



Legendary Strength Podcast

Sean Croxton

Get this podcast on iTunes at:

<http://legendarystrength.com/go/podcast>

Logan: Hey! Welcome everyone. It's Logan Christopher with the [Legendary Strength podcast](#) and as always I'm very excited about this interview. I have online with Sean Croxton. Thanks for joining us, Sean.

Sean: Thanks for allowing me to be here, Logan. I really appreciate it.

Logan: I was just thinking about this. I start off every one of these things saying I'm super excited but that's actually the truth. I'm really excited about every single interview I do. You being a man that interviews tons of people, I'm sure you have the same feeling.

Sean: Yeah, I'm always pumped up for every interview that I do so I can certainly relate to the feeling.

Logan: If you're not familiar with Sean, he runs *Underground Wellness* and is pretty well known in some serious nutrition fields, bringing a lot of information that isn't out there in the mainstream, which is stuff that actually helps people. We talk a lot about strength training and everything but of course everything important there, you also need good health, good nutrition, and everything to back it up. I got to meet Sean recently. I really liked the work that he's doing so I was very happy to get him on with this call. For people that aren't familiar with you, Sean, can you give a bit of a background of yourself?

Sean: Well, I know we only have a half hour so I won't give you the long story but I used to be a personal trainer. I graduated from the California State University and pretty much learned a lot of things not to do, you know food guide pyramid, things of that sort, things that I thought worked but didn't when I applied them not only to myself but to my personal training clients. People just tended to get

fatter. I had a very calories in-calories outside approach, lots of grains, low fat this and low fat that, don't drink your real milk, drink your soy milk. I was just doing all the wrong things because that's what I'd been taught and paid many tens of thousands of dollars in college for. But I'm not bitter about it. It all is part of the journey.

So I started looking at different stuff out there. I bumped into some people online like [Paul Check](#) and [Dr. Mercola](#), [Bill Wolcott](#), [Loren Cordain](#), and all of these folks several years back. It just made a lot of sense. And [Westin A. Price](#) as well, author of [Nutrition and Physical Degeneration](#). I realized that we have really moved away from real food and just nature, and for the most part common sense.

So I started to implement these things with myself and with my clients. I started to get very positive results, took it to YouTube when YouTube was first starting, maybe back in 2006 or 2007. It started to build up a viewership there. Then a year later, I started up the podcast, doing rounds on the show on *Blog Talk Radio*, and then started blogging and we had the ebook, [The Dark Side of Fat Loss](#), that came out a couple of years ago and now I pretty much do these online summits right now twice a year. Last year we did the *Paleo Summit* and the *Real Food Summit* and this year we did the *Sexy Back Summit*, which just ended and later on this year we're going to *Real Food* con, which will be the sequel to the *Real Food Summit*. My job is just to convey life-giving and health-giving information to the public in a way that they can understand it and I think we do a pretty good job of that.

Logan: Yeah, I would say you absolutely do. I'm actually currently reading Westin A. Price's book right now because so many people talk about it but I'm actually kind of curious how many people actually read it just because it is a huge book. Have you read it yourself?

Sean: I have read it myself cover to cover. It is not an easy read and to be honest, sometimes it just gets really frigging boring but I pushed through it. But the basics of it all though is that hey, there were still people and there still are people out there who hadn't been exposed to white flour, processed foods, white sugar, table salt, pasteurized milk, and whatnot who just ate off the land. They weren't focused on their calories. They weren't worried about their percentages of macronutrients and whatnot. They just ate real food and that's who Westin A. Price studied. He found that people who moved away from that diet toward the more processed food diet that people eat today, they had some serious degeneration issues. Not just chronic diseases but also changes in the skeletal structure, primarily the facial structure and the dental structure of their offspring.

It's really important stuff because what we eat today not only affects us but it affects our children and our grandchildren so we need to keep that in mind whenever we put anything in our mouths. I'm not saying that we have to eat right 100% of the time because I don't even do that but we really have to put some more thought into it.

Logan: Yeah, it's quite a fascinating book, as you said very dry and dull. It's something that's useful to be able to speed read through because it is quite repetitive but just some of the stories and things, the teachings in there is just phenomenal and it's really interesting. As you know the whole paleo thing is huge right now but the first chapter in that book is about the Swiss and they survived off of dairy and

grain. So it goes to the whole saying that, you're quote is "Just eat real food" or JERF. Can you go a little bit of detail into that?

Sean: JERF is just really simple. It's just eating real food and sometimes people don't even know what real food is but a couple of years ago, I just got so disenchanted with the blogosphere. It was just irritating me. Blogger were out there beefing with each other about whether you should eat this or that and it's like battle rap. It just got really stupid. It's still kind of stupid in some ways. And I was wondering how much am I contributing to that by talking about different diets and I didn't want any part of it, to be honest.

So I always think about my mom. My mom, if she goes online and just is curious about how she should eat. She punches in "nutrition tips" or something like that, she's going to find a million different opinions and she's going to walk away from that Google search like yo, this is ridiculous. I don't know what to eat. Thinking about Westin A. Price and thinking about the whole paleo diet thing and all that stuff, I just said hey, well what's the thing that everybody pretty much has in common? What's that common denominator?

And I think it's to just eat real food. So that would be meat, poultry, fish, eggs, if you're not intolerant to them, nuts and seeds, drinking water, fruits and vegetables, things of that sort. Grains, you probably want to shy away from, especially if you have some gluten intolerance issues or celiac, of course. Dairy is one of those things that people don't tolerate very well unless it's like raw milk, so it's really going to depend on the person. But if we can just get people to not eat pop tarts and waffles for breakfast and start eating real food, and also at the same time listening to their body because your body is always going to tell you when you're doing things right and when you're doing things wrong.

I remember back when I was personal training, a bagel was the in thing to have for breakfast and I would always notice if I had a bagel for breakfast, my energy crashed and I was hungry and moody about 45 minutes to an hour later. I was at the vending machine, getting something to get my blood sugar back up. It just became this vicious cycle all day long of propping my blood sugar with treats and whatnot. It all started with that bagel. And that was me paying attention to my body language but also thinking that I had eggs and bacon, that they were going to kill me for some reason, the saturated fat.

Logan: Cholesterol.

Sean: Yeah, the cholesterol. So through this journey, I've been able to find that the way to eat and the way to take care of yourself is pretty much the opposite of what we've been told. If we just get back to eating to real food, it really goes a long way with a lot of people and it's very simply. You might say paleo and get into a freaking debate about evolution and whatnot but when you say just eat real food, it makes a lot of sense. I wear my JERF shirt. I live in downtown San Diego and I wear it around town and I swear whenever I wear that shirt, every ten minutes and so somebody will stop and be like, "I love that! That's so cool!" so I think JERF is going to be a really big deal one day.

Logan: Yeah, absolutely. One of the things you touched on there was the body language and that's something I really liked about your book. You have the body language log in there. This goes to the idea

that everyone's individual and they have to find what works best for them. What I really like about this little PDF you have there is it's simple yet almost no one I see takes the time to actually analyze what they're doing. If they just did this simple thing, then they would understand a whole lot more about their body and be able to make better dietary choices just off that alone.

Sean: Yeah, that's just really simply. I learned this from Paul Chek many years ago. I never even thought about it. I know how I'll feel. You can put any meal in front of me and I'll know how I'll feel. I always say if I have steak with vegetables, I'm going to feel amazing. However if I have sushi, where there's a lot of rice going on and just a little bit of your seafood there, I know I'm probably going to be asleep in about an hour or so. I know that about me. If I go out and have a big hoagie sandwich, I'm asleep.

I think that the nation or maybe even the world as a whole, they're going out—maybe I should say as a whole—a lot of people out there are going out and having noodles and sandwiches and all of this stuff for lunch on a workday, they go back to their office, and an hour later they're at their desk wanting to go to sleep. They're propping themselves up with coffee and very few of them actually just put together yo, you don't have a coffee deficiency. This isn't like a natural afternoon slump for you. It's just the fact that you ate foods that cranked up your blood sugar and then caused an insulin response, then you had that drop in blood sugar and now you want to go to sleep in all this stuff.

I just want to make sure that I can teach people how to do this and it's really easy to do. Gosh, five t ten days of really listening to your body and using these body language logs goes a long way and you find out what works right for you. For most people out there but not all, kind of a higher protein, higher fat, moderate carbohydrate diet tends to make them feel best but not all people.

Logan: Yeah, I'd say I'm somewhere in that range. I definitely prefer fat as my main source of fuel but if I'm only there and don't have enough carbohydrates, I definitely will feel the results of doing that. That just goes to the whole idea that everyone's an individual. You've got to find what works for you and this may be from our ancestry and a whole bunch of different factors but if you look at this, then you're going to be so much better off. It's not just how you're going to feel in the moment but these results are going to expound over your health over the long run.

Sean: Absolutely. You're just teaching yourself. It's all about education. You teach yourself then you can teach somebody else how to do it. It's not superbly, overly complicated right I don't know how many calories I eat every day. I don't even care. I don't know what percentage of this I have in my diet. I don't care. I just kind of do it on how I feel. Sometimes I kind of go off the tracks a little bit and maybe do a little bit too much, especially during football season but I'm very tuned in to how I feel and what my body looks like, and I know kind of when to reel myself back in and get back on the wagon.

Logan: Yeah, absolutely. The whole calorie thing is very funny to me because if you're actually eating natural food, actually counting the calories would be such a pain in the ass because you'd have to be looking them up in other places and weighing things because there aren't nutrition labels on real food.

Sean: Yeah, seriously. When you eat real food, your body kind of regulates itself calorically. It's like all right, you ate some fat, you ate some protein, that was very filling, you ate some carbohydrates, it gave

you a little bit of energy and whatnot so I can eat a meal and not be hungry for another five to six hours as opposed to back in the day when I ate high processed food but “healthy” as they told me back in the day it was. I was hungry like every hour or two. I just could not stop eating.

So it's really hard to keep your caloric intake in check when you can't stop eating but when you eat the right foods, bring them in the right amounts, and you know your body language, then everything kind of regulates itself and you don't even have to think about this type of stuff. I just don't care.

Logan: So what about the timing of your eating. You talked about if you eat something good, you may not need to eat for a while. Have you played around with fasting during the day, just eating nights, or any sort of different timing rather than the three standard meals a day?

Sean: Yeah, maybe six weeks ago or so I interviewed [John Romaniello](#) and [Adam Bornstein](#) who wrote [Engineering the Alpha](#). This is literally something like kind of flew over my head. I honestly didn't care about it at all and then when I read the book and Martin Burkham's whole idea, 16/8, not eating for 16 hours then having this 8-hour window where you eat food also ended in the increase in growth hormone, I think, that it gives you. I kind of tinkered around with it, not to a tee at all, but I start getting up in the morning, going to play basketball, working out and all that stuff on an empty stomach. I would finally eat something when I got home but I would probably stop eating at about 6:00 and not eat again until roughly around 9:30 AM, about 15 hours or so.

So I was kind of intermittently fasting every day and I loved the benefits that I would get from it. I haven't been as in tune with it because I had this whole *Sexy Back* on the launch and everything got a little bit crazy but I'm kind of getting back to where I used to be. But I loved how lean it got me and also the fact that when the *Sexy Back Summit* stuff came along, I was able to stay lean. Typically when a big project like that comes up, I might put on about five pounds but I've been able to kind of maintain where I was at by using that intermittent type of deal. The kind of intermittent fasting that I was doing during the *Sexy Back Summit* was just because I was so busy that I wasn't eating but it worked out pretty well.

So I do like it. I don't know a whole lot about it. I should get Martin on my show one day, or [Brad Pilon](#). They've been recommended a couple of times but I just haven't yet but I certainly will now that I'm more interested in it.

Logan: Would you say it's the same thing as far as what sort of profile of nutrients you should be eating, that intermittent fasting may work better for some people and not so well for others?

Sean: Yeah, that's always a possibility. That's with everything. There's always these contraindications and I've had many people on my show say that intermittent fasting is not something that someone should do if they've got some adrenal issues going on. I'd say a pretty high percentage of the population has adrenal issues going on so it's always going to depend on the person but for me, it worked pretty well. For a lot of people out there, it works really well. Just see if it works. If it doesn't, then try something else.

Logan: Yeah, that's the thing. You're going to learn something about yourself in the process anyway so it's probably going to be worth doing. You've mentioned that you became allergic to eggs recently. Can you tell us a bit about that?

Sean: Yeah, and it wasn't even recently. It's actually something that's been going on for I would say, last year after the *Real Food Summit*, I got so burnt out that I was sick. I was literally in my bed for pretty much a month watching frigging *Breaking Bad* and stuff on Netflix.

Logan: Me, too.

Sean: Yeah, it's awesome. So I noticed I had a cough for a little while and then this issue with clearing with my throat. I would have to clear my throat all the time. My mom clears her throat quite frequently and it's freaking annoying. I was like oh my God, I'm getting it, too. Is this genetic or something? So I had this flying issue and I wasn't flying anywhere last year so this year I've been pretty much out of town every weekend almost. I noticed that I wasn't having that throat clearing issue when I was out of town. I was all what's going on here?

So I thought it might have something in the condo that I was living at. Maybe there's some mold going on. Maybe it's the carpet. I just know that when I'm doing my radio show, I'm just muted out most of the time clearing my throat. It was so frustrating. I'm going damn, I'm going to have to deal with this for the rest of my life. I've can't figure it out.

Finally, I put two and two together and I was like what do I do here that I don't do when I'm out of town? One thing is eating eggs because eggs if you eat them at a regular restaurant or hotel, like gross nasty eggs made from city-freaking hens. So I stopped eating eggs for about a week and the throat clearing issue completely went away. Then I was out having breakfast with [Dr. Tom O'Brien](#) and I was like I'm going to try the eggs and the whole next day, I'm just clearing my throat the whole time. Boom! I found the culprit. So I haven't had eggs since and it kind of sucks because I really like eggs. They're amazing.

Logan: Yeah, that would be very unfortunate in my mind if that happened to me because eggs are an almost every day thing for me.

Sean: Yeah, and that was probably the issue, that I was having about allergies every day of my life. It could be with some stress that was going on with this. I did like three launches in 11 months like *Dark Side of Fat Loss*, *Paleo* and *Real Food* so things were kind of stressful so I'm sure there was some breaking down of my intestinal barrier, some leaky gut stuff going on. I recently found out that I break out, I start itching, when I eat dried pineapple, which sucks. So these little things are starting to pop up so I'm going to run some labs not only on my hormones but on my gut and kind of see what's going on in there, and do what I have to do to reestablish the integrity of it because it's a sign. It's a sign that some people probably won't even realize, period. They'd be like oh, this is just regular. I'm just going to be clearing my throat for the rest of my life.

However to me, because I know a lot about this, when the gut starts to break down like that you're really leaving yourself wide open for some autoimmune issues and that's the last thing that I want. I don't want Hashimoto's thyroiditis. I don't want lupus. I don't want any antibodies going after my brain. I'm just not interested in any of that so there's definitely going to be a lot of gut repair going on and elimination diet and kind of figuring out this whole thing, and dialing it in.

Logan: You mentioned getting some testing done. Have you done a lot of different blood tests and different things in the past? What are some of the things you've learned from doing that?

Sean: When I became a functional diagnostic nutrition practitioner back in 2008—it couldn't have been that long though—2008 or 2009, it was mandatory to run a couple of different labs and my labs actually looked pretty good. Again this was many years ago but I looked at my adrenals. They were pretty decent. I looked at my testosterone, which was like amazingly good. I was really excited about that. Estrogen was a little bit on the high side, which was probably why I get a little emotional at the end of movies. I'm kind of weird like that. And then we did a urine test and looked at my liver to see if it was backed up. The liver was good. My oxidative stress was good as well so I passed with not flying colors but I passed.

But it would be interesting to kind of go back now and redo the tests and do some comparisons. To be honest, I think the results would be pretty good. There will be some gut stuff going on because of course that's how I'm building up some of these food intolerances and allergies but hormonally I feel great. You and I talked about that a little bit before the show started and yeah, good.

I'm not a guy who likes to treat test results so even if my hormonal results come back a little bit skewed, I'll be like I feel really good, like I bounce out of bed. I don't have energy crashes. I don't feel the second wind energy in my time. I sleep really well and all this stuff. My libido is fantastic and my body manages to stay pretty lean year round. So I won't freak out if they don't come out looking the way that I want them to because I feel great.

Logan: Yeah. I've done some in the past. I did a hair mineral test and for some reason, I don't know what it was but my arsenic levels were sky high. I never actually did anything specific about that. I never got retested. I don't know. I didn't feel any sort of devastating effects but I think testing is something that's good to do at least every once in a while just to make sure you can catch something early on that could later result in problems. It can be useful.

Sean: Yeah, I think arsenic issues back in the day. I was eating canned oysters, like several cans a day every day and my girlfriend of the time was a naturopathic doctor and my fingers were peeling. The skin of my fingers were just peeling off all the time. She's like yo dude, I bet you got some arsenic poisoning going on. So just things that people need to pay attention to as like what kind of heavy metal issues might be going on with the food that you're consuming because you never know.

Logan: Yeah, that's true and that can be the hard thing, like where did this come from if you don't have someone just telling you that's probably it. It can be a fun learning experience.

Sean: But I love some oysters, lots of zinc, lots of testosterone. Yes, sir.

Logan: Yeah, I only recently had oysters for the first time and I really liked them so when I go to good restaurants there, I like to order those when I can. Actually, a recent restaurant I went to had like a sampler plate and it was talking about all the different tastes of the oysters like it was wine, the different flavors, and I would have had no clue except that said this has this sort of taste and oily finish or something weird. So it was very interesting to experience that. That's the thing, too, trying new foods like that which are of course real foods.

Sean: They're definitely real foods. They're typically raw unless you're having like some Oysters Rockefeller. I love them. We have something called Oysters Fest out here in San Diego in the summer. I can't wait. It's just going to be amazing.

Logan: That sounds good. We've covered a lot of the foundational basic stuff, which is what people need. You need to find what works for your body. Just eat real food. If you do that, you're going to be like 90% of the way. Can you share any tips that for you that were sort of revolutionary that you learned in the past couple of years that maybe you want to pass on to listeners here?

Sean: Pay attention to your digestions. There are too many people out there who are having digestive challenges and kind of sweeping them under the rug. That's some serious stuff right there. If you're not pooping right, if you're skipping days, weird stuff is coming out of you, it's not normal at all. People will tend to let that stuff go on forever because they're afraid to talk about it and typically their doctor doesn't know what's going on. They just give you some type of laxative or say it's IBS if they can't figure it out. But I would find that when I was working with clients when I was practitioner, I'd say maybe a good 70% to 80% of them, their health challenges were rooted in their digestive health.

Because like I said earlier, when the gut starts to break down, what can happen is undigested food particles, bacteria, viruses, and things that aren't supposed to just stay in your guy and you poop them out, they can actually get into your circulation and that causes toxicity in the body. It causes overreactions from the immune system which is going to stress out your hormonal system. Remember all of those toxins that are coming in have to go through your liver and your liver gets backed up and then you become toxic. Then you get brain fog and then you start to get skin outbreaks and on and on and on. So really pay attention to that gut.

Doing really simple things, maybe trying a probiotic, using some digestive enzymes, those are real simple things you can do as well as chewing your food when you eat it, something that's a big deal right there, not consuming a whole lot of water when you eat food. Most people drink water when they eat food to wash it down but you should chew your food until it's liquid. That's stuff is really important. Your teeth are part of your digestive system.

Then if the simple things like that don't help, I should move back. Removing grains and gluten from your diet, removing dairy products from your diet as well, maybe eliminating eggs, maybe tinkering around with that, and if that doesn't help then I would certainly recommend getting with a practitioner. You can go to BonesandHormones.com and you can find out how you can get a functional diagnostic nutrition

practitioner like myself, who will actually investigate this stuff for you and find out the root cause of your health issues instead of just giving you some type of pill to cover up the symptoms.

Your practitioner may recommend a stool test and I would say again 70% to 80% of my clients would have like an *H. pylori* infection, which is bacterial infection of the stomach or the small intestine that can actually cause some serious digestive issues. It's communicable. You can get it from kissing somebody, drinking off something. 70% of the world's population has it. 30% to 40% of the American population has it so it's very, very common. It's the reason why people have acid reflux, heartburn, and things like that.

We see different parasites, the *Blastocystis hominis*, *Cryptosporidium parvum*, these things that you may have picked up either domestically or you might have gone to Thailand 20 years ago, picked up a bug, and your digestion changed and you never really took care of it. So definitely looks into the gut. That's really a big deal, a huge deal, and I hope that the last two-minute answer helped somebody out there to encourage them to go get some help for that.

Logan: Absolutely, very important stuff. Are you a big fan of different fermented foods?

Sean: I do. I encourage fermented foods. To be honest, I can't eat them though. They're nasty, dude. I can't eat. They're gross, man. They're gross. I'm actually going to start experimenting. We're kind of going to change the direction of [Underground Wellness](#) a little bit. So I'm going to start making more cooking videos and things like that, and show people how to make Kombucha and whatever. So I'm going to play around with that kimchi and sauerkraut and all that stuff but to be honest, it's not high on my list of things to eat because it's just nasty, dude. Nasty. If you like Kombucha, I do like Kombucha. I can throw some of that stuff down.

Logan: Drinking one right now.

Sean: Yes, sir.

Logan: I'm a big fan of sauerkraut though. I love it. I make my own and I can just eat that plain. I like that sour taste.

Sean: Yeah, I'm not a sour guy, unfortunately. I had a friend over last night and she was like, "Do you have any lemons?" and I'm like no, lemons are gross. I just don't like sour very well. That's probably why I'm not a big fan of fermented foods. I should say not a big fan of myself consuming fermented foods but I do encourage others to eat them. I don't want to be misconstrued on that answer.

Logan: Okay. You have your book which we talked about a little bit, [The Dark Side of Fat Loss](#), which I have to say I read through the whole thing. It's a phenomenal amount of information and for someone, whether you're a beginner or advanced, it's going to give you a lot of detail, a lot of science behind it with resources to get even more. It's very comprehensive and you called it *Dark Side of Fat Loss* because it flies in the face of conventional wisdom, which just like in training, the conventional wisdom isn't so wise at all so we need to go outside. Can you tell us a little bit more about the book and why people might be interested in picking it up? Who is it for and all that?

Sean: Who is it for? It's anyone who has just been struggling with fat loss and has been doing the same thing over and over again. I call it the box and the box contains diet and exercise, diet and exercise, calories in, calories out, reduce your caloric intake and just run on the treadmill for two hours. That doesn't seem to work, especially in the long term and I explain to you why that doesn't work in the long term. There is hardwiring in your body that doesn't allow that to work long term.

It's just like what we're doing these days is we're putting ourselves in a state of famine for the most part. When you put yourself in a state of famine by tremendously reducing the amount of calories you take in, it's going to slow down your metabolism. What reason would your body have to keep your metabolism cranked up when you significantly reduce your calories? What caveman—because that's pretty much who we are, cavemen and cavewomen with just technology and whatnot; we haven't changed very much—or cavewoman during a famine goes running? It doesn't really make any sense.

There are a lot of other pieces to the puzzle that I break down I think in a very creative, kind of funny way that people can understand. I talk about hormones. I talk about cortisol. I'll talk about leptins, testosterone. I talk about stress, which is incredibly important. I talk about digestion. I think the longest chapter is about digestion. I talk about toxins and how there are toxins out there called obesogens that throw off your hormonal system and can cause you to gain weight. I have a chapter called *Just Eat Real Food*. It's about what real food really is. There's a chapter about how to listen to your body language and how to implement the JERF-30 Diet, as I call it.

I was actually flipping through my ebook last night and my favorite chapter is Chapter 10, regarding getting your mind right because mindset is huge with this. If you don't have your mind right, you don't have a big enough reason to lose fat and to do the things that you need to do to lose the because hey, getting healthy is many things but certainly not convenient. So you have to have a big enough why to do it and you have to value it. It has to really be important to you. So that's my favorite chapter for sure.

So it's 159 pages of goodness. There are a lot of extras in there. There are links to different podcasts. There's what we call a Dark Sider profile, where I'm profiling a lot of the people with whom I've done radio interviews with, and there are a lot of links to different books where we could learn more. So I think it's one of the most comprehensive ebooks I've seen out there and that was the intention.

There's a separate manual that you can get in addition to that called *The Underground Workout Manual*. That was written by my buddy, Brett Klika, who was once again nominated for Personal Trainer of the Year for the third year in a row. He has this full program, I believe it's a 12-week program, on video. It's laid out for you. You can click on the picture and a video opens up kind of showing you exactly how to do it. It's 12 weeks of workout so you're never doing the same workout twice. We want to cover not just the food piece and not just the hormones and digestion, immune system, detoxification stuff, and the mindset but we also want to give you a really good exercise program that you can do at home.

Logan: You do need to bring everything together and I like that you addressed mindset in there because that's a huge thing that I'm always talking about. Because not enough people do talk about yet that is going to really be the determining factor in whether you have success, whether it's losing weight, getting in shape, or anything you're trying to do really.

Sean: Exactly. Get your mind right, not just for health, not just for losing fat but just for like in general. If you don't got your mind right, it sounds like a pretty stale life to me.

Logan: Yup, I agree. Well thank you so much, Sean. This was awesome. I had a lot of fun.

Sean: Thank you. I did, too. I love bumping my gums about health and other stuff. Thank you very much, Logan.

Logan: All right. Thank you everyone for listening. I do want to let you know in a future podcast once I've finished Westin A. Price's book, I'm going to do one exclusively on that and just talk about some of the takeaways I've gotten from that book just and give you some more information about real food just like we've covered here. So thanks everyone for listening and I'll talk to you next time.