



Daniel Vitalis

ReWild Yourself! Ancestral Nutrition
and Lifestyle for a Modern World

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

DANIEL VITALIS

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Shelley: So Daniel, how did we get here? In your understanding, what's really behind this epidemic of weight gain and obesity?

Daniel: Wow, it's such a star history. As human beings, it's such an amazing story and it turns out here we are trying to understand or some of us, particularly in the word of archeology and paleo-nutrition and we sort of—these sciences where we study our history and the history of our food, we're trying to piece together a story but the story seems to go or the current understanding is about 10,000 years ago. Human beings started really manipulating their food supply and they started doing that through breeding or what we more popularly call "domestication".

And a lot of people have never really thought about this – and this is going to be fundamental to our entire interview – that we have actually fundamentally changed the things we eat because we've changed their breeding and we've changed the way they appear and we've changed their ability to live in nature.

And so, about 10,000 years ago, we started manipulating our food supply and immediately upon doing that – immediately upon the onset of the agricultural revolution – we see changes in our bone structure in the fossil record of human beings. What we see is we started getting sick immediately. So, how we got here, we got here about, starting about 10,000 years ago manipulating our food supply and that's led up to where we're at today.

And just incidentally how I got here – and this is a really fun interview, I think this is the first time this has really ever come up for me – in doing an interview but the way I got here was I grew up a really overweight kid and spent my early teenage years really struggling with my weight and really struggling to understand why I was struggling with my weight. So this is a really intimate conversation for me.

Daniel: So there's two things going on. There's one, my personal journey with this and what I want to share around that and then, two, our species-wide epidemic, as you called it, obesity is touching a lot of lives today and what I want people to know who are listening is, one, this isn't really your fault. If you're struggling with your weight, it's not your fault. There's a biological component. Two, we can reach or achieve our physical goals without having to give up on our love of food. In fact, it's really important that we love our food, so I just wanted to say those two things because I think they're fundamental to this conversation.



Shelley: Yeah, definitely and pleasure is one area we talk about for sure in this summit pleasure of being connected to how we metabolize. So enjoying our food is key. I love that. And I recently heard you talk about reclassifying homo-sapiens-sapien into a new scientific category. Please share more about that.

Daniel: Yeah, what we're talking about here is taxonomy and that word might sound a little overwhelming to people out there but real simply what taxonomy is it's just how we classify species and most of us have heard the Latin names for different organisms and they know that we classify birds and fish and people and mammals and plants and fungi in these Latin names and that whole system is called taxonomy.

It's the naming of things. And in that system, we're known as homo sapiens sapiens. Well I think—and incidentally that means “wise-wise man”. So, I think it's time to reclassify human beings and I think this—it might sound like I'm joking but I'm actually quite serious and here's what I mean. I love to use the example of dogs. Now, all of us have grown up around dogs and are familiar with dogs and all of us know dogs and dogs are fundamental to the story of domestication.

When we say “man's best friend”, we don't really mean like an individual person's best friend is his dog. What we mean is as a species, us, homo sapiens, our closest association, of all the species that exist, our closest association is with dogs.

Now, I didn't know until a few years back that all the dogs that I had encountered in my life were one species. I thought there was many species of dogs. I thought a Great Dane was a different species than, say a Bloodhound. What I've come to learn is that all dogs are one species. They all come from one organism and that's the Grey Wolf.

So I want the listeners right now to think about the multitude, the variety of all the different dogs they've ever seen and then think, “Wow, those are all variations on only one organism.” They're all Canes Lupus Familiaris.

Now, Canes Lupus Familiaris is the domesticated dog and Canes Lupus is the grey wolf. So this is really interesting to me. I like to think about little dogs sometimes to remind myself of this. Like, I think of a Dachshund, that little hotdog, and I think, “Wow, that's a Grey Wolf.” And the only way that science denotes the difference between a Dachshund and a Grey Wolf is by adding the word “Familiaris” on the end and that helps us know that it's a familiar or domesticated version.

Okay, what does that mean for us? I feel that human beings today are no longer the wilder natural form, the indigenous form of our species.



Now, the only indigenous form left would be the wild people who still inhabit some of the remote places of the world like some places in Africa, South America, New Guinea, where we can still find indigenous people.

I believe those people are homo sapiens sapien but I believe we are something different, and I like to call that Homo Sapien Domestico Fragilis and that means the fragile domesticated man or the fragile domesticated wise man. We are still wise and we've come up—I mean, look iPhone, right? iPad, internet, we are incredibly wise but we are incredibly fragile and domestic.

What I mean by that is, we are very much addicted physiologically to our homes and our climate control, and we're really fragile in a sense that we're breaking down with degenerative diseases today and getting sicker and sicker. And our obesity epidemic is just one branch on the big tree of epidemic that we're suffering from and all this can be traced back to our departure from nature.

So I believe today the last true homo sapiens are out there still living in the forest. We are very different. We can't go live like that in the same way that a Dachshund can't go run with a pack of wolves anymore. He doesn't have the legs for it, he doesn't have teeth for it, he doesn't have the wit for it, he doesn't have the ability to survive in the extremes of temperature. Human beings are the same way. We can't go live in our natural environment anymore. We're far too adapted now, far too domesticated and adapted to our indoor living.

Shelley: Yeah, I've heard that talk with you and just, in my own practice, started turning off the heat and experiencing more of the cold and getting more accustomed to that and allowing my body to regulate naturally and yeah, I think that's really powerful teaching. So you mentioned earlier we have fundamentally changed our food supply and that's part of this epidemic. One big issue that's on everyone's minds currently is the Genetically Modified Food. What's your understanding of GMO food and its overall effect on our health?

Daniel: Well, "Genetically Modified Organisms" are—this is a very, very new field of breeding of both plants and animals. Currently in our food supply we only see Genetically Modified Plants although that, you know, and it's possible by the end of the year we'll see genetically modified animals that actually in our food chain, in our food supply, they exist now, they just haven't been, I guess, approved really or there's a lot of public outcry.

But those organisms exist and they're online and I think a great place to start talking about genetically modified foods would be to begin a conversation about maize or what we call today, corn. Just so people can get a little background, corn doesn't come from nature. There is no wild corn anywhere. This is a lot like what we just talked about with the dog. We don't go anywhere in the world and find wild corn growing.



Corn is a completely domesticated plant. Now, how it got domesticated is not well understood it's not well understood but it happened in the New World is Mezzo-America particularly in Mexico.

We believe it came from a wild progenitor plant called "Teosinte". And when you look at Teosinte, I mean, corn is a grass technically. When you look at Teosinte, it looks like grass. It doesn't look like corn. There's no fruits like a corn has. Those cobs, I mean there's nothing like that. It's shocking. Corn and Teosinte are as different as the Grey Wolf and the Chihuahua are different. Now, we bred corn as a species for countless generations and turned it into the variety of corn that we see today.

But we did that by breeding corn with corn. What's going on today is corn is being bred with other organisms and they're not even plants. These other organisms are bacteria. This is being done by companies like Monsanto who have found ways to alter the actual gene sequences. Now, what they're doing is they're breaking a very sacred barrier, the barrier between species.

That same barrier that keeps a human being from being able to make a baby with a gorilla is the same thing that keeps corn from being able to make a baby with this bacterium's that it's being spliced with.

Now, this splicing, when we do it, it's called genetic modification or we create what are called GMOs, Genetically Modified Organisms. This is shocking for people who don't know this. It's important that you know this. There really is no testing being done on this. These things have been in our food supply for some time now and there's never been any testing.

There have been some tests done and when those tests are done, unfortunately they get buried and since then, we've not been really looking at it but what we know the few tests that are out there is that when animals get fed genetically modified food of any kind, they get kidney and liver damage. In fact, a lot of these studies are stopped because of the toxicity. We also see that they often create sterility as well.

So we know the genetically modified foods seem to or at least the preliminary research shows that they attack the kidneys that they attack the liver, they attack reproductive function and these foods have been in our supply for some time now.

What's going on it's really fascinating because the people at the FDA are the same people who are at Monsanto and we call this the revolving door policy and what happens is people from Monsanto go to work at the FDA then they go back to work in Monsanto then they go back to work at the FDA.



And what they do at the FDA is write policy then they go back to Monsanto and they've been going back and forth and this is all public record. You can easily find this information. What we know is they've been covertly bringing their genetically modified organisms into our food supply.

Daniel: People have been eating them and we know people are getting sicker. We see the rise in generative disease, we see extreme rise in allergy. We see rises in blood sugar and issues like diabetes. We see rises in things like obesity. But it's difficult to say it's caused by this or caused by that because of all the variables.

People have been eating this stuff for a while now and it's difficult to say, "Look what it's doing" because they're not giving us real clear studies and the FDA is saying, "There's no need to study this." And, incidentally, here's the FDA's official—they officially say that, "Everything we eat is an organism."

And that's true, everything we eat is a living thing and every living thing has DNA. And they say, "Hey, we've always eaten DNA. So if we add DNA to something, what's the problem? You already eat DNA. Like if you ate non-genetically modified corn, it has DNA in it so if we add DNA from something else, what's the problem? It's just more DNA. As if DNA was just some kind of ingredient or something.

So what's going on is actually really frightening because now we're moving towards genetically modified animals in our food supply and ultimately, and I think, look, it doesn't take a clairvoyant to realize where this heads is we genetically modify ourselves. We're moving towards that so rapidly.

And, actually, I think we'd all be really foolish to think that that's not taking place currently somewhere right now in laboratories that are sort of off the record. And so that's where it heads. It heads to a world where we actually clip the umbilicus that holds us to the natural world and we go free flow in a kind of science fantasy.

Unfortunately, the science fantasy, when it's played out doesn't look like Utopia like the way Star Trek does. It seems to look like we're really sick and degenerated, that's where it's heading. We're fatter than we've ever been. Our teeth are more crooked than they've ever been. Our organ systems breakdown earlier than they've ever have. We are on a crash course with a serious lesson in how difficult it is to recreate a natural world. So that's what my work really focuses on what's natural.

However, unless we actually understand that everything around us has been domesticated, it's hard to understand what is natural. So, really, the bottom-line is let's just avoid genetically modified food.



We can do that pretty easily, currently, by choosing organic food. When we choose organic food, those foods can't be labeled organic and be GMO. So when we choose organic food, we move in a direction away from genetic modified organisms and people really need to start paying attention. Not just to nutrition labels, but to ingredients.

Shelley: Yeah, that is so key. So, I'm going to put a question to you regarding diet. You referred to the modern diet trap and how it can lure us into a never ending struggle with our weight. How can we bypass this pitfall and move towards holistic weight loss instead?

Daniel: Alright, there is this idea in our culture. We use the word "diet" and we use that a little bit out of context. Because what a diet actually is—what it really refers to is what a species habitually eats. That's what a diet is, so we know that a frog's diet is primarily insects or we know a koala's diet is primarily eucalyptus leaves.

When we talk about diet in our culture, we're actually shortening an older term was a reducing diet and a lot of people might have not heard that. Some of the older listeners might be familiar with that. We used to refer to diets that were to lose weight as reducing diets. So, that got shortened and we say diet. And this has gotten very confusing because people go on different diets.

What they don't understand usually is that when they're on a diet, all they're doing is rearranging ratios of the same foods. What's going on is, see, human beings throughout time have eaten a tremendous amount of different wild and cultivated foods. Ancestrally, we can see that we would on an average eaten something between 100 to 200 different food every year, probably closer to 200 actual different species in our diet every year.

So, that's plant species and fungal species and animal species. We eat a huge variety of things. People today eat an average of ten different foods. I need to say that again. The impact to me was so powerful. On average, in the whole civilized world, people are eating an average of 10 foods and what they're doing is they're repackaging and reconfiguring those 10 foods to look like a whole bunch of more foods.

So, you know that whole saying, "If you want to be healthy, stick to the outside edge of the supermarket" because there's an understanding that everything in the center aisles is usually really processed. Well one thing people a lot of people don't realize is everything in those center aisles not only is it processed, it's all the same food. It's shaped into different things.

So we can take corn and we can make it into flakes or we can take corn and we can make it into oil or we can make corn into pancakes or we can make corn into bread or we make—.



We can make it into hundreds and hundreds of little rainbow colored cereals. It's all one food. And what people are eating here, they're eating wheat, they're eating corn, they're eating soy primarily.

They eat a couple of vegetables and a couple of fruits that are not so domesticated and now, hybridized, that they can't even reproduce anymore. And if you don't understand what I mean, then think how many of fruits do you eat today have seeds in them anymore? If the fruit doesn't have a seed in it, what it is is a sterile food.

It's a food that can't reproduce. It's so genetically changed that it can't reproduce anymore. So what people are doing is they're eating a diet of genetically modified grains and beans, extremely rancid oils, and sterile fruits, and hybrid vegetables.

Daniel: Interestingly, when it comes to vegetables, in the same way that I said before that the Chihuahua, the Dachshund, the Great Dane, the German Shepherd, the Pit bull are all one species. Well, it's important to understand our vegetables are like this too. See, this is really, really bizarre stuff but, believe it or not, broccoli, cauliflower, cabbage, kale, kohlrabi, collard green, that's all the same vegetable, Brassica oleracea, that's just one vegetable.

When we go to the supermarket, it looks like there's a hundred vegetables there. There's actually only a couple. There's a whole bunch of one type of lettuce. There's a whole bunch of one type of brassica. There's a whole bunch of one type of the onion family really just Allium. There's really only a few things there.

All the different diets that have existed, all these different—everything from the South Beach Diet to the raw food diet, all they are is just you take these same group of foods and you rearrange them. I mean, how is this going to work for everybody? How do we get healthy by just taking the same letters and rearranging them into different words and calling it something different? We never really actually break out of the cycle.

So it's a big joke because none of these foods – this is what's really important to understand – none of these foods existed in our food supply until recently. They're all really new and even the ones that do have a long history – some foods in our diet do have a long history, say, garlic, that's a great example – has a long history but it was never grown the way it's grown, it was never hybridized the way it's been hybridized.

It was never grown in such poor soils before. So, even the foods that we do have some history with, we've changed them so fundamentally that every diet, every diet that people are doing is insane now and will lead you down this same road towards degenerative diseases.



Some diets can stay that off a little bit longer but if we really want to break out of this cycle of diets, we have to actually have to get into some new foods. The good news is these new foods that I'm going to talk about, not only are they healthier for us, not only do we have a longer relationship as a species to them, they taste better.

They taste way better. In fact, they taste so good that you'll be amazed that you're eating this stuff before, that's the shocker. And guess what, the wealthy of the world know that. The wealthiest people in the world; take a look at what they eat. Do the wealthiest elite of the world go to McDonalds? They don't. Do they eat genetically modified food? They don't. Do they shop at Safeway? No, they don't. What do they eat?

They eat fresh heirloom farmed and wild foods in season prepared by chefs with extreme expertise in selecting peak freshness ingredients and preparing them to maximally bring out its nutrition while doing minimum damage to the food. That's what you get when you go— if anybody's ever spent three to a hundred to a thousand dollars on a meal at a high end restaurant before, they'll have an experience of what real food tastes like.

Now, you can access all this stuff without paying that much money but you've got to start making relationships with farmers, going to farmer's markets, maybe joining a CSA, a Community Supported Agricultural Program with a local farm, shopping for organic food at the right places.

We do that and we learn how to prepare these foods ourselves. We have access to the kind of nutrition that the wealthy elite of the world eat. The foods that most of us are raised on, this diet that we're raised on is the equivalent of dog food, cheap dog food fed to domesticated dogs.

What's happening today is we have cheap human food fed to—I mean, just picture a box of kids' cereal in a dog bowl. It's insane. It's just processed corn. We were raised on the equivalent of dog food but for people, because we domesticate cows for beef, right? We domesticate horses for labor.

We domesticate human beings to do a kind of labor too and that's what we've been doing. We've been like a workforce and we've been fed the lowest quality diet and given the lowest quality medical care just enough to keep us going. So, what I'm sharing today is really, it's deeper than just losing weight, I mean, that's a by-product. What it's really about is becoming free. I'm becoming free, the body getting out of the diet trap, getting out of a medical trap, gaining some sovereignty and no longer being like sort of a domesticated dog in some wealthy elite world where we're sort of almost like property.



So, what it's really about is how do we get our health back, how do we get our lives back, how do we get our sanity back and how do we strengthen ourselves enough so that we don't rely on these crazy systems that feed us poisonous food and expect us to work forty to sixty hours a week?

Shelley: There's a great sadness for myself too. When you go in to a grocery store and see the baskets filled with food and people paying hard earned money to feed themselves and, unfortunately, most of that food is not the highest quality. It's only going to further, further—

Daniel: it's really hard to word this in a possible way sometimes, right? How do you say that it in a way where it sounds nice. It's interesting because people are working very hard and they've been raised, you know, we've been incredibly—our paradigm, if you will, our paradigm, and a paradigm for those who are not familiar or would like a new definition of that word, a paradigm is everything you think before you think, right? So a paradigm are all your pre-existing ideas.

Daniel: Our paradigm, our inner vision, a lot of it's been given to us by tell-a-vision or television. Media has fed us a paradigm and we operate from that place. In that paradigm that most of us were brought up with is this idea that we should try to get our food for as cheap as possible. This has been part of our downfall. We spend less on food in the United States per person than anywhere in the world.

We buy the cheapest food possible. Now, a lot of us take all our money and we either spend it on debt or on hobbies but very few of us spend our money on food. And one of the biggest concerns when you start talking to people about quality food, one of the number one things, and I know you've experienced this, is people think, "Well, wait a second. It's expensive, isn't it?" "How much does it cost?" or "I don't know if I can afford to eat like that".

This is a lifestyle reformation because it's not normal to spend this little on food. If you're spending this little on food, what do you think you're going to get from that? I mean, we can really save money on food and we can do that, the college sort of ramen noodle diet for really less than a dollar a day but we'll get really sick. We'll get really overweight. We'll get diabetes. It'll be a downward spiral.

So by making food almost sort of like a hobby, that might sound strange but look around there's this entire movement of people called "foodies." What are foodies about? Well, foodies are people who love to take care of themselves so much that they're willing to invest in food because they understand that when you buy quality food that food isn't just going in one end and come out the other.



The nutrition from that food stays in the body and starts to fortify the body and starts to build itself up and the building blocks are there for the DNA to be fully expressed. You have the genome, an epigenome that you carry inside every cell that's designed to make you into an amazing person.

But, if you don't have the building blocks, how good could you be? You could have the blueprint for an amazing house, but if all I give you are low quality building materials, you can try to build that house but it's not going to be that nice. But, if we then get the right building materials and we can fulfill the blueprint, we could build that house out like it should be.

Similarly, we have this DNA that we carry around, it's a blueprint. Even better news is the blueprint can actually change and become better when we give ourselves good stuff. So, that's what's different about us than a blueprint for a house.

When we eat highly nutritive food, our epigenome actually starts to change and upgrade and we actually become more powerful. So, it's just really interesting to me. I see it when I look around at the power structure of the world. You can see where the high quality food's been going.

Daniel: It's the people who run the world. How do they have the ability to run the world? They're smarter than us. How are they smarter than us? They've eaten good food the whole time. It's just kind of obvious. So, anyway, we all have that potential. When you buy food, it's not just the taste experience.

Food is the life experience that it can give you but most people don't know about that because they never had good food. They have no reference point. I think really it's like one of the best things people could do who are listening is actually take themselves out to an extremely high-end French restaurant that serves local organic fresh and wild produce and actually have a real meal so they have a reference point for what real food feels like.

That might seem strange and counter-intuitive but that's where the really good food is. You look at, like I said, you go to a high end restaurant, you look at the menu, you'll see that they pay foragers to go out and forage wild foods with intact genetics. You'll see that they have relationships with local farms; that's untrue of course of low-end restaurants, fast food and things like that.

Shelley: Yeah, I know you're passionate. In your teaching you talk about re-wilding ourselves. So, please share more.



Daniel: Well, you know, re-wilding ourselves, what I'm saying is, "Hey, how do we move a little out of this domestication? Move away from domestication, just a bit?" And what are the extreme symptoms of domestication? Domestication in its extreme is like we never let the temperature change.

We climate control everything so it's always the same. Extreme domestication is where we try to minimize our need to move.

So, we go from the car to the La-Z-Boy, remote control, we try not to have to do anything. Extreme domestication is that we push for extreme comfort all the time. The problem with this is where does it lead us? It leads us to being total vegetables. So you mentioned early in this interview, you made a comment about letting your home getting a little cooler than normal.

Just 100 years ago, people lived in such a way – by the way, people were quite happy back then compared to today. So if we look back a hundred years, our suicide rates are higher, our depression rates are higher, our psychopharmacology rates are extremely high. We are less happy today.

When we look back to a time when we were happier, we see that they didn't have all of their needs constantly monitored like that. What happens when you are exposed to constant temperature, say, just as an example, for instance, if you live in a house and it's always 70, well, your metabolism kind of shuts down.

Daniel: What happens when your metabolism shuts down? You gain weight. It's very interesting, right? Because we won't know if we want to be trim and lean and if you want to maintain a good body mass index. We need to have a strong metabolism. The problem is the lifestyle we're living today shuts down our metabolism off.

Our metabolism doesn't do anything because our climate control does it for us. Your metabolism, just as an example, regulates your body temperature – thermal regulation. If your house is doing that for you, that means your metabolism's not and that leads us to that lethargy and that sluggishness. So re-wilding yourself, it's not just about thermal regulation. It's about moving toward foods there are more ancestral.

So, in the beginning that's just going toward organic food, but, eventually that's starting to go to farms or going to Farmer's Market or developing relationships of local food producers or even growing your own food in your own garden or some of your own food.



And what I loved doing and something that I teach about every year which is going in to nature and actually harvesting wild foods which are always, in every case I've ever seen, in every study I've ever seen, far more nutritive, more nutrition is available in wild foods. So that's the food of hunter gatherers, the strongest people who have ever lived, the healthiest people who've ever lived.

So re-wilding is about sort of getting back to what we really truly are, instead of moving further and further—I make a joke in a lot of my lectures I say, “If we continue to domesticate ourselves the way we are, if we continue to move down this path, what we end up looking like is a gray alien.” That might seem like a joke but it's not a joke.

We're living in a world now where we're cut off from sunlight more and more. Very few hours of our life are spent sunlight anymore so it sort of like, The no longer need to have a tan or melanin in our skin anymore. We stare into screens all the time. I make a joke about sort of evolving or adapting with big eyes with sort of black lenses over them.

We eat such domesticated genetically modified food that why have a mouth for digestive tract that's very big at all. It's like sort of—we start to look like one of those gray aliens if we continue on this path. I think that re-wilding things about being more human or staying human sort of about staying human, could staying connected to the earth and connected to nature.

So re-wildings about things like taking your shoes off and let your bare feet touch the ground. It's about drinking water that comes from wells or springs where you actually have access to water that comes from the earth not from a treatment facility. Eating foods that really come from nature from a real soil that you have a relationship with. These things re-wild us. When we re-wild the beautiful thing about that is that we start to give up sickness. We start to give up excess weight. We start to give up a need to be pharmacologically regulated.

Daniel: We actually start to get freedom and the sovereignty over our own health; liberation from the disease paradigm and the diet paradigm. So re-wilding is really about getting free again and by-products are that we're healthier, we're trimmer, we're more attractive, our skin glows, our eyes shine, our hair is lustrous when we take on these sort of ancestral practices.

Shelley: Yeah. I know. I'm having, aha moments here because I think about the wild and it's almost like re-wilding like there's a fear of wild. Where does that come from? I mean, you go back and you think about when the Europeans first came here and saw the natives people, they thought they were wild.



Daniel: They actually call them savages and this is a really cool little word came here. Savage comes from the French word, “sauvage,” and the French word “sauvage,” means wild. In French, when you refer to a wild plant, it’s “sauvage.”

It’s savage. So this brings us back to Homo sapien sapien are wild people. The undomesticated people or what we called savages and we wiped those people out with genocide. And incidentally, I mean, half of me is very connected to the sort of like the secret. The idea that I only want to focus on what’s positive. However, I think we need to understand that we are still committing genocide on the indigenous wild people of the Americas right now.

They’ve been forced on to reservations and their genetics had been destroyed by basically forced feeding them the domesticated hybridized genetically modified diet of the Europeans; the native people. When you read the reports the ethnographies of the colonist who first arrived here, one of the interesting things that happens is—the most common thing that I noticed is a description that in one sentence will describe how these are the most robust, most beautiful, most fit people they had ever seen.

And the next sentence will be talking about how demonic they are and possessed they are and savage they are and wild they are. It’s interesting because those two things are connected. The more wild you are the more beautiful you are. The more wild you are the healthier you are, the stronger you are. Those things are very connected. And it’s so funny that the colonist couldn’t really see it that way.

Yeah, interestingly we have huge associations. You looked at how our culture, we have that words, “savages.” I grew up with the book “Where the Wild Things Are.” It’s this whole idea wildness is in out of control-ness and that we need to be in control. This is not true. Wildness is not things out of control.

Wildness is things that being controlled by higher intelligence called “nature” and that means that we have to relinquish a little bit of control and that freaks people out coz people are controlled freaks. So the resistance to wildness is actually—and we all do it. We all self-police each other.

So we get a little uncomfortable somebody takes their shoes off and they’re barefoot inside, right? Like if you are at work and somebody was walking through your office barefoot it’d freak us right out. We’d freak out. “Oh, my God!” (shivers) Where does this come from? It was just a few centuries ago in Europe up where it was—you had to put skirts on furniture because people were concerned about seeing the legs of furniture bare that might bring up sexual desire if they saw bare legs. Come on.



So this is really funny because there's other cultures that never had that. That's not old-fashioned thinking, that's European thinking. That never existed in most of the world. Most of the world was very comfortable naked, very comfortable barefoot, very comfortable with nature. So it's actually just one small little subsection out of the Middle East of people who took over the world who are insane with the need for control and power and it's led up to that.

Shelley: Yeah, yeah I know and you've touched on things—I'm just so passionate about the preservation of the reinforced the people who lived there and it's because they are so connected to nature, this higher intelligence, you know, but I'm very passionate about it myself. so I look forward to a re-wild world.

Daniel: Yeah? I lead a trip every year down to Peru and spend time in the jungle and one of the interesting things down there; the countries that have intact rainforest are trying to decide now if the natives should be protected in the parks the way that wild animals are protected.

And it leads to some very interesting moral questions about what's natural, what isn't, who are we, how we are suppose to live, what are we supposed to do? Should those people be allowed to hunt still?

Because it's illegal to hunt, right? A lot of times it's illegal to hunt in the national parks, however, what about these hunter gatherer people? Shouldn't they be allowed too? I mean, it's a very interesting thing. We're at the clash of two paradigms and it's really it's wildness v. sort of domestication.

Shelley: So, this is an exciting conversation here. I want to move on to the distinctions you make about good and bad fats and how they affect our metabolism. Yeah, please clarify which ones you'd recommend to eat and which ones you'd recommend to avoid.

Daniel: Oh, I love the conversation about fat because as somebody who grew up overweight I grew up with that belief that fat made you fat and it turns out that's not exactly true. So, how does this breakdown? We, as human beings and all animals, need calories every day. Calories are the fuel the raw fuel that we run on. Our bodies run on calories the same way that car runs on gasoline.

We need a certain amount of calories to perform our day-to-day tasks. The world has changed. And in the world we used to live in calories were hard to come by. For anybody who has ever tried to go out and actually harvest any wild food or forage in their local environment, what you find is there's not a lot of calories around.



Daniel: You have to actually get a lot of food together to get enough calories to live in nature. Hunter gatherers spent all day looking for calories. Right? They're looking for calories all the time. Our culture is the opposite. We have so many calories that we actually have whole buildings setup where people go in to try to burn calories off we called that the gym.

People have so many calories they trying to burn excess calories. Now the interesting thing here is that in the past we had very little calories but we had tons of nutrition. Today we have tons of calories and almost no nutrition. So what's going on today is people are overfed but they are undernourished.

Now when you're looking for calories fats become incredibly important because fat has more calories per gram than other sources of calories. So, carbohydrates, when you get a gram of carbohydrate together like a gram of sugar, what you'll end up with is a gram of carbohydrate has 4 calories, a gram of protein has 4 calories. A gram of alcohol has 7 calories but a gram of fat has 9 calories.

While, if you are a hunter gatherer, boy, you'd want fat because fat will give you more energy than any other food. So what would happen is over time your mouth would begin to develop sort of a sensory system that would gratify you with pleasure every time you tasted fats and we have that, we carry that with us. So when we put something in our mouth that has fat in it we get a pleasure signal like, "Yes, this is good." And what happens when we get things that are no fat or low fat?

We put them in our mouth and we're like, "Nah, that's kind of dry." You want to add fat to it. This is natural. This is actually a good food. This is how we are set up. This is the survival thing. So this is good, accept it. Now we live up in a world that it just flooded in calories. So we have to get really aware of that sensation and we got to make sure that we pick fats also that are really good for us.

So two things going on here: One is that there's a lot more calories and we have to figure out ways to make sure we get enough nutrition and not too many calories and that's a different topic all together. When it comes to fats, fats are really interesting as a substance because there are fats that are incredibly valuable to our bodies. Your brain is made of fat. Your whole central nervous system is basically made of fat and cholesterol.

That's really fascinating. We think all fat and cholesterol are bad. Actually, fat and cholesterol is one of the really important things you're made of. Fats are critical but there are other fats that are less than good for us. So let's break that down a little bit.



The best fats for us are the fats that we call the omega-3 essential fatty acids and another class of fat that we call saturated fats. Saturated fats and omega-3 fats are really critical. Omega-3 fats are the fats that are real liquidly and are found in things like fishes, insects, seeds and nuts.

Those things are loaded with omega-3 fats and we build our brain with those fats. Then saturated fats these are the fats that are solid at room temperature/ An example would be coconut oil, another example, would be palm oil, another example, would be butter – high quality butters saturated fat. That's the fat that we fuel ourselves on. Now we have a long history of eating saturated fats for energy and eating omega 3 fats for our nervous system.

Now, we never really had access to another group of fats in any quantity those are called the omega-6 fatty acids or the polyunsaturated fats. Those are the fats that are in grains. Those are the fats that are in corn. Fat that's in cotton seed. Fat that's in soy that's vegetable oil. Now picture vegetable oil and I bet if you pictured vegetable oil, I bet everybody listening when they picture it they pictured that sort of funny shape, clear container with the yellow liquid in there. That's vegetable oil. We were told that was the best fat for us.

That was heart healthy fat and we all thought, "Oh, vegetables, well, that sounds good," I mean, it's such a good marketing. "Vegetable oil, wow doesn't that sound good?" It's almost like "vegetable juice." It's like. "Vegetable oil. Ooh, sounds great." So you start thinking, "Wait a second there's not a lot of oil in vegetables." Like, "Where is that oil coming out off?" There's not oil really in celery or kale, what is it? Well, actually the vegetables they referring to are soy, corn, cotton seed and a canola that top 4 most genetically modified plants on earth.

And those plants were already extremely hybridized before genetic modification but their oils were never really oils that we don't have a—we don't have a long history of eating lots of that kind of oil.

What happened when we started eating vegetable oil, and, by the way, this all started just a few decades back when we started hearing about all the problems with fat and how we needed to avoid saturated fat, we needed to avoid cholesterol and we needed to move on to vegetable oil.

This was a massive industrial political campaign; media working together with food growers, working together with industry, working together with government to switch human beings over to these foods. When we did that we started to see a huge rise in heart disease.

What happens when we start eating vegetable oil? Is it actually we damage our arteries significantly and we get heart attacks and we get strokes.



The other thing that happens is we degrade our brains because these fats, when we don't have the omega-3s on our diet, these fats actually—the reason you're not a puddle of water on the ground interestingly, you know, we hear that thing, "Oh, you're mostly water, you're 70% water." Well, then how come I'm not a puddle?

Well, I'm not a puddle because all that water surrounded by little sacs, little balloons made of fats and cholesterol, my cell membranes and those cell membranes are made from omega-3 fats primarily. And when we don't have omega 3 fats and then instead we have omega 6 fats, in other words, when we have a lot of vegetable oil in our diet or a lot of shortening or a lot of margarine, when those things are in our diet what ends up happening is we start to build really poor quality cell membranes.

We don't have good movement of nutrients into the cells. Our hair starts to dry out, our skin starts to wrinkle and dry out, our tissues get damaged, our arteries start breaking down. And when that happens, cholesterol shows up in the blood because cholesterol is like a Band-Aid to go fix the arteries then what happens is they look at your blood and they go, "Oh, my God you have high cholesterol." And they blame people's heart attacks on high cholesterol. Blaming heart attack on high cholesterol is like blaming skid marks on a road for car accidents.

Shelley: Wow.

Daniel: Well, this doesn't make any sense. It wasn't the skid mark on the road that caused the accident. The skid marks on the road as a result of the accident because there was a problem. The cholesterol shows up in our blood to try to fix our arteries and our arteries are messed up from eating vegetable oil.

So and in one way I'm just some guy here saying this. So you got to think back and go is there a historical precedent for what he's saying? When we look back we see we never ate vegetable oils before. Not in any significant amount. So this is new. So we need to go back to the original kind of oils that we ate and those were saturated fats. If we lived in the equatorial zones, we might eat things like coconut oil. If we lived up in the more temperate zones, we might eat things like butter.

When I say butter I'm talking about high quality grass-fed butter from real farms. Those kind of fats and we ate the kind of fats that were in wild plants or well-grown plants that are in seeds. We hear a lot of these days about chia seeds. They're one of my favorites. We hear about flax seeds and we hear about fish oils. Those are those with omega-3 fats.

So, when we have things like fish oils, when we have things like chia seeds, when we have things like coconut in our diet, we can eat all the fat we're comfortable with.



When we have things on our diet like processed food, all processed foods contain these soy, cotton, canola, and – what's the other one I have said – corn oils. They're in all processed foods. When we have that we need to be very careful of fats. (laughs) I can go on about fats a lot.

The other thing I want to say is that we need to choose a very high quality oils when we buy oils because fats go rancid very quickly and rancid oils are incredibly hard on our bodies particularly on our liver. So we need fresh, intact nuts and seeds in our diet.

We need fresh whole fishes and/or fish oils if we choose to have those kinds of things in our diets. Things like well pressed coconut oil are fantastic but when we try to save money on oils or we buy cheap oils or not buying them in good packaging and all those, they tend to be rancid and those can really bad for us. So oils are fantastic. It's just that industrialized oils are very toxic. And, really, vegetable oils all they are, are industrial grade oils.

Shelley: That's intense. And would you recommend like whatever's growing in your environment because we can get coconut oil in Canada or we can get palm oil in Canada, would it be a wiser decision for your health to go with what might appear in your environment?

Daniel: Now, that's a great question but that's a very advanced question so my answer to you is, "yes" but my answer to the average person who might listening to this is, "Don't worry about that yet." Let's start with, "Hey, what's the food distribution give you access to currently?" So, I think coconut oil is fantastic. And if we're living in Canada—yeah, coconuts don't grow anywhere in Canada that I'm aware of but never did anything else we ever grew up with.

So in the beginning I think the way to go is to just import what you need to import, buy what's you can get access to that's great for you. Buy well cold-pressed organic coconut oil. It's a fantastic food bring it in to your life. Over the years you might say, "Hey, wait. If I have access to something local maybe I choose that or if I can grow something maybe I choose that."

But in the beginning I think we should access whatever we can get access to and later on as we refine, because I said food becomes like a hobby and anything that's a hobby hopefully we keep getting better at it, right? If your hobby is tennis hopefully your game is improving, right? If your hobby is golf, hopefully your game is improving. If your hobby is food, it should always be improving too.

And so there's lots of time. We have all the time in the world to make choices about local and to make choices about homegrown but in the beginning what's critical is we get away from these real toxic foods, however we have to, whatever we have to do.



Shelley: Yeah, nice. In your experience what are road blocks that get in the way of losing weight?

Daniel: There's a couple ones that I want to bring up here. The first thing I want to say and really early in the call I said, "If you've got a weight issue, it's not your fault." Let me back up kind of explain what I mean there. Remember I was describing that every type of dog is really all just the same species.

There's a lot of different types of dogs and they all have very different types of bodies and they can't help that. It would be silly for a pug to wish it had more pointy nose. It's a pug and pugs don't have pointy noses. It would be silly for a Great Dane to wish it was the size of a Chihuahua. It's not going to happen. It's an unrealistic goal. Now here's what's going on in our culture.

Daniel: We take a very specific type of individual and we glamorize them. Those individuals if we were dogs we'd be the equivalent of the greyhound, right? The model. Our models are like greyhounds. They are unusually lean. They are unusually light. They are not typical. They are not average. They are not even normal. It's a very, very unique individual. I'm definitely not a greyhound. I'm about 180 lbs and 5'5". That's really short for that weight. I'm a very stocky, muscular individual, very short and a very wide waist.

I have been shown images of men who are 6 or 7 inches taller than me with much smaller waists, much more chiseled abs very low—I mean, I've been shown images of men that I will never look like and those men have been promoted as the ideal. That is like taking a whole assortment of dogs and showing them greyhounds and trying to punish them or make them feel guilt and shame because they don't look like greyhounds.

That's very strange behavior that we've all taken part in and we've all bought into. The other thing is, are greyhounds perfect? No, greyhounds have a lot of issues that they have to deal with as a result of having that unique body type. The other thing is I grew up around, you know, magazines like Men's Health, Men's Fitness and what no one ever sat me down and explained was that the models on the cover are people who workout but they are in competition shape when they do the photo shoots.

So when you see men and women on the cover of fitness magazines, those people only look like that for about 2 weeks out of the year because they're on extreme calorie restricted diets during that time when those photo shoots are done. So the rest of the year, they don't look like that, that's only a very short window of time. They would die if they try to maintain that low body fat. You actually can't do that. Bodybuilders know this. They can only pull this off for about 2 weeks and then they start to get sick.



What's happened is we've not only taken a unique individual body type but then we restricted the calories down, we take a bunch of photos of those people, we post them up everywhere and make everyone feel like they suppose to look like this. So, yeah, this is crazy. So that's a massive road block because people spend a lot more time trying to look like an ideal that they actually can't look like.

I know it's not almost cliché to say that but really think about this. If the pug wishes to look like a greyhound, if the Chihuahua wants to be a greyhound, if the pit-bull wants to be a greyhound, what a waste of energy.

If you are a pit-bull, you want to look like an ideal pit bull. If you are a Chihuahua you want to look like an ideal Chihuahua. Whatever your body type is let's focus—instead of being focused on some external ideal, let's focus on what's the potential of my body type?

This took me a few years to wrap my own head around somebody who really struggled with my own body awareness as a kid but today I'm extremely happy with my own unique body and how it looks. I'm more focused on how do I maximize what I have rather than how do I try to change it into something else.

I think the first road block is in the mind and again it's not your fault you've been programmed by media. It's a game. Media does this because it leverages sales. And that's why you've done this. It gets us to be good little domesticus.

The second thing I want to say is there's some biology here that's important to understand. When we feel like we're overweight, what we naturally tend to do is try to eat less. When we try to eat less our ancient, ancient, ancient genome thinks that there's a famine.

When it thinks there's a famine, it sends out the signal to store body fat. Everybody, I know everyone heard this, but let's really break it down and again here because think about this if you live in our modern culture and you eat an average of 2,000 calories a day, we already know that most everybody in our culture is deprived of nutrients.

They are nutrient deficient, right? So, we know that we get—I believe statistically we get 4 times or a hunter gatherers 4 times more fat soluble vitamins and 10 times more water soluble vitamins that we eat today. So we are incredibly deficient but we have more calories.

Now here's the problem. Say that you need 2,000 calories a day and if you eat more than that you're going to be thinking the weight. The problem is if you eat the 2,000 calories you still didn't get enough nutrition so your body is still hungry. It's not hungry for more calories. It doesn't need more calories.



It just is looking for more vitamins and minerals. But in order to get them it has to eat a whole lot more food than you need, more calories than you need. So we overeat trying to get enough nutrients then we feel like we're overweight so we try to starve ourselves but we already nutrient deficient.

So if we do that then we start to have problems because our body is freaking out inside panicking, "Oh, my God I need vitamin A, I need vitamin D, I need vitamin E, I need magnesium, I need cobalt, I need selenium" and it's not there. And we're trying to restrict food back so the body goes, "Oh, man, there's a famine," "I need to store anything I can get." And then every meal that we eat the body tries to store that as body fat so this is a really tough struggle we get ourselves into and the answer out of it is kind of counter intuitive.

The first thing is, if you want to lose weight you've got to eat more frequently. Because you want to tell your body, "Hey, guess what, it's feast time, there's no shortage of food, we don't need to store anything, right? It's kind of like grandma from the depression era who couldn't let anything go out of the house and becomes a pack rat because she's lived through hard times and she knew the value of everything.

When her body thinks it's hard times, it doesn't want to release any body fat. So if we want to burn body fat we going to tell the body there's plenty of food. We don't need to overeat. All we need to do is eat more frequently smaller meals more frequently. That tells our body, "Relax, let go burn, some fat."

The second thing we need to do is increase the nutrient to calorie ratio that means that any given amount of calories needs to have more nutrition in it. In other words, we need to choose more nutritionally dense food. We need to choose things that are like super foods. We need to choose things that are heirloom foods, farm fresh foods. You know the longer foods are on a truck being shipped to us the less nutrition they have.

So, I live in the state of Maine if I get food from California by the time it gets here a lot of its nutrition is degraded which means I'm getting more calories to nutrition than I'm supposed to. If I pull something out on my garden it has tons of fresh nutrition. So we need to have foods that are more nutritionally dense and half less calories and all. So increase your nutrients to calorie ratio and increase the frequency that you eat.

Those two things coupled with just some sane exercise doesn't have—you don't have to be a navy seal, just sane movement those 3 things and you can't not lose weight. You can't. It's impossible you'll lose weight.



Shelley: Nice. Yeah. And you got to the root of that the negative self-talk. You know, the unrealistic goal that is in the programming that we're shown day to day and, yeah, this is a beautiful steps for our listeners. And what are your methods and strategies that you've been able to break through these kinds of road blocks?

Daniel: For me, the things that really helped me to break through these road blocks, wow, one is juicing. It's been incredibly helpful to me. I find that if I juice things or, you know, and I'll be honest with you, I juice at home right now because I live in a rural part of Maine, but if I lived in a place where I had access to a juice bar I would probably go there. It's more economically sound. It makes more sense. It's easier.

You don't have to clean up. If you have access to juice or a juice bar, if you got a whole foods near you, if you've got a nice juice bar you can go to, if not, if you can get a decent juicer and buy some produce and you just blend up some juices that taste awesome by the way. I am not promoting juices to taste bad.

I'm not promoting wheat grass juice or weird—I'm talking about apples, celery, oranges, lemon, ginger things that taste great. You make juices like that what you're doing is you're concentrating nutrition in the low-calorie spot.

So you end up with this a glass of high nutrition low-calories. When you drink that you get incredibly hydrated, you kick that metabolism up, you give yourself nutrition but you don't have a lot of calories. You're sending your body all the right signals. That's really been helpful for me. I'm a person who, I guess if I was a dog I'm not quite of—I'm something like a pit-bull but gets fatter than that I don't know what it is. (Laughs).

I have to be mindful. I have a body type that's designed to put weight on so it'll put on muscle but it will also put body fat so I personally have used juicing as a way to satisfy my hunger but help keep my body lean. That works great. I use regular exercise that is critical for me. I have a friend I was just with in Arizona, I'm looking at his body coz we're in a hot spring and I'm looking and I'm going like this guy doesn't have to do anything and he's ripped, he's a greyhound. I don't have that. I actually have to exercise if I want to stay fit.

So, for me, exercise has been or really critical piece and like I mentioned before, just figuring out how to eat more nutritionally dense food. What works for me is in the summer time, in Maine I grow food. All year long, I like to go out—one of my hobbies is foraging so I actually forage wild foods. Those foods are higher in nutrients, they're higher in antioxidants and they have a better Omega-3 to Omega-6 fat content ratio. So I love harvesting wild foods: wild berries, wild seeds, wild greens and I include those in my diet.



That's really worked for me as well. Other things that I do, I really like to use the sauna. I think sauna is such an important way—and again, if you don't have your own sauna at home or that feels a little out of reach to you, it's not hard to get a membership at a health club where they have a sauna and sometimes even you can work out decreased payment scale where you tell them, "I just want to use the sauna I'm not going to use the rest of the equipment."

You might just get yourself a deal. But the thing about a sauna that's really interesting is – I'm going to try to be brief here – the body stores almost all of its toxins in body fat. Most things that are toxic are fat soluble and we store them in our fat. Sometimes, people's bodies don't want to release the fat that they're carrying around because if they do, they're going to release a whole lot of toxic stuff at the same time and it could be poisonous to the system.

So the body wants to hold the fat to buffer these poisons, these toxins, the plastics, the herbicides, the pesticides, the chemicals that we've come in contact with. When we go on a sauna, we actually sweat a lot of this stuff out and that makes the body more comfortable to give up some of that fat. So I've also used sauna. That's been really valuable to me and really high quality water coz another thing I've noticed about people is they drink low quality water, they drink filtered water or processed waters that are not very hydrating.

So that kind of sends subtle signals to the body that it doesn't really like the water we're drinking so what people end up doing is they try to get their water from food and that means they end up eating more and they end up getting more calories than they need coz they don't have water they like. So getting high quality water and drinking that, it's sort of like something you can put in your mouth without worrying that it's going to accumulate on your body. It helps to flush us out but usually we need to have really good water for us to develop a craving for that water.

So a good quality water, I personally visit local springs in my area and get the most hydrating water in the world and if you're interested in that concept, go to my website findaspring.com but those things have been really valuable to me. So that's what I do on a daily basis.

Shelley: Oh yeah. That's all we drink now. What a difference. You can't go back and it's pretty hard if you're in a place you can't get it but thankfully you have this website that you can pretty much find anywhere in the world if someone's posted it's there. So definitely listeners go check out findaspring.com. I really love your company, Surthrival, the mission, everything, the vision you have and the wild captive products you create. I've been using Elk Antler and the Mushroom Tinctures and I'm just so impressed with the quality of your products and I know they've been crafted in this conscious way. Could you share a little bit what inspired you to create Surthrival and your unique selection of products?



Daniel: Well, thank you for saying that and we try to position ourselves as a company. We want to really produce the highest quality supplements that are available and where this all started for me was, you know, I lived in a little rural town and we had a health food store and it was one of those health food stores when you walked in it smelled like oats and everything was dry and fat-free and none of it was actually healthy food at all. The quality of supplements at that time were so low, they were loaded with exceptions, those are the filler ingredients or the flow agents and things like that. They were packaged poorly on and on.

Over the years, as I got more and more into nutrition—I got really fascinated by the idea that food be thy medicine, medicine be thy food. That blew my mind that there are foods that were medicinal and as I started looking for those foods, what I learned was most of us have never had a medicinal food because the foods that we're eating are so domesticated they don't have medicine anymore.

So that led me on a quest and that led me into things like herbalism and super foods and I learned that there are things that you can eat that actually change you. They change you physically. They change who you are. They change your immune system. They change your hormones and that just blew my mind and I have really become focused on bringing foods to the marketplace that not just are medicinal but actually help us re-wild ourselves.

So my supplement line at Surthrival, the idea was to "Surthrive" instead of survival which is where most of us honestly in this world today are just at the survival level. It's like, "Hopefully I make the kids' soccer game if I don't collapse. It's like, "Hopefully I get my job done without a nervous breakdown today." People are like surviving, hanging on by their fingernails.

So I wanted to send this message out to the world about thriving and I feel to thrive we have to re-wild to some degree. I know that not everybody is going to become barefoot foragers, right? So I'm here to provide things to people from the natural world that could really help. So we brought forth supplements like our medicinal mushrooms which work on the immune system, like our elk antler which is regenerative formula, it works on metabolism and sexual function actually.

Like our pine pollen which helps to restore good hormone levels, strong sex hormone levels. All of our products are designed to really re-wild people at the genetic or epigenetic level. So what they do is they sort of replace all that stuff that's missing in our domesticated diet. So, like you said, there are foods that come from wild nature that are still completely genetically intact and contain all of the missing stuff, the stuff we're missing in our day-to-day life today.

So that's what Surthrival is about. We actually have so many cool projects coming; we keep bringing more and more things online so anybody's interested in that can find us at Surthrival, S-U-R-T-H-R-I-V-A-L, Surthrival.com.



Shelley: I just going to ask a couple of practical questions. If you recommend a food or beverage to avoid at all costs, what would it be and why?

Daniel: No question it's vegetable oil. It's so easy for me; vegetable oil. When you touch a bottle of vegetable that's been opened and you can feel that sticky rancidity that's around the cap. That sticky rancidity is what rips up and clogs your arteries. When you hold a bottle of vegetable oil; that is made from 4 ingredients, you always see on the side, contains one or more of the following: corn, cotton, canola and soy are the most genetically modified ingredients that exist.

Over 80% in most cases over 95% of all of those 4 crops growing in the United States are genetically modified. This is so rampant and epidemic if you're eating vegetable oil, you're eating genetically modified food. If you go to a regular restaurant, you're eating genetically modified food because that vegetable oil is what they're using to cook everything. If you're eating processed food, it's got this vegetable oil in it. This is a crime against humanity.

Vegetable oil is a crime against humanity no question. We should be hunting down whoever brought this to the marketplace. Like we did with Nazi doctors, the Nuremberg trials, this stuff is bad for people and the fact that people were convinced and are still convinced it's good for them is a crime. These are the most rancid trans fats. They completely destroy the tissue quality of your body so yeah this one's easy and there's a lot of stuff out there that's pretty weird but vegetable oil is the weirdest.

Shelley: Wow, thank you. That's good to know. And if you recommend a food or supplement to add to your diet, what would it be?

Daniel: To lose weight, green vegetable juice or green juices. We call them green juices, they can have apple, they can have lemon, they can have orange but they have chlorophyll in them. Green vegetable juices are probably my favorite food when I want to trim down a little bit. They're so hydrating and they're so refreshing and they're so alkaline.

When you drink one, you feel like you just had a blood transfusion and I have friends around me who are very normal people who—they're not green juice people and I'll get them to drink green vegetable juices when they're travelling with me or we're out together and they come over and, yeah, I have friends who are like, "Hey, this is not my thing." They'll drink it even if they don't like it after they go like, "I got to admit, I feel really good right now."

That's the power of green vegetable juices, so I really, really got to recommend those. That's my favorite food for losing weight. My favorite supplement for losing weight is probably going to be Elk Antler that's because it tunes the metabolism in a really unique way.



So it's sort of like if you could get very, very mild athletic steroids that were completely healthy and beneficial. It's like that. They help us lose body fat, they help us to build lean body mass, they help us to avoid wrinkling, they help us to regenerate, they increase our libido, they help our fingernails look better, they help our hair look better, our skin look better.

Yeah, I'm just a huge fan of Elk Antler extracts and that might sound like a completely obscure supplement but please know that that is considered the number 1 most regenerative substance in Chinese medicine which is 5,000 years old.

This is the top supplement in all of the Asiatic health systems and has been for a really long time. It might sound weird over here but it doesn't sound weird in Asia. They've been using it for a long time.

Shelley: Oh, yeah and you've been giving this distinction before in your material and your videos. Elk Antler, they're not all created the same as a supplement and I do my research and your Elk Antler is the highest quality.

Daniel: I like to make a joke. I spent a lot of time with wholesalers and whatnot in the industry. So I'll say, "We're sort of the Mercedes Benz of supplements" and so you get what you pay for and we produce a very high quality ingredient.

We work only with elk from the United States. We work only with organic alcohol on our extract medium. We work with Miron which is the highest quality glass bottles that exist anywhere.

They protect the inner product from light damage. Everything we do, the humane methods that we use to harvest the elk antler tips. Everything we do we try to do as best as it can be done and that's just our personal integrity level. We bring a very high end product to the market. So, yeah, our Elk Antler – thank you for saying that – we feel it's the best that ever existed and we'll continue to improve it as well but we don't feel we really have any competition.

Shelley: Yeah. And I guess we've touched on saunas and being active exercise, is there a specific exercise you do?

Daniel: (laughs) I have lots, lots but I saw Kevin Chudos speak last year and he said something that I just love. He was talking about having spent time travelling around the world, meeting some of the or going to places that are known for their longevity and meeting really old, old people – over a hundred – and looking for common things like what are these people doing that allow them to live a long time.



And he said there's this one exercise that I saw, everywhere I went they all did this same exercise and then he makes a joke he says, "Most of us have never seen this exercise but I'm going to show it to you" and he walks across the stage. People walk, people used to walk and we don't really walk anywhere anymore. I mean, it's amazing how little we walk, and incidentally in places like Manhattan.

If people didn't—can you imagine how sick people would be in New York if they didn't walk as much as they do? The average New Yorker walks something like 5 miles a day and that's what's allowing them survive there, right? We are a species, we're bipedal. We walk and we run. In fact, human beings are the best runners of any animal in the world. A lot of people don't realize that. But we're walkers. So I recommend walking. I think if you don't walk, you should start walking.

And, yeah, there's a lot of exercise out there that's fantastic. I'm a huge fan of Tabata which is like sort of interval training which is something I love doing and it's something I do every morning but I think really just moving, just walking, just getting active again. You know, indigenous people which are some of the fittest people in the world, the average indigenous person has the muscle mass of our elite athletes.

They don't work out. They just do their daily tasks. Because our lives have become so sedentary, I think getting out to walk is great and if you're more ambitious than that, I think interval training is fantastic. I really like a lot.

Shelley: Nice, wow. I just want to thank you, it's been an enlightening interview and just thank you so much for taking the time to share with us and I really appreciate the stand you're taking as I said, for indigenous wisdom and returning to nature. Your information in products have been invaluable to myself, my family. I know that many people will benefit from what you've shared today. So thank you, Daniel.

Daniel: I'm so honored, I just want to say it's just about, it's a new lifestyle. It's actually an old lifestyle that's become new but it's not about secret tricks and little tips. It's about a complete lifestyle reformation and we all have access to it. It's really easy to do, it's really fun to do, you'll feel so good if you do some of these things. So, yeah, you've got all the knowledge you need right in your genome which we're all lucky to carry that with us. So we can start this, it's easy but it's a lifestyle thing, shut your TV off, take a walk, drink some green juice, sit in a sauna.

Shelley: Yeah. Wonderful and we've already touched on how people can access your website. You also have danielvitalis.com?



Daniel: Yeah they can find me in there, that's like a calling card so go to danielvitalis.com. It's kind of a blog site. You can also see my coming events so if you're interested in coming to see me speak live or coming to a workshop or coming to on a trip with me.

I do trips to Hot Springs every year. So if you want to get out and you want to experience some of this stuff, check out my website danielvitalis.com and of course surthrival.com which is my company's site and findaspring.com which is a database of springs where you can visit and actually get your own water for free out of the ground.

Shelley: Thank you again and it's just been such an honor Daniel.

Daniel: And thank you for trusting me to share my message with your people and to everyone listening, thank you so much for taking the time.

If you're this far into it, you've heard the whole thing and so it means a lot to me to be able to share this stuff so thank you.



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