



Shawn Stevenson

Cracking the Fat Loss Code

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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Shelley: Hi Shawn, I've really been looking forward to speaking with you and thank you for taking the time to do this. So you've experienced a miraculous transformation with your own weight. Please share a little about your personal weight loss journey back to optimal health.

Shawn: Ok. Well for me it was about 12 years ago and I was a 20 year old kid at the time in college and that I was diagnosed with a seemingly incurable illness. And the diagnosis was called degenerative disc disease.

And when I got stricken with this particular ailment I was really shocked because I was a really healthy guy so I thought, of course. Really active, played sports and all that kind of stuff and then all of a sudden it wasn't even that my back was hurting because my spine was basically degenerating, it was that my legs stopped functioning properly because all the nerves that run throughout your spine.

And I remember clearly going into see the doctor and I'll never forget this moment, and I sat down with him because I was used to working with a trainer and kind of patching me up and getting me back on the field.

And I asked the doctor, "So what do we need to do to fix this?" And he looked at me with this really almost pitiating look, he just looked at me like he was really sorry for me and he said, "I'm sorry son, there is nothing we can do." And to me, at the time it literally didn't register in my brain that he said that and I asked the question immediately again, I said, "So what do we need do," as if he didn't even respond.

And he took me over and he looked at my MRI and he showed them to me and he said, "Look at this MRI, son, this is the spine of an eight year old. You're not going to be able to reverse this condition. We can manage it and that's that."

So all of a sudden all of this fear started to come into me because the past few weeks that they had brought me in there was a lot of discomfort and just weirdness because it was sort of like I was crippled, my leg wasn't working properly and I'm like, "I'm going to be like this for the rest of my life?"

And I asked him, I remember asking him I said, "So what do we need to do? Should I change my diet? Should I start exercising differently?" He said, "No, no, no, this has nothing to do with your eating."



Shelley: Wow.

Shawn: Now what he told me was that this has nothing to do with what you're putting in your mouth. But then he went to write a prescription to put something in my mouth.

Shelley: Yeah.

Shawn: A drug, ok. So this is the paradigm that we're dealing with here. And at the time I just really gave myself over and trusted that he knew best and that was that. And what happened was a series of events over the next two years where I was in—and I'm a pretty tough guy, the way I've trained and the way I've lived my life. But the pain was so bad that if I didn't move while I was sleeping the pain jolted me up, it was like a electric shock when through my leg. And it woke me unless I drugged myself really heavily with the medications they gave me to basically knock me out and it was a pretty tough time.

So during the course of this obviously not being able to exercise and I kept seeing experts and the diagnosis over and over again was degenerative disc disease, multiple herniated discs, you need bed rest, you need to wear a back brace and you need to take medication and that was that.

So I proceeded to put on a pretty substantial amount of weight and actually I was 45 pounds heavy than I am now and I'm just 5'9 but my weight at the time was nearly 200 pounds and it was a lot on my frame, I was pretty just kind of a stock guy and it was pretty depressing to look back and see the pictures of myself then; it's like it's a totally different person. Now here's where the thing changed.

Shelley: Yep.

Shawn: This is the value that I really want to bring to everybody today. Because what we're going to share today is going to be something that people want to go back and listen to over and over again because of the tremendous insights about how your body actually works.

I'm going to give you the real science as well as the strategic application of these things so I'm not going to hold anything back. With that said the first changing point for me was one night I was sitting on my bed about to take my medication and go to sleep and I thought about where I'd been in the last two years and how dismal everything had been.

And I thought about my grandmother and how she's always believed in me and she knew that I was special, she knew that there was something really special about me.



We all know there's something special about us, but when we have that unconditional love in our life it brings things to another level. And I thought about my grandma and I really hadn't talked to her because I had nothing to offer her. And I realized that it was the gifts and talents she had really trusted in me and given to me to help express needed to come out.

And that night I made a decision to get well. I made a decision to lose the weight no matter what. Come what may I was going to heal from this condition. I didn't care what anyone said, it was going to happen. And when you make a real decision about something and rue to that word is today meaning from in [inaudible] which means to cut. So when you make a real decision about something you cut away all possibilities except for that thing happening.

And that's what happened that night. And that was the first night I slept in two years without medication. I slept for eight hours, I remember and I woke up the next day and I embarked on my plan. It wasn't just [inaudible] thinking, I put stuff into action. And that's some of the stuff that we're going to talk about today, some of the things that I utilized and it took me six weeks and I lost about 35 pounds.

I ended up really changing my body composition. I eventually got to 8% body fat at the time. I've gotten less than that and since then I've worked with thousands, tens of thousands of people at this point are exposed to my work but I've worked personally with thousands of people. And I'm so passionate about this stuff and it's just getting people the right information and just watching the amazing things that can happen.

Shelley: Wow. Thank you Shawn. You know when you shared about how you made that decision and to cut away any possibility of there being any other outcome I just got chills. What we can do when we want to make a change in our life. And so let's keep going here. I've heard you say that there was a big difference between losing weight and losing actual unwanted fat mass. Clarify those differences and that how it effects the goals in weight loss.

Shawn: Ok. Well first of all when an individual loses "weight" it can be fat, it can be water and other fluids, it can be bone density and it can be muscle among other things. And the key is actually letting go of body fat and the visceral fat in particular and being very very careful to not lose critical muscle. Because this is one of the things everyone needs to write down is that muscle is your body's fat burning machinery.

When you lose muscle you actually lose your ability to burn substantial fat. The more lean muscle that you have on your body and lean muscle is kind of like—it's redundant because muscle is lean in and of itself. I just got to say when people say lean muscle that marketing muscle is lean. When having more lean muscle you're burning fat just sitting.



Not saying that you can just sit all day but you can actually enjoy your body more rather than being at a gym. So this is very important.

Now the visceral fat is what we need to target and that's that stuff around the waistline and a lot of people today, who are even thinner tend to be that skinny fat body type where you still got the stuff going on around the mid-section. And visceral fat is a sure fire sign of insulin resistance, period end of story.

And a lot of times people wake up insulin resistant to diabetes which is true but this is also a big component of syndrome X and pre-diabetes. Syndrome X is a whole array of different issues that people are going through right now from very low energy to inability to lose weight to about with mental disorders, things like depression and all these things are all linked to the syndrome X.

Now to take this a step further we've got the fat deposited in the visceral fat for example it's in particular in what's called the omentum. The omentum makes up a part of the visceral fat and then the rest of the visceral fat is basically deeply embedded between our organs and our mid-section. So omentum is actually a Latin word, the Latin root of the word means "apron", or essentially fatty apron. It's kind of like what it is is our body will create this organ literally as a protective mechanism for us.

Shawn: Another way to refrain this stuff is people thinking that a body is kind of doing this to them and they're getting overweight and becoming fat when in actuality their body is doing this protective mechanism, it's actually creating the fat is sort of like a separate organ to store some of this stuff that we'd never been exposed to throughout our evolution. And our bodies actually doing this is an highly intelligent kind of lastage effort to protect us. And I hope that makes sense.

That omentum fat, because it's a separate organ, guess what? This organ actually does process that other organs do. They secrete hormones, so this new fat actually secretes hormones and also gets into issues with the immune system modulation, inflammatory responses, all kind of stuff this visceral fat starts to do. And a really good take away is that omentum fat actually secretes very little of a compound that's called adiponectin. And adiponectin is a stress information reducing chemical and this chemical is related to the hunger controlling hormone known as leptin.

A lot of people might not have heard of leptin as of yet but it's going to be one of those big kind of catch words and a lot of people are going to know about within the next several years. Leptin is essentially the [inaudible] hormone. So when your body is producing this leptin you're all good, you're in balance, you're not flipping out.



But when leptin is not dominating there's another hormone on the other side and that one is called ghrelin. And I called it the ghrelin gremlin. So ghrelin gremlin makes you like rabid like a wild animal just wanting to eat up everything. Like I know I shouldn't eat those potato chips but those are the Ridges and they're in the bag.

And it's not something where your willpower is going to come into play at it, this is far beyond willpower. We're talking about your genetic expression, we're talking about what your genes are expecting of you, we're talking about millions and years of evolution, you're working again when your hormone start to play these particular parts. And I'm really trying to make this as clear as possible.

So again, people are going to want to go back and listen to this. But that omentum fat again secretes very little adiponectin which you need adiponectin to release leptin. So the more omentum fat the less that your body is actually to produce leptin. So it becomes this kind of spiral out of control, that's why and that's why people are having such a hard time. It's not that they're not trying, it's that their hormones are literally seemingly working against them, but it's actually doing this to protect them.

Shawn: So now to bring this down a couple of notches what you want to do is focus on the visceral fat. It's not about losing weight, it's about that weight fat reduction, focusing on the waistlines, we want to focus on waist loss, not weight loss. And most people are going about this all wrong.

Shelley: You also in your experienced you work with weight loss and you discovered that there are organs responsible for regulating the fat loss.

Shawn: Right.

Shelley: So what are these organs and how do they affect our weight?

Shawn: Ok. I'll share a couple of them with you because a big key here with fat loss is understanding which organs are particularly responsible for regulating this process and healing them, intoxicifying them as need be and actually from there enhancing their particular performance. So let's start with the big understanding, a big assumption that people have like for example if I say, "Muscle is your body fat burning machinery," then we focus on that. But it's not that simple because we're here at the holistic weight loss summit.

Your body works as a whole, it's holistic, there's not one thing that doesn't affect another. There could be something going on with your toe that is literally being impacted by the visceral fat that you're carrying.



Somebody might be experiencing gout and they they are totally separate because we've been taught this allopathic thinking about our body that we go to an expert for our eyes, we got to an expert for our elbow, we go to an expert for our thyroid. Our bodies are working together and it's intelligent beyond any of these individual, beyond any of us. And we need to work with it, work within those parameters.

Now with that said that's the big caveat. Now with that said, we want to dive in and also knowing that everything works together. But let's take a look at those things that have the greatest impact on weight loss even though everything else does. So let's start with the big one, this is the buy guy and that's the thyroid. Right? So your thyroid is this amazing gland and if everybody wants to I invite you—you can actually put your index finger at the very base of your throat right on top of your chest bone.

Shawn: Well actually let's use your middle finger, but your middle finger there and press in a little bit and put your index finger right under where your Adam's apple would be and press in. Ok, give it a little pressure so you kind of feel like you're getting choked a little bit. Now take a swallow. Ok. And when you swallow you can actually feel there's something moving there between your fingers.

I'd like to introduce everybody to your thyroid. That's where your thyroid is at, ok?

Shelley: Nice.

Shawn: Now your thyroid is actually the most negatively charged gland in your entire body and that is a really really good thing. Because these negative particles, so what we're looking at here is electrons and these are basically to put it really simply, we're looking at energy. And our thyroid is known to be this very energetic kind of powerhouse of a body like our bodies energy powerhouse. And even in the [inaudible] system and the [inaudible] tradition the thyroid is a bishudi chakra [sp], it's known to be like this energy generating force, that's where your body's energy is really emanating from. And funny enough our science is actually proving these ancient teachings.

Now, here's the big issue. When these organs and particularly when your thyroid gets impacted by our environment, being such a negatively charged gland in science class as a basic science we're taught that the same charged molecules repel each other. So if it's negatively charged it's going to repel all the negative charges. And what it's going to do it's going to attract positively charged elements. And what we're experiencing in our world today never seen before throughout human history is a big time exposure to what are known as heavy metals.



And these are positively charged ions that in particular are attracted to your thyroid and will literally pollute and weigh your thyroid down. It will weigh your body down and you start to feel like a bag of cement because our bodies are negatively charged entities and very specific organs. And this is one of the big underlying reasons why individuals are experiencing so many different thyroid issues, especially hypothyroidism, Hashimoto's another whole other topic that I go in depth about in different programs.

Shawn: But all in all we want to make sure that we're getting rid of these heavy metals in a way that's intelligent and in a way that feels good and allowing my thyroid to work at a top function. So that's one. I'll mention one more here. And I'll go with one that's kind of not commonly considered to be a fat loss organ but it is, it is big-time. And this organ is your pancreas.

Now your pancreas is actually, it's producing insulin which is a hormone. So your pancreas is an endocrine organ. So we're talking about literally you experiencing the world, your endocrine system is all about how you're experiencing reality, how things are impacting your body and what you're perceiving as a threat or what you're perceiving as good and the way you feel.

So what's been found is things like for example you can just even think about having a double decker chocolate cake with sprinkles on top and marshmallows, whatever crazy thing and your body will respond, your pancreas will respond to that. Just kind of—

Shelley: Wow.

Shawn: --just getting you prepared. All right? So because it's based on your perception. I don't want to get too metaphysical on you so pancreas producing insulin, this is huge because insulin is your number one fat storing hormone. It's a big misconception that we get that it's a bad thing.

Our bodies have evolved to be able to survive and to live a lush and reproductive style of life, to be here and to be abundant. Now that mechanism that's coming to place here as we've evolved is we've experienced times of feast and famine so when we have those times of famine our body can unlock basically sort of like a key that opens up yourself so that fat can get stored in the form of sugar mainly.

So sugar is what actually makes us "fat", not fat, not eating fat. That's the whole hypothesis which has been disproven so many times but sugar actually makes you "fat", not eating fat. So that's another thing we'll get to in a second.



So your insulin is the key to unlock the cells so that sugar can get delivered and stored as fat and you start to expand. And as insulin as working in a deregulated fashion, if your pancreas is damaged, if you're exposed to far too much sugar and your insulin starts to break down regulate you've got a lot of sugar circulating in your body that cause a whole host of other problems including weight gain, including blackouts and strokes, all kinds of crazy things can happen if this organ isn't functioning properly.

So you really want to take time to pay attention and to care for our pancreas and not put things into our body that are going to damage it's function because it's a really really critical fat loss organ.

Shelley: That's incredible and you know it just points to how magnificent our body is. And I can hear that in your approach, you just have this deep reverence for it. And this is what's sorely missing in our understanding of how we achieve health in our life. But I want to keep going here. So those two organs, you talk about there are certain nutrient and supplements that can help these organs function better, if you can just share with us more about that.

Shawn: Ok. I would love to. So first I want to get another big caveat which is with these fat burning organs what we really need to do first and foremost is to remove the cause of the dysfunction if at all possible. So if an individual for example is dealing with thyroid issues, we want to eliminate the exposure to heavy metal to the best of our abilities.

So that would mean making sure that we're drinking the right kind of water, making sure that we're not eating foods that are contaminated, eating—and the big one is bread for example that is made with municipal water or well water, something that is sort of—people don't think this deep into stuff and I didn't either back in the day when I was sick that when you actually create bread and you take these compounds and you heat them, you're actually creating even stronger bioavailability of those things to pollute your body through all the compounds that are found in the water just making foods with this water.

So we want to look at those things first, removing things that can damage the thyroid, like we're looking at Hashimoto's for example.

Funny enough, in our modern paradigm the food pyramid is a big issue, it's a big thing that people are following when they're wanting to lose weight and that's what we were taught in school. That's what I was taught when I went to my particular university that the bottom of the food pyramid where we should be basing on the nutritional round is whole grains. We would be eating 6 to 11 servings or 29 servings, however ridiculous number of whole grains. And then a little bit of everything. Now in actuality what's been found through evolution of biology is that humans have not been eating "whole grains" or grain products for very long.



It's like in the whole story of humanity, we can look at it as the sides of say a 10,000 page book, we've been eating grains for about two pages of those 10,000. And our bodies have not really adapted to life, it's crazy to eating these foods and one of the things we're seeing now everybody can see this anywhere you go now, it's gluten-free stuff everywhere.

Because people are just kind of tuning into that and understanding. So I'm just going to share this really quickly and I again, I want to really give everybody a lot of valuable content and this can really change your life just knowing these things.

Shawn: So when you eat a piece of whole grain bread for example if we take a look at the glycemic index which is how much insulin our bodies are going to require and how much of a sugar spike we get when we eat a food. If you look at glycemic index of table sugar like the straight up, refined stuff that looks like cocaine which it pretty much is a drug. If we just eat straight on table sugar, you're going to get a glycemic index of 66 on the glycemic index chart.

And anybody can Google this and please triple check me, don't call back, "Burt do you do due diligence," and find out this stuff. So it's 66. White bread is actually a glycemic index of about 79, so it's even higher in blood sugar response than eating straight on table sugar.

So what do we do when we're trying to get healthy and this is what I did at first is that I turned to whole wheat, whole grain bread. Now the big secret is that whole wheat bread is 77 glycemic index so it's even more than table sugar as well. And the reason that is is that it has a compound in there called amylopectin A and it's a very very quick acting digestible sugar in the human body. And it causes a big time blood sugar response.

Now that's one big issue with our body is definitely going to be storing fat and people who are following low fat, whole grain, high fiber diets are not getting the results they want and they're working their behind off trying to make it happen is because of that, number one.

Number two, grains have a compound called lectins which in some plants they can serve some purposes but in wheat what it is basically is like a protecting compound in the plant to help to—because a plant needs minerals too, it needs life too so it helps the plant to absorb minerals from its environment so it can pick up magnesium, calcium, zinc, all these things.

The thing about the lectins in wheat, they don't turn off when you eat them. So when you eat wheat it's known as an anti-nutrient because it will actually bind to magnesium in your body, calcium in your body, zinc in your body will pull these things from you. So it's kind of scary. People are doing this every day.



The biggest issue that I want to bring everyone full circle is this; those lectins are these very damaging compounds actually have this very unique ability to go and boar their ways through our intestinal lumen and get into our blood system into our circulation as a complete protein. They're not broken down into acids like other foods are.

So when it gets into our bloodstream as complete protein, our immune system goes off and our immune goes and basically attacks it and problem solved, it shouldn't be a big problem except our immune system is built to learn, it's built to train, if it sees anything that looks like that lectin again. And just say it's [inaudible], we'll just say it's amino acid a, b, a, b, that's the sequence of protein that came into our body when we ate the grain.

Shawn: Just say your thyroid has a sequence a,b,a,b,b, there's part of your thyroid that looks just like that foreign invader. So now your system is going to go and start to attack your thyroid and that's Hashimoto's, that's basically what Hashimoto's is. An auto-immune condition is like why would my body attacking me and causing me this pain, it's not because it's just doing this to hurt you, it's actually doing this to protect you.

Shelley: And so you can, thorough dietary have the immune system respond differently?

Shawn: Absolutely, yeah. There's nothing that—there cannot be a problem without a solution. It's like two sides of the same coin. It's just really getting on top of the game and applying the right stuff. Some of the things we're going to share, my goodness, just to give people a greater insight on these things. But on another note though, what we want to look at so we remove the cause of a lot of thyroid damage bam. We do that.

Now what are some of the thing that we can add to the table and this is what people want to know like, "Shawn, I want to know what I can do to make my thyroid work better." I'm just going to share one super food that people can utilize to help to bind to heavy metals and it's super safe, it's actually a real food. It has a tremendous amount of studies behind it, especially by Japanese scientists because it's been something that has been useful where there's been a lot of radioactive isotopes, heavy metals, radioactive stuff. So this is some serious stuff.

And what this super food is called chlorella. Some people may have heard of this and it's not whether you've heard of it, it's whether you're using it. Knowledge is not just power, knowledge applied is power.

So if you're concerned about heavy metal toxicity with your thyroid and you have issues losing weight, everything that I say, everything is not going to work for every person and it's going to be based on something that I'm going to share with you in a moment.



But some people are going to have an incredible response to it and some people it's nothing, and some people can actually cause more toxic symptoms, you really have to experiment and find out for yourself.

But from my experience and just the certain protocol that I use I've seen this tremendous amount of success from it. And chlorella is not just something that binds heavy metals, it's also about 15% protein by weight, so it's one of the highest protein foods on the planet. Whereas chicken is 20%. Ok, this is a live, real amino acid dense protein and it gets its' name chlorella because of its exceptionally rich content of chlyophyll.

Shawn: It's actually the highest chlyphyll food din the world. So when you're taking like a wheat grass shot which is all good, that's awesome, some people can handle it. But my wife, she literally if somebody is mowing the lawn she gets sick. She used to take wheat grass shots and it just made her sick so you got to do what works for you. Chlorella has 100 times more chlorophyll than wheat grass which is pretty profound. So you can just start adding some chlorella to your food.

You can mix it into a salad, get some chlorella powder, just mix it into your little super food salad. Some people like it in smoothies, you've got to be careful so you don't throw the flavor off. You can get a little chlorella nuts, chlorella tablets and just toss them in your salad, they're like little crunchy things. And I'm not saying they're super delicious but to some people they are. I actually like them and I like good food. If it doesn't taste good then I'm probably not going to be involved.

A little trick that we found, there was a guy who came to do an event with me two years back, he got from the store which you can get at any health food store it's called Trace Minerals and it comes in a blue bottle and he grabbed a chlorella, he was the first person to give me some. He put it in his hand, he put the [inaudible] on top and then we ate it. And first of all make sure everybody else is eating it too because your teeth are going to turn green for a few minutes so it's not sexy. But it tasted like popcorn, it's like crazy.

Shelley: Really?

Shawn: It actually was warm. Yeah. I swear, it's just --the most crazy thing. So there you go, that's one of the big keys there and big supplements that people can utilize. I'm not a big fan of supplements, I like whole foods but some cases today we do need things that can help to sure things up because we're supposed to things that our ancestors were never exposed to.



Shelley: It's true. I like switching up Spirulina, Chlorella, but I like chlorella almost ongoing day to day myself.

Shawn: That's important. I got to say really quickly is that that is so important what you just said is mixing these things up and then what you found. What I've found is that people tend to work better generally with chlorella because it has this kind of yin and yang balance to it whereas spirulina if you look at where it's actually indigenous or is grown it's tending to come from hotter climates.

So this particular super food is wonderful, 71% protein by weight. It has phycocyanin which helps with stem cell production, an incredible amount of beta carotene like ten times more than in carrots in beta carotene is correlated with longevity.

The more beta carotene you have in your body you'll live. So it's kind of powerful but it's coming from a place where you probably need to cool off the environment. So people that tend to run cooler and we'll talk about that in a second with the body types, this probably won't be the best for you long term.

And then people who tend to run hotter will be the greatest thing ever. But then we've got blue green algae which tends to come from colder climates, climates [inaudible]. That's the place where nature is thriving to warm your body up. So it works a little better tends to for people with a colder disposition and it's so amazing that you personally got to see chlorella works well longer term.

Shelley: Yeah, I think it's one of the most beautiful foods on the planet. So thank you for going deeper on how this works and you've got chlorella, blue green algae mentioned, spirulina. Do you find the powder or the supplementing, does it change at all? In capsule form—

Shawn: It really depends on the person, one what feels good to them. Some people just won't take powders, some people won't take capsules. So that's the biggest thing is what will you do. That's really what I'm concerned about. I'm not concerned too much what can people do.

Shawn: Now as far as—because I'm just more into food I prefer the powders because if you mix it in with food and you're not taking a pill. But it doesn't mean it's necessarily better. The quality what it's really going to be the quality is going to be depending upon the company you're getting it from, the manufacturing process.

What we really want to pay attention to and people just walking away with this one nugget today is if it is worth the whole price of admission is you want to make sure that your supplements are a low temperature process.



For the majority, especially when we're talking about "super foods" like spirulina, chlorella, all these things you want to make sure that they're not heat treated because when they're cooked [inaudible] institute proved that cooking these foods over 118 degrees you're going to destroy 60-70% of the vitamins and minerals, about 50% of the protein is gone and you're losing about 100% of the enzymes, the fat nutrients, the fat chemicals, all the good stuff that really makes the magic happen.

So if we're trying to get these super foods in our body and get the most bang for our buck we need to make sure that it's processed properly. So that's the real big key.

Shelley: Ok. Lower temperature processed. Ok so any other nutrients that you want to share for these specific organs?

Shawn: Well I guess we can look at the thyroid and I just got to say that the thyroid dysfunction is really the result of a downstream of other things happening including [inaudible] resistance. So the thyroid is going to be because it's part of the whole endocrine system, your thyroid is linked up directly to your hypothalamus which that is responsible for thyroid stimulating hormones being released and all that stuff. So in our hypothalamus in our brain when we're talking about a brain we're talking about something that's so profound just our ability to respond and react to a world—it's basically our perception.

So if we even perceive like there's a threat like we're in a high state of chronic stress our bodies are going to turn on our fat storing programs and this is going to impact our thyroid and our thyroid is going to start to down regulate. So it's more so again just like looking at the body as a whole, avoiding the things that cause the problem. And I can tell you there's so many different things about the thyroid that can help but I just want people to start with that one thing, utilize chlorella, [inaudible] or one of the other two foods we talked about and if we want to if we have time we can talk about some of the other things too.

Shelley: Sure. Ok and you've discovered in your work that our main fat loss organs can get damaged day to day in life. So how does that happen and what do we do about it?

Shawn: Ok. Well in particular let's go back and talk about the muscle loss. Because when we're losing weight we want to make sure that we're not losing muscle. Muscle and how this is happening is that we're experiencing in our population and a lot of muscle loss due to up and down dieting and nutritional starvation. Your muscles need amino acids. Your muscles need a whole array of nutrients to function properly. And when we're doing all these crazy diets that are just really causing us to be deficient we're literally just throwing our muscle out the window, we're causing our muscles to atrophy and break down.



Because in our country we are not starved for food in any sense of the word, we're definitely not starved for food but we are very much starved for nutrients. We're eating a lot of just bad food. We're eating a lot of food that doesn't have any real substance to it and that's contributing to our muscle loss. So if we're going to do this, lose fat long term, we've got to focus on taking care of our muscle and making sure that we're providing our body with all the things it needs for muscles to function properly. Take magnesium for example, magnesium is one of the key minerals that if you're deficient in this you're probably going to experience muscle cramping which is not good because you're muscles basically are saying I'm deficient and I can't even function, I can't move.

And magnesium is the number one middle deficiency in our country. So this goes back to a particular supplement that somebody might be interested in is I'm again not a big fan of supplements but when we need to add them in there's a great product called Magnesium Calm.

It's a Magnesium citrate and it's very bio-available, it's very pleasant. It's something to add in if you're not keeping a lot of magnesium from your diet which you can do if you're getting a lot of green foods and green super foods in. It's something you can take right before bed, take a couple of teaspoons in a nice small cup of water, 4 or 6 ounces.

What you're going to find is it's going to improve your sleep quality, it's going to improve your digestion, it's just going to make you feel better. And it's because our bodies are so lacking magnesium, like 90%+ of the population is deficient of this mineral. But the main thing that why I brought it up is that your muscles need it.

So when we're eating some random diet where we're just eating I don't know cabbage like the cabbage diet, cabbage is awesome. Or some people do like the fat food diet where you just eat fast food or something.

Taco, I think it was like a taco diet or something. But it's so many different diets that cause us to be deficient and you want to avoid those things, you want to really focus on what's real and natural, whole foods, predominantly and then super foods and supplements that we need for our particular body type.

Shelley: Thank you.

Shawn: Definitely.

Shelley: How do we learn what body type we have and what groups of foods are critical?



Shawn: Ok. All right. So here's when we get into the real heart of the stuff is that I base my strategies with my clients, my patients that come into see me, it's based on a medicinal system that has about 5,000 years+ of history. This is the [inaudible] system.

But I've really brought forth and paid attention to the cutting edge research and all the great new innovations that have come out as well and marrying these two things together because we don't even live in that world anymore. But the basic science behind it is very powerful. And I use it, an [inaudible] means of life, "vata" means knowledge of. So this whole system is really looking at the knowledge of life and what is contributing to the well being of the whole human being and this is what holistic health is really about.

So this is going to boil it down very simply for people. We're looking at everybody who is on this call, everybody listening to my voice, you're in one of three categories. Now again, we are holistic, we are actually a blend of all things, we're a blend of all three. But you're going to predominantly be one of these three categories of body type of what is known as *dosha*.

First of all, we'll start with the *vata*. The *Vata* constitution, they tend to be more cold natured, not like personality per say but physically cold. They tend to be thinner and some people, when you're out of balance *Vata*'s can put weight on too, it's not that that's the big marker, but they tend to be thinner. They tend to be more sensitive and that's just kind of a personality trait and they tend to be a little bit more smaller framed. And that's to give you a little bit of basic information.

And *vata*'s work really well with [inaudible] which we'll come back to. Then we have the *Kapha* body types. *Kapha*'s tend to be heavier generally, they tend to be "bigger boned".

Shawn: They tend to avoid or not like damp conditions, they tend to be a little bit, when they're out of balance in particular they tend to be a little bit lazier. They tend to have a larger eye, so they tend to have bigger eyes and that's some of the things just common to the features. There's so many we can go through and when I look at somebody come into my office I can immediately see what *dosha* they are.

Now what's left is we have *pitta*. So *pitta*'s tend to be pretty moderately balanced, they tend to have a really good frame, they tend to be more muscular. Tend to, not always. They tend to be able to lose weight and gain weight with relative ease as compared to everybody else when they really put their mind to it. They tend to be more aggressive, they tend to have more of a fiery aggressive personality and their eyes tend to be sharper, they tend to have more of a piercing gaze to their eyes in the shape of their eyes. Ok. So those are the three *dosha*'s and that's just giving everybody a little bit of heads up and I go way in depth with this in my different programs.



So what I found, and I've taken this science of aryuveda and matched it up with our understanding of today's macronutrients and the macronutrient profile we've got. We've got fats, carbohydrates and proteins, those are the macronutrients. And what we found is that it's not that fat is bad for you, fat is good for you. It's not that carbs are bad for you or good for you, it depends on your body type of which macronutrient is going to run your fat loss better, it's going to run your system better and you have to find that out.

Because you can take a diet, you can take on a low fat diet that worked great for your friend but it just makes you lethargic and it makes you actually gain weight. And I just want to know what is going on here. And this is another big issue, it's not taking your unique individual constitution into consideration. And once people get this it could change the game for them forever.

So what we found is that the vata constitution that we've already covered, they tend to work really well with fat. They tend to work really well with the higher percentage of fat in their diet. And I'm not saying that the majority of their diet is fat, it's just the ratio. If they have 40% fat, 40% protein, 20% carbohydrate or you can switch the numbers with the carbohydrates and protein. But just having a little bit higher ratio as compared to everybody else. And again we're all of these, our bodies are always in flux but we're generally one of these.

Shawn: Vitta's tend to be colder and fat is like insulation, really really important to get high quality fat. So there's going to be things like coconut oil works great for vata's. They can just eat it straight and it's like a thyroid tonic. We can look at great fats like avocados and great fats like what are coming from seeds from walnuts and almonds and macadamia nuts, wonderful for vata constitutions. And what they're going to find is that their body fat is going to get in check and they're also going to feel more insulated, they're not going to be as cold as they normally all kind of like a big [inaudible] and got to have a heater by them and all this stuff.

And so what that leaves next is kapha body types. Kapha's, the people who tend to actually be heavier and heavier constitution surprisingly they work really really well with carbohydrates. So counterintuitive to what we've been taught, if somebody comes in and they want to lose weight you tend to restrict the carbs and that works great for people who have a certain body type. But for kapha's you can actually throw the system out of wack.

So we're not talking about carbohydrates in the form of grains and rice and all that stuff we talked about earlier, that's not the deal, that's not the stuff that's really going to do it. As well as eating a really high amount of high glycolic fruit, that's not necessarily the place to look either.



There's this really interesting class of foods that are really rich in carbohydrates called vegetable that work really great for kapha body types. So they want to have a higher, it's not that they can't have some cashew ice cream or they can't have whatever particular thing they love but they need to have a high ratio of vegetables than everybody else and every other body type.

And that can really fuel their path and also juices works really well for kapha body types. All right so that leaves up with pitta's and we've already covered fats and carbohydrates so what's left?

Shelley: Protein.

Shawn: You got it. The pitta's work really well with a higher ratio of protein in their diet and I've got to give a caveat here that a lot of people hear this including myself, I took on vegan lifestyle five years. I'm a pitta body type by far, I'm like the prototype of the pitta body. Where am I getting my protein from if I'm taking on a vegan approach. The interesting thing about pitta's is that they actually make the best vegetarians and it's not so much about a physical thing, it's about a personality thing.

They're aggressive and they're going to drive through anything and they're going to make it work and that's just kind of the attitude I have even though eventually I did run into some particular deficiencies which just adding in a little bit of whatever particular animal foods somebody might need for their body type. It couldn't be something as simple as marine phytoplankton or algae oil or fish oil can give you a DHA and EPA that your body requires for you to actually function at a high level.

So that's pretty much it, that's the overview and the summation of looking at and finding out what particular body type you are and in several of my programs, one in particular we really take people through and getting a good questionnaire to really drill down and find out what that is and what foods work the best for each body type. So that's that. So if people can walk away with another big nugget here, it's like you got to find out what body type you are.

Shelley: And speaking of that, you've designed a powerful training technique to help burn more fat for up to 72 hours after your workout. I love learning these kinds of approaches because our time is valuable. Please share what this technique is and how it works.

Shawn: Ok. I'm going to make this really simple and power packed and the point if possible. The key with exercise, not about quantity. That's what most people are focused on. I've been at the gym for two hours and stuff. It's all about quality. It's about the quality and intensity, not the duration. It's never like that at anything.



You can eat a ton of iceberg lettuce and be like I'm super healthy when in actuality it's just a bunch of quantity that you're getting in but you're not getting the real nutrients when you can eat just one kaofalid [sp] and get ten times more nutrition that you got from eating 17 bowls of iceberg lettuce and I hope that makes sense for everybody.

The same thing applies to exercise and what we need to do, and this is something that it's been scientifically proven there's two basic modalities, one of them is something that I've been utilizing for ten years with a strength and conditioning coach which has had amazing effects with myself and my clients.

One of them, and this is the one many people have heard of that's really coming to the forefront that we began back when I was in track and working with my coaches is high intensity interval training. And this is doing intelligently structured sprints, it could be sprinting on a bicycle, you know bicycle or something like the elliptical machine or sprinting on a track or outdoors, whatever the case may be it's opening up a specific glycolytic pathway that you can't get access to if you're doing that slow, traditional, cardio-confessional that I call it that people do.

Shawn: I've seen them come in after the holidays and they're in the gym and they're doing their hour on the treadmill or on the elliptical doing their cardio-confessional trying to burn off what they ate which they'll never do that. You can't burn off a Big Mac or you can't burn off a pound cake in one hour working at that pace, it's just impossible. We're looking at 1000 calories versus you working your behind off to burn off 500. And that's just the paradigm that we're thinking from and we're thinking a long way.

What we want to look at is how do we make our bodies more efficient at burning fat. And here's the issue is that when you're doing that long drawn out, slow cardio just jogging for an hour, whatever the case may be if you feel that that's something that gives you peace of mind, if you feel like exercise is something that helps you to clear your mind, you feel good, something you love to do by all means do it because it's all about love and feeling good.

But if you're doing it for the form of exercise and losing fat, you signed up for the wrong plan because we have a very interesting thing called our evolutionary biology that's in place and we talked about this in our hormones.

If you're running consistently for a hour your evolutionary biology is thinking, "I'm running after my prey," or "Something is running after me for an hour and I'm not seeming to get away from it." So our bodies are actually going to start to excrete more stress hormones. And this is real, this is factually known. In particular cortisol.



And this going to cause you to actually store more fat. And you can do this and go across the gyms all across the country, you're going to tend to see the people that are the least out of shape or actually on the cardiovascular machine for an hour.

And this something, I'm sorry if I'm hurting anybody's feelings by this but I really do care about you, I care about people and I want to see them doing the best thing for their body and doing it slow during our cardio we're literally—our bodies are excreting cortisol to store more fat because your body is thinking, "I need to hide, maybe I can hide in a cave up a tree and I actually need to live off my fat because something has been chasing me for an hour," or "I've been chasing [inaudible] for an hour and I'm not going to get to eat today." So we wouldn't have that problem today if we were eating more [inaudible]. But if we're running after our food and we never get to it our body is like, "I need to store more fat because today was not successful." So you're working against that.

Running on a treadmill is a new invention, it's just been around for a couple of decades. Our human species has been around for eons so this is why high intensity intervals are so effective because you go full out sprinting from 10 to 30 to 40 seconds, whatever the case may be, there's so many different ways to structure this and you need to know how to do it though. And then you maybe go into a very deep rest of just walking, of going very very slow. And it's sort of like you're running, you got away and now you can relax.

We're talking about your autonomic nervous system here. And scientifically what is happening is when you're doing that slow cardio it's kind of cleaving off certain glycogen molecules basically from your muscles, it's causing one at a time to kind of release in the sequence. It's just cleaving off the sugar, boom boom boom boom, and remember sugar get's stored as fat.

When you do a sprint, when you do a high intensity interval it's cleaving off thousands of glycogen molecules in that one intense moment and then it actually begins, and this is the coolest part about it is that it actually begins to create an exponential process to where those molecules go and cleave off more and cleave off more. This is why people that sprint, you can look at the Olympics, the sprinters are super lean. Long distance runners tend to—not all the time, but they tend to look older, they tend to look more stressed, they tend to look more stressed in their face, their bodies tend to have a lot more injuries and all those kinds of things and you don't see that in sprinters.

So and I hope that's giving people like a really visceral understanding of like something they can look at. So what we want to do is focus on utilizing high intensity intervals most definitely. And I spent a lot of time on that, there's a little bit more to it but what I've really focused on, what I've created in my practice is that it's called high intensity structured supersets.



So this is utilizing actual strength training exercises because our body functions and burns fat as a whole so we want to focus on utilizing our upper body too and we can't do that when we're running or riding on a bike.

It's actually utilizing non competing muscle groups to do superset trainings in ways that have a lot of variety, that are fun, but you do the work and you rest. You do the work intensely, then you rest. And this is something that can literally take you less than 10 minutes a day and this is very very well proven. And the great news is that, and I mentioned this with the high intensity intervals as well, because of that exponential process that happens your body illicit another program, another fat burning program to block the uptake of more sugar for up to 72 hours.

Shelley: Really.

Shawn: Your metabolic fire is burning for several days after doing an intense workout like that and that's the real benefit of it. It's just one of those things like once you try it and utilize it for a week or two and you start to see that you're waist is starting to slim down it's just the most miraculous thing. But it's not a miracle, it's just the way that our bodies function and it's working with the parameters of how our bodies actually work.

Shelley: I guess this would be part of our weight loss programs and I know you've created an impressive weight loss program called The Fat Loss Code. It's literally changed thousands of people's lives. So how does the fat loss code work on a step by step basis to lose weight?

Shawn: Ok. Well the fat loss code is literally ten years of my experience going into sharing all these tips and tactics and strategies step by step. It's a lot of hand holding because a lot of people have come from a place where they struggled trying every diet under the sun and then it's just kind of like what now, what next, I'm going to try this other thing it's going to fail and I'm not having that. We're addressing number one, learning about your body's main fat burning organs. And you're becoming an expert because my goal for every person who gets my program is to walk away not needing me anymore, actually being the expert themselves and mastering their body and it doesn't even take that tremendous amount of work.

It takes tremendous amount of work if you try to do it yourself. And what we learned is we want to stand on the solders of giants. We want to take what our ancestors and our great teachers and people like myself who worked in the field every single day thousands and thousands of hours of research to provide this stuff, take what we know, use it and get the benefit and you go and enjoy your life and give your own gifts and talents. But you're not going to be able to do that without having a healthy body to experience all this stuff in.



Number two we go through and actually train people on discovering that metabolic type, how they eat for their metabolic type. We go into the biggest key at all in this program of all which is getting your inner game together.

Because once I teach you how your fat burning organs work and how to turn all your fat burning programs, once I teach you exactly what foods, all the abundance, the lay of food that you get to have---the best food you've ever had in your life hasn't even crossed your lips yet that can help you to lose all the weight you want, have all the energy you want, you haven't even had it yet.

Because if you did you wouldn't be having this conversation. You get to have that? If you have those two things and you can't do it, it's because you've got inner conflicts. You've got to get your inner game together and get your mindset focused and literally shifted to being the type of person who can actually be healthy. So it's just who you are.

You don't run around chasing after how you be attracted to you by the person that you've become. With that said, The Fat Loss Code was the basis cesspool eBook that I put out and somebody just sent me a message on Facebook the other day and they lost 65 pounds.

Shelley: Wow.

Shawn: [inaudible] with me and they just utilized the program. Somebody else lost over 100 pounds. I get these stories all the time but this is the most recent. Here is the thing that you lose this weight when they do it in a way that actually works with their biology. It doesn't just look like oh they lost weight where somebody can just look weird. They look like a greater version of themselves. She is absolutely gorgeous, she's just so beautiful and It's just kind of hidden under stuff and just utilizing the strategy in the book.

So that was just using the book but what I've seen is that people need even more accountability, they need—it's really challenging if you don't have the support. When you're taking on a different lifestyle what we've actually done is taken the book and we've turned it into a five week program. And I've been working my behind off on this for many many months now to get this done because it's coming with a lot of multimedia stuff, tons of instructional stuff, you're getting to go into the gym with me and learn all these different strategies I've used with my clients and it's actually going to be drawn out over five weeks.

So each week you're getting one lesson you're going to get kind of mastered and you're going to have a specific assignment to do to get results and then come back and do the next thing.



And at the end of the program looking at a minimum of what's been seen on the program where people just utilize the book itself is two weeks, three and a half inch lost on your waist size average. Some people don't have that much to lose but some people do, but that's where we found to be the average.

Shelley: Thank you for doing this, thank you for our listeners. You have so much experience with people approaching weight loss or health concerns. We know that when you go down this path, roadblocks come up. What would be, in your experience roadblocks and how do you and your programs, how do you teach to break through these roadblocks?

Shawn: Ok. Well this might be the most important part of this whole talk and this is the part where we're going to get really real and I'm going to be super honest with you. The person who I just mentioned that sent that message to me on Facebook, she shared a story with me and when she started off on the program she lost about 20 pounds, 25 pounds things in her life started to change. She didn't know that she was going to end up breaking up with her boyfriend, her fiancé.

Shawn: She didn't know that she going to end up changing jobs and being afraid of going out on her own and having [inaudible] lived in all these different things, when she started to change, when her body started to change new found respect came to her body. She was actually in an abusive relationship and she got out of it and she actually had the courage and the strength to do that.

When you actually change, when you begin to change your health and transform your body and become the person that you're here to be, the people around you are going to change as well. And it's not saying—people have to be prepared for this and a lot of people do not share this with people and I don't want you to be shocked if this happens to happen to you.

But the people who really love you and care about you, they're going to be there. And the people who are going to make this process harder for you, it's really important to understand that it's not that they don't love and care about you, it's that when you start to change it's a direct reflection back to them about what they need to be doing in their life.

And they might start to challenge you and they basically want to keep you where they are because it's going to force them to have to pull themselves up. So they are [inaudible] underneath the surface a primitive rain when talking about our amygdala and other parts of our brain about more so about let me pull them back down to my level so I don't have to feel uncomfortable. And this is not about comfort, it's about achievement and it's about getting yourself to certain levels where you do feel comfortable but that takes work. And that's a big understanding people need to know that.



But the thing is also the job that she's moved to, she was very afraid at first, the job that she's moved to she loves so much more than the job she was at. And the crazy part, this sounds like it's made up but now she lives in a mansion, it's not hers, it was like a friend of the family's over a million dollar mansion in Chicago somewhere. A friend of the family who found out what she had went through with her boyfriend, all of those things said, "Hey, come stay with me," so she's been living in a mansion for several months now and just—I'm super proud of her. The stuff around you is going to change and you need to have strategies and tactics and you need to have good energy around you and a really positive support system.

Shawn: The key here is immersion, you need to immerse yourself in all the good stuff that you want your life to be. And I like to take a more subtle approach with my clients.

We don't have to go back and find out what happened in your childhood that made you this way. Although that stuff can be helpful, but it's like when we're dealing with that stuff it's like a story that you're carrying around and it's actually inhibiting you from living the life that you're here to live because it literally doesn't even exist anymore, it's something from the past that we bring up response when we feel threatened. And we have to change our story and we have to start understand. We literally get to write the story from here on out.

And what I typically do is take my client through a refrain process in helping them to see the gift in the challenge that they've gone through with their health, with their weight and how actually it's going to lend itself to being a even greater of themselves plus having an incredible story and experience to be able to help others.

And that's where it really becomes permanent is when you transform your body everybody listening to me, and when you actually get the result that you want and you start to share it with other people, that's what makes it long term. It has to get anchored in by you becoming a teacher yourself. I share with them all the different that I can possibly share in that program and because everybody is different and you've got different angles or different life experiences that we're coloring things through. But I don't withhold anything when I work with somebody.

And again, these roadblocks are going to come up definitely but there are strategies that you need to have in your hand to be able to deal with them and keep going on your weight loss.

Shelley: Oh thank you, it just sounds so empowering; you know the whole holistic approach that you go right into how someone is framing their thoughts. What if one of our listeners got started today then with the Fat Loss Code program. What would their lives look like 30 days from now say?



Shawn: Ok well first of all you can be assured that the average off the waist size in two weeks, this is the average that we've been recording over the past five or six years, three and a half inches off your waist in two weeks, that average. Some people do more. The record, and this sounds crazy, the record was 11 ½ inches off in 17 days.

Now this person had a lot to lose obviously. We couldn't even get the measuring tape around them. They came in for their checkup, it was 17 days later and I was expecting to be closer of course but I put the measuring tape around her and my hands crossed over and I was like, "Oh my god, this is insane."

That's number one, more vitality because you're doing this in a way, it's not some diet, this is not about dieting, that's about restriction, it's about deprivation. It doesn't feel good, it has an need date. This is about doing things that actually feel good and learning how to eat food that you really enjoy but in combinations and percentages that work well for your body type.

A shift in the overall body composition is going to happen; the tone, the posture, the musculature. And more than anything that I said, it's a falling in love with yourself, developing a closer relationship with your body and more so I want to inspire people and this is my mandate here, is to fall in love with health and learning to where you just love to learn about this stuff and it becomes who you are, that's the greatest thing that will happen within 30 days of them taking advantage of that program.

Shelley: Wow, that's where so much creation can happen in your life. Like the recent success story of this woman losing 65 pounds, she just started to introduce more and more love in her life and her health just started to show and radiate that so wow.

Shawn: She made room for it. She got rid of the stuff that was blocking her abundance, her blessings. A lot of people hang onto those things, those people in our lives who are negative or maybe holding us back in fear that no one else will love us, no one else will have the same kind of understanding when that's not true, there's other people on the planet. The most incredible people that are wanting to come into your life you make room for them. But if you're wasting your time trying to get people to help you, to be supportive of you rather than just focusing on yourself.

It's just like when you get on an airplane, put your mask on first, then your child's mask, take care of you first, get yourself to a state of incredible health and vitality, love, compassion and energy, then you will find it will be—you'll have to literally reject good people. You know good people will be coming in and everybody will want to do something with you and it's like much a high quality problem.



And I'm challenged with that still today of like actually being able to say no to some things because so many wonderful things have happened where I started this 12 years ago, laid out in floor playing video games and ordering pizza and by myself in misery.

I'm coming from that place and I know it's possible for everybody and I hope everybody has compassion on me for the passion and enthusiasm I've spoke with today is because I really care about people and I know the stuff can help them.

Shelley: Yeah. I think your passion is something that is felt and can be taken home with. This is where I want people to know how they can get a hold of you. I do have some practical questions for you but I want—

Shawn: The number one way to get access to me is my site, it's theshawnstevensonmodel.com. There is a tremendous amount of free videos, articles that I've written over the last few years, all my media appearances, TV stuff I've been on, just so much valuable stuff that if people want to do their homework and just spend a lot of time there they can get schooled big time and be able to transform their lives and a lot of people have done that.

Shelley: Practical questions. Yes ok so if someone wants to make a change in their next meal today. So what would you recommend as a food or beverage to avoid to lose weight?

Shawn: This is easy. For me, and this is pretty much across the board, grains. We want to avoid grains at all cost and this is directly linked to what I talked about earlier, the amlopathin [sp] A and that huge spike in blood sugar that we get from that.

Some people do this is on purpose like if they're an endurance athlete or something and they try to load up their blood glycogen and load up their liver glycogen so they can run off of that, that would be a way to go about it but it's not something that is going to be healthy long term.

Shawn: That's why we also see a lot of people break down when utilizing this protocol and grains are something that number one, of course we're talking about insulin resistance, associated with this and we're also talking about that gut damage, leaky gut syndrome is the big catch phrase now. It's a very real thing and it's from putting food into our body that these are called neolistic foods, they haven't been around that long, these are new foods.

And as soon as we started agriculture we can see the bone structure begin to change and we became smaller framed. The degeneration of the teeth and the bones, cancers.



In there we look at archaeological spots where 30,000 years ago robust health, very rare traces of cardiovascular or cancer or whatever they could find. But then where grains started when we started farming we can see 8,000 years ago where you can see the damage that it's taken. And it sounds crazy I know because we came from this paradigm, I came from that too, learning about meat, whole grains, but guess what – if you look around you, how many people are healthy and they're following this. So we've just got to take a real gut check and just eliminate grains. Do it for 30 days and see how much more vitality you have and how your waist begins to get smaller and how much inflammation goes down.

So that's that one.

Shelley: Ok. Thank you. And the other thing we're just really wanting to get across too in this weight loss summit is the GMO and grains tend to be the one thing that is being affected quite a bit, especially wheat. So—

Shawn: Yes.

Shelley: --if you're avoiding it anyways you don't have to worry about the GMO grains.

Shawn: Exactly, avoid the whole situation, that's the best strategy.

Shelley: Yeah. So and if you could recommend a food or supplement even to add.

Shawn: Ok. Well that one, there's so many. But I'm just going to go with something super simple that a lot of people know about but they're not taking advantage of it because they don't get the habitual connection I'm going to give them; Vitamin C. Vitamin C.

Shawn: When your body is in a state of inflammation, and this is another take away that you're not overweight, do not call yourself overweight again, you're over-inflamed. You can call it that or you can say that I'm over acid. You got to change that voice in your head and how you're responding and talking to yourself.

Again our bodies are doing these processes to actually protect us and your body is in a state of chronic inflammation. And that's what that stuff is it's inflammation. When your body is in a state of inflammation which is a form of pain actually, a lot of stress goes onto our organs because of that.

Well what's been founded is that you need actually about 30-50% more Vitamin C to actually deal with the inflammation. So you need Vitamin C more than anybody if you're wanting to get rid of wheat because it's like a buffer, it's a very powerful anti-oxidant responsible for several bio-chemical processes.



Of course it's critical for your immune system and all that stuff and your immune system is actually going to be fighting with fat because it's like a foreign invader and that's a whole other topic.

But Vitamin C and I love it in the form of whole foods, super foods as possible. So things like canucanuberry, I don't know why they said it twice but anima berry is another one coming from the [inaudible] system. What else we've got, acerola [sp], that's another great one. So you can get these little cold process super food powders, makes a little fancy lemonade drinks with them and add it to them and get a super dose of Vitamin C and that can help you to lose weight surprisingly. But you got to do it.

Shelley: Yeah. There are just so many benefits like your skin, your liver, everything. That Vitamin C is a good one. Ok so you have the high intensity interval training. If you could recommend a physical exercise that they can start with the interval training like that, what would it be?

Shawn: Ok. Well they can do a non-competing muscle group super set which is the basics and you can do this—there's a beginning, intermediate, advanced levels in the Fat Loss Code program. Beginner level is doing a form of a press exercise followed by a non competing muscle group which would be something with your legs. So you can do a body weight squat which there are several, you can do a air squat, you can do a prisoner squat, T-squat, we've got videos for all this stuff. But just the basic body weight squat with proper form and intensity, that's a big key followed immediately go into a press which can be a push up, it can be a long push up if you're not that strong yet, it can be an elevated push up if you're not that strong yet but you're a little bit stronger. It can be a noon push up, it can be a one armed push up if you're more advanced. It could be an Hindu push up.

Shawn: So you do these things back to back very intensely and you've got to be able to change the speed as well and then you rest. And then you repeat it. So that's one thing, people can literally as soon as they get off this call stand up, warm their body up, walk in place or whatever, do 20 body weight squats and immediately go into whatever form of push up you can do. If you're not that strong yet you can find like a counter or a table or something that's sturdy.

Be cognizant, you don't want to hurt yourself and you can do some pushups right now focusing on developing your triceps, your anterior deltoids and your chest muscles. And all those really are powerful muscles for burning fat. We just do a simple curl we're working only one muscle, well mainly one muscle. If you're doing a compound movement like a push up, you're working three really strong muscle groups and the more muscle that you're getting to work, the more fact that you're going to burn.



Shelley: Beautiful. Any other techniques or practices you'd advise to help further the weight loss process?

Shawn: Ok. Yes. I have a big smile on my face. This is again, another one of those things that this is the most important part which is in this weight loss process, community is very important.

To have individuals who are not just holding you accountable but care about you and that are supporting you, that are showing you love and appreciation for you taking better care of yourself, it's so important. And it's not that you have to have it, it's not many things in the world that we have to have but it just makes the process so much more graceful and enjoyable.

And whenever you do run into a roadblock it helps you to transition through that thing, develop a new quality and feel better than you had before. So that's very very important is being a part of a strategic community, this is why I agreed to be a part of this is that I really saw that the community here was very powerful, profound in what everybody is teaching is very very valuable. So community is tops.

Also I'd say practice laughter. Laughing is actually an anti-inflammatory process. We require happiness, we require laughter and this actually turns on certain genetic expressions and it releases certain endorphins and endorphins [sp] to be happy and joyful and to laugh. So that is another thing and it's not that [inaudible] to do, you might make a decision to be happy. And for me it's not hard for me to do, especially now that I've got a little baby boy and he's always doing some random things and making me laugh. So that's another one.

The last one I'm going to share is touch. The human being, the human entity requires touch, we require exposure to love and affection. What's been seen in many many studies is that babies who are born premature, when they're kept in incubators and fed through just random bottle feedings and that's that, they wouldn't develop properly and many of them would actually die according to the studies.

What they found is that the ones that were held and touched and carried by the nurses more, thrived and actually developed like twice the body size of the ones who weren't exposed to that touch.

And these studies are kind of messed up because touch all the babies, take care of them, we get real profound information that touch is very very important and it doesn't stop when you become a so-called adult.



We're just big versions of babies and kids anyway. So if you don't have a significant other who you trust and who cares about you in this fashion, treat yourself, get a massage, oh my goodness it could be so valuable at healing and also getting rid of a lot of emotional stuff and working out as far as your lymphatic system, getting your body clean and clear to be able to lose weight. And that's that.

Shelley: You know it's just an amazing interview Shawn. And I thank you for taking the time to share your passion and wisdom with us because I know so many of our listeners will benefit from your powerful approach and just your wisdom so thank you. We're just so grateful for the work you're doing.

Shawn: Well thank you, I appreciate it. I had a great time, thank you guys, thank you so much.

Shelley: Yeah. Ok. Well you take care and have a beautiful day.

Shawn: Ok. Thank you. Bye bye.

Shelley: Ok bye now.



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