

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #84

Show notes at: <http://www.theshawnstevensonmodel.com/84>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit <http://www.theshawnstevensonmodel.com>.

Shawn Stevenson: Welcome to The Model Health Show, and Happy New Year!

Jade: Yay!

Shawn: Happy 2015.

Jade: I need a horn and a rattler.

Shawn: This is Fitness and nutrition expert, Shawn Stevenson, here with my beautiful cohost and producer of The Model Health Show, Jade Harrell.

Jade: Hello, Shawn!

Shawn: What's up, Jade, how are you doing today?

Jade: Popping the bottle to you sir, I am wontabulous!

Shawn: Popping bottles. I love it, I love it. So what is that, wontabulous?

Jade: Wontabulous, well, it's wonderful and fantastic and fantabulous all together.

Shawn: So you are going to triple it, huh?

THE MODEL HEALTH SHOW

Jade: I am, I had to put it all together. I actually took that from our review of the week.

Shawn: I love it. Well everybody, thank you so much for joining us. I really want to truly thank you for being a part of this movement with me and really helping to change the landscape of health in our world. It's really, really powerful what this podcast movement is doing. It really starts with you and taking this information and embodying it and becoming the representation of it in your own life. And, of course, sharing this with the people that you care about.

Jade: Right, it's amazing! I love when I share and they say, "thanks, I'm so glad you sent this to me!"

Shawn: Absolutely. So what we want to do is make sure that this year, 2015, is the best year of your life in all facets. What we are going to be talking about today is the biggest health, fitness, and lifestyle lessons of 2014 and what you should try in 2015; what you should really focus more on. Just take those lessons. The reason I decided to do this show was because I've got this really interesting strategy that I've started to embody the past couple of years which is not just setting goals for 2015 but first, before you do that, do a recap of 2014. Really sit down and write down all of the things that you've accomplished. What that does is really set your brain into a place.

We are talking about tapping into your reticular activating system in your brain, your reticular cortex. This is real science that can actually help to affirm that you can create things. It helps to affirm what's possible for you. These parts of your brain are what really determine your focus.

If you are going to accomplish what you want in life it's really going to take focus. So for you to go back and kind of recap and see, "oh my goodness, I can't believe I accomplished that, I did this," even small things. You put yourself in that very powered state to go ahead and create your goals for 2015.

Jade: For sure. We get going so much that we don't even acknowledge what we've accomplished. We always recognize what we were remiss on.

THE MODEL HEALTH SHOW

Shawn: Right, What were we lacking?

Jade: Where are we messing up.

Shawn: It's coming from that place of lack.

Jade: Oh, I didn't do...I didn't achieve...I didn't see...You would be so surprised.

Shawn: Lack begets lack and accomplishment begets accomplishment.

Jade: It does!

Shawn: Again, just recap. I highly encourage you to do this, even today. I don't know if you've already set your goals for the New Year but just go back and recap 2014 and acknowledge the things you've done; even the small growth. Remember the big things you've accomplished and the small things. The things that you set out to do or maybe didn't even set out to do that helped you become the person you are right now.

Jade: That's right, we're talking little things, "I drink spring water, about a gallon a day now," if that's what you did. But, among other things, it's a life budget. You see what your inputs were and outlays were and then where you are. It's so wonderful to get you recalibrated for the New Year.

Shawn: Absolutely. We're going to dive fully into that. But first I want to give a shout out to our show sponsor, onnit.com.

Jade: Onnit is still on it for 2015.

Shawn: Go to onnit.com/model for 10% of all of your health and human performance supplements. You know we're a huge fan of the Hemp FORCE protein. The vanilla acai flavor is my favorite.

Jade: And I'm digging choco maca.

THE MODEL HEALTH SHOW

Shawn: This is the most bioavailable protein for the human body. Do yourself a favor in 2015 if you've not already gotten on it, this is the year. Give yourself this opportunity to try out the most bioavailable, best-tasting protein there is. We all need protein supplements if we're going to be performing at a high level, especially if we are exercising. This will rebuild your body and rebuild your brain. We want to get the good stuff.

Jade: Especially when we are trying to get back on that wagon. You need a little boost to get back on the wagon because you'll be surprised when the wagon gets moving how tough it is to think things are going to happen overnight.

Shawn: The road can be a little rocky, for sure, but this is why you need to get your hands on the best stuff. Don't settle. This year, no more settling. Again, just give it a shot. If you haven't tried it yet, give it a try. The thing is I know it's going to be hard to go back.

Jade: You're going to love it.

Shawn: Hemp FORCE protein. I am also a big fan of the DigesTech. This is the digestive enzyme supplement that is in my fancy bag I carry around. We talked about that on a previous show. This can help you assimilate and digest the food that you are eating, especially denser foods. I like to have this on hand for. It has amylase to help break down carbohydrates, protease to break down proteins, lipase to help break down fats, cellulase to help break down plant fibers, and then they have other things in it as far as digestive enzymes. But then they have the real storied things like fennel seed powder and ginger root extract, things that help to really improve and boost your digestive fire.

So, if you're somebody who is wanting to improve your digestive capacity I highly recommend checking out the DigesTech. They have so many amazing things at Onnit.com/model for 10% off. So head over there and check them out.

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

THE MODEL HEALTH SHOW

Jade: Well, this is where I got how good I felt because when I saw this I felt it immediately, from Juicy Jess,

“Wontabulous Wednesdays. That’s wonderful and fabulous. I absolutely love Shawn and his podcast. Every Tuesday night since I discovered The Model Health Show thinking about my commute brings a smile to my face because I know there will be a new insightful podcast for me to listen to as I drive even though I don’t really care for my commute or my job. These podcasts seriously give me life and help me stay positive and focused on my goal, which is to become a registered holistic nutritionist, so I can use my background in fitness and passion for helping others to impact, lives the way Shawn does, in the future. I am so thankful for this podcast and thank Shawn and Jade for consistently putting together a quality show full of mind-awakening content. It has given me a new perspective on topics such as natural childbirth, which I had never considered before, to the quality of my drinking water and so much more. The knowledge seeds have been planted and I am continuing to harvest them by doing my own research. I tell everyone about this podcast. Shawn and Jade, I appreciate your presence. 😊”

Shawn: I’m literally holding my heart right now.

Jade: I see.

Shawn: That is so powerful and I’m so grateful for you just sharing that with me and sharing your life with me. It truly means a lot. And everybody, thank you so much for leaving these reviews. It means the world to us.

Jade: The depth of the reviews.

Shawn: Yes, oh my goodness.

Jade: We understand who she is, what she’s working on.

Shawn: I’m riding with you, I’m riding with you right now!

THE MODEL HEALTH SHOW

Jade: Right, even though I'm dealing with the whole work commute thing, I love that.

Shawn: We call it automobile university.

Jade: We will be thinking about her on Wednesdays.

Shawn: Awesome. Well thank you so much for that. Now let's go ahead and get into our topic of the day. Today I'm going to be sharing 15, count them, 15 of the biggest health, fitness, and lifestyle lessons of 2014 and what you should try in 2015. We're just going to go down the list here and we're going to start with #1.

#1 – Biggest health, fitness, and lifestyle lessons of 2014

Refocus on body weight exercises. This comes up first because it's freshest in our mind. The last episode we had on the American Ninja Warrior, Travis Brewer ([Episode 83: Mastering Your Body and Spreading Positivity through Movement](#)), and we really got in depth in talking about having a positive mindset even bringing that to your exercise and nutrition because it makes the whole thing a lot easier. We also go into the strategies of how to become more ninja like in our mind and more fit and strong in our own bodies.

I truly believe that every single person must first master your own body before you go out and try to master other things outside of yourself. Even in the relationship context, be able to move your body so you can move her body, or move his body. Become a master of that. Just get comfortable within your own structure.

Also, like the John Mayer song says, your body is a wonderland.

Jade: Sing it Shawn!

Shawn: It's true. Your body is definitely a wonderland. There is so much capacity and so much capability that you have within yourself. You don't need to go to a fancy gym. You don't need to do much of anything outside of just

THE MODEL HEALTH SHOW

understanding how you work and being able to do the body weight squats and lunges and dips and pullups and all of those kinds of things.

Jade: And pushups.

Shawn: There is so much capacity. You don't need a gym. This is getting away from the excuse of "I don't have time." For me, I'm somebody that doesn't want to waste effort. I don't want to do a half-hearted workout where I'm just doing a little bit of body weight exercise and then I'm messing up my real workout. But what I've really learned is that this can compliment it.

So if I'm just doing a couple of body weight movements a day working on some things, maybe working on hand stand pushups, working on my squat depth, or maybe working on something more advanced like muscle ups or things like that. These are things I can play with and work on every day and it's not going to interrupt my heavy lifting that I like to do.

Definitely refocus. Everybody, this is an opportunity. This year shift your focus over to working on your body weight exercises. This doesn't have to interrupt, if you are a heavy barbell lifting person like me, but this compliments it so that you are empowered within your own body to be able to just move and not be some kind of a robot.

Jade: Right, or a grunting, stiff-moving whatever other device. Well, I say that and know some people can understand, when you reach down to pick up the thing or you reach up to pull down the thing or you are doing any regular daily movements and you go, uh!

Shawn: Yes! See that's the thing. We talked about this with Dr. Kelly Starrett on an episode. Most people aren't getting injured when they are in the gym lifting a heavy barbell, they are getting injured when they are leaning down to pick up a pillow. It's like, how heavy was that pillow?

Jade: Getting out of the bed.

THE MODEL HEALTH SHOW

Shawn: Yeah, the most random things. It's just because we become so robotic in our movements and we don't really know how to use our own physiology. So, again, this is why #1 is to refocus on body weight exercises, one of the biggest lessons from 2014. Take this into 2015 and apply it. That's #1.

#2 - Biggest health, fitness, and lifestyle lessons of 2014

Sleep matters. This past year has been the birthing of a huge project for me. I wrote, literally created from nothing, a best-selling book, [Sleep Smarter – 21 Proven Tips to Sleep Your Way to a Better Body, Better Health, and Bigger Success](#) and it has been a transformational experience for me. It was one of those experiences that just had to come out. I couldn't do anything but write this book. The message needed to be told. It is insane how many people this book is reaching, in a good way. It's insane in the membrane! But it's a good thing.

I am really shifting this conversation back to the fact that, simply, you don't get in shape in the gym. No matter how hard you are working in the gym, after your workout is finished you're in worse shape than when you walked into the gym.

Jade: Yeah, because you beat it up.

Shawn: If we take you and get your biomarkers done, your blood panel, your hormone panel, right after your workout your inflammatory biomarkers are going to be up, your stress hormones are going to be up. It will look like there is something wrong with you but there is nothing wrong with you, you just did a powerful workout. It's called a hormetic stress. Your body changes while you are asleep. That is the secret.

You can "get by" with some of this stuff when you're younger, bypassing this law, but as you grow older and your hormones change you've really got to pay more attention to this. If you're going to play at a high level, not for the short game, but the long game, you've got to get this sleep dialed in. If you don't have it by now, get your copy of [Sleep Smarter](#). This is the mandatory manual for sure.

Just to get those pieces of mastery for your sleep quality, this does not mean you need to sleep your life away or your need to sleep nine hours a day, it's just

THE MODEL HEALTH SHOW

getting the high quality sleep and getting yourself into stages 3 and 4 sleep more frequently.

Jade: That's right. So what that does Shawn, beyond the sleep, is bring us back to the core of life and living the basic things we don't do anymore; paying attention to that very primal component of being a human. If I sleep then I also need to drink and I also need to rest and I also need some still time and I also need activity. So it really has sparked a lot more than just that down time.

Shawn: Right, because we are human.

Jade: Some of us.

Shawn: I just saw the Lord of the Rings movie and there were the orks and elves and all of these magical things. But you're human, you're not Sméagol. "Go to sleep" (in Sméagol voice).

We need to be sure we are getting our rest on. We need to do that because it's just built into the program, it's a law.

Jade: There you go.

Shawn: It's one of those laws. And when you ignore the laws of the body you get pain. You might even turn into Sméagol or Gollum. So that's #2 on our biggest health and fitness lessons of 2014.

#3 - Biggest health, fitness, and lifestyle lessons of 2014

Don't try to do it on your own. We just talked about the fact that we are human. We are part of the cellular makeup of this planet. We have to work together in synergy. Prior to 2014 I had a really big revelation. I was one of those people that was just kind of on an island. I'm trying to change the world by myself and taking that task on of helping all of these people, working with all of these patients, having this idea that no one can do it at the level that I can.

THE MODEL HEALTH SHOW

In some capacities this is true, I have certain gifts and talents that I bring to the table that are unique to me. But, at the same time, there are so many gifted people and it's really about having those strategic alliances working together to really make a powerful impact.

I can be Tom Hanks out there on an island with Wilson trying to change the world but I'm not going to get very far.

Jade: That's a good example.

Shawn: This year I really got together with a lot of people who are doing some amazing things and co-creating these powerful movements. We're seeing this specifically with this podcast movement right now. People are really playing at a high level. People are stepping up and getting into the game with podcasting. It's so powerful.

We're all really working together for the betterment of all of us and it is a wonderful experience. So, also on that note, to get coaching and mentorship to help you. This is a big lesson and big takeaway from 2014.

Jade: Yeah, I learned that.

Shawn: How so?

Jade: From you. All of this time I was that girl, woman, mom, I was out there plugging away at it and then there wasn't a breakthrough until you stopped and we were able to pull together and make a determination that you've got to change. I said, "I can't."

You said I didn't have to do it alone, you were right here. Instantly, within moments, it all made a difference.

Shawn: Hand on the heart again! So powerful, Jade. Thank you.

Jade: It's true, Shawn.

THE MODEL HEALTH SHOW

Shawn: That's one of the big lessons, even with this show, this is a mentorship. This is a partnership. I'm part of your lives and you are part of my life. I am doing this and getting up every day focused to be able to bring something of value to your life, something tangible, something real, an insight of some sort, a tip of some sort that can help you on your journey.

Jade: It does.

Shawn: Just tuning in to information like this, you don't need direct mentorship. We don't have to talk face to face for this to happen. We live in an amazing time where we get access to information like this. We can watch empowering videos from some of the greatest teachers of all times and tune in to these amazing master classes. Our shows are master classes on these different topics ranging from water to heart disease. We are breaking the thing down to the Nth degree in a way that makes sense, makes it fun, and makes it cool to be smart. This is making it cool to learn. That's what we are really doing here.

Jade: It's hip to be square.

Shawn: I knew it would be something. Of course, I want to take this a step further and encourage you in 2015 to get out and actually be in the environment. Get yourself to a live event. Get yourself exposed to this kind of information. If I'm in your town, come and see me. We're going to start posting up the events that I'm going to be at for 2015 here on my website soon as well. This is really, really exciting stuff. And not just me, some of the teachers, get yourself in that environment. Be around people who are uplifting in your life. Set a higher standard for yourself. That's what it's really about. And we are making sure we are bringing empowering information because it literally changes your brain. We will talk about that here in just a moment. That is #3. Don't try to do it on your own, make alliances, partnerships, get coaching and mentorship. The big takeaway of this year is to invest in yourself. And these podcasts are free. But that's an investment of your time. Invest by paying for books and live events, or whatever the case may be. Invest in yourself and it's going to pay off hundreds if not thousands of times over.

THE MODEL HEALTH SHOW

#4 - Biggest health, fitness, and lifestyle lessons of 2014

Traveling can be a sticky health situation. I've done quite a bit of traveling this past year. We have a show coming up in 2015 really detailing these strategies that I've been able to dissect and break down so that you can have these takeaways so that when you are traveling to be able to continue to feel good, stay healthy, and enjoy your travels without having any big interruptions in your flow. I'm going to be putting that show together for you guys in 2015 because I've learned a lot, so much, this past year.

I was traveling quite a bit prior to this year but I had taken some time off to write the book and just kind of focus on that and my family structure. But now with that kind of locked in I am starting to travel more and go to different events and speak at different events. Man, the things I've learned. And also just seeing the mistakes that people make, the mistakes that I made, after your travels you end up getting sick and instead of coming back with momentum from a live event you are coming back and trying to get better first. You don't have to go through that part.

Jade: It's like having to take a vacation from your vacation.

Shawn: Right. So that's #4, one of the biggest takeaways in life lessons for 2014, traveling can be a sticky health situation but there are solutions and they are coming up for you in 2015.

#5 - Biggest health, fitness, and lifestyle lessons of 2014

You can always create a better brain. That's one of our biggest health, fitness, and lifestyle takeaways. This is just piggybacking on the episode when we had the incredible Jim Kwik on The Model Health Show ([Episode 56: How to Improve Your Memory, Read Faster, And Access Your Superhero Powers](#)) and just kind of getting into the neuroplasticity that we all have.

Your brain is malleable. It is flexible, it's changeable no matter if you are nine months or 90, the brain has the amazing capacity to change and to grow. We've got to take it by the horns. If you're not guiding your brain it's just going to be

THE MODEL HEALTH SHOW

on autopilot and getting stuck. You are going to be creating patterns with sameness.

You've got to challenge yourself. You've got to keep your brain growing and keep exposing it to new stimuli because it keeps you sharp and keeps you young. It literally keeps your brain youthful by learning new things and trying new things. One of the big takeaways in 2015 is to try something new. I would say try something new every month. Maybe it's a different class or a different exercise regimen. Maybe you tune in and start to read a different blog or go to a different event every month. Just try something new every single month.

Jade: I like that.

Shawn: Make it a mandate because it's going to keep your brain changing and keep your brain expanding and growing. It's going to make you a better person overall for 2015 and beyond.

Jade: Perfect. I'm so doing that.

Shawn:

#6 - Biggest health, fitness, and lifestyle lessons of 2014

Don't be seduced by media distractions. This was the year of Ebola. Ebola, a big fear in our country. Of course, this is not to negate its world-wide impact but here in the United States this was blown up and many people bought into this fear that this was something that was going to spread and demolish our country like the black plague or something. We've already seen this before where the media hypes up anthrax. We had anthrax, the swine flu, bird flu, mad cow disease. What happened to all that stuff? We're alright. The same thing goes for this story. It's a shift. It's not that it's not an issue, it's that there are things that are more important.

From 1976 to 2007 flu-associated deaths in this country ranged from about 3,000 to 50,000, according to the Center for Disease Control and Prevention versus one individual in this country losing their life from Ebola. Again, there was a big fear. We are looking at these normal things we have accepted as normal

THE MODEL HEALTH SHOW

such as getting the flu and dying from it because of not having good prevention and not having good health care. When we talk about health care we're talking about the real health care, making sure that you are eating the best food for your body and eating foods your genes expect you to eat, properly hydrating, movement. All of these are things your body requires along with sleep. True health care so that we can stave off this stuff and just recover.

Jade: Right, it's kind of like that analogy of I'm afraid to fly because of a plane crash but you are more likely to have a car accident than you are to die in a plane crash or even have a plane crash. So don't let the fear be your determination/driving factor.

Shawn: Exactly. What I want to shift everybody's attention to is the fact that we've got much greater issues. Heart disease is currently the number one cause of death for both men and women in the United States. It claims approximately one million lives annually. That's one million people. But you don't hear about this.

Our conventional medicine has really dropped the ball on this situation and it's to the degree that we aren't even talking about. We just see people lose their lives and we focus on the wrong thing. We're focused on cholesterol, for example, when in fact 50 percent of the people who die from heart disease don't have high cholesterol so it's obviously not causation. Correlation does not equal causation. We just dropped the ball on this.

We've got that and then every 33 seconds someone in the United States dies from cardiovascular disease. That's just that. So let's talk about diabetes really quickly. 234,051 death certificates listed diabetes as the underlying or contributing cause of death. So these are far greater issues here. These are related to our lifestyle. But nobody wants to talk about this. Nobody wants to shine a light on it but we're doing that here along with these other incredible teachers out there with these incredible podcasts out there.

We are really getting this message out and it's starting to infiltrate, in a good way, our common culture. So we're getting our information out there to shift our focus on being a healthy sovereign individual first and foremost. Don't buy into

THE MODEL HEALTH SHOW

the fear. Be aware but at the same time focus on being healthy because that's going to help you, if you've got a strong immune system, to fend off almost all of this stuff. That's the real core of it, having a healthy, happy, sovereign lifestyle and creating health within your body.

That one is really tough to talk about.

Jade: That is eye opening for me though. I mean, although I am paying more attention, but when you made that correlation between Ebola and heart disease, we are really following it the wrong way, we're distracted.

Shawn: The great news is that once we are healthy and capable as a human being we can go and actually help out other individuals and other nations, countries, cities, towns that are dealing with these more "third-world" illnesses like Ebola. But you can't do that if you're not healthy. You can't do that if you're suffering from heart disease and diabetes, the real things that are taking us out.

This is a huge heads up for you guys for the next thing, the next big fear, the big distraction that comes down, you are already prepared. Would you look at it?

Jade: Look at it.

Shawn: Just have a look. Now we've got the zebra illness. That's the next thing. You're going to get stripes.

Jade: Sea lions.

Shawn: You are going to get stripes, your voice is going to change. That's one of the big takeaways.

#7 - Biggest health, fitness, and lifestyle lessons of 2014

Stop comparing yourself. Cultivate a healthy self image. That is one of the biggest takeaways from this year.

Jade: That was rich.

THE MODEL HEALTH SHOW

Shawn: This is coming on the heels of the episode we did ([Episode 46: How To Improve Your Self-Esteem, Build Confidence, and Strengthen Your Body Image](#)). We also did an amazing episode with Madeline Moon ([Episode 82: Stop Comparing Yourself, Gain True Happiness, And Achieve Body Freedom](#)). Maddy brought it! She talked about when we about compare ourselves we really silence our creator. It has led to a lot of suffering in our culture and a lot of disordered eating, disordered lifestyle habits, and just getting back to having a healthy self love and respect for ourselves.

This is one of the biggest takeaways of this year, cultivating that and putting some focus and attention on loving yourself as much as you would love your child or your mother or your father. How do you speak to yourself?

Jade: Say it Shawn!

Shawn: Speak to yourself in a kind and affirmative manner because you are important and valuable. Our number one driving force as a human being is to stay congruent with the ideas we hold of ourselves so we have to, absolutely must, cultivate a healthy self image because that is going to lead to all of the activities and actions that we do on a daily basis.

Jade: No organization can survive without its founding principles. Your body is an organization.

Shawn: That is incredibly power and is #7 of our big takeaways from this past year.

#8 - Biggest health, fitness, and lifestyle lessons of 2014

Sitting is the arch nemesis of health. This is the HYDRA to SHIELD.

Jade: That was so huge for me!

Shawn: This is the Joker to Batman. Your health is Batman.

THE MODEL HEALTH SHOW

Jade: Lex Luthor!

Shawn: The Dark Knight. You've got this crazy Joker, "Hahaha, Batman, I'm going to make you sit down and screw up your back and your health and give you diabetes."

Joker foiled me again! Understand this is a huge issue and this is something that we have just accepted as normal. We've become desk jockeys. We sit at a desk all day and sit on our couch all evening. Then we lie down in bed and get up and do the whole thing again, we sit in our car to get to our desk. We've got to break the pattern.

We had the incredible Dr. Kelly Starrett ([Episode 79: How to Get Your Body Organized, Eliminate Pain, And Be Ready To Run](#)) and he really broke this stuff down. It is so powerful to have information like this but not just understanding how damaging it is, but the strategies so that we can change without making it complicated.

One of the things I brought to the table to talk about was the [Varidesk](#). I have a Varidesk in my office that sits on my existing desk. I can adjust it so that I can stand up and, of course, even when I am doing podcasts I am standing. I could easily be sitting down.

Jade: Yes, and I'm only sitting because I have to touch buttons.

Shawn: Of course, but you stand up too. So there is always a way. Somebody even sent me a picture, they have a couple of containers with clothes in them. They set them up in their house and put the laptop on top and can say, "I'm doing it man, one step at a time."

Jade: There you go.

Shawn: Sitting is the arch nemesis of health and we talked in depth about that. We also did an episode ([Episode 40: How Sitting Can Destroy Your Health \[Even if You Exercise\]](#)) this year where we talked about how sitting negates a lot of the benefits of your exercise. If you haven't heard that episode, definitely go back

THE MODEL HEALTH SHOW

and check it out. The big takeaway is to find more ways to be active in 2015 because that is a huge leverage point.

Jade: Find every way to be active in 2015.

Shawn: And just add in the things that work for you. Do them consistently and it's going to create a whole different life, that one thing alone.

#9 - Biggest health, fitness, and lifestyle lessons of 2014

Doing work that you love matters. This is coming on the heels of episodes with the incredible Pat Flynn from Smart Passive Income ([Episode 71: How To Grow Stronger From Stress, Live More Fulfilled, And Do Work That You Love](#)) and the episode with John Lee Dumas from Entrepreneur on Fire ([Episode 58: How The Work You Do Impacts Your Health And Happiness](#)) where we were getting a glimpse into how powerful your life can be overall when you are doing work that you love. It's a huge stressor when you are getting up every day and your whole modus operandi is to force yourself to get up to go do something you don't want to do. You are not born for that purpose.

You are born to give your gifts to really flesh out your talents to work on being a beneficial presence on this planet. That's why you are here. If you are kind of side tracked and doing something to get by we can often get into the trap of thinking this is all there is for us and that is what we have to do. We play the game of getting to Someday I'll. Once you get to Someday I'll everything will be alright.

Someday I'll be able to go and look for the job I really want. Someday I'll start the business I've always wanted to start. The reality is the time is right now. You have everything you need to get started. You have everything you need to make this thing happen. Again, it's really about getting great coaching and great mentorship, tapping yourself into the things that keep you empowered and the things that train you and give you the skills you need to be able to live the life you really want.

THE MODEL HEALTH SHOW

I've got a university education. I've got a degree. But nowhere in my university experience did they give me a class like Success 101. That wasn't available. They didn't teach me how to be successful. As a matter of fact, a lot of the stuff I learned is not applicable to my life in any form or fashion today. The experience of college itself, that university experience, lends itself to being a good bridge from being under the wing of the parents/guardians to being on your own and kind of learning skills of communication and being accountable for yourself. I think it's incredibly valuable the relationships that get built and learning how to learn.

I think the greatest thing you can take away from college, even if you have insight, because sometimes this can happen even for people that go to school, is learning how to learn. That's the big takeaway. I must learn how to learn. It makes everything else that you are exposed to easy. This is one of the big things of this year, really understanding that doing the work that you loves matters.

Whether or not you feel you need to go to school for it or get some kind of degree before you can do the work you love, you are saying it so it is. You don't need to get a degree to be able to help people. You don't need a degree to give advice. You don't need a degree to be able to be of service to other human beings because even the whole concept of having a degree was made up by somebody, just another person very much like you, who set out to change something and create a standard. You don't need a degree to do this stuff.

However, there are so many different certifications, educations, trainings, even this podcast training, the stuff that you learn on this show is light years beyond what is being taught in schools right now. We are talking about nutrition and health and human anatomy, physiology, biochemistry. A lot of that stuff you learn in school doesn't have any translation into the real world. This is where you get that real world education in how to help other people and help your potential patients/clients or what have you. And there are many other podcasts that are on other topics like our friends from Smart Passive Income, Pat Flynn, and Entrepreneur On Fire. They can give you training for business and having your own monetization strategies to monetize your ideas. It's just about getting that training.

THE **MODEL HEALTH** SHOW

So that's the big takeaway from 2014, doing work that you love matters and this year is the time to make the decision to take even just one step towards doing the work that you love. Just take one step. I would say, if you are going to play at a high level, take just one step each day. A small step can lead to an entirely different life 365 days from now. Is there an email you can write, is there a course you can look up, is there something you can learn? Every single day, even just five to ten minutes, something to move you toward that path because you can get there, it's just a matter of changing that direction, even just a little inch. Shifting your life just an inch will take you to a totally different place.

#10 - Biggest health, fitness, and lifestyle lessons of 2014

Food can separate us or it can bring us together. We dove into this whole idea of food separatism or elitism when we had Alex Jameson on the show ([Episode 53: Getting a Mindset Makeover, Food Cravings, and Food Separatism](#)). She was featured in the movie [Super Size Me](#). Hopefully you have seen this. It is another one of those mandatory things that really changed the landscape of food in our country. In particular, the most glaring, obvious one is fast food. She was in that film and she is also a very talented author, speaker, and great person.

She talked about her struggles of being identified one way with a label of being vegan or vegetarian and how that separated her from being able to reach people and being able to be accepted in many different degrees. She also talked about her struggles of being able to feel like she has a place. When she shifted out of being a vegan and changed her label slightly there was a lot of kickback. There was a lot of negative energy that was thrown her way because she was no longer part of that camp.

Veganism is wonderful. Vegetarianism is wonderful. Paleo eating is wonderful. Low-carb eating, whatever it is, these things have interesting, powerful, very applicable things that we can all take away in our lives. They all have value. However, when you use it to label yourself you fall into the "When you label me, you negate me." We start to identify ourselves by the things we don't do instead of the things that we do. We exclude ourselves. We put barriers on things that can potentially help us and potentially help other people when they can't fit into your mold of what you think is the right way.

THE **MODEL HEALTH** SHOW

We've got to understand that you will come to revelations, maybe next week, maybe next year, maybe five years from now that you were wrong about certain things. That happens in all of our lives. That is called growth. That is called wisdom. When you can actually come to the conclusion that you don't know all of the answers that is wisdom. It's a very powerful place to be. It can seem disempowering just to think that you don't actually know what you are talking about. But it actually does free you and this is what's possible when we start to include instead of exclude.

Understand that food can bring us together. We don't have to be the weird one. We don't have to be a person who is constantly badgering people around us so that when you come around they are hiding their stuff in their shopping cart. I've been that person, calm down baby, it's alright, you don't have to hide your shopping cart. It's all good. I see you've got the kale in there and all of the other fresh vegetables and fresh grass-fed beef or whatever the case may be. Yeah, you've got cupcakes in there. It's alright baby! No judgment. If this fits what you want in your life, so be it. There's always another way.

If you want to make adjustments later, so be it. But if you are happy right now that's what's most important because even the healthiest diet in the world, if you are being negative about the food you are eating and having a negative perception about it, you are making that food poison. That's the power of our minds. Again, this isn't just airy-fairy talk, you are changing your biochemistry. You are creating more stress hormones when you are stressed out about what you are eating. So you've got to find that balance, that integration, of eating the way we want that truly feels good to us and accepting other people.

That's one of the big takeaways from 2014. And with that we want to go forth into 2015 and be more of a positive role model. Instead of talking down to people and thinking you are better than them, just be yourself and show them what you are doing by your example. If people ask questions you share. It's really as simple as that and being more including and looking at people in a way that if they are not eating the way you eat and they are still on a healthy path, they are still doing things to try to improve themselves, be more encouraging and focus on the good things they are doing.

THE MODEL HEALTH SHOW

If you are an advocate of paleo nutrition and your friend is an advocate of vegetarian nutrition coming together and saying, “both of us are really in agreement that we should be rocking a huge salad everyday and we can come together on that.” Whether you are paleo or vegan you can upgrade your salad and start adding some super foods such as spirulina into your salad, you can mix in some chlorella to get the heavy metals out of your body. Give yourself a bioavailable protein source (spirulina is about 70% protein by weight and chlorella is 50% protein by weight and chlorella growth factor). So these are things that also have influence on your stem cells. You can come together on that and add these things collectively. That’s just one example of a way to come together instead of having separatism, bring yourselves together and change the conversation.

That’s the way to change the landscape of health in our world. In our country and where I am standing right now we’ve got a lot of negative stuff happening here as far as people’s health. We’re not going to change that if we are fighting amongst ourselves, the people who are focused on being healthy. How we are going to change is by coming together. That one is pretty important and it’s a big takeaway for 2014 and moving into 2015. Again, we’re going to see some huge changes once we all start working together more.

#11 - Biggest health, fitness, and lifestyle lessons of 2014

The best form of injury treatment is prevention. This is from an episode ([Episode 52: Exercise and Sports Injury Healing and Prevention](#)) where I actually dove in and talked about an injury that I was exposed to that happened with me. It was not fun. This was about the 12th or 13th time I’ve torn one of my hamstrings. This was coming right on the heels of finishing my book where I had been sitting a lot. I did not yet have my stand-up desk. I was kind of obsessed with that and was trying to counter that by doing my usual workouts but also getting signed up for competitive softball.

I went out and instead of holding up at third like the third-base coach said I went in (I did score, by the way – I’m a very competitive guy) and it ended my softball season right there. I’ve got to throw these stats out, because they are

THE MODEL HEALTH SHOW

impressive, if you want me on your team holler at me because I love to play... 14/17 at the plate, I'm just saying. That's like Babe Ruth, Ted Williams numbers right there.

But it didn't matter because I got injured and the season was over for me. It is because I was going from zero to 250 in a blink of an eye. I wasn't doing the mobility things and things to take care of myself. I have a history of tearing my hamstrings and I stopped doing the things that were keeping my hamstrings healthy. Namely, I was sitting a lot. There was also some hamstring specific work that we talked about in that episode. But we want to get past that.

We did talk about things that can accelerate your healing in that episode. But mores o, we want to have prevention in the first place. I want to talk quickly about some of the things that help along the healing process. Injuries can still happen even with the prevention stuff that you do.

We have to trust our body's intelligence to heal, especially when you first get injured it can feel so messed up. You believe you won't get better when things don't move at the pace you want. You have to trust your body because it knows how to fix itself. It is amazing, whether we get a cut on our finger or we tear a muscle of some sort, the body knows what to do to fix this. It is just most of the time we have to get out of the way.

We have this barrier in our minds thinking, "okay, my body knows how to fix an injury but it doesn't know how to fix heart disease or your arteries and clean house there." Or you believe it doesn't know how to eliminate cancer cells. That's just not true. Your body absolutely knows how to do that stuff. We have to create the conditions for it to do its job, namely just getting out of the way, not doing things to interfere with that innate intelligence your body has.

That's important. In that episode we also talked about how meditation and visualization speeds recovery and belly fat can actually increase injury risk and slow recovery. Again, this is one of those things where it's not about being some perfect body image or perfect shape. It is understanding that having a really big belly is giving us some indications of insulin resistance and inflammatory biomarkers because that type of fat you are carrying around is actually

THE MODEL HEALTH SHOW

functioning as a brand new organ, belly fat is an endocrine organ. The main thing it is doing is producing more estrogen whether you are male or female.

In women this can lead to estrogen dominance and a greater disposition toward fibroid tumors, breast cancer and things of that nature. For guys this can literally feminize you and depress your secondary sex characteristics, which we talked about on a recent episode when we were talking about testosterone ([Episode 80: Protect Your Sex Hormones! 10 Ways to Boost Testosterone Naturally](#)), which is important for both men and women.

This is one of the big takeaways in understanding that even with being healthy and being able to compete in your sport or do exercise we have got to stay healthy so we need to address that belly fat. That's what we talk about here on the show. We've got so many different strategies and tips and insights layered throughout The Model Health Show episodes that can help you achieve this. We've also got the [Fat-Loss Code](#) Program that you can tune in to that is very specific to that. So there are so many ways of doing this and the takeaway for this one is making this the year you get physically healthy; 2015 is the year of fitness. That's what it is. I'm claiming it right now with you and for you so that's what 2015 is all about! Getting fit, this is your time, this is your year to do it.

#12 - Biggest health, fitness, and lifestyle lessons of 2014

GMOs do actually have studies proving they are dangerous. There is a lot of information going on out there. There is a lot of debate about genetically modified organisms, AKA GMOs and whether or not they are dangerous. We had best-selling author, Ty Bollinger on ([Episode 51: The Answer to Cancer](#)) the show. He shared the Seralinni GMO cancer study and it was shocking.

Of course we will have this show listed in the show notes but in the show notes for that show you can actually see what happened when typical laboratory animals were exposed to the genetically-modified organisms, genetically-modified food. It's just shocking and will kind of scare you straight when you see it. The whole point is you don't want to wait around to find out if it's okay for us to genetically manipulate our food. Is it okay that we tinker around with foods that have been around and evolving and developing for hundreds of thousands

THE **MODEL** HEALTH SHOW

of years, if not millions of years, today? Is it going to do anything to our genetics and our cells if we change them?

You don't want to wait around and be an experiment to find out 50 years later when the overwhelming results of the things that are going on now finally do come out. Avoid that stuff, these genetically-modified organisms. Just make sure you are eating real food. Make sure you are sourcing your food from people who are growing their food properly. Go to the farmer's markets, shop at natural food stores, ask questions. Also, don't assume that something isn't genetically modified. There is different labeling that we have that you can check into. But even outside of that just develop a relationship with the people in the businesses that you get your food from so that you know you are not dealing with this.

GMOs do, in fact, have studies proven that they are not safe for your health. That is one of the biggest takeaways of this past year.

In moving forward, just focus on eating real food and developing a relationship with the people and businesses that you are getting your food from so that you know you are not dealing with GMOs, GM-No! Genetically-modified No.

#13 - Biggest health, fitness, and lifestyle lessons of 2014

Cutting or adding calories won't necessarily change your weight.

Jonathan Bailor, New York Times best-selling author was on the show ([Episode 62: Deadly Calories, The Truth About Fruit and Exercise Hacks](#)) really broke down the whole calorie myth and calorie focus and how it has really gotten us off the track from understanding how our bodies really work. Cutting calories does not necessarily mean it will change your weight. You've probably seen this happen before where somebody cuts calories, or maybe it happened with you drastically. You might lose weight initially but then you hit a wall.

Calories don't matter nearly as much as your hormones. Your hormones are actually what determine what your body does with the calories you consume. Based on evolutionary biology, when there is less food around your body slows the metabolism down to keep you alive. So we are trying to manually manipulate

THE MODEL HEALTH SHOW

the system by manipulating calories. It's not the right source. It's not the root of where we need to look.

Focusing in on calories is a big mistake if we want to change our weight either up or down. We need to shift our focus to our hormones. That was definitely a game-changing episode for sure. Even with gaining weight, because we get a lot of requests from people asking about gaining healthy weight. The good news is we've got a show coming up, it's already outlined to rock out here very soon, early on in 2015, to dive into that subject.

Even when people lose weight because they want to get down to a particular body weight they want they might want to put on a little more muscle mass. They don't necessarily want to gain weight but put on some more muscle mass so the body can be able to burn fat even when they are not working out.

Muscle is your body's fat-burning machinery. That's one of the big takeaways of past shows, muscle is your body's fat-burning machinery. The more muscle you have on your frame the more fat you are going to be burning regardless of whether you are working out or not. That will help so that you can keep the weight off. That's what we want to do. We want to make it so that it's hard to get out of shape by putting more healthy muscle onto our frame.

That show's going to be coming up in 2015, talking about gaining healthy weight. But we are also going to dive in deeper and bring in other angles with other experts having different ideas about getting the weight off. That's kind of the dominant issue with our culture right now, how do we get out of being three out of four people being overweight and obese right now. How do we shift that radio? We're definitely going to talk more about that. It boils down to focusing in on hormone health, eating a hormone-healthy diet, hormone-healthy exercise, and of course, stress management which we will talk about in a moment.

#14 - Biggest health, fitness, and lifestyle lessons of 2014

Go outside the usual for your exercise. We talked about having Travis Brewer from American Ninja Warriors ([Episode 83: Mastering Your Body and Spreading Positivity Through Movement](#)). We've got the Ninja Warrior obstacles

THE MODEL HEALTH SHOW

that you can go and do with different places popping up all over the place for you to take on some of these different obstacles.

Even if it's not that, there is the Warrior Dash and different obstacle courses you can participate in. There are so many different things you can do that can challenge you in a different way. It's getting back to what your genes expect you to do. The terrain is not supposed to be laid out just flat for you all the time. You are supposed to be able to maneuver and move in different ways and be flexible and to get over things to be able to move around the things that show up in our path.

It is also good to go outside the usual for exercise. I've started to incorporate steel clubs. For me, using these steel clubs is a result of my recent trip to Austin. I headed down to the Onnit headquarters, our incredible sponsor. They just opened this amazing gym and I worked with their head trainer, they call him The Wolf.

John Wolf took me through some incredible training and it was like a spiritual experience. It was so powerful that I can't even put it into words, being able to work with one these primal tools for training that people have been using for thousands of years. I used what was an essentially 50-pound club through my workout and did movements that I have done before but with this tool. I did squats and lunges and dead lifts and presses and raises using the club. It was a humbling experience and something I've brought back with me and incorporated into my life. I absolutely love it. It just makes me feel more capable and makes me feel stronger in my body to be able to use this steel club.

There is the steel club, there are steel maces and kettle bells. There are so many different things you can add in 2015 to your health and fitness strategy just to keep things fresh and fun and to keep you growing and to keep challenging yourself.

If you are interested in the steel maces just head over to onnit.com/model to check out the exercise equipment they have. It is going to blow you away, some of the coolest stuff. I've got my two clubs at home and I highly recommend starting to learn how to do some of the steel club training. It's fun, it's

THE MODEL HEALTH SHOW

challenging, and it keeps the workouts fresh. It's one of those things that is kind of intuitive as well. You will find different things to do with it.

So #14 is to go outside the usual for your exercise. Challenge yourself and do something different.

#15 - Biggest health, fitness, and lifestyle lessons of 2014

Chronic stress can destroy our body, brain, and happiness. We're here now, this is the 15th of our biggest takeaways from this past year regarding our health, fitness, and lifestyle. We dove in deep on this one this year ([Episode 45: How Stress Can Make Us Fat, Dumb, And Unhappy](#)). You know how we do, swish, we dive in.

According to Heart Math Institute, "a typical stress reaction, which most of us experience dozens of times a day, begins a cascade of 1,400 biochemical events in our bodies. If these reactions are left unchecked we age prematurely, we lose our cognitive function, and our brain is drained. We are robbed of our effectiveness and clarity."

That's just part of the puzzle. In the 1900s, the vast majority of physician visits were for acute infection, influenza, and trauma or childbirth. Today upwards of 90% of all doctor visits are for stress-related illnesses. This, my friends, is crazy.

But it's one of those things we take for granted in not understanding what a huge impact stress has in our lives. One of the biggest takeaways from this one for this year is that not all stress is bad. We already talked about hormetic stressors. These are things you are exposed to or that you expose yourself to that will actually make you stronger if you create the conditions for yourself to heal.

Stress is good. One of the things that is most important is actually your perception of stress. There is a really popular study showing that it's not so much that stress is damaging you, it's your perception of stress, whether you think it is bad or not. If you think stress is good for you and the stress you are exposed to is making you stronger it does, in fact, translate to that in life.

THE MODEL HEALTH SHOW

I actually did an [article with an incredible Ted Talk](#) that really dove in and talked about this specifically. I'll put this in the show notes as well. Just thinking stress is bad can stress you out and make it even worse. But we've got to understand that today we've got to have strategies to help integrate with the stress, to modulate it and be able to adapt. That's what we want. That's what we must have in 2015, to add in more stress management practices; that's the typical label, stress management.

There is one other little nugget, the American Medical Association, the people who are really giving the news about our health, are even saying stress is the basic underlying cause of more than 60% of all human illnesses and diseases. So when we are talking about defending against disease and the flu, what is going to happen when you are chronically stressed? What is going to happen to your immune system. The bottom line is it's going to make you far more susceptible to becoming ill and far more susceptible to developing any number of diseases because we've got genetic dispositions, all of us, for different things. This runs the gamut from diabetes to degenerative bone disease. It is just how your body is going to express it once stress has kind of taken you down.

In 2015 we must, we absolutely must, develop health practices to help us to modulate our stress. If you are a busy person and want to be more active with your stress management practice you can do Qi Gong. We have a wonderful episode talking about Qi Gong ([Episode 20: Health Benefits of Qui Gong with Sensei Tristan Truscott](#)); meditation, making sure we are getting out in nature and not sitting too much, making sure we are not stressing ourselves out over food.

With that, the caveat is that we are shifting our perception and focus more onto things that are more life affirmative, more life-giving foods and more things that have the good stuff in them so that we are not stressing our bodies out by consuming things that are nefarious like a Ding Dong. You are what you eat. If you are eating a Ding Dong, you are going to be a Ding Dong. If you eat too many bananas you are going to go bananas. If you eat too many nuts you are going to go nuts. You've got to have balance.

THE MODEL HEALTH SHOW

But, it's cool to be a little bit nuts. It's cool to be a little bit bananas. Shout out to Gwen Stefani. B-A-N-A-N-A-S it's bananas. It's cool to be that. But to be a Ding Dong? No one wants to be a Ding Dong. No one wants to be a HoHo, right? Don't eat that stuff, it's just silly. That's crazy pants.

You want to avoid things that are just blatantly bad for you. Focus more on things that are of the life affirmative nature and, of course, still have fun. But, if your definition of having fun is a Twinkie, we've still got a lot to talk about.

There you have it guys, so many different things we can employ in our lives in 2015. It's really about making it a mandate and really putting our heart and our intention and focus on being the greatest version of ourselves because I truly do believe in you. You've got gifts, talents, capacities for so much. There is so much potential within you and what you want to strive to do this year is to start to tap into that.

If you've already tapped into it go to the next level. There's always another level. There's always room for improvement. There's always growth possible because the reality is there is no such thing as stagnation in our world in the way that things are set up. There is no such thing as that. You are either growing or you are dying. You can't stay in one place. Everything is changing and turning every single moment. Time does not stand still. You are either growing with time or you are dying.

Knowing this, knowing that we can't stay the same, what are you going to choose to do? Are you going to choose to get better and to grow and become more of yourself. Or, are you going to just sit by the wayside and let another year go by where you are not feeling happy and feeling that you've accomplished even some of what you have as your potential?

It doesn't take much, you can set huge goals. This year for me, personally, the goals I'm setting for myself and for what I am doing are beyond me. I can't even fathom being able to accomplish these things but I guarantee that I am going to get close. I guarantee that if I even do one tenth of what I set out to do it's going to change my life dramatically and it's going to change the lives of potentially over a million people this year. And that's my goal.

THE MODEL HEALTH SHOW

Set your goals high, ultra high. Scare yourself a little bit. If you fall a little bit short you are still going to just blow yourself away when you sit back and look at this past year. I really encourage you to do the thing I mentioned at the top of the show which is, right now, or as soon as possible, take out a notebook or notepad. Do this with old school hand, pen, and paper and write down the things you have accomplished this year, the things you have overcome this past year.

From there write your goals for 2015. Or, if you've already written your 2015 goals, after you do the exercise of looking back at what you have accomplished, go back and look those things over with fresh eyes and a knowing spirit that you can accomplish so much because look at what you've already done.

Thank you so much for being a part of my life and thank you for letting me be a part of yours. We've got an amazing 2015 in store for you so stay tuned and stay connected. Have an amazing rest of your day and I'll talk with you soon.

Shawn: 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.