<Untitled Chapter 1>

where you're getting all these symptoms where you're getting all these symptoms and no one's giving you answers, you and no one's giving you answers, you know, sort of a lot of bloody diarrhea know, sort of a lot of bloody diarrhea and loose stools and running to the and loose stools and running to the toilet, you know, not being able to work toilet, you know, not being able to work for months and months until you get a for months and months until you get a diagnosis really.

diagnosis really. >> Yeah. So, at the end of the day, it's >> Yeah. So, at the end of the day, it's sort of like a kind of a gift at the end sort of like a kind of a gift at the end of the day in terms of all that kind of of the day in terms of all that kind of stuff. It changes your life in much more stuff.

Luke's IBD Journey

It changes your life in much more positive way in other aspects. positive way in other aspects. Hey everyone, we got a special story Hey everyone, we got a special story today with my man here, Luke, who's today with my man here, Luke, who's going to share his experience overcoming going to share his experience overcoming IBD symptoms and getting back in the IBD symptoms and getting back in the gym, being able to gain weight, get in gym, being able to gain weight, get in the best shape of his life, and be able the best shape of his life, and be able to deal with some of these root issues to deal with some of these root issues affecting his performance, affecting his affecting his performance, affecting his life with IBD, and led by Coach Lindsay life with IBD, and led by Coach Lindsay over the last seven months. Luke, thanks over the last seven months. Luke, thanks so much for being here, sharing your so much for being here, sharing your story with us.

story with us. >> You're very welcome, man. You're very >> You're very welcome, man. You're very welcome. welcome. welcome. >> Yeah. And I know you're coming all the >> Yeah. And I know you're coming all the way from Australia, brother. So, way from Australia, brother. So, everyone knows somehow this got everyone knows somehow this got scheduled at 2:00 in the morning his scheduled at 2:00 in the morning his time. So, [laughter] he's I don't know time. So, [laughter] he's I don't know if he's ever going to let me down on if he's ever going to let me down on that one, but that one, but >> someone's getting in trouble.

>> someone's getting in trouble. >> Someone's getting in trouble. Ops is >> Someone's getting in trouble. Ops is getting an email, [laughter] but he he getting an email, [laughter] but he he is here and he is that's the warrior he is here and he is that's the warrior he is that he is up this late to come and is that he is up this late to come and just chat with us and share his just chat with us and share his experience. We really appreciate that.

experience. We really appreciate that. Luke, can you tell us a bit about when Luke, can you tell us a bit about when were you diagnosed and what was that were you diagnosed and what was that like for you and your family?

like for you and your family? >> About 10 years ago. Yeah, 10 years ago >> About 10 years ago. Yeah, 10 years ago now. Pretty low on the dot. now. Pretty low on the dot. >> Wow.

>> Wow. >> Wow. >> It was >> It was >> So, you were 20. >> So, you were 20. >> Yes. 28. Yeah. >> Yes. 28. Yeah. >> You were 28. And you were diagnosed with >> You were 28. And you were diagnosed with what?

what? what? >> Ulcerative colitis. >> Ulcerative colitis. >> Ulcerative colitis. And were you big >> Ulcerative colitis. And were you big into weightlifting, any kind of into weightlifting, any kind of powerlifting back then or was that powerlifting back then or was that >> I wasn't too much into it back then. No.

>> I wasn't too much into it back then. No. Okay. No, this is a more recent thing. Okay. No, this is a more recent thing. Yeah. Yeah. Yeah. >> So, you were just living a normal life?

>> So, you were just living a normal life? You were just a regular old guy? You were just a regular old guy? >> A normal life. >> A normal life. >> Beer. I mean, were you usually, you >> Beer. I mean, were you usually, you know, beers, pizza, fast food, just kind know, beers, pizza, fast food, just kind of doing it normal?

of doing it normal? >> No food intolerances or anything? It was >> No food intolerances or anything? It was just, you know, just, you know, >> so whole life just >> so whole life just >> beers with the boys, having a good time, >> beers with the boys, having a good time, going through uni, no problems. And then going through uni, no problems. And then all of a sudden, what happened, dude?

all of a sudden, what happened, dude? What do you think? I mean, how did this What do you think? I mean, how did this come up? come up? >> It was a long process. It popped up. It >> It was a long process. It popped up. It was kind of one of those sort of was kind of one of those sort of situations where you're getting all situations where you're getting all these symptoms and no one's giving you these symptoms and no one's giving you answers, you know, sort of a lot of answers, you know, sort of a lot of bloody diarrhea and loose stools and bloody diarrhea and loose stools and running to the toilet, you know, not running to the toilet, you know, not being able to work for months and months being able to work for months and months until you get a diagnosis. Really?

until you get a diagnosis. Really? >> And it just started happening out of >> And it just started happening out of nowhere. Can you remember when it nowhere. Can you remember when it started? Was it like, you know, started? Was it like, you know, >> I do I remember exactly. And it was very >> I do I remember exactly. And it was very very quick.

very quick. >> One week I was Yeah, it was one day I >> One week I was Yeah, it was one day I was fine, next day I had a little bit of was fine, next day I had a little bit of a flu and then from there it was just a flu and then from there it was just downhill symptoms. Yeah. So you go to downhill symptoms. Yeah. So you go to the doctors and they're working you up the doctors and they're working you up on different medications until they find on different medications until they find one that starts to help stabilize you one that starts to help stabilize you and that was stellar, right?

and that was stellar, right? >> They put me on Infleximab second. The >> They put me on Infleximab second. The first one was the salazine and just first one was the salazine and just predisolone steroid and a 5A stomach predisolone steroid and a 5A stomach coder and then they biologics.

coder and then they biologics. >> Yeah. And then the biologic wasn't until >> Yeah. And then the biologic wasn't until the second time I was in hospital.

the second time I was in hospital. >> Second time. And how well did the >> Second time. And how well did the biologics work for you for all those biologics work for you for all those years?

years? years? >> The infleximab worked really quickly but >> The infleximab worked really quickly but it didn't last long. It lasted about it didn't last long. It lasted about eight months.

eight months. >> So eight months and then you've got to >> So eight months and then you've got to start switching things up. Did you start start switching things up. Did you start changing your diet? I mean, did you changing your diet? I mean, did you start looking at natural medicine back start looking at natural medicine back then?

then? then? >> It wasn't until the second biologic >> It wasn't until the second biologic failed and then I started looking. Yeah. failed and then I started looking. Yeah.

>> Because now you're getting it's getting >> Because now you're getting it's getting serious. You failed two biologics. The serious. You failed two biologics. The knife has started topic, you know, to knife has started topic, you know, to start consider surgery. It's like, no, start consider surgery. It's like, no, no, no, no, no.

no, no, no, no. >> Yeah. It's like, okay, hang on. Like, >> Yeah. It's like, okay, hang on. Like, what's going on? Why is my body what's going on? Why is my body rejecting all these biologics and rejecting all these biologics and

steroids and steroids and >> very unresponsive to conventional >> very unresponsive to conventional treatment, you know?

treatment, you know? >> And why'd you get cir in the first >> And why'd you get cir in the first place? You were fine all through teenage place?

Why Luke Chose Natural Healing for Ulcerative Colitis

You were fine all through teenage years and your 20s and just out of years and your 20s and just out of nowhere this pops up and then the drugs nowhere this pops up and then the drugs aren't working. So you're going through aren't working. So you're going through this 8 n years and you are starting to this 8 n years and you are starting to do some natural medicine. What made you do some natural medicine. What made you feel like you wanted to look at us in feel like you wanted to look at us in the shield program and you wanted to the shield program and you wanted to really say hey I want to become part of really say hey I want to become part of a community a program and take my a community a program and take my healing and my understanding to the next healing and my understanding to the next level.

level. level. >> Well the the natural medicine shifted >> Well the the natural medicine shifted things within the first couple of months things within the first couple of months of trying of trying >> a few things I've read on the internet.

>> a few things I've read on the internet. >> So you got proof. You said I read a few >> So you got proof. You said I read a few things and you got some proof.

things and you got some proof. >> I read a few things and tried a couple >> I read a few things and tried a couple of things and I felt better. of things and I felt better. >> Yeah.

>> Yeah. >> Yeah. >> But I hadn't felt like that for I don't >> But I hadn't felt like that for I don't know six years man. I hadn't felt know six years man. I hadn't felt normal.

normal. normal. >> So you were just still feeling off even >> So you were just still feeling off even with the medications. You add in with the medications. You add in medicine [clears throat] with the medicine [clears throat] with the conventional medicine and you conventional medicine and you immediately start feeling better than immediately start feeling better than you've been in six, seven years.

you've been in six, seven years. >> Yeah. Straight away. And then I sort of >> Yeah. Straight away. And then I sort of dived into sort of GI mapping and dived into sort of GI mapping and microbiome mapping and that set me off microbiome mapping and that set me off on this course of just deep diving into on this course of just deep diving into >> So you fell. You said this isn't snake >> So you fell. You said this isn't snake oil. This isn't woo woo. This is oil. This isn't woo woo. This is >> better and better. Yeah.

>> better and better. Yeah. >> Just getting better and better. And all >> Just getting better and better. And all of a sudden you're saying, you know, I of a sudden you're saying, you know, I want to be a part of an IBD community. I want to be a part of an IBD community. I want to take my healing to the next want to take my healing to the next level. I know you saw the testimonies level. I know you saw the testimonies and you're in Australia. We work all and you're in Australia. We work all around the world. We have tons of around the world. We have tons of members in Australia, tons of members in Australia, tons of testimonies in Australia. You said, testimonies in Australia.

Luke's Goals for Healing Inflammatory Bowel Disease

You said, "Okay, let's rock and roll." You know, "Okay, let's rock and roll." You know, when you were coming in, what were your when you were coming in, what were your main goals? I've seen you had some maybe main goals? I've seen you had some maybe a little bit of blood.

a little bit of blood. >> Yeah, the main goal was just a couple of >> Yeah, the main goal was just a couple of sort of underlying symptoms that I had sort of underlying symptoms that I had >> that I couldn't sort of get rid of. One >>

that I couldn't sort of get rid of. One of them was like this sort of random of them was like this sort of random constipation that kept coming along.

constipation that kept coming along. >> Um, and the other one was this brain >> Um, and the other one was this brain fog. I just couldn't get rid of the fog. I just couldn't get rid of the brain fog. It kind of kept appearing brain fog. It kind of kept appearing here and there. So that was my main goal here and there.

Ulcerative Colitis Symptoms Before the S.H.I.E.L.D. Program

So that was my main goal to try and clear these sort of little to try and clear these sort of little symptoms that I hadn't been able to symptoms that I hadn't been able to figure out.

figure out. >> Yeah. And then after the constipation, >> Yeah. And then after the constipation, you get pretty strong amount of diarrhea you get pretty strong amount of diarrhea or loose stool. So you weren't getting or loose stool. So you weren't getting consistency and then you some pretty consistency and then you some pretty strong urgency when that came. So when strong urgency when that came. So when you weren't constipated, there was, you you weren't constipated, there was, you know, some pretty strong urgency there, know, some pretty strong urgency there, right? And right? And >> maybe a little bit of cramping pain, a >> maybe a little bit of cramping pain, a little bit of gas here and there and, little bit of gas here and there and, you know, that low energy, really bad you know, that low energy, really bad brain fog. And you know, you'd been on brain fog. And you know, you'd been on two, three biologics for years and said, two, three biologics for years and said, "Okay, let's take it to the next level." "Okay, let's take it to the next level." You'd already done some, you know, You'd already done some, you know, pretty healthy amount of natural pretty healthy amount of natural medicine. And so, medicine.

Results After the S.H.I.E.L.D. Program

And so, >> yes, >> yes, >> yes, >> we started working on that. And what are >> we started working on that. And what are your symptoms now? your symptoms now?

>> There isn't any. No, it's pretty good, >> There isn't any. No, it's pretty good, man. man. man. >> One to two normal bowel movements, no >> One to two normal bowel movements, no brain fog, no urgency, no diarrhea, no brain fog, no urgency, no diarrhea, no cramping pain. Your gut's feeling great.

cramping pain. Your gut's feeling great. >> It's feeling great. Yeah. >> It's feeling great. Yeah. >> Oh, and your doctors are happy. You're >> Oh, and your doctors are happy. You're considered in remission, no problems.

considered in remission, no problems. You're rocking and rolling. You're still You're rocking and rolling. You're still hitting the gym hard. And this is a big hitting the gym hard. And this is a big thing. You're going after your thing. You're going after your performance goals. You're not just performance goals. You're not just trying to survive and saying, "Hey, I'm trying to survive and saying, "Hey, I'm okay." okay." okay." >> You're eating, as you said, 250 grams of >> You're eating, as you said, 250 grams of protein a day. Yeah.

protein a day. Yeah. >> Sitting heavy. going after your dreams, >> Sitting heavy. going after your dreams, working out. You're in your late 30s now working out. You're in your late 30s now and you're feeling great.

and you're feeling great. >> Feeling really good, man. Really, really >> Feeling really good, man. Really, really good. good. good. >> Wow. And what are the I mean, when you >> Wow. And what are the I mean, when you see your doctors, you know, they're not see your doctors, you know, they're not worried about you anymore. They feel worried about you anymore. They feel good. You just keep going along. No good. You just keep going along. No problems. Haven't problems. Haven't >> spoken [laughter] to >> spoken [laughter] to >> Oh, so you've been dodging. Okay.

>> Oh, so you've been dodging. Okay. >> Yeah. I don't need you anymore. >> Yeah. I don't need you anymore. >> Oh, he's feeling good. Okay. I love I >> Oh, he's feeling good. Okay. I love I mean, that's amazing, too, because I mean, that's amazing, too, because I think a lot of people out there who are think a lot of people out there who are

listening or who are going, "Yeah, it's listening or who are going, "Yeah, it's one thing to get my gut right, but it's one thing to get my gut right, but it's another thing to be able to run a another thing to be able to run a marathon, lift like I want to lift, run marathon, lift like I want to lift, run do the performance or athletics like I do the performance or athletics like I want to do." And I know that was hard want to do." And I know that was hard for me cuz personally, Luke, when I was for me cuz personally, Luke, when I was getting back in the gym and I started getting back in the gym and I started lifting heavy, it started disrupting my lifting heavy, it started disrupting my gut again. So, it can be hard for a lot gut again. So, it can be hard for a lot of us to say there's a difference of us to say there's a difference between feeling good and being able to between feeling good and being able to go out there and perform at a high level go out there and perform at a high level without causing reactions in the body.

without causing reactions in the body. Absolutely. Absolutely. Absolutely. >> Right. >> Right. >> Right.

How Fast Luke Saw Results with Holistic IBD Support

>> So, that's tremendous that you're able >> So, that's tremendous that you're able to do both. And let me ask you this. You to do both. And let me ask you this. You know, when you're coming in, you're know, when you're coming in, you're starting hitting this. I mean, this is starting hitting this. I mean, this is not I feel like a lot of testimonies we not I feel like a lot of testimonies we do or we say this pretty pretty often, do or we say this pretty pretty often, but you got and it's not true all the but you got and it's not true all the time and it's not always going to work time and it's not always going to work like this, guys, but you got results like this, guys, but you got results pretty quickly, like brain fog and bowel pretty quickly, like brain fog and bowel movements. Yeah, we we figured that out movements. Yeah, we we figured that out really really quickly actually. Yeah.

really really quickly actually. Yeah. >> And that that was quite debilitating >> And that that was quite debilitating actually. The brain fog was pretty actually.

Luke's IBD Remission Journey Highlights

The brain fog was pretty horrendous if anyone's had it. horrendous if anyone's had it. >> And we found and and I always ask >> And we found and and I always ask everyone when we do these like what's everyone when we do these like what's one thing that really worked for you?

one thing that really worked for you? And I think yours is really unique And I think yours is really unique because we found something that was much because we found something that was much more unique that most people don't think more unique that most people don't think about. What do you think was that like about. What do you think was that like just one thing I know it was a lot of just one thing I know it was a lot of stuff we did but one thing that you stuff we did but one thing that you really think helped with brain fog really think helped with brain fog energy that you did different?

energy that you did different? >> It was the minerals straight away. >> It was the minerals straight away. >> Trace minerals. >> Trace minerals. >> Yeah. Within within the first dose.

>> Yeah. Within within the first dose. Yeah. Literally within about 20 minutes Yeah. Literally within about 20 minutes of taking it. Yeah. Guys, when you work of taking it. Yeah. Guys, when you work out really hard, your body can become out really hard, your body can become depleted. These types of trace minerals depleted. These types of trace minerals or regular electrolytes, magnesium, or regular electrolytes, magnesium, potassium, over 75 different trace potassium, over 75 different trace minerals that when you put them in your minerals that when you put them in your body can be tremendous at helping body body can be tremendous at helping body not only restore energy and not only restore energy and mitochondria, but your ability to detox.

mitochondria, but your ability to detox. Do you know if you're dehydrated, you're Do you know if you're dehydrated, you're missing the trace, you cannot do missing the trace, you cannot do intercellular detoxification. You can't intercellular detoxification. You can't do it. Your body can't handle it. So, do it. Your body can't handle it. So, you can be sitting there doing sauna.

you can be sitting there doing sauna. You can be sitting there doing bofilms. You can be sitting there doing bofilms. You can be sitting there doing wild You can be sitting there doing wild oregano and it won't work at a cellular oregano and it won't work at a cellular level. And the inflammation will not go level. And the inflammation will not go down until you get proper hydration, down until you get proper hydration, trace minerals, electrolytes into the trace minerals, electrolytes into the cells. And so when we came in with Luke cells. And so when we came in with Luke working that hard, once we started working that hard, once we started adding those in, boom, his body got adding those in, boom, his body got ignited to the next level of cellular ignited to the next level of cellular health. So tremendous. Luke, when you health. So tremendous.

Why Expert Coaching Matters for Living with IBD

Luke, when you come into a program like this, how come into a program like this, how important was it to have someone like important was it to have someone like Coach Lindsay be able to do private Coach Lindsay be able to do private coaching, do the DM support, and just be coaching, do the DM support, and just be there with you the whole the whole time?

there with you the whole the whole time? >> Oh, it's brilliant. Yeah, it's just sort >> Oh, it's brilliant. Yeah, it's just sort of you don't have to think. You just of you don't have to think. You just sort of let's do this and this and this.

sort of let's do this and this and this. Yes. Sweet. Done. On your way. You know Yes. Sweet. Done. On your way. You know what I mean? It's just makes your life what I mean? It's just makes your life >> Yeah. And coach Lizzie specifically >> Yeah. And coach Lizzie specifically You're not well you're not second You're not well you're not second guessing.

guessing. guessing. >> Well, even if something doesn't go >> Well, even if something doesn't go right, you get with your team and you right, you get with your team and you you talk about it, right?

you talk about it, right? >> Yes. Correct. Yes. So, you you're never >> Yes. Correct. Yes. So, you you're never quite sure when you're you know, it's quite sure when you're you know, it's like, "Oh, I'm going to do this, but is like, "Oh, I'm going to do this, but is it the right thing to do?" Because it the right thing to do?" Because there's there's a lot of testing. It's there's there's a lot of testing. It's very expensive. The supplements are very expensive. The supplements are expensive.

expensive. expensive. >> You want to make sure you're sort of >> You want to make sure you're sort of getting the best bang, you know, for getting the best bang, you know, for your buck. Yeah. At the end of the day, your buck. Yeah. At the end of the day, >> and also help someone find, can we just >> and also help someone find, can we just use local and Australian to ship across use local and Australian to ship across the world and, you know, from Europe or the world and, you know, from Europe or ship from the States? Like, and why are ship from the States? Like, and why are we using this and what dose and how long we using this and what dose and how long do we need to be on it? and what is this do we need to be on it? and what is this saying about our lab tests and our saying about our lab tests and our symptom relief and all of that? Really, symptom relief and all of that? Really, really important. And I think also, as really important. And I think also, as you said, if anyone looking for that you said, if anyone looking for that person to go above and beyond, I think person to go above and beyond, I think Coach Lindsay is definitely one of them Coach Lindsay is definitely one of them who goes who goes really far above and who goes who goes really far above and beyond to make sure people are taken beyond to make sure people are taken care of. So, and when you came in, I care of. So, and when you came in, I think you actually did I believe it was think you actually did I believe it was Abby was who you spoke with because you Abby was who you spoke with because you did a free call, right?

did a free call, right? >> Yes. Yeah. Yeah, that's right. Yeah. >> Yes. Yeah. Yeah, that's right. Yeah. >> And when you when you first came in and >> And when you when you first came in and you were saying, "Okay, we'll see." Did you were saying, "Okay, we'll see." Did that call kind of suffice to say, "Okay, that call kind of suffice to say, "Okay, this is a trustworthy. This is real.

this is a trustworthy. This is real. this is what I'm looking for. this is what I'm looking for. >> You know, because it's a

free session to >> You know, because it's a free session to just deep dive on what's going on. So, just deep dive on what's going on. So, >> yeah, absolutely. Very comfortable with >> yeah, absolutely. Very comfortable with the service is brilliant. Yeah.

the service is brilliant. Yeah. >> Beautiful. And anyone out there >> Beautiful. And anyone out there listening with this, if you want to work listening with this, if you want to work with co Lindsay, Coach Lindsay as well, with co Lindsay, Coach Lindsay as well, and you also want to talk with Abby, and you also want to talk with Abby, there's a link right below this where there's a link right below this where you can do a free session just like Luke you can do a free session just like Luke did. And you can also say, "Hey, I want did.

Coach Linsy on What Helped Luke Heal His IBD

And you can also say, "Hey, I want to work with Lindsay and re uh request to work with Lindsay and re uh request Lindsay." Why do you think Luke was Lindsay." Why do you think Luke was successful? I mean, seems like a big big successful? I mean, seems like a big big powerful teddy bear of a man who's the powerful teddy bear of a man who's the nicest guy nicest guy >> around. [laughter] >> around. [laughter] What What do you think are some What What do you think are some highlights for anyone out there highlights for anyone out there listening that you think helped him be listening that you think helped him be successful? I think a lot of the traits successful? I think a lot of the traits he was doing the last eight years is one he was doing the last eight years is one reason, but what do you think?

reason, but what do you think? >> Yeah, totally. Yeah, a couple of things. >> Yeah, totally. Yeah, a couple of things. I think one, his personality and energy, I think one, his personality and energy, his frequency, it's just like his frequency, it's just like contagious, right? But I think that goes contagious, right? But I think that goes a long way with how somebody is going to a long way with how somebody is going to be coming into the program as well be coming into the program as well because a lot of us are frustrated, because a lot of us are frustrated, panicked, like we're scared about panicked, like we're scared about symptoms. we come in. But I think like symptoms. we come in. But I think like holding with it and just his positive holding with it and just his positive nature, it was just like I just feel nature, it was just like I just feel like it had a snowball effect, right, like it had a snowball effect, right, when he gained more and more confidence when he gained more and more confidence in what we were doing and getting the in what we were doing and getting the results. Super tenacious. [laughter] results. Super tenacious. [laughter] >> I love that Luke just kind of went after >> I love that Luke just kind of went after everything, right? Just like a bull. He everything, right? Just like a bull. He was just going after it. And I think he was just going after it. And I think he took a lot of the suggestions I would took a lot of the suggestions I would just immediately implement. So I think just immediately implement. So I think kind of in my opinion a combination of kind of in my opinion a combination of those three, of course, in addition to those three, of course, in addition to our protocols. Oh, and also him being so our protocols. Oh, and also him being so open, right, with being, hey, let's try open, right, with being, hey, let's try this at this time of day or let's try it this at this time of day or let's try it this way to amplify those results. So, I this way to amplify those results. So, I would kind of say those four things, I would kind of say those four things, I think, is what we got such like a steal think, is what we got such like a steal like so quickly.

like so quickly. >> Oh, yeah. And we always want like we >> Oh, yeah. And we always want like we want everyone to get perfect results in, want everyone to get perfect results in, you know, a matter of weeks, you know, you know, a matter of weeks, you know, it's not always that easy. Luke, what it's not always that easy. Luke, what would you say? I mean, to anyone out would you say?

Luke's Advice for Anyone Living with IBD

I mean, to anyone out there who's dealing with IBD, you've had there who's dealing with IBD, you've had this for 10 years. You went through this for 10 years. You went through conventional, which has its benefits.

conventional, which has its benefits. Naturals changed your life. you're doing Naturals changed your life. you're doing this, you know, you're working with us this, you know, you're working with us from the other side of the world and I from the other side of the world and I know there's a lot of people around the know there's a lot of people around the world suffering. What would you say to world suffering. What would you say to people out there? IBD,

maybe they're people out there? IBD, maybe they're athletes, bodybuilders, powerliffters.

athletes, bodybuilders, powerliffters. What would you say to anyone out there What would you say to anyone out there who's just dealing with this and just, who's just dealing with this and just, you know, you're with your buddy, he you know, you're with your buddy, he gets diagnosed, you've been this for 10 gets diagnosed, you've been this for 10 years.

years. years. >> What do you say? >> What do you say? >> Yeah, I think I think you've got to >> Yeah, I think I think you've got to you've got to try things. You've got to you've got to try things. You've got to sort of, you know, you got to do the sort of, you know, you got to do the testing. You've got to try things.

testing. You've got to try things. You've got to sort of try and commit You've got to sort of try and commit give commit yourself to something like give commit yourself to something like this program is is brilliant for sort of this program is is brilliant for sort of someone who's new and who doesn't know someone who's new and who doesn't know where to start, I think. But you've got where to start, I think. But you've got to sort of really invest yourself into to sort of really invest yourself into trying things that's will shift in a trying things that's will shift in a better way because it's not quick is it?

better way because it's not quick is it? It's slow. It's a slow process. Takes It's slow. It's a slow process. Takes time. But you've got to start somewhere.

time. But you've got to start somewhere. You've really got to start. And you know You've really got to start. And you know it because I think it's definitely worth it because I think it's definitely worth it. Definitely. Definitely. It is. No it. Definitely. Definitely. It is. No doubt about it.

doubt about it. >> And all three of us know this because >> And all three of us know this because all three of us were diagnosed with all three of us were diagnosed with ulcerative colitis. I was diagnosed with ulcerative colitis. I was diagnosed with Crohn's as well. Lindsay got diagnosed Crohn's as well. Lindsay got diagnosed as a teenager as a young girl. I was as a teenager as a young girl. I was diagnosed at 19. You were at 27 years diagnosed at 19. You were at 27 years old. We all have been done this. You got old. We all have been done this. You got to start somewhere. You got to get in to start somewhere. You got to get in there, Luke.

there, Luke. >> Get in there. Yeah. >> Get in there. Yeah. >> Yeah. You got to get in there. And a >> Yeah. You got to get in there. And a scale of one to 10, it doesn't matter. I scale of one to 10, it doesn't matter. I think you're a perfect example. It think you're a perfect example. It doesn't matter if you're doing the doesn't matter if you're doing the medications or not doing the medications or not doing the medications. You got to put the work in medications. You got to put the work in every day. The medication is not an every day. The medication is not an excuse not to do and figure this stuff excuse not to do and figure this stuff out.

out. out. >> One out of 10. How important is >> One out of 10. How important is nutrition to getting your your body nutrition to getting your your body stable and healthy?

stable and healthy? >> It's 10. >> It's 10. >> It's 10. We all agree it's 10. What >> It's 10. We all agree it's 10. What about staying away from, you know, crazy about staying away from, you know, crazy stuff like, you know, alcohol all the stuff like, you know, alcohol all the time, smoking too much stuff or, you time, smoking too much stuff or, you know, taking too many other types of know, taking too many other types of medications? Have you found that that's medications? Have you found that that's have been a big influence on your gut?

have been a big influence on your gut? >> Yeah, 100%. Absolutely. Yeah. I mean, >> Yeah, 100%. Absolutely. Yeah. I mean, that's another 10 for me. I think that's another 10 for me. I think alcohol is a big no.

alcohol is a big no. >> Yeah. If you are flaring, no, I don't >> Yeah. If you are flaring, no, I don't drink at all. No. drink at all. No. >> Yeah. Me neither.

>> Yeah. Me neither. >> I can tolerate it. If I have one or two >> I can tolerate it. If I have one or two when I'm not

flaring, it's fine. It's when I'm not flaring, it's fine. It's perfectly fine. But I think if you know, perfectly fine. But I think if you know, if you're doing it consistently, you got if you're doing it consistently, you got to it's the same thing. You got to look to it's the same thing. You got to look after yourself, man. You can't you your after yourself, man. You can't you your whole lifestyle, it does have to change.

whole lifestyle, it does have to change. >> Let me ask you this. >> Let me ask you this. >> Doing the same things that got you sick. >> Doing the same things that got you sick.

>> Yeah. And I think this is important >> Yeah. And I think this is important because I think there's a certain because I think there's a certain demographic who's going to really relate demographic who's going to really relate with you as a guy. You're 220 lbs, with you as a guy. You're 220 lbs, strong as an ox. You're working out six strong as an ox. You're working out six days a week. You're lifting. You're days a week. You're lifting. You're doing all these things.

doing all these things. >> You're the other side of the world and >> You're the other side of the world and you've been able to get into remission you've been able to get into remission without any symptoms. You're just doing without any symptoms. You're just doing amazing without losing that gift, that amazing without losing that gift, that ability. And you know, the big thing is ability. And you know, the big thing is from what I'm seeing is you just changed from what I'm seeing is you just changed your life. You got away from you said your life. You got away from you said you were having alcohol and fast food you were having alcohol and fast food and just eating crap and you got and just eating crap and you got diagnosed and you weren't even putting diagnosed and you weren't even putting this type of intensity in your body. Now this type of intensity in your body. Now you're better than ever, you know. Last you're better than ever, you know. Last question on it. Do you think everything question on it. Do you think everything you've learned from IBD has reduced the you've learned from IBD has reduced the risk of all the other diseases moving risk of all the other diseases moving forward like all the shifts you've made forward like all the shifts you've made in your life cancer, heart disease, in your life cancer, heart disease, stroke, diabetes, obesity problems.

stroke, diabetes, obesity problems. >> 100%. Absolutely. Yeah. A thousand% >> 100%. Absolutely. Yeah. A thousand% thousand thousand thousand >> 10,000%.

>> 10,000%. >> 10,000%. >> Does that get you somewhat excited that >> Does that get you somewhat excited that even though you went through this at a even though you went through this at a young age, like you're so much more set young age, like you're so much more set >> for how to live a normal health life for >> for how to live a normal health life for the rest of your life without all these the rest of your life without all these other diseases that actually kill you?

other diseases that actually kill you? >> 100%. Yeah. Much more aware of what what >> 100%. Yeah. Much more aware of what what you're doing and consuming. I think it you're doing and consuming. I think it creates you, you know, as a being, creates you, you know, as a being, doesn't it?

doesn't it? >> Yeah. I think sharpens you. >> Yeah. I think sharpens you. >> It does. Yeah. Yeah. So, at the end of >> It does. Yeah. Yeah. So, at the end of the day, it's sort of like a kind of a the day, it's sort of like a kind of a gift at the end of the day in terms of gift at the end of the day in terms of all that kind of stuff. It changes your all that kind of stuff. It changes your life in much more positive way in other life in much more positive way in other aspects.

aspects. aspects. >> If you get over the hill, >> If you get over the hill, >> if you get over the hill, >> if you get over the hill, >> if you say, "I'm this isn't define me.

>> if you say, "I'm this isn't define me. It's not going to swallow me up. I'm It's not going to swallow me up. I'm going to act. I'm going to change my going to act. I'm going to change my life. I'm going to divorce this western life. I'm going to divorce this western thinking of crap food, crap alcohol. I'm thinking of crap food, crap alcohol. I'm going to I'm going to get around other going to I'm going to get around other people who are winning with this." Like people who are winning with this." Like saying like a body like if you want to saying like a body like if you want to get big, you need to be lifting with get big, you need to be lifting with with a a pro. If you want to get your with a a pro. If you

want to get your gut health great, you need to be working gut health great, you need to be working your gut health with pros.

your gut health with pros. >> Yeah. >> Yeah. >> Yeah. >> Which which way is getting you quicker? >> Which which way is getting you quicker? I think that's the easiest way to say I think that's the easiest way to say it. Luke, thank you so much, brother.

it. Luke, thank you so much, brother. Last words for everyone out there Last words for everyone out there listening to your story. listening to your story.

>> I don't think so. I don't know what what >> I don't think so. I don't know what what I think we we've already covered it. I I think we we've already covered it. I think just, you know, you've got to think just, you know, you've got to really you got to really sort of just really you got to really sort of just put in the work. Yeah.

put in the work. Yeah. >> Yeah. Beautiful. >> Yeah. Beautiful. >> Get that change that you're sort of >> Get that change that you're sort of looking for. You know, it's sort of it's looking for. You know, it's sort of it's scary, but I think it's definitely worth scary, but I think it's definitely worth it.

it. it. >> Yeah. And don't And don't do these >> Yeah. And don't And don't do these things at 2 in the morning Australia things at 2 in the morning Australia time.

time. time. >> And not maybe not 2 in the morning. >> And not maybe not 2 in the morning. [music] [music] Heat.