Introduction and Shawn Wellsu2019 Background

– Hey everyone welcome back to the End Chronic Stress, Burnout and Fatigue The Medicine of Mindset Summit, it's Jana Danielson with you back here as we continue this amazing week long event I have who I think is a pretty spectacular person with me today. Now we're just we're new friends and I want to tell you a little bit of how about how I know Mr. Shawn Wells first of all, actually I'm gonna tell you how others know him. So I have a list Alright, these are words that people have used to explain the brilliance that we have in front of us right now. All right, here we go.

In no particular order. – Where did you get this list? – I made it, I did some research on you, I was like creeping on all the stuff online and I was just pulling out, I made my own list, it's like a top 10 list. Amazing, I'm excited to hear this.

Alright, so again, in no particular order how Sean has been described by the people he knows and the lives he's impacted. Alright ingredient Ecologist, a leading voice in the world of nutrition and fitness.

Smartest man on the planet. See I love that because there are days where I feel like I'm the smartest woman on the planet. So everybody here audience, you are in for a treat here's the next bull or the next point he is a rainmaker in supplements, a wizard guide, 100% badass science legend, best supplement formulate er in the world, he has formulated over and these are just some just some facts about this guy.

It is yeah. In his spare time he's formulated over 700 supplements, food beverages and Kozmus. tickles patented over 20 novel ingredients And here's what I love most because you might jump to a conclusion about the success of this man with us today, but Shawn has really personally overcome Epstein Barr virus, chronic fatigue syndrome, depression, insomnia, obesity and a pituitary tumor.

So this is a lesson for all of us. Before we dive in and have our conversation. I think we live in a world where I like to call it the instagram world where we think that everyone's life is like the cherry on top of the ice cream sundae and we scroll through feeds and we see nothing but joy and happiness and the reality is life is not a linear equation. Life is meant to have contrast, Life is meant to have shadows. We can see light like you can't have peanut butter without the jelly right? And so we're going to be talking with Shawn today about a lot of what you've heard here and in particular because we have no one else on the Summit. Talking about the power, the brilliance and sometimes I think the misunderstood value of plant medicine and so if this two minutes has not peaked your interest. Ladies and gentlemen, I don't know what is that was some of my best work leading into an interview.

So with that Shawn welcome so much to The Medicine of Mindset Summit, – Oh my goodness, that was amazing. Thank you. I'm done. I think I'm all done. How would you describe me? I want to know like what's what's the way of describing me in the, I don't know whatever week we got together.

– For sure. So let me just frame this a little bit for everyone. So we Shawn and I and about 100 and 50 plus other people spent a week in paradise in Turks and Caicos and we were part of a wellness experience and every eve except for one over the seven days at six o'clock, there was a group of us that were called in to be into like a mastermind type experience where we just sat and shared, got to know each other for an hour each night and here's how I can explain Shawn. He has the best costumes for the theme night, The best. All right, and that was my one thing I'd get there early because I want to see the grand entrance on what would, what he would walk through the door. So that's number one, All right. Number two auspiciously reserved in this way that you might think he is like just a super shy introvert, but then you see him out with others and you know, and you do such a great job of making people feel heard and important and included.

Mental Health Crisis and the Case for Plant Medicine

And so there's kind of this enigma that was, you know, sitting beside me or near me every, every night and so and you know what that did for me Shawn is it just made me more and more intrigued to want to learn more.

So ladies and gentlemen, every night we got to learn a bit more and all I kept thinking is he needs, you know, I won't say need because need comes from like scarcity, I want him on this stage, I want him on this stage so that we get to and I get to selfishly unpack this guy just a little bit more. So I would say down to earth fun. He's a pretty darn good beach volleyball player from what I could see and just, you know, I mean there's nothing here on my list that I was like, yeah, no that's not true. So that's what I would go with.

– Well thank you. That was really kind and sweet. I actually feel like I am Eileen introverted, I think I'm and be vert. But I've worked hard to be on stages and do tv and all this kind of stuff that doesn't come naturally or easily, but it's about my mission and connecting with people and I put that above any fears that I've ever had.

– Yeah, and so maybe let's just start, I mean there's your story and I mean ladies and gentlemen, there's lots of places online where you can go and dig into that and I chose as the host to not go there because you can find that information I wanna hear and ask Sean maybe things that he hasn't been asked that much. He does have a really, unique perspective. I do want to dive into the whole plant medicine world because I do think there are people out there who maybe have been miss have maybe misunderstood it or have discounted it because like psychedelics, that was the crazy stuff people did in the 19 seventies and, and you know, they have this belief system around it.

And what I loved about, you know, a talk that I saw you do quite recently was that you really unpacked a lot of the myths and the mystique around it. And it's frustrating when someone would, and don't get me wrong, I understand that there's a time and a place for medicine that's manufactured in a lab that comes in a bottle from a pharmacy. I understand that.

I do, but I do think that there's you know what, you know what came to my mind right now, do you know the scene in Footloose where Kevin Bacon is in front of the town of the town, you know, all the counselors in the town.

He's like, there is a time he's reading from the bible now is our time, right? This is our time to have this dance. So I want to have this dance and I want you to give us digestible bite sized pieces of information that people can stop and go, maybe it's time I do look into this or yeah, you know, let's just start there.

– Yeah, so here's where I start. I mean, first off, I have a lifelong history, a battle of sorts with depression, anxiety, pTSD suicidal thoughts. There's been three times that I've been very close to ending my life.

and I'm someone that is popular, I'm someone that is intelligent, I'm someone that has accomplished a lot. you know, hit the seven figure point some years ago and I'm known the world over for what I do and many people like you read, consider me the best in the world at what I do and yet not even that long ago, I was thinking about ending my life.

So, and you know, I think it puts it in perspective when you see people like Robin Williams and you see people like Chris Farley that are so funny and so smart and magnanimous, right? And you see people like Chester Bennington of Lincoln Park or Chris Cornell of Sound garden and these people that are very talented have big families and are the lead singers and you know, huge followings and how can these people kill themselves. And I think that's the big question, I think in our minds, we tend to think about, you know, people that are depressed and suicidal as those out on the fringes and this is really something that when I looked at the numbers, it was staggering.

And when I was at that mind valley talk that you were alluding to and I decided to do this because I was uncomfortable about to share my story about my depression and suicidal thoughts, my Anorexia, my disordered eating and body dysmorphia and all these things.

It's just hard to talk about. And so I was kind of leaning on the crowd and I, you know, said, how many of you have, you know, I told everyone to close your eyes, how many of you are depressed?

It was like 10,000 people in there, whatever. 5000, I forget what it was and how many of you are depressed? How

many of you are suicidal? How many of you are dealing with trauma? How many of you deal with anxiety and about a third of the hands every single time went up in the room and I was like, holy fuck, this is a huge number. And quite frankly, I bet if I said all of them at once, probably 80% of the hands in the room would have gone up.

So this is like epidemic levels. You want to talk about pandemic. I don't want to get into politics and science of something else and go down a different rabbit hole. But wow, mental health, whoa, these numbers are staggering. You know, suicidal thoughts. Like it was over last year, it was over and just documented was over a half a half a million people in the United States. And that was just documented.

And when we think about these numbers of how many people are just hurting that aren't feeling seen to your point before about instagram and you know, facebook and Tiktok and whatever, everyone seems perfect and happy.

And we're just getting like these little filtered bits and then our mind is filtering what we're even seeing on top of what's already filtered in a picture and filtered in the caption and filtered in our algorithms. What is this?

You know, and it's leading us down a path where we think everyone else is happy and we're suffering and we're alone and that loneliness is killing us.

Our loneliness is having us not reach out in my book. The energy formula. It's a bio hacking book, a best selling book um That I came out with last year. Like one of my last chapters with energy is an acronym and the last chapter, the Y is your tribe and the most powerful factor and longevity in anti aging. You can go back to this data on the biggest study of all time. The Harvard study.

It's 80 years running many generations, started in Boston. Obviously Harvard, they started with men and they eventually went to women and Children and generations and looking at socioeconomic status at at gender at cholesterol levels, at you know whether they played sports and all these kinds of things.

Every marker you could think of. The number one predictor of longevity was quality of relationships and we feel isolated, we feel more alone than ever despite all of our connection electronically because it's all filtered and algorithmic and I just want to bring light to. So many of us are suffering are hurting and lonely. And what really makes me sad is there's people that if they had access to some of these plant medicines that have been used for thousands of years that I can go over the data with you and talk about how impressive the data is. But people that might have religious or political or whatever differences whatever stigmas or triggers that you have associated with these.

There's people dying every day. Soldiers that are dying that served us that are out there like that gave their lives or nearly gave their lives or you know like their families are suffering because they're hurting.

There's people like that that should have access to these things no matter what your beliefs, if it's the difference between them living and dying, they should have access and anyone who denies that that's that's something I'd like to have a stern discussion about because that's just not fair and when we look at the data on S. S. R. I. S. I. Go through several meta analyses that were just finished this past year meta analysis means where you look at all the studies and review all the data collectively. – Shawn can you just define ss ri for our audience?

– Yeah. Selective serotonin re uptake inhibitors so it helps increase the levels of of circulating serotonin. Which by the way you know the prevailing theory of depression is that you just don't have enough serotonin. And this this theory itself has been found to be flawed in depression. All the neurotransmitters are depressed are low.

All of them meaning dopamine serotonin and Gaba norepinephrine and endorphins you know on down the line all of these things histamine, they're all down or depressed. And so it's not just serotonin. And what we find with S. S. R.

I. S. Is one, it can take months to maybe work at all and two in the long run the results are looking fairly equivocal. And in the meta analyses they're saying there's no compelling reason we should be putting these these people on this medication when right now. They may be doing more harm than good.

That is two different meta analyses looking at the last 20 years of ss ri data from the best journals in the world. And so you know what is it, what we are doing? Like what what is our approach to depression clinically because this approach isn't working equivocal means like the results are mixed.

There may be some people that get some benefit of certain S. S. R. I. S. At certain periods but they also come with a host of side effects. And those results may not be lasting on a different side of the spectrum. And you know I talked about that in my research and in my book and the talks I've done on stage is that when you look at the data from Johns Hopkins, Northwestern, Stanford, the best universities that are and academic institutions that are looking at ketamine, psilocybin, M.

D. M. A. You know some of these substances these psychedelic substances We're seeing and I'll add something to this that's important. But we're seeing 50-70% fewer rates in four weeks in three months and some period like this with Anywhere from 3-6 sessions.

Finding Safe, Skilled Psychedelic Facilitation

Now these are psychotherapy assisted psychedelic sessions, meaning there is a facilitator there there is an expert there these are being guided, this isn't just doing drugs and recreational crap and there's a lot of that stigma that comes with these things. And on one hand yes there are people that use them recreationally. And you again you like you said maybe people use them in the seventies like that somewhat. They are they are mind altering but their mind opening mind resetting, it puts you in what's called a neuro plastic state where your mind is open and malleable and if you are in a safe environment and you can explore yourself internally and your ego uh is turned off and what's called like the default mode network is turned off to where you're not like protective and and preventing and you're not reframing so your ego's turned off, Your mind is in a plastic state. You can rewrite that operating system and rewrite these codes that are no longer serving you these thought process.

These these neurons that get wired together your brain cells that fire together wire together when we're in the state, everything kind of opens and then you can find your truth. You can find what serves you best and rewire but this has to happen in a safe environment in a safe situation with the right kind of compounds with people that help set intentions with you that work on facilitating you and keeping you safe and guiding you.

And then lastly and most importantly is integrating this work that you've done and there that's where most of the work is done. Not in the psychedelic experience itself, but in the integration work in the weeks and months to come after.

And there's a lot of work there and so you need to be with someone who's skilled and keeps you accountable and those kinds of things so that's happened.

Which is great in these studies and that's a big part of this. And some people say well why not just do the psychotherapy because the psychotherapy alone, you are not in a neuro plastic state and it's very difficult to change your brain patterns, these thought processes because the neurons stay wired together and then secondarily your default mode network is all the way up and your ego is protecting and preventing and reframing. And so it's saying nope nope, nope, nope nope, you know, and it's making it very difficult to initiate change.

So those would be some of the things that I would say are kind of most important in this discussion right now. – Okay, so two things that I want to just kind of look back to, where does someone, I mean you made it super clear that you know, finding a safe environment being led through this by someone who was like a trained facilitator, where would someone, you know, if someone is watching us in New York City or north Dakota or Norway, where does someone start?

Do you think to find that person slash that place? – It's complicated. Like that is that is complicated. Because there are clinicians like ketamine is legal for example, when done clinically like through a medical doctor, usually an anesthesiologist and you go through the clinic and while they're a medical doctor, they may not be trained on that psychological perspective on that psychedelic perspective, they may not be working much on the integration perspective, They just may be doing these experiences and hoping that you figure it out over these 6 to 10

sessions.

And so, you know, that's problematic. So you have to do your research there, what I would say is that, you know, I've worked with my facilitators and and they now train people all over the world. It's called the condor approach and it's ta and call witty T A H and K O L E, witty W H I T T Y. And they have something called the Condor approach and it's a really great program to learn how to facilitate you know, they're no longer directly associated with the psychedelics themselves.

They want to train people that are working around these compounds because that's where they saw the greater need and a way to make greater impact because there are a lot of people that are calling themselves shaman or calling themselves psychotherapists or calling themselves facilitators or whatever coaches or that are not skilled that are not trained, that could cause more harm than good. So, you know, to the point that I'm talking about while you can rewrite and and fix the operating system, so to speak. You know, you can also like create more harm.

So, you know, that's where you don't want to be in an unsafe situation. You don't want to be with someone who might take advantage of you or you know, all of these things and these things do potentially happen.

So, you know, this is where, you know, if you were to reach out to tom cole or the condor approach, they could help probably find you someone who's a good facilitator or someone who can, you know, work on on the integration work in the weeks to come after.

Like sometimes that's different people than your facilitator. So, it's really important to do your research. It's also important. Someone may be great for one person and not for another. And that's just, you know, a fact, like energetically, like, let's say I'm a woman and I've been through a sexual assault and this guy may be a great facilitator and great coach and, you know, worked with 1000 people and maybe the sweetest, most amazing, insightful person. But if my body does not feel safe with this person, then I can't lean in and I can't do the things that I need to do.

So it's really important that you do your research one, find out that, you know, across the board people are having great experiences with this person, but to you do a call with them and you get aligned and you feel them out energetically and make sure that it it feels good.

– Do you think plant medicine is becoming trendy and what I mean by that, it's been around forever. People have used it forever. But do you think it's getting kind of Hollywood.

Why Plant Medicine Is Going Mainstream

Ized in a way that is going to undermine what the true potential of it could be or no, – Absolutely, but here's why that's happening is because they're so damn powerful and they're so effective and you can again take them and have recreational experiences or you could take them and have profound spiritual experiences. Michael Poland's book How to Change Your Mind, which is amazing. And he has a documentary series on netflix called How to Change Your Mind as well, definitely encourage watching that, definitely encourage reading that book.

He is a really great bridge, like I'm trying to be, at kind of the research world to the, to the lay people world and I think he does an amazing job. I'm a huge fan of him.

He has some research that he did with the people that had gone through these experiences. And one third of the people that have gone through these experiences said it was the single most profound experience of their lives ahead of getting married, their parent dying or having a child think about that, think about what I'm saying, like, there's, there's nothing else more profound.

It was the single most profound experience of their lives and for like two thirds of the people, it was in the top two or three of like, the things that I just mentioned. Like, so those are staggering numbers, This is real. Like these experiences are profound are transformational, can really reset the brain and so yeah, the hype is there, but it's because the effects are real and this scares a lot of people because, you know, one, it scares people to have

potential change, like people are scared about that.

But to it scares power structures. It scares big pharma, you know, the whole reason these things potentially got, you know banned and put in such a negative light originally was, I mean, you know, let you watch that documentary how to change your mind.

And some of these other ones that I've watched, but there was definitely like power structures that were in place that we're worried about people having an open mind about people not being as easily controlled about people being explora tive and connecting on different levels about creative minds. Creative minds are dangerous minds, you know that there's a lot there there's a lot to unpack there.

But you know, all of that aside when we're seeing, like I said, the best approach for depression be equivocal or potentially harmful when we're seeing the theory, the deeply flawed of serotonin When we see 50-70% cure rates and no longer need to be on any medication of any sort with people that have ptsd anxiety, clinical depression etcetera.

Those numbers are are staggering and really should have us, you know, sitting up and and asking and again, like all of the data that I'm talking about is from the most elite institutions, the most elite journals in the world that are really beyond reproach at this point.

So whether I'm talking about the Ss ri data or the um psychedelic data, you know, so it's a discussion we should definitely be having. – Yeah. Yeah. And so you've mentioned a few times the, you've talked about the efficacy. You've talked about, you know, 68 10 sessions, but help me understand, does this truly become a lifestyle?

Like does your brain start to crave? Like, like let's say I'm going to use these terms, but it's not what I mean? Like you're in healing mode and then if you're in maintenance mode, do you still find that there are moments where you're like, oh, I need a top up, I need to go and have another experience or what, what would you, how would you answer that? – Not really actually.

Like I would say, I think when you're using them recreationally and you're just chasing these kind of like flashes and these big experiences. Yes. But when you're actually doing the work around them and using them in the right way, I don't see that. Like there's a lot of people I know that, you know, have done an Ayahuasca experience and they got everything they needed and they'll never do anything again?

You know, with ketamine similarly, like, you know, it maybe 6 to 10 sessions, but that's all they need and they're done. You know, ketamine is like more like a lunch break kind of thing where you can do, like, it's a one hour kind of experience ayahuasca is like a 12 hour experience and you might even do like four days in a row and it can be very depleting you know, but but I think another important part of this is that you leave the time and space.

Not only do you work with someone on integration, but you leave the time and space to integrate to process. I know that a few times I've done these experiences and you know trying to go like right back into my normal life and it's abrupt and it can be quite difficult energetically like because you're so raw like your your peeled back like the ego is gone and you're like sitting in your truth and that can be intense and and to just go right back into the quote unquote real world can be difficult and if you do not do anything about the stuff that you've seen and learned to me, it can actually turn you into what feels like a liar.

Integration, Spiritual Insight, and Lasting Change

You know like you can actually like put yourself in kind of a bad situation where you know at one point you didn't know your truth or it was like kind of just beyond your reach and you know you had suppressed it or whatever you want to say but now that it's made clear in these experiences and you know what it is you need to do, you know your truth, you know what feels right energetically, you know, the decisions you need to make that you've been holding back on well now if you know those things and then you just go back to the real world and don't do anything about it, you feel like a fraud, you feel like a liar. So like it's really important that again, you work with the right people that you leave yourself the time and space.

You treat this like it is having a child that you treat this like it is getting married, that you treat this like your parent just passed away and you need to take care of their estate because it's a life changing experience. And if you treat it like that and you treat it with that level of reverence and you take the time and space that you need to deal with that and you find the right facilitator accordingly, you can have something very profound.

But if you just treat it like it's you know, fireworks and recreation and you know, that's what you're gonna get – Such a beautiful yet you know, strong, strong statement and I think thank you for, you know, for framing it this way because I did ask you to bring bite sized digestible pieces to the audience and I feel like that's exactly what you're giving us Shawn, I want to know and maybe you feel you've already answered this, but let's look back to it and just in case there's something that has gone unsaid based on, because I mean your experience in your professional, in the, in, you know, the multitude of businesses that you have, you know, founded been a part of, you have lots of experience and lots of expertise to lean into on this one. What do you think is not being talked about enough these days? – I think, you know, I talk about psychedelics from the standpoint of the science and there's very compelling science.

Because I'm a scientist, I'm a, you know, biochemist, I'm a dietician. I'm a formulate er, someone who educates and and helps try and make these things simpler.

Like a, you know, Neil DeGrasse Tyson if you will or you know someone along these lines, but there's some heavy spiritual aspects to some of these compounds that plays into what I was talking about with Michael Pollan and how to change your mind that I'm not, I'm not alluding to quite, you know, quite enough and it's, it's a world that I don't understand that well, but I can tell you that these are profound on that level because it's spiritual, like having a child is a spiritual thing, having a, you know, significant other spouse or whatever is a spiritual thing, losing a parent is a spiritual thing and I believe there is, there is like supernatural things and you know God universe, like the inner workings of, you know, the holographic universe.

I've read a lot about a lot of things quantum mechanics like you know maybe they'll be the science to explain all these things someday and what we're calling supernatural but it's just we don't understand it all and there's definitely like layers upon layers to stuff we do not understand and you get insight and vision into or you feel like for example with D. M. T. Which is an active in Ayahuasca or when you do before which is the the toad or five M. E. O. D. M. T.

Which is a synthetic version of that. It's the compound that gets released like when you're dying it's the spirit molecule. And I can tell you from having done it that I saw the white light and the prismatic rainbow stuff and I'm like okay this is like what people are seeing like with the heaven thing like when they die.

And then I fell into like this inky black and I knew I was a part of everything. I was a part of all of it. Like I had that I felt held by the universe that like I am that tree that trees me, you are me.

I am you, why would I hurt one thing when it's just hurting me. Like I just felt so connected to everything in the universe and in this way like I knew like I was never born and I really never die and there was an ease that came to me through that.

That's hard to describe. And so, you know, I normally don't talk about this stuff a lot because it is so spiritual nature and some people, um you know that that can shake them a little bit, but I think it's good to have your beliefs shaken and explore your beliefs because I believe your beliefs should change and that's a part of growth.

They should be challenged, they should be questioned. And there's a lot of beliefs that we as a society had 100 years ago that we don't hold hold true anymore. You know, we're we're meant to evolve, we're meant to grow, we're meant to question these things.

So that would be my answer. – So I need to tell you something. There aren't, there haven't been many times in this girl's life where she's left speechless, but this I'm like, how do I follow, how do I follow this up?

How do I, what, you know, how do we kind of continue progressing this? I think that how you let us see you over

these past 120 seconds was really important for me and for I I've said this in a few interviews that those of you that are here watching this today, it's not by accident. You're here on purpose with a purpose and maybe for you today, this message from Shawn or the layered messages you're getting is exactly what you needed to hear to do just that to shake it a little bit to stir those beliefs a little bit and that's exactly what this whole week is meant to do. It is not meant to polarize anybody, There's enough of that on this planet right now. It really is meant to magnetize all of us to not necessary the faces or the brains on this summit but the hearts and the souls of who is showing up to share pieces of them that they don't normally share.

So for that I say a huge thank you and I just want to rap with one more question. I want I've been asking each of our speakers each of our experts to leave our audience with one or two super pragmatic mindset. Hacks tips tools that you use non negotiable and and again they maybe maybe they're evolving and they're changing a bit. But right now in these moments here 2023 what are you what are some of the tools and tips that you're using for your mindset?

– So by the way with this D. M. T. Thing that I was just talking about, you can get into it in breathwork. It's called holla tropic breath. It's super ventilating. Some people think hyperventilating hyperventilating is when you're doing it unconsciously or subconsciously but like this is doing it with intention.

And you can release this molecule and you can have very psychedelic experiences just through breath very powerful. And I've had an experience like this.

Doing a Joe Dispenza meditation with D. M. T. Release. So – Tell me though with this do you does this if someone's never done holla tropic breathing, should they do it with somebody first versus googling?

Or you have – 100%. You definitely want to feel safe. You definitely need to be laying down because it is high preventing hyperventilating, super ventilating.

You want to do it with someone who's trained for sure and that can be done by zoom. I've done it by zoom with someone who's trained who's there with you just you know you just need that person guiding you and and a reassuring voice and checking in with you.

There's nothing bad that's going to happen. It's just you just need to be guided and feel safe. So um and if someone reaches out to me I can put them in contact with a great breathwork person or maybe I can leave that for you as a contact with your show notes or whatever.

But going back to how powerful the breath is. I want to do this with you quickly. It's called box breathing. So if you and everyone listening watching can close their eyes and put themselves in a place that feels comfortable that feels relaxing.

It can be in the mountains on a beach.

Breathwork, Box Breathing, and Mindset Tools

You know use your visualization skills and now the box is going to be a breath in through the nose. Hold a breath out, could be through the nose or the mouth and the hold and that creates the box and we're going to do a four second box, which is pretty easy. You can do a 4 to 8 second box, so we're gonna breathe in, hold, breathe out, hold, breathe in, hold, breathe out hold.

And those are two boxes, I do this before I get on a group meeting with my teams. Like we all get incoherence, we all get sync up, It takes less than a minute.

People are more relaxed more in what's called parasympathetic nervous system state or an alpha alpha brainwave state, vagus nerve is stimulated, you're relaxed.

So that's something that I'm a huge fan of and I feel like that's a very transformative and powerful tool that you can

regulate your state. You can choose your state.

And also using meditative tools can be very powerful tool to as well. So breath and meditation. You know when you can flex these muscles, learn how to use these can allow you to have much more control over your state.

You can change your state readily and therefore you can avoid being a victim, you can avoid staying depressed or staying in a dark place too long. So those are powerful tools – Shawn where's the best place for people to, if they want more of you want to know more about your work.

Where's the best place for them to connect with you – All the socials like on youtube and instagram I have a lot of cool content like infographics and all the cool supplements and bio hacking stacks and this really wasn't the discussion we had here today but like a lot of nutrition and supplements and bio hacks mindset.

So if you go to instagram like @shawnwells, S H A W N W E L L S and then I have my book, the energy formula. That's a bio hacking book. – I just amazon. So we're in Mexico.

So I was doing my little research on you and I was like I need this book so amazon dot mx is bringing this to my house next week. – Nice. Yeah, it was listed on Forbes and USA Today amazon bestseller. I think you'll like, it has a lot of my story in it, but a lot of the different supplements tax the cool bio hacking devices just cool hacks with exercise and nutrition and a lot of diagrams and studies reference but easy to read I'm really proud of it.

I think it's a great book so and I have an audible soft cover, hard cover and the book, so those are the places you can find me and yeah, it's great being on today. – Yeah.

You know what, I feel so grateful to have met you? I believe that I'm a firm believer that there's no, there are no coincidences and I'm just, I'm grateful that our common friend Albee brought us together and you're amazing and I know that you've impacted, you have been impacting for a long time and today you got just an extra splash in the pool with the little, you know, per me a shin of the, of the waves um from what you just gifted us here today, Shawn, so thank you so much for being here. – Thank you for having me.

It was a pleasure. – Alright, gang that wraps another amazing session here at the Medicine of Mindset Summit. I am the reminder at the end of every session, right?

You know my stat when you've been sitting for close to an hour, about 50% of the blood flow to your legs has decreased, which means you could feel like the Tin man in the Wizard of Oz after a heavy rain. So before our next chat, get up, get some water if you have grass out. So actually even if you're even if its snowy, just get outside, ground yourself a little bit, grab a snack here at the next to eat and we'll meet you back – Wait, wait, I got something to add if you go to energyformula.com.

I have hidden chapter on Natural Movement and it's all about exercise snacks and the data on that.

Where to Find Shawn Wells and Final Takeaways

So yes, you need to get up every hour e there's data that even 45 minutes to an hour of working out at the gym is less effective for longevity than doing something for five minutes every hour.

So that's the idea of the exercise snacks obviously would be great to do both to get to the gym. Plus find ways to use your body for five minutes. Like get up you know give your eyes a break, do a bio break hydrate but move your body, do planks, do crawling, do some natural movement.

All of those things are wonderful. Air squats so. – So good. Okay so did you say go to the energyformula.com? And that's where the chapter is. – Yeah energyformula.com.

– Perfect. See you guys I told you there are no coincidences. Look at that little the carrot that was dangled. Shawn bit the hook and now you've got a whole other tool for your toolbox.

So we'll see you guys on the next on the next episode. Bye bye.