so before I get going? Should I just walk out the door.

Shawn: Has anybody ever really gotten a cramp after eating and then swimming? That never happened to me. I don't know, maybe it happens but...

Jade: The warning was so blatant, don't do it.

Shawn: Yeah, I would say give yourself ten minutes.

Jade: Enough time to put on your shoes.

Shawn: Yeah, just let yourself get settled, put your plate down and then take a couple of minutes. But within ten minutes definitely get out there.

Jade: Now is that after the second or third round of eating?

Shawn: Just after your meal. Now, of course, where we live, the weather could be a little bit chilly. So what. Just put on your gloves, put on your coat, and just go for it. This would be a good opportunity to talk with one of your family members that maybe you haven't seen in a while.

Jade: Sure. Brisk walk, casual?

Shawn: Act like you are going somewhere, you know what I'm saying, walk with a purpose but you don't have to do like a power walk where you are racing.

Jade: Because then you will come back hungry and start eating again.

Shawn: No, it doesn't work like that. But, what I want to encourage people to do is just understand the power of this and there are so many studies that back this up. It was Loretta DiPetro, a professor and chair of the department of exercise science at the George Washington University School of Public Health and Health Services, longest title ever, longest title ever. She's probably good at what

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she does, I hope. Anyway she says that walking after a meal, according to her studies, really blunts the rise in blood sugar. Remember, that's correlated with insulin. So insulin is your body's fat-storing hormone. So we're not going to have that huge insulin response if we just get out and walk after our meal.

Jade: Nice.

Shawn: It's like a little built-in system that we can access at any time we want. Within the research they found it helps to lower post-meal blood sugar for three hours or more. So it's right there in black and white. With this said, it is coupled with having that as a strategy and/or working out earlier in the day.

Jade: Or put it all together.

Shawn: Right.

Jade: And what do you get.

Shawn: I also want to talk about this really quickly, you can start, participate, or rekindle a family tradition because for me growing up all of the neighborhood kids would actually get together on Thanksgiving, for example, and we would have the Ice Bowl. We all played football whether it was snowing or not, a couple of years it did snow and it was crazy, but we would get out and play football. Of course some of the dads would come along too.

Jade: That's great.

Shawn: Yeah, we would get out and do this physical activity so, again, you were earning your meal. We didn't know what we were doing at the time. But, get out and do something active that day, celebrate being alive, celebrate being healthy and fit and have the capacity to be able to do this stuff. It's always so much fun and is a bonding experience. So you can start now. You can actually choose that this holiday you are going to get everybody together beforehand and have some kind of physical activity of some sort. Maybe everybody gets together to play basketball or football.

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Jade: Soccer.

Shawn: Touch football or tackle if you're crazy, if you're one of those families that want to beat each other down.

Jade: Twister.

Shawn: Anything like that is going to benefit you greatly. With that, we also said couple it with training earlier in the day. The only issue is that unlike when you know you are going to be going out to a restaurant later in the day on a regular day, not a holiday, the gym is probably going to be closed. So it can be a little more complicated. This is something where you can do some body weight stuff at home if you want to. Or, for me personally, I have kind of evolved my strategy over the years so I will just do a crazy tough workout the evening before.

So, if it's Christmas and the gym is going to be closed, on the 24th in the early afternoon or evening I'm doing a tough workout, probably a leg day. I know my body is going to be more receptive even into the next day for all of that stuff I'm going to be consuming.

Of course, like we talked about all of the different strategies I use for the quality of food I'm eating, this is also a time that I want to encourage you and am going to throw this into the mix with a **Bonus Tip #6 enjoy yourself**. Just enjoy yourself.

Jade: Period.

Shawn: It's not every day that I'm eating pumpkin pie of any sort. But I had some and it was all good. I actually had two slices.

Jade: Love hard, I love it.

Shawn: So enjoy yourself, utilize these strategies and I hope that these have been valuable for you and valuable for many years to come. I appreciate you so

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very much for tuning into the show and for sharing the show with your family. It means the world to me and it also means the world to them.

Jade: It does.

Shawn: You never know who you can help. You never know.

Jade: Happy holidays.

Shawn: Absolutely. No matter where you are in the world, no matter when you are listening to this, these strategies are going to be helpful for you moving into the future. So have them there in the front of your mental Rolodex, you're in more control of your life and your health than you might give yourself credit for. Take this stuff and put it into action and thank you again so much for tuning in. We'll talk with you real soon.

I want to thank you for tuning in to The Model Health Show and make sure for more after the show you head over to 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.