



Brandon Gilbert

Change The One Thing That
Changes Everything

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

BRANDON GILBERT

CHANGE THE ONE THING THAT CHANGES EVERYTHING

Shelley: Hi Brandon. Thank you for taking the time to do this. So, you are known for your passion in Chinese Tonic Herbs and how they changed your life. Please share your journey with these herbs and tonics.

Brandon: I can say for me I've been working with these herbs and this class of foods and supplements for about the past 8 years or so pretty intensely and pretty heavily. And I came into the understanding and the knowledge that these herbs are really tools for propelling us towards greater growth and expansion which I was someone who was already on that path to begin with anyway. I was already meditating and doing yoga and trying to change my diet and upgrade my water and do all these things, and I heard about herbalism.

But I picked up books in the library and it was always like, more medicinal, more like, "If you have this condition, take this. If you have that condition, take that." I was just bored by that framework and I thought, "There's got to be something that's just more intelligent than that, that can sort of sense deficiencies and just help to balance and restore homeostasis." Because, in reality, it's not always about fixing a problem because there's not really problems. It's more so how we get back to balance, because if we can find balance, then most of the time we can solve that problem.

Meaning, if we feel really imbalanced mentally and emotionally, psychically, it's going to be really hard for us to solve any other problems in our lives. But if we can find a way to come back to balance, to come back to our center to find homeostasis with inside of ourselves, that solution to that problem will probably just either take care of itself entirely because it was probably just caused by our imbalanced, or it we'll find the solution or we'll attract the opportunity.

So, somehow I had an intuitive, unspoken understanding of this and when I first heard reishi mushroom used by Taoist for ages, used by people to help their spiritual growth, used to help them burn karma, work to their psychic things, I was like, "That's for me. I need to jump into that." So from that, I jumped in and started to learn about herbs and read about this and read about that. But I really found that the understanding of herbs and the discussion, conversation about these substances was really, really left-brain and really pretty minimal as far as the amount of understanding in the hungered appetite for knowledge that I had.

So from that, I said, "Okay. Well, what is this based on?" It was kind of like I was in the upper floor of the house and I was like, "I know everything about this house." But I was like, "Wait. There's a basement."



There's a foundation. What is the foundation of this? What is this based on?" And slowly, we have been working from room to room, floor to floor and working back down, all the way to the foundations. Initially, just to learn more about these herbs or these supplements. But really, I just opened up a whole doorway. It was an introduction and sort of a portal into a whole entirely different world and entirely different understanding. So really from that first initial seed, it's gotten me to where I am today. And now, I understand a much broader picture, a bigger piece of the pie and realized that there's always little pieces of the pie. There's herbs, there's your food, there's diet, there's exercise, there's your breathing, there's meditation, there's your water. All these different things are sort of pieces of the pie.

So, first coming into herbs I understood that, "Okay. These are tools." And then, from studying them, I came to understand sort of the blueprint. And why it's important is because if you're going to build a house, you don't say, "All right, we got to get the work crew in here. We need to get all of the lumber. We need to get all of the raw materials." That's not your first step.

The first step is, "Oh, yeah. We need a blueprint." We need a way to design this and put all of this stuff together that makes sense. So you spend time cultivating and really getting a solid blueprint because if there's minor errors in the blueprint there's going to be major errors in that house that you build. So, that's sort of what I've come to now and how I see the body and how I really look at life in general, not as a series of different little pieces and parts but really from this deep blueprint understanding, this foundational understanding that I was introduced to and sort of educated to from taking these Chinese Tonic Herbs.

Shelley: Yeah. I love your continual inquiry into bettering yourself. You realized it started in those foundations or like the blueprint. Well, that brings me to the next question in terms of the weight loss. I've heard you mention that weight loss is more than just diet and exercise, so could you just share this insight with us?

Brandon: Yeah. I think on a simple level, we can easily understand as human beings, we're more than just diet and exercise. And the way I start to look at it now is like upgrading our operating system or our mental programming and getting to a place of mental and emotional neutrality where it's as easy as a few clicks and a download to sort of upgrade and install an operating system.

And I'll explain more about that in just a second. But, first, it's important to ask and understand, "Do we really get upset and hang-up when we have to upgrade from windows '95 to like, Windows Vista or from Mac OS X to MAC OS 10.2?" Typically, not, because we get excited by the benefits, we get excited by the upgrades, we get excited by just the new opportunities and horizons that this thing will allow us to have.

So, from that, we can see that it can be as simple as just upgrading our operating system. And why it's important is that because there's no shortages of approaches or diets or strategies or theories for weight loss.



Yet, we have to ask ourselves, “If there’s this mass abundance, then why do so many people get stuck in not achieving their goals and not losing weight, or, even worse, you’re yo-yoing back and forth?” You know, dropping 20 lbs, gaining 30 lbs, dropping 15 lbs, gaining 30 lbs. Or getting on a strict diet for 6 months and then quitting for 2 years. And I’ve worked with a lot of people one-on-one and this is a very, very common thing.

And then, if you’re just aren’t all aware, are friends with women or know a lot of different women, these things come up. And it’s something that, I even notice it as a kid. For whatever reason I was always just a slim person.

People were always like, “How can you eat so much.” And I was like, “I don’t know. I’m just slim. You know what I mean? This is how I am.” But when I see other people and they’re just like stressing out about this, “Oh, I got to do this. Oh, I got to do that. I got to lose this. I got to lose that.” I was like, “What is going on here?”

So, from seeing that, there’s all this abundance of this diet, that diet, this exercise, this strategy, this cleanse, this fast. But yet, people still don’t succeed, yet people still yoyo back and forth. We should ask, “Well, why?” And sometimes, people really forget to ask this question. They think, “Oh, if I just eat better and if I just exercise, everything is going to be fine.” But they forget to ask, “Well, why or what is causing this physical thing in the first place? What is this physical thing point to?” And that’s just a major question, like if people took one thing away from this interview; it would be just be to start asking,

“Why?”

Shelley: Yeah.

Brandon: If you have an issue, “Why?” If you’re mad at someone, “Why?” If someone tells you, “You shouldn’t do this or you shouldn’t do that. Why?” And that simple little question can change so much. Because it sort of gets us out of this, like, victim sort of fearful state and just empowers us and sort of brings us back to the present moment and engages our actual critical thought capabilities. It’s just trying to actually start to figure things out.

We might say, “Why?” and get no answer, and get no response but eventually we’ll get some answers, we’ll get some responses, no matter what it is. Really, that’s why I look at it and why I see the overarching thing as really upgrading our operating system, our mental program. So because so many people yoyo and so many people get stuck, and then we have to ask ourselves, “Well, what’s causing the weight gain in the first place? Why are there so many people who can eat garbage all day, every day and never exercise but never gained a pound? Why are there some people who can eat massive calories, they live a lifestyle and they exercise a certain way but it doesn’t fit the sort of model or box, but they don’t gain weight? Why?”



So, that's why I look at it like upgrading our operating system or our mental programming or, in essence, changing the one thing that changes everything. And to really illustrate that and drive that in, there's a quote by a Greek mathematician, a physicist, engineer, inventor, astronomer, essentially just a genius. His name was 4

Archimedes. And he said, "Give me a lever long enough and fulcrum arm which to place it and I shall move the world." So, for me, that's how I see upgrading our mental operating system or changing our mental programming. That's why I see it as changing the one thing that changes everything.

So, from there, that's the fulcrum – upgrading that programming, upgrading our operating system – that is the fulcrum which can then give us the power to then make major moves and major changes. So, from there, I think it's fundamental to realize and accept a few things. And this ties back into how we're much bigger than just, "Oh, just diet and exercise."

So, first and really critical and important thing that can empower us to give us more courage and confidence in a sense of drive and assuredness that, "You know what? I can do this." And sometimes, that's all it takes. Sometimes, health isn't about this complex thing or this herb or this supplement. It's about the simple mental shift that, "Wait. This is possible. I can do this."

And you see this a lot if you try to talk to someone about, "Oh, you know, this diet is good for this and this herb is good for that." I was like, "Oh, yeah. Cool. Oh, yeah. Sure. Totally." And they just blow it off. It's not that they don't understand it; it's just that the door in their mind that says, "What you eat can affect you or taking an herb can change you." It's not even open. So, it's just not even a possibility. Sometimes, it's just as simple as that. Just the light bulb that, "Whoa, this is possible. Whoa, I can do this." That sometimes, that's all that it takes.

So, that's what this understanding are going to lead us toward. So, first is, we're each on our own path and no one can walk our path for us. So, because of this we need to accept that we're responsible for ourselves and no one else. We're not responsible for our children. We're not responsible for our boyfriend, our girlfriend, our boss, our grandparents, all of those things. We gotta take responsibility for ourselves and empower ourselves with that.

You gotta realize that no diet, no guru, no supplement, no herb or cleanse is responsible for us. Why I say this is because a lot of times people get stuck in this thing like, "Yeah. I tried that diet but the guy was a jerk and I didn't like it." or "I talked to this lady and she was mean. I just didn't want to do it anymore." Or "Yeah. I did that supplement but it was expensive." So, it's always just putting the failure, putting the stagnation off on someone else.

The diet, the guru, the author, the supplement, the herb, the cleanse – whatever it is. So that's why we need to say, "Oh, you know what? I'm responsible for me." And that gets us out of the fear and out of the victim state into a sense of empowerment.



Secondary correlated to that is to realize that where we are now is really can serve as a lesson and as a stepping stone to evolve us to a bigger and better place. Thus, the thing we're dealing with right now, isn't actually an enemy or a culprit to be fought because it's actually gotten us to where we are in the here and now.

Because we're listening to this call right now and this call could be the thing that sets off a light bulb that, you know, changes something around or the weight loss could be the thing that, you know what, we get over it and through overcoming it, we develop courage, we develop will power, we develop our energy, we develop these deep reserves of energy with inside of ourselves that maybe we'll need in ten years.

Or maybe, someone else will come across our path and we can say, "Hey, I went through this. Here's what I did. Here's what you can do. This will help you." And they say, "Oh, wow. Thanks. You really helped me. You really saved the day."

So, we don't really know in the bigger grand scheme of things what this is and that's necessarily a bad thing. And a lot of times, people have this really intense negative emotional charge towards what they're doing and they're essentially looking at it as an enemy or a culprit, something that must be gotten rid of at all cost. But in reality, that's not doing anything good for anyone.

That's just causing more negativity and stress and tension. And that's important because we also need to understand that it could be a lot worse. What our situation is right now, it could most definitely be a lot worse. You know, right now we're listening to this probably on a computer or some sort of digital device. Meaning, we have the internet, we have electricity, we have a place to live, we have water, we have food, we have, probably, a family, we have clothes. We have all of these things, which is a huge chunk of the population of this planet can't even fathom. So it's just the fact that we're here now listening to that, it's something to be happy about. It's something you'll be stoked about, something to be grateful for. And even we're trying to lose 20 lbs, there's people that need to lose 300-400lbs.

So, wherever we're at we're always in the middle. If we think, "Man, I only have \$20,000 in my bank account—"or "I only have \$200. What am I going to do?" Realize, there's someone who doesn't even have a bank account. There's someone who has no money or someone who is like, \$20,000 in debt. So realize, no matter what we're at, wherever we are, it could be worse because we're always in the middle.

And everyone has issues and things that they're working on. Even the healthiest of the healthy person has some sort of issue, some sort of lesson that they're working through. Even the diet guru or the exercise authority, we look at them like, "Wow." They have 6-pack ripped abs and you can see all this definition and they have zero or ½% of body fat, "Wow!" Well, yeah. But they still have their own issues.



So, just because someone is a thing doesn't mean they're somehow beyond this human existence coz as long as we're existing here, now we're all working through something, we're all learning something because the universe is always trying to educate us and show us things.

So, it's important to really keep these things in mind, so, that we can have a more grounded common sense sort of neutral approach, which we'll talk about this a bit more and dig in to this more a little bit later. But I think this is really the fulcrum and really the one thing that can change everything.

Shelley: You talk about the importance of movement. If you can just advise a little bit more on how movement is important in order to maintain an optimal health for losing weight?

Brandon: This is one of the most important things, that I've really uncovered not just uncovered but lived. Because everything I've said throughout this whole thing and everything I do say is not something I read in the book. I'm like, "Dude, this is gonna sound great." It's something that I lived, something that is coming out of me. It's kind of like it's a part of me, meaning at one point it was food and I'm eating it and I'm digesting it, and that's why I'm saying it. So it's not just some theoretical knowledge.

It's just natural common sense principles that apply not just the weight loss but across the board in our health and in our life in general. So, when it comes to movement, people think, "I wanna loss weight. I wanna be happier. I want more money." Really what that is, is movement. It's a change. It's a shift. It's a transformation which is movement. So if we wanted to lose weight, we need to realize that we're gonna have to move.

Now that sounds pretty common sense and obvious but that means more than just physically, it doesn't mean you have to run 80,000 miles or beat yourself up in the gym or you start masochistic and suffer yourself into weight loss. No. You just need a shifting, transforming and moving things. Physically, yes. But also mentally, emotionally even spiritually. Now why this is important and what underlies this and what sort of the foundation and the blueprint is that where there's movement in flow there's health, where there's blockage and stagnation, there's disease.

And why is that important and why does that make sense? It's important and make it sense because it's just an inherent principle in nature. It's just a natural principle that we can harmonize with and thus getter better results. And if anyone is at all familiar with like neuro-linguistic programming or like success technology, there's this concept of modeling. Meaning, if you want to be a great painter you study the great painters and you learn their mindset, you learn their techniques, you do what they did. If you want to be a great guitarist, you buy a Jimi Hendrix TAB book and you learn all the Jimi Hendrix songs.



You think, “Mm-hmm, how would Jimi Hendrix look at this. What would Jimi Hendrix do.” You start to model the thing that you want.

So, obviously, you know, nature’s in essence I think the thing that people are wanting to get back to. Meaning, there’s no denying the peace and the calm and just the general great feelings that we all feel just walking through the woods, feeling the breeze, smelling the fresh air, hearing the stream running. There’s not much better than that. And that’s necessarily a personal opinion, that’s more of almost universal human thing that’s almost undeniable.

So, it’s important because energy likes to flow freely and the problems arise when we have stagnation, fixation and blockage. So, to understand this let’s say we’re in the woods and we’re walking and we see this stream and we think, “You know what, let just dam this thing up. Let just block it up.” So, what’s gonna happen? We’re gonna just basically get a bunch of wood or metal or concrete or whatever and dam this up. So, one edge, the dammed up edge is basically going to stagnate, I mean the waters it’s gonna start piling up, because it’s not flowing anymore.

There’s probably gonna be like algae, mosquitoes and all sort of man or weird things start to grow in there because there’s no movement to keep the water clean and to keep the water flowing. Yet, downstream from the dam, things are gonna be dying because they are no longer receiving nourishment, they’re no longer receiving that movement that they were accustomed to. Another way to look at that is if you were to take your arm and you’re gonna take a tourniquet and wrap up right around your wrist, eventually your hand is gonna die because it’s essentially being blocked from nourishment. There’s a dam, there’s a blockage right there which is robbing that part of you of nourishment.

So, since, we are energetic beings, Chinese medicine, Ayurvedic medicine, Tibet medicine – all indigenous cultures understand, “Okay, we are series of energy channels or energy meridians or essentially hoses and tubes on an energetic level, but, also even on a purely physical level we’re essentially a series of tubes.

Our lymphatic system, circulatory system, our nervous system, our digestive system all these things are tubes through which fluid are moving. So, we have blockage, stagnation, honestly that’s gonna rob something of nourishment. It also gonna cause dis-ease or a lack of health and it’s also gonna occur on the mental level as well because just in the same way that the hand is no other receiving nourishment because of this tourniquet in our mind we develop blockages. “I am this, I am that, I can’t do this, I can’t do that.” And then this other part of ourselves all of a sudden starts to degrade and become malnourished and eventually just die and decay.

Other than some sort of spiritual faculty or creative driven faculty or happy outgoing faculty, whatever it is, it’s no longer receiving nourishment or movement because of the blockage or because of that mental block.



That's important because mentally we need to eliminate waste products. If I said to you look, "Don't use the bathroom for the next week." You're gonna be like, "You are insane." "You know, hold your breath for the rest of the day." You can't do it because our body has to eliminate waste products because it's a natural product of metabolism and of living. It's a natural thing and if to me I said to you, "Oh, stop." You're like, "Oh, you're insane." But that's exactly what people do mentally they say, "No, no, not eliminating that. No, hang on to this." But that's okay. In our culture we say, "Oh, that's just how they are." That just who they are. That's just it. That's fine." and we leave it alone. But if that same person was like, "You know, what I'm not gonna go number 2 for the next week." You're like, "Oh, my God!" You don't want to be around them but it's the same process. The same principle carries over.

So, just like we need to eliminate toxins and waste products physically, so too as our mind they need to eliminate toxins and by-products of our mental metabolism and that's where this whole thing of movement comes in, because as we understood, where there is movement and free flow there's health, where there's blockage and stagnation, there's dis-ease or a lack of ease. So, for example, if our goal is to loss weight basically we're gonna have to eliminate the thought patterns and habits and programming of the overweight person and thus take on the thought patterns, their habits, the lifestyle of an ideal weight person. So that's where the movement comes in there. And this should take place on a regular basis.

On the physical level, of course, but also, on the mental emotional level because everything in nature is in constant fluid motion – the sun, the moon, the earth, subatomic particles, water et cetera, on and on through nature – all of these things are constantly moving, constantly transforming.

But if we stop them then honestly we're gonna have problems. So, how this ties in and how can we sort of breakthrough this blockages not necessarily breakthrough them but maybe even at first even discover them. Because sometimes this sort of idea might be so of far out like, "Wait, no I'm fine the way I am. It's not that. It's not me. It's the diet. It's this. It's that." So, sometimes it's important to just come to the understanding that, "Wait, you know what? My mind is influencing. My mind does have an influence here.

My mind is actually really playing a huge role here so maybe should look at movement there." I understand that my body eliminates toxins regularly as a natural process so why doesn't my mind actually do this? Where are the blockages? So we can ask ourselves mentally, emotionally, spiritually – look at these different areas and ask, "Where am I stuck? Where am I not moving?

What rigid conclusions and beliefs have I come to about myself and about my life in general?" And then finally, "What am I afraid of? What am I hanging on to?" And just these simple questions alone worked with on a regular basis, again, will give answers. Coz like we talked about before, it's good to start asking why. It's good to start just asking questions. But we can't sit there and say, "Oh, I asked why but I didn't get an immediate response."



This isn't Google instant. Life works a little bit differently sometimes and we don't know how we think or things don't always happen how we think they should. Sometimes we get so stuck into a belief system or we get so stuck in to a certain way of seeing the world that basically we're giving a middle finger to the universe coz it's trying to give us lessons, it's trying to teach us and show us and give us things but all we want to say is, "No, it has to be this way. This is why I'm fixing on, this is why I'm stuck out."

We just ignore all this stuff and miss the greater picture and the lessons and even in the abundance in the love and all these things that the universe is trying to give us all the time. So, again, it just goes in to these blockages that then cause degradation and cause total fixation and cause essentially things to be cut off from nourishment.

Shelley: It's this awareness that coming to an understanding that you are a part of this bigger picture and there's so much to be grateful for, that perspective it can change and caused that movement on so many levels. And I appreciate that so much. And I do want to take a step back to herbs and tonics which obviously changing your life – certain herbs things like that, that help you cleanse. Which ones would you recommend to cleanse, lose weight from that holistic perspective? Not only physical, like the mental, emotional, spiritual coz I know you work so deeply with these plants? So please share.

Brandon: I would say probably one of the first herbs that would come to mind would be gynostemma that's really a great one for a few different reasons. First, someone's new to herbs, this one that tastes good, it's pretty darn cheap and it's really easy to use and it's really gentle in it's effects and really broad spectrum support to a lot of different systems in the body. But specific to this context, it's been shown to help balance metabolism and help even with weight loss but also with weight gain.

Meaning, it's not just metabolic stimulator or a depressor it sort of kind of can help you intelligently fine tune. And it does a whole host of other benefits for the body as far as of being a longevity tonic, a great immune system support. a very good anti-inflammatory, even a great anti-stressor.

There's all these things that we all sort of need in this modern world with the abundance of toxicity and pollution and stress that we all face on a regular basis. So, gynostemma, for those reasons would probably be the first one to get into because if someone's not really in to herbs, it can be a bit of a hurdle. It's a foreign thing. It's a leap sometimes. But with gynostemma, I mean, it just a tea and you just make a tea out of it like you're gonna make a green tea or black tea or something. It's the same process.

So, it sort of just plugs in to that familiar pathway that we all already have. So, I like it for that reasons, it's a great introduction herb. It's just very gentle, very mild, and also very profoundly balancing and modulatory for all of these different systems in the body.



Secondary to that would most likely be reishi mushroom because for a lot of people it can really help with more of the psychic aspects, more of the mental and emotional aspects? And I think in the physical level this is happening because is such a profound tonic for the liver and the heart and also the lungs.

And in Chinese medicine the liver isn't just the liver. It contains what's called a spirit which is called "hun", H-U-N. In the Chinese system we have a "5 Elements" – metal, water, wood, fire and earth – 5 elements. I mean a lot of people are here sort of probably heard about that but there's also 5 spirits or the "wu shen" and there's a spiritual aspect, an energetic subtle psychological aspect that goes along with each of these. So when reishi is working on the liver, working on the heart, it's working on the hun and the shin and it's working on these 2 other aspects, which control a lot of psychic functions, a lot of mental and emotional functions. In reishi, as far as its Chinese understanding, is the number 1 shin tonic going.

What shin refers to are more of our mental, emotional, psychic faculties, as far as our creativity in the state of our emotions and our mental state and all these things. So, reishi, not only does it all these things for the shin but it's also great detoxifying herb, or great protecting herb and that sort of true across the board for these tonics.

Gynostemma as well is a great antioxidant, a great detoxifier, and very generally protective and cleansing for the body which is something I think we could all use which is why I'm such a big fan of these herbs and why I really—they're just a 5th food group. If you look at the ancient usage and the traditional usage, pretty much that's how it is. It just a food.

At certain times of the year people would gather certain plants and cook with them and eat them. It wasn't this like, "Oh, let me buy a bottle and take it." That's just our modern thing and our modern sort of convenience and it's cool and I'm very happy about it, but we can look back and see that, "Oh, wait, these are just foods." So that's why a lot of times people ask me, "What herb should I do?" or "Should I do this and that or how much of this and how much that?" Well, you know, how do you determine for yourself how much food you want to eat on your meal? You don't need me to tell you eat exactly 38g of lettuce, eat exactly 2.7g of salt or whatever. Your body starts to tell you.

So, over time you start to take these herbs and you start to get to develop a feedback loop and education and sort of an appetizing craving for them. You are then guided by your body. But, obviously, that's a bit further down the road. So to come back here gynostemma's a great herb to start off with. Reishi mushroom is another great herb. Third to that would probably be schisandra. And this is a berry that comes from China as well and it's unique because it has all 5 flavors, which, in the traditional understanding, certain flavors correspond in certain organ systems or certain elements. So what makes schisandra unique is it has all 5, thus, it "tonifies" and balances all 5 systems.



And more specific to this context, it's really great for detoxifying and protecting the liver and helping out with metabolism, helping out with elimination of toxins and waste from the body, which if we are trying to lose weight, this is a great thing and sometimes if we're feeling stuck, it's because our liver is stuck.

Because our liver is that energy and to illustrate what I mean by that, we can take a look in the 5 elements of understanding which says the liver is a part of the wood element and the wood element is associated with the season of spring. But what happens in spring?

Basically, everything is dormant and all of a sudden there is this massive growth and massive expansion of energy. So we can illustrate that and see that through looking at a seed that is sprouting and pushing up through the ground and then, "BOOM", busting out of the ground. It's that initial growth and spark inspiration to grow and expand.

Also, if we look at trees, we can see that basically trees will keep growing and expanding until they die. And that's part of the reason why the liver is associated with the wood element and if you're still thinking, "Yeah, that's cool", the liver also will keep regenerating until we die. Meaning, it's the only organ that we can cut out that will keep growing back. So from all these different examples, we can see it from a lot of different angles and understand the correlation, and why the Chinese see the 5 elements in that certain way, and see all these different correlations and connections.

Shelley: I love that you can take this complexity and just simplify and explain in a way that in the context of losing weight, it makes sense to work with these kinds of herbs and tonics and maybe it's different for everyone. Maybe they will resonate more with one or the other, but just one of these powerful herbs can create within you through the energy that they contain and how that meets our own energy in our body and therefore mind and emotions and spiritually.

Brandon: One of the cool thing that these herbs can do and an important point to make is that we can't just—this is something that happens to a lot of people is they hear about herbs, they hear about supplements and they knew all these great things. So people think, "I'll just take it", and then sit here. Keep (audio cut) doing it, and expect miracles. It's like, "Yeah, these herbs can help you and help change and balance things", but you have to be moving in yourself.

That movement has to be already there because they just help you wherever you're at. They can give you more energy; give you more of a sense of security and assuredness in yourself, which can then help you be more informed in making better decisions.

Because if you think about it "cellularly", where you always feel under threat or you always feel stressed, if that's what your cells are going through,,, that's going to keep going up to your conscious mind and you're going to be aware of that.



So when you want to go out do this, your cells are going to be like, “No. We can’t handle that. We’re barely staying alive just to doing what we’re doing here for survival. We can’t handle these other stuff.” Just think of as, “No, I can’t do that. No, done with it.” But when you’re taking these herbs, we start to get more balanced, more cellular integrity going on. We start to feel a little more safe, a little more protected, a little more like, “You know what, I can do that, definitely. Yeah, definitely. I can go on and do that.” Obviously that requires that openness in the beginning. It requires that mental shift. It requires movement. So all these things interplay and fit together and that’s the one thing I want to stress, the one thing I want people to avoid is to think that one thing is just going to do it all.

That’s not necessarily how it works and we don’t apply that to anything else. If we are in a relationship with someone, there’s a lot of aspects to that relationship. We don’t just say, – if we’re a man, we just say “If I just pay for ‘x’ and ‘y’ for this woman, that’s all I got to do.” And actually a lot of guys do think that, I think. “If I just throw a bunch of money at this then I’ll get everything I want.” But in reality, what happens is that it works for a little bit, but then the other person wants, “Well, what about emotionally?”

What about on a conversation you’re not here, you’re not present? “Blah, blah, blah”. So we don’t look at all these other lives or all these other aspects of our lives with that same mundane, ‘Johnny one-note’ expectation.

No, we understand it’s complex, but yet when it comes to ourselves and it comes as something important and dear to us that’s changing our lives or our body, then all of a sudden we get lazy and like, “Yeah, I’ll just do this one thing. That’s all I got to do.” That’s just one of the main thing and the main caveat that I wanted to add in along with that.

Shelley: Thank you. Yeah, that’s part of these roadblocks. If I get lazy, then I’m just going to say, “Oh, I’ll just do this one thing.” What’s in your experience, some of the roadblocks that you see that come up around, you know, optimal health or losing weight?

Brandon: Yeah, this comes up at such a good time because literally a couple, maybe a week ago, I was just in a middle of a random conversation and I had this ‘click’ an open understanding about this exact thing.

We talked about earlier about this victim mentality; you’re trying to make someone else responsible, which is basically underlined by fear. Those are some of the major things, obviously.

Because if we’re having huge amounts of desire in like a massive charge towards a thing, it’s basically showing that we’re not really sure it’s going to happen. We’re pretty afraid that it’s actually going to happen. So that all ties in as one big ball of wax as far as the victim thing and getting out of fear.



Other blocks associated with that that I've seen in experience, I think a lot of it stems back to childhood programming and the programming in association we were given about food and the connections it has to power, things like control, as well as rewards, as well as a sense of freedom. And this is an understanding of how our mind works. And this is something the government knows, the media knows, major corporations know – it's really no secret. Basically that our mind works through association. If you pop a picture on a screen and it generates a feeling, and then you associate it with another thing, then automatically your mind has that unconscious response.

That's why when you open, you know, you see a Coca-Cola commercial, and it's like polar bears and they got the North Pole and they're playing around or acting silly, you're like "Hmm... I wonder who this ad is targeted to." It's targeted towards kids primarily or that child-like part of ourselves. It's like "Aw... Polar bears.

Wow, that's cute." You know, a sense of fun and play. So all of a sudden, we're having all these positive warm emotions associated with Coca-Cola. So when we're at the store and we see Coca-Cola or Pepsi, we see Pepsi and we think "Nah...". We unconsciously call up the cheesy Pepsi commercial that we didn't really vibe with. Then we see the Coca-Cola and our brain fires off the association, "Oh yeah, warmth, childhood. Yeah, okay." And that's what we buy and that's not a weird conspiracy theory that I'm making up or you'll see in some Fringe documentary on YouTube or something.

This is hardcore science. What people actually use if you study advertising? And it's pretty much responsible and traced back to one person which is Edward Bernays and he was actually Sigmund Freud's nephew. And he is basically is single-handedly responsible for a shifting in the Western World towards the consumer and consumption society that it is today. If people want to learn more about that just Google his name. Not only did he do it, but he wrote books about it and he wrote books explaining how to do it. He single-handedly—I don't know if you remember but early 1900s, there's this idea that women smoking cigarettes was dirty or bad. He single-handedly engineered an event to change that public association to make it okay for women to smoke. All he did was stage an event that symbolized one thing and all of a sudden, people

made that connection in their mind.

So it's just this power of association that we have in our mind and parents do it. I mean, that's how you train your dog. If your dog pees on the carpet, most people yell at it or spank it and all of a sudden the dog associates peeing on the carpet with pain and thinks, "No, not doing that." So at the fundamental level, our brain operates much in the same way. Obviously, since this is getting to the instinctual level of our brain, through this pretty darn instinctual and survival based. Obviously, these things are all going to be firing together.



Then when it comes to power, control, rewards and a sense of freedom, that's again tying in to that unconscious, lower older part of our brain, which is really driving the show and really controlling us.

Because people think, "My conscious mind is totally in control." Not really because you're not beating your heart, you're not digesting your food, you're not handling your metabolism, you're not regulating body temperature, you're not manufacturing your own transmitters, you're not manufacturing blood cells, you're not eliminating blood cells.

So there's like trillions of functions that we're not doing. So the vast majority of what we claim to be is not even conscious and on top of that, the majority of us is bacteria. Ten times more bacteria than human cells and on top of that we're 70%-80% water. So the whole argument for the ego at that point is flimsy, but, again, back to the point here. So association and how that relates to food and how we associate food with power, control, rewards and freedom.

So it's a pretty common experience that when we're children, we're in school and get a good grade and after that good grade, what does the teacher typically give us? "Oh, here's a sucker." "Here's some candy." "Good job." Our parents pick us up after school or something and we're going to spend some time or want to do something fun. So what do they do? Take us out for ice-cream or cookies, or something like that. So just from there, we're associating sweets with a reward with positive emotions, with a sense of connection, with bonding, etc. On top of that our parents that would say, "Eat your vegetables. Eat the green stuff on your plate."

And what do kids say, "No, I don't want to do it. I don't want the vegetables." So, right there, that's control and power because you're the child and you're like, "I don't want to do this" but your parents are like, "No. You must." So you're not in control, you're not in power. They're in power, they're in control.

And another thing, "Oh, finish your homework, then you can have the sweets." "Finish your vegetables then you can have dessert." So all of these things are controlling and anchoring in the loss of power and the loss of control. And the last example would be, let's say we're sick or we just got through a bad thing or on the flipside even when we just had some success, what do we get? Sweets as a comfort. And this isn't just like a child-like programming. It's a child-like program that carries out. When you think about it what is the main thing at all celebrations? Usually something sweet. So we all have this association with like a reward and freedom and feeling good and feeling free with things that inherently not that good for us.

So from these experiences we imprint and unconsciously associate vegetables or what vegetables symbolize, which are things that are good for us, with a loss of control. So from that, we can see vegetables or things that are "good for us" equals loss of control, loss of power, loss of freedom. On the flipside sweets equal a sense of freedom, praise, reward, bonding, communion, etc. So we have these associations in our mind and they don't stop.



They just keep carrying on and I think that's really a lot of the reason why people yo-yo so much and why people even recoil to the idea of eating well and taking care of themselves. Because if you talk to a lot of people like mainstream people about stuff about their health, it's usually a handful of responses. First it's like "Oh, man. That sounds stupid. I'd never do that." Then you get angry and defensive and it's like, "Whoa!" It's because you're basically—it's not about you, it's about their parent. You're the parent at the table saying, "No, you can't do this. You can't do that."

You must do this, you must do that." So you're threatening their sense of power and control and then from that, it's just the same association with taking care of themselves in general. So people get this thing and it's like, "I'm going to do what I want. This is what I want to do." And that's where they get so addicted to and caught up with just beating themselves up and not even really taking care of themselves. You know, and that's why people—what do people typically want when they feel bound? Sweets. Because it's not about the sweets 'cause typically—if you go without eating really sweet for awhile and then you come back and eat it, it's usually pretty gross.

You used to like, "Oh my god, this is nasty. Why was I eating this?" Even for me, sometimes in social situations and you don't want to be the weird person and be like, "No, I don't do that. I don't eat that." You have a little something just to placate and socialize and get along, but it's almost worth it.

You're like "Oh my god, this taste horrible." When I think back, "Man, I used to love this. I used to be so in to this." But it's wasn't about the thing it's about the deprograms of award and for praise and for all of these things. So, for me, not only is this why people sometimes recoil and yo-yo and not necessarily succeed, but also, once people—and you see this in healthy people who get into really rigid diets or really structured, almost like religious fanatical diets and this is why. It's because for them this represents power and control. So that's what their diet is all about and if you meet these people and talk to them they're typically pretty controlling and pretty fear-based and things have to be a certain way. It's almost sort of OCD a little bit.

So, all these things sort of tie in. And, for me, if I'm working with a lot of people and even just noticing in my own life like, "Why I'm addicted to this crap? Why do I unconsciously want this?" And I sit there and meditate for a little bit and I'm like, "Oh, yeah. That's why. I remember that experience."

I remember this." And you just go back and you realize, "Wait. That's why." And then once you see it and realize it you're like, "Oh, yeah." Then it loses its power. Then you can see it. And then you're more empowered, you're not being driven and sort of hijacked by these unconscious almost demonic possessions in a way. And I know, that's an extreme example but if you ever seen someone in a fit of a sugar craving, it's pretty close to a possession. It's pretty crazy so...



Shelley: Yeah. No, and that's more shamanic perspective. I mean, you can definitely see some kind of force driving a person sometimes through their addictions and through habits. And it's beyond the impulse to survive. It's gone into areas where you go, "Okay, something's hijacking the consciousness here." So you sit down and you meditate, is this one of the ways that you help to break through these kind of roadblocks and what other strategies might you use to help some of them break through those kinda deprogramming that seems to happen throughout our life.

Brandon: I would say—this is sort of goes back to what I was talking about earlier in regards to upgrading the operating system and getting to the point where it's as simple as a few clicks on a download. And that's a metaphor about mentally what that means is a few shifts in our mind, a few thoughts or a few clicks and boom! New information. New experience.

Because when our mind shifts our perception shifts as well and it doesn't have to seem simple. I mean, even in the room you're in right now, I'm sure there's stuff that you've never noticed. It just this phenomena, people will go to the same restaurant for 20 years or people will go to the same office building or you will drive the same way to work and all of a sudden one day like, "Oh, my God, I never noticed that.

Where was that? Has does that been in a whole time?" It's the same thing in our mind. When we shift or upgrade our operating system in our mind, new possibilities and new things become apparent to us and old things other things become unapparent to us. And that might sound like, "Oh, dude it's kinda new-agey." In reality it's totally hardcore scientific because it's interfacing and, interplaying on what's called our articulator activation system.

So, I'm not go in to massive details about that. You can just Google it and basically it explains essentially scientific explanation of the idea that what you think about it expands or what you pay attention to expands or where our energy flows and the tension goes, et cetera. So, for that reason it's important to discharge and neutralize our reaction to our issue, which would be way awesome in this instance coz, otherwise, we're still being controlled by it and we're still stuck in fear that, "Oh, wait it's probably not gonna happen."

Because as we think about it, if you knew what was going to happen, you probably wouldn't be that uptight about it anymore. You'll be pretty chill and lax, and you wouldn't necessary stressed and fret about it and worry about it. And it's in the same way that if you're gardener or you plant a seed and you're gonna grow out a plant, you don't put the seed in the ground and then dig it up every day and say, "Up, yep there it is alright boom!" The next day you go out and get it out, "Yup. There it is."

Shelley: (Laughs).

Brandon: Oh, you just say, "Oh, yeah it's gonna grows, it's gonna do its thing. Yep, I'm just gonna leave it alone." I trust I know that it's going to happen so I'm just gonna leave it alone.



And it's a similar process here which is the whole reasons at the beginning I talked about getting to neutrality, getting to an open-mindedness and humility because these things are what allow change and movement to happen. Because as we talked about before, where there is movement, there's health, where there is blockage and stagnation there's dis-ease. So, thus, we're wanting movement, we're wanting weight loss.

Thus when you then create the conditions for that to happen just like when we're planning the seed, we don't take our plant and put it in the carpet. Plants don't grow in carpet. Plants need soil. Plants need a certain medium to grow within. So that's where we put it, same process here. And this is important because if we're feeling really emotionally charged typically means we're feeling stressed, we're feeling fixated which is in essence blocking change in movement from happening, which is the very thing that we're wanting. So, we're basically like we're in the car flooring it with break on with the emergency brake on that's kind like what we're doing, it's like we're really wanting to go for but we're not letting it go and just sort of trusting that's going to happen. And it's a similar sort of sensibility and something that we can all relate to when we know a person and they just like they really want us to do something and they're like, really, really need us to do something.

You've ever had an experience like that where this person is just like on. You either do something for them or go somewhere or something and you're just like you feel this inner sense of like discomfort in almost like in an unconscious repulsion where like you don't know why you don't want to do it and you're like, "I just don't want to do it. I don't know why, they just like keep calling me all the time. They're just annoying me like, why can't they just chill out?" And this turns the whole situation off. Same thing here, if we're wanting weight loss or like really needing it, really, really wanting it and feeling all this inner stress and tension fixation. How do you think other people around us feel? How do you think the cosmos at large its feeling? It's got to feel that sort of discomfort and repulsion that we felt when we were in the opposite situation?

Shelley: Wow. Yeah.

Brandon: So, another way to look at that is that there's strong desire that in essence equals fear which is, what we were just talking about before, because that in essence translates to us not really believing that we're gonna achieve this type of goal.

Another example, here is simply breathing and digesting our food because both of these are natural processes. Just like metabolism. Just like the plant growing. Just like a stream flowing. These are all natural things that happened without us doing anything.

Yet, when we get stressed or tensed about their operation, we get in the way of their natural functioning. For example, when people start to get stressed about their breathing they typically, like (gasps) suck in or if you saw someone, "Hey, man just take a deep breath" and they're like (inhales) and they like, take this it's really stressful uncomfortable deep breath."



And they're like, "No. Dude just relax." And they keep doing this like stressed out and deep breath and like, "No, just relax your body will breath." And if we start to really think about and pay attention to our breathing, we almost sort of get in the way of it and starts to get confusing. Same thing if like we eat a meal, you know, we chew it up and we put it in our stomach and usually we just forget about it and we say, "Yeah, stomach's gonna do what it's gonna do and I'm done, I did my part." But, in reality, what if we start to worry about that? What happens? Well, our abdomen gets tight, our breathing constricts. What's that doing? That's basically constricting and choking our organs and inheriting or, I'm sorry, impeding them from functioning.

We should know our stomach is muscle tissue and surrounded by muscle tissue and fascia and ligaments and tendons and so when those get tight our stomach gets tight and it can't do what it needs to do because, what we have said before, there's blockage and fixation, thus, a lack of ease. So, if we're gonna just sort of relax and allow as much free flowing movement in that as possible, there's gonna be health. And, again, it's important to mention here. This isn't like an absolute thing. I'm not saying you have to be like this carefree person that just like a leaf floating on the wind. And we're just like, "Nah, dude, I'm not worried about that." You don't just go limp. That's not what I'm talking about. Just getting us back more to balance and getting us back more to that place of center and realizing again, like we talked about earlier, and it's always about levels.

Even if we lose all the weight and we get to this part, our life is not gonna be perfect. There's gonna be another issue after that, another thing that has to be "overcome.. It just a part of being alive and we're well working through that. Even I had X and Y health conditions before I got over them. Now there's other stuff they're not necessarily quite as bad because I've learned to deal with them differently. And this is true for likely every single person on this call. We're all doing this something. We're all in the middle. So, it's important to remember, that when we're getting tensed and bound up and fixated, we're thus impeding movement, which is thus impeding and keeping the thing that we're wanting still further away. So, again, it just important to realize it just about coming back to balance and realizing that just do the best we can in the moment and not beat ourselves up. Not saying, "Oh, my God, I'm getting stressed" and then you get stressed about getting stressed. Then you get stressed about getting stressed, about getting stressed."

Shelley: (Laughs).

Brandon: Like I said before, just being aware of it and being present to say, "Oh, yeah. There it is. Oh, wow!" It's gonna take practice. If someone might hear this right now and think, "Yeah, this is awesome. This make sense. I wanna do this." But then tomorrow they wake up and there's the same stressful thoughts and they're like, "Oh, no. I'm failing." It's like, "No, this isn't something that you just hear and then master in 12 hours, you know?" Again, if you wanted to be a concert pianist you don't wake up tomorrow and beat yourself up because you didn't master it over night.



You realize you're gonna invest time and energy and have to make changes and it's gonna be a learning experience but at the end you're gonna come out a different person. So all those principles and concepts, ideas tie in and relate to weight loss and to just growing and becoming more of who we really are as a person in general.

Shelley: Wow. You offer private consultations and you have something called the "5 Elements Strategy." Please share a little about what that is and if you can give a summary or step-by-step summary of what someone would experience?

Brandon: Yeah. Basically with that, that's something I have sort of gone back and forth with as far as offering them publicly, and then not offering then offering them publicly again. This is because, for me, I only want to work with people who are working themselves because we really can't teach anyone anything. If someone isn't going through something in their own or isn't ready for something or isn't the right fit for them, it's not gonna work. It just like if I have a certain key but they don't have the lock, it's not a good match. You know what I mean? So, for that reason I've been sort of back and forth because some people are still in the sort of fear or victim mode as far as wanting to make me responsible for them. Here's all my problems. Tell me how to fix it. It's like, "Well, you can't fix it. How about that?" It's like, "What?"

Shelley: (Laughs).

Brandon: Like literally people have said to me, "I was hoping you're just gonna give me that one herb or that magic pill." And I'm like, "What?" It doesn't exist. It's not about a magic pill. It's about you. That's the thing. It's getting that understanding that, "Wait, it's me. It's not the pill." Sure, herbs and supplements are awesome. I mean, I would know. I take plenty of them every single day for the last 8 years, massive proponent of them but it just one piece of the puzzle. So, with all that understood, what I do is basically, you know, someone comes to me and they fill out a questionnaire where it says, "What they're going through.

Where they're at? What they want to achieve?" et cetera and then I looked at that and sort out and apply sort of 5 element understanding to them as far as the mental aspects, emotional, psychic and then the physical as well because, all those things need to be in play. And it's not, "Here's step 1. Here's step 2. If you just take 500 mg 3 times a day, all of your problems will be gone." It's like, "No. Here's a new understanding. Here's a perspective. Here's an insight and things you can do and apply that can get you to a new place. A shift, an upgrade, a transformation." So, this other thing just automatically goes away. Kind of like what we were saying earlier at the very beginning of the call, once we get to a point of being centered and grounded and rooted within ourselves things start to even out and balance out most of the time on their own.

So that's really what it's about. Approaching it, again, from a mental, emotional and the physical or spiritual whatever it is.



And it's not about a rigid structures or programs or whatever, it's about the person treating that person and looking at them and seeing what they need, seeing what their imbalances are, seeing how I can show them things that they're already hopefully looking for. So, that's really what I've been working on a 18

lot to bring forward and I've had some pretty great results and got a lot of great feedback from people and then taking the simple things that I give them and then applying them and just experiencing massive transformation. It's not saying that every single person I've ever talked to my entire life has transformed their health because I'm not responsible for them. I'm just here to say, "Hey, you know what, here's some possibilities, here's some perspectives." Coz like I said no one can walk my path and I can't walk in anyone else's path. So, luckily, I've been blessed to be able to learn and work with and study with a lot of really great people and they've then educated me on how to really do the same for others.

Shelley: And that's what this is, it's about learning to take responsibility for yourself. And when you make that decision to change your life those teacher will come and—

Brandon: Yeah.

Shelley: That's beautiful. A couple practical questions, what kind of practices would you start someone with to move into weight loss right now?

Brandon: The first thing that comes to mind for me have nothing to do with the physical body but have everything to do with weight loss. So, again, it would tie it back in to just sitting down with ourselves and you just take a piece of paper and look at ourselves and say, "Where am I stuck? Where am I not moving? What rigid conclusions and beliefs do I have about myself and about my life?

And what am I really afraid of and afraid to let go of?" And just sitting with those and saying, "You know, let me just think about this for a little bit. Let me just shut off the cell phone. Let me just turn all of this stuff off and let me just spend five or ten minutes with me sitting in my own stuff, just being with me and being with my own thoughts." Just starting with that. And then from there, a physical level, you can take a look at our external world and say, "You know what? Where is there just junk hanging out that needs to be gone or gotten rid of?"

Whether it's a closet, a room, a basement, a garage, whatever – just get all of that crap out. Just unload it. And take a look at our closet, our clothes, all of our possessions and say, "What am I actually using here?" And usually people are only using that 20% of what they actually have. The rest is just clutter and junk. Which, again, ties into our physical in a very obvious way because if you walk into a crowded room or you're in a space that's hard to navigate or if you're in your closet that's really disorganized, you feel stressed and you feel kind of annoyed by it, which is affecting you physically.



And especially if you're doing that on a regular basis, you're just engraining that pattern even further. So, just starting with that and you can take it further and look at your relationships. You know, other people who are leeches, are there people who have encroached in your own personal space. Are there people who you've encroached in their personal space? Especially if it's women, women get really in to being the rescuer or the healer or they have to be there for everyone all the time and they sort of just give all of themselves to other people and don't actually nourish themselves and take care of themselves.

So, that's a great place to start. I see that as a really common pattern with women. And just nurturing, loving kind people in general often go through this. As far as feeling responsible for everyone and making sure everyone has all this and that but realizing, No. They're in tuned with the cosmos, in connected with the cosmos just like everything else, they'll be okay. Now, obviously, if you have an infant, that's not true.

So that's a great thing to do. So you're not can just start a shift all of this energetic stuff because when we stop giving so much of ourselves away, what do we have? We have more of ourselves for ourselves – more energy, more attention, more time. Because those are our most finite resources is our attention, our time and our energy. Those are things that once we spend them, they're gone. Meaning, once we've lived this day today, it's gone and that we can't get it back. So we need to be very conscious and attentive to how we actually spend these things.

Shelley: Okay. So, if you could recommend one food or beverage to avoid at all cost, what would it be? – to lose weight?

Brandon: I would say to maybe look at it at a different way and just to actually eat food. I know that's sort of simple and like tongue and cheek. But, by food, I mean, things that are actually real, things that actually perish. So that would conclude, obviously, like fruits, vegetables, nuts, seeds, grains and then all of the array of animal products.

But what that excludes is processed foods, things from boxes, fast foods, all of these things. I think if a person just basically did that, just actually ate real food and eliminated all of the garbage; that would be a massive upgrade in their life. Which when I talked about diet, when I look at diet, it's more about upgrading. It's more about getting something better rather than getting rid of something.

Coz if you think about it, if you're driving a '97 Toyota and someone's like, "Hey, I can give you a good deal on this BMW. And h re, you're gonna have 500 bucks." whatever reason, you're going to be like, "Yeah, I want it. Give it to me." You're not going to be like, "Well, I don't really think I can" or you're not going to fight it like, "Oh, yes. It's better. It's the upgrade." So for example, if we're going to ask, "Okay. What's one thing to avoid?" It would be hydrogenated oils. It would be soy oil, corn oil, like all of these vegetable oils that are mass produced in all throughout our food supply.



So, if we're using those or cooking with those, we say, "Alright. Let me upgrade. Let me get some extra virgin olive oil. Let me get some coconut oil. Now I'm buying factory farm garbage, like, butter and milk from the grocery store, let me get some organic stuff. Let me get some grass-fed stuff, see what that's all about." So we just take kind of what we're already doing and upgrade it and replace it with something better. If we're using sugar, we're using white refined sugar, let's get coconut sugar or palm sugar.

Taste pretty much just the same but as far more health benefits, next to no-health detriments. But it's still sugar, it's still a sweetener. We're just replacing and upgrading. So just that simple mindset and that simple idea of moving forward, and from there, just one really powerful dietary principal is what's called metabolic typing. And basically what this does is each of us has a different metabolism, which means, we burn carbohydrates fast and proteins differently.

Most people actually burn protein and fat as their primary fuel source and very few people actually burn carbohydrates. The problem is that the majority of our culture is just carbohydrate laden with everything. Because it's cheap, it's easy. I mean, that's why huge culture, what's their primary food supply? Carbohydrates. Look at China and Japan, places like that, carbohydrates. But in reality, that doesn't always work for most people's metabolism.

And it's also we can't get into all the details and intricacies now but there's a Google ad that say "metabolic typing", look at that and you'll start to see, "Oh, yeah. I see what this means. I think I'm more of a fat protein. So maybe now, I'm going to shift more to eat a little bit more fat and protein." Then we notice, "Oh, wow. My blood sugar is more level." "Oh, I'm less hungry." "Oh, I'm less hungry." "Oh, I have less cravings." "Oh, my metabolism's better." So, just those two little simple shifts, that don't necessarily require that much work or that much effort. It's just sort of a rearranging. Like a simple rearrangement and a simple upgrade can produce massive profound results. Without really that much work or really not much stress at all.

So in regards to diet, that would be the top two things. And I think a caveat along with that is always, always, always focused on quality no matter what you're eating. Quality. Even if you're gonna go out for cake or ice cream with your friends, what's the best you can get? Are you gonna go to McDonalds and get drive-thru ice cream? Are you're going to go to the local ice cream place that has local grass-fed milk from local cows in the area. Which one are you going to go to?

So, it's a simple thing there. And I mean, not everyone has those examples but just for me, in my area, I happen to have those examples, those things, those options. Sure, I can go to Dairy Queen or some fast food place or I can go to this other place that's organic, it's local, it's grass-fed. It's like, "Okay. It's a better option." It's still the same thing, just a better option. So, always, always, always focus on quality and realize that you are what you eat. I mean, what you put in your body, changes how you feel. So, you're basically creating yourself out of what you're eating. So, what do you want to be created out of?



So, just those three simple principles: focusing on quality, actually eating real food and eliminating garbage, and thus, upgrading the things you are already doing, and then looking at your metabolic type. Just those three things alone can empower you with a whole set of really common sense, easy to use dietary principles that you can take with you in any given situation.

Because we don't all sit at home and prepare all of our meals 24 hours a day. No. We have to go to social things, we have to go to work, we have to go to this dinner, we have to go to our parents' house or a relative's house, and we don't always have the food that we want. So, we have to have in mindset to say, "All right. What's the best I can do in this situation?" That's really what I would encompass a great dietary approach with. It's just those three simple principles.

Shelley: Yeah. And then that helps you to understand. You felt like you're going to be avoiding things your whole life but when you start to make those lifestyle shifts, you realize it's not about avoiding but you're making a choice, you want that healthier option. And if you could recommend a food or a supplement to add?

Brandon: I would say the key food group would be fermented, cultured foods. And that's just something that people don't eat or if they eat it it's like, from a can, like, soaked in vinegar, "Oh, yeah. I eat sauerkraut." Like, "No, that's not sauerkraut. That's cabbage soaked in vinegar. It has nothing to do with sauerkraut."

So, if we're eating fermented foods, we want something, that's live, that's raw, that's unpasteurized because it's containing a lot of amazing enzymes and probiotics, B vitamins, things that really support our digestion, our elimination, also our immune system and also our mood. Most people don't realize that 90% of our serotonin comes from the gut, not from the brain, from the gut. Well, what's producing it? Our bacteria, our probiotics, which are what these fermented foods are rich in, is probiotics. So that would be the first, just the most high leverage.

And even if someone said, "I'm going to change absolutely nothing about my diet. I'm just going to add this one thing in. This would be the thing." So, things like sauerkraut, kimchi, kombucha, yogurt, keifer, whatever you can get access to, preferably organic if you can but most importantly raw and unpasteurized because if it was pasteurized, it instantly kills enzymes and the probiotics which is what you want.

So it's really not that worth it. And, sure we can buy these things in stores, but they're like dirt cheap and super easy to make at home.

So, we can also educate ourselves on how to do that. That's a really powerful empowering high leverage strategy but we're going to have moving forward to really empower our health and just improve so many different aspects of our life.



So it's a really simple thing. You know, you have your meal, boom! Have a couple of forks of sauerkraut, have a glass of kombucha, done. No real work on your path but just a lot of benefits. And one caveat along with that is that people haven't had it, usually people can get gas at the beginning. Which is why you start off as a little bit and work your way up and adding more. Coz, basically, a war will start to ensue because those good bacteria are going to go in and say, "Hey, you know what? You guys are going to go. Your time is up. Your work is done. See you later." And they're not always so happy to leave because, just like us, they're organisms. They want to live, they want to exist, they want to reproduce and they don't want to be threatened or have their territory taken away.

So sometimes, people can get a little gas or an increased elimination but those things will pass, those things pass in time. So, to me, that's the most important food group to add in for anyone. Whether you're trying to lose weight or gain weight or you're trying to be healthier or whatever, that's just really important food group.

Shelley: When I started integrating things like keifer and kombucha and homemade, uncultured fermented vegetables, the shifts that I went through physically were shocking. And I thought, "I eat really healthy. What's going on here?" But, yeah. There is a lot to the fermented food. So, thank you. If you could recommend a physical exercise or activity or movement to our listeners—

Brandon: A couple of things would come to my mind. First would be a simple act what's called dry skin brushing.

Shelley: Yeah. Thank you.

Brandon: It's a great thing to stimulate your lymphatic system and get that moving. Coz oftentimes we're overweight and we don't really exercise, our lymphatic system just sits and we feel sluggish, we feel tired, we feel heavy. So, that would be a great thing to start off with. It takes, again, two minutes, cost you, like, \$8 to get the brush and that's a great thing. And especially for women, it's really great for your skin to exfoliate, keep your skin fresh and healthy just like regenerating. So, that's a great thing.

Secondary would be doing saunas. Great way to detoxify and stimulate metabolism and stimulate circulation, just get things moving in the body. It's just something I'm just starting to really get into si I think that's a huge ally for anyone who's trying to drop weight or detox or cleanse or whatever.

So, I would just highly recommend those two things. And then thirdly, find an exercise that you like. Coz that's what it boils down to. It's just finding the thing that works for you.

Shelley: I want to say, this has been an amazing interview Brandon. And taking your time to share your wisdom and your passion with us, we just are so thankful for you doing that with us today.



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