The Truth About HRV, Stress, Identity, And Healing Your Body | Justin Roethlingshoefer | Ep. 153 Transcript

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Introduction and guest background

87% of all private equity investments over the course of the last five years were in some type of health, wellness, product or service related offering.

So what happens is all of these practitioners start to see this as a money opportunity. That's just manipulation. How was it at that point in time when you actually felt that broken medical system?

Every doctor I talked to only ever saw me as a problem to solve not a person to understand what I will say we're bringing experts from all over the world to talk about health wellness duty and mindset today we have a Justin ruffling Schubert.

Justin is a human health and performance expert, USA Today bestselling author, and founder of Own It Coaching. His work helps leaders stop sacrificing their health for success and start building performance from the inside out.

Your DNA to your cells to HRV to sleep quality. The data can help guide us to understand the depth and magnitude of the beauty and miracle that you walk in every single day and the Beauty of The Cell and until we're able to Understand our body.

Why is the foundation of truly starting your health journey is within you? The world will tell us all the habits in which we need to add bye bye. What it does is it starts to poison our mind because we start to think I want to unpack and talk about the book, Holy Health.

Let's talk. Holy health is your revelation to understand how to heal God's way and use your health as worship so that you can ultimately realize the promise, which is life and life.

Welcome to another episode of a healthy point of view podcast. I'm your host, Sam Tejada. And as usual, we're bringing experts from all over the world to talk to about health, wellness, beauty and mindset.

Today's guests. So, you know, we talk about all of these different metrics when it comes to taking care of our health. How many push-ups can I do, how many pull- ups can i do?

What's my sleep data? Whats my HRV? All these biomarkers. But is that truly the foundation of you being the best version of yourself? We got the answer here for you today.

And guess what? That's not the Sometimes this is where it starts. Today we have our health and wellness expert, Justin Roethling-Schufer. All right. Hey, let's go.

Wow. Look at that, man. If I had that every single time I walked into a room, I don't know how I couldn't have a good day. Exactly, Man. It's all about the energy, you've got to put the right vibration, that frequency into the room.

That's how we start. So I don't know if they're celebrating because you're a guest or because I actually pronounce your last name the right way. I mean, both both deserve a little bit of like, there you go.

Let's double that up. Celebration, right? So good. My my there's there are two quick stories and they've just going to derail us right off the bat. But that's OK.

Is the first you remember Scantron's sheets when you were in school? Oh, yeah. So yeah, so my name didn't fit on the Scatron sheet because it was too many letters.

And so they lost all my provincial exams born and raised in Canada, but lost. All my Provincial exams didn't know where it was because it Was under a different last name because they missed the last three letters because I didn''t fit.

Wow. Wild. That's crazy. Yeah. Smartest kid in kindergarten. I just went downhill from there, knew the alphabet. No one else did. There you go, man. That's something.

Man, scantrons. Now you're bringing me back way back to projectors. Oh, yeah. I remember in kindergarten and first grade, they kind of went away with it after that.

Yeah, I'm 39, pushing 40 now. So this was in the 90s. They had actual film. But we'd watch when we watch a movie, it was actual. No way. We had. Yeah.

How old are you? May 38. Just turned 38 two days ago. I mean, I grew up in the inner city, so those schools didn't really get all the new stuff. But yeah, there were certain type of movies that the schools could have.

So they had these films that teachers would use. They would check it out of the library. You guys were just authentic Hollywood. That's it. Yeah, pretty much.

There we go. All right, so Justin, man, welcome on A Healthy Point of View podcast. Great to be here. It's a pleasure to have you here, you're doing some really great things.

You got your book, Holy Health, which we'll be talking about that throughout the podcast as well. But before we get into all of the stuff we're gonna be talkin' about today, I want for the viewers and listeners to really understand who you are.

So I actually wanna go back to those Scantron days, all the way back when you were about five years old, kinda understand what your upbringing is of how you get to where you're at today.

Yeah, I grew up in an amazing Christian home. My family went to church every Sunday, and I never lacked for anything, let's put it that way.

Early health crisis and broken medical system

We had an amazingly supportive, loving home, And I still remember, it was like I was eight years old, Sam, but I heard from God that I would be a part of the health redemption story of world.

I didn't know what that meant. And I'd always been taught as a young boy how to pray, how hear, and how listen. And to be obedient. Be obedient to the voice of God.

If you do that, the only thing that lives on the other side of obedience is blessing. But I think what we sometimes forget about that journey is that not only is there blessing on that side, but obedience often times is the sacrifice.

It's the hard thing you have to do. The thing we've been avoiding. And little did I know that to go on this journey that I said yes to, I would have to walk through some very dark days, some difficult things.

I was a fat kid. Fat kid became an anorexic kid that had liver kidney failure at 16 years old. Ultimately that led to anxiety and massive depression and really things that I had to go through as a teenager.

And I still remember as this young 16, 17 year old kid sitting in this room and I the eating disorder specialist come in, I have the surgeon come, and had the doctor come and the psychologist come.

Everybody seemingly asked me the same question over and over again even though I answered it the same to each person. They all had a different solution as to what was going to solve me the problem that they had to fix.

And that just jumped out at me as being so weird because I was like, if we're all working together to solve this issue that I'm going through, wouldn't you want to know who the person is behind this and how we got here, not how do we fix it?

And then secondly, once you guys all want talk together, to work together. To ultimately disciple somebody down this end road solution that we are trying to do.

But that wasn't how it happened. Fast forward three or four years and I was able to get healthy enough to go out of the hospital, was blessed enough athletically to come to the United States on a hockey scholarship, and the fascination and obsession with the body really kind of Set my trajectory there forth did two undergraduate degrees one in exercise science one nutrition went on to my master's degree in exercises physiology went from there to do my post graduate.

Research in her ability and cellular biology and then got just obsessed again with this alternative medicine space massage therapies the functional medicine and and started to really dive deep into that avenue in that vein and what i started see was that.

There was this whole world of prevention and proactivity, this world understanding the body that wasn't existing in conventional medicine. As my journey would have it, I ended up in the National Hockey League as a director of health and performance.

And as I walked through that journey, we started to create individualized solutions off of data that ultimately integrated sports science, sports medicine, strength conditioning, nutrition, sport psychology, all talking the same language, bringing unique viewpoints, but then providing one personalized plan for each and individualize player.

And what did we see? Injury rates went down, sickness rates rent down. When a player got injured, return to play and time in which they got to when they came back started to decrease.

We became the least injured team in the league. we became one of the teams that was performing the best. Athletes whose careers were going down at 29, 30, 31. Started to have a resurgence at 31, 32, 33. And everybody started going, man, what's happening over here?

And so I started to write books, started the travel, starting to do more things, and what happens when you take on more responsibility? You start to focus more on everybody else than you do on yourself.

And even though I looked the part, I didn't feel the parts. I would bloat every time I ate, spend three hours in the bathroom, just not feeling well. Fall asleep, couldn't stay asleep.

Walk into a room, forget why I was there in first place. Have massive brain fog, back pain. and shoulder pain that was debilitating, little headaches that would come and stay for days, like none of these things the doctors could figure out again.

And I had this epiphany. I said, what if I actually did the same thing for myself? that I was doing for my athletes, what would we find? And lo and behold, three weeks later found four pre-cancerous polyps in my colon and a bleeding pre cancerous ulcer in stomach and I wasn't told I wouldn't see 35. And at that moment I just heard from the Lord, he said, I didn't take you through everything.

all your education, all these experiences for you to serve 21 men. I said, this is not an athlete problem. This is a human problem, and that was when I left, started to own it, the first kind of functional medicine clinic that's completely virtual that integrates mental, physical, spiritual, emotional approach using a highly scientific backed Solution of data and testing and analytics, but then disciples somebody on a journey to see real true transformation from the inside out and how they live and they operate and so that was seven years ago and we're now a team of fifty touching thousands of high capacity leaders across the country i would say the world canada us and some in europe but.

It's just been an amazing and incredible journey that I'm incredibly blessed to be able to do because I say I've got the best job in the world because i see miracles happen in people's lives every single day.

Absolutely. And I am just so blessed and honored to create something and disciple something, and create relationship with people. Ultimately, oftentimes in their biggest area of need.

Yeah man, what a story on that. I'm gonna go back to you as a kid at 16, when you had the liver failure, kidney failure. And at that point in time, you saw something that a lot of people, even as adults, haven't witnessed.

They're part of it, but they don't actually see it the way you saw it. You saw a broken medical system. How was it at that point in time when you actually felt that broken, medical systems?

So I think there was two things. I didn't know how to communicate it at that time. All I knew is in my spirit, like in heart, I know something fell off.

It just didn t feel right. Id walk into a room and it was this. And I still remember, Id walked into the eating disorder clinic. There was people who were skin and bones.

How much did you weigh back then? At 12 years old, I was 142 pounds. At 16, i was 96. And so you can think over the course of those three or four years, lost 50 pounds off of a frame that didn't have 50 lbs to lose.

So you were in an accident at that point? Big time. Yeah, big time, like I said. Uh, that, fat kid that was teased, it was made fun of, uh, became the anorexic kid.

They tried to control everything, limit food, overexercise, um, body dysmorphia out, the yin yang. And it. One of those things that. I'll tell a story that we'll touch on a little bit later, but something happened at 12 that really set me on the trajectory that I think comes back, and it's very spiritual.

But going in at 16, walking into that eating disorder clinic, there was just people that were skin and bones, all getting fed through feeding tubes. And I walked in, I still remember myself going like, like I don't belong here.

Like this isn't who I am. I, don' have an eating disorder. I understand what's here, but there's something that's broken in my heart, there is something not right with how I'm thinking.

It's not that I need to be stuck here. And every doctor I talked to only ever saw me as a problem to solve, not a person to understand. And it was that aspect that just felt so off to me.

I was a number. that, yep, stick them over there, do the same thing you've always done. And lo and behold, we'll maybe lose them or we will maybe solve the problem or maybe we just mask it long enough until they become 27, 28, 29 or 30 and they snap out of it.

But there's something deeper in each one of us that happens that causes us to act a certain way and the habits and behaviors and life rhythms in our life are our identity come visible.

The habits in life, the life rhythm we operate within, behaviors we choose, there is an underlying tone to who we see ourselves as and identity of who see our self as comes through in how we act and behave.

So have you always felt that you had that complete connection with God? So another great question. My relationship with god is complicated. Has it always been there?

It's always there. I grew up in a Christian home. before I could walk, was baptized that way, went through confirmation, and was baptised again as a teenager.

But what I will say is at that point, it was still my parents' religion to me. It wasn't a relationship. I know that feeling, yeah. There was rules you were supposed to abide by, there was the God that would condemn you if you

disobeyed and didn't follow it.

Also at this time, Sam, I remember, you have to remember now, an eight-year-old kid, teased incessantly, continually made fun of. Skilled at the game of hockey skilled as an athlete only validated for when he performed well only Validated by everybody around him when He played well and thus that's where my value sat otherwise.

From athlete performance to functional medicine

That's just the fat kid Don't look at him make fun of them tease them because that just all he's worth and so that was like this I I remember like most of my eight nine ten eleven twelve year old years just crying a lot of time and feeling like left out and rejected and when all of a sudden the thing that could actually make me feel like a person was when I could control certain things in my life.

And that's where I controlled the food intake. I started to work out more. For the first time, be validated for how I looked. Oh my gosh, Justin, you look great.

You can see muscles. Great job. Like, You're actually not lazy. you're not this kid that we're just gonna tease and make fun of and leave in the corner and just use you for what is good enough.

And you can imagine what that does to a kid's psyche where he feels like he's following God, he is doing the right things, but then he teased, made fun of, and ultimately goes through all these things.

It's like, man, where are you? What are doing? I'm trying to be a good boy at that point, but I'm just, like, where are you? You feel absent. I am literally dying, liver, kidney failure, and a doctor telling me that, hey, you're not gonna leave this place if you don't get your act together.

And I didn't recognize or realize what a relationship was with Jesus. So literally from the age of, I'd probably say 13 years old. You grew up with a Catholic.

No, in a Baptist home, so a Christian home. But I would say from the age of 13, probably to the 28 or 29, I was like I'm going to do this thing myself.

I know who you are, but I'll give you certain aspects. And I do what they call the foxhole prayers. It's like, hey, really need you to get me out of this one.

Or I could really use a break now or then. And at 29, really kind of when this whole diagnosis came down, the precancerous polyps and the bleeding precancerous ulcer, stepping away from the NHL and meeting my wife, it all came together to go, man, there's something bigger, something deeper.

that I'm longing for, and there was that God-sized hole in my heart that was really seeking to build a relationship with him, as any relationship. You think that's him knocking on the door?

Oh, yeah. And it was, you look back on your life, I can see multiple times in which the opportunity came for me to actually step into that, but there were a lot of times where, again, just wasn't ready for it.

Or the people surrounding me. I didn't know, role model for what a strong, bold, healthy, powerful, God-fearing man looked like. I didn't know what that looked.

We had this conversation at my house the other day with Rich Wilkerson, and we were saying what the definition of a man is. And I think the true definition is being able to play in this dichotomy of being powerful but yet sensitive, being strong but yet loving, being bold, but, yet, also humble.

Like, there's this massive spectrum that a man is able to be that really comes around to this. And so, saying all that, it was at 28, 29 that going through all of this that God just continued to draw me in and figure out, hey, what does a real relationship with him look like?

What does hearing his voice look So that ultimately I can step into his promise which was life and life abundantly That's beautiful. That is beautiful, and I love that.

It's a powerful story so You know just going back a bit you know when when you get exposed to this broken medical system sure right and it gets your mind going into different directions and And that kind of happened with me when I worked at the fire department for 12 years.

I saw a certain side of medicine where I really realized because on my days off I was working with Dr. Willis as a function of a medicine doctor. So I'm seeing the allopathic traditional world of seeing the whole functional medicine side where I'm seeing Dr.

Willix reverse disease from people that are standing on their last leg. And kind of the same thing, you know, it was a bunch of doctors with these patients when I was doing the emergency medicine of things.

They're consistently going to the hospital, seeing multiple different doctors. Doctors are not communicating with each other, right? So they're getting input on all these medications, and they are just a number.

I am telling you from first-hand experience, they just are a And that's where I personally felt like, you know what? This is not the way God's gonna use me.

There's no way. And especially knowing what there is on this other side of medicine. So, yourself, going into the functional medicine space, one of the things that you said earlier, you're talking about how you were taking care of 21 people, and you lost that control of your own health.

Now, when it comes to the health and wellness industry, or the function of medicine How many, and I'm not expecting a specific stat or if you got the data, great, but how many people in the actual functional medicine space do you think fall in that exact same place that you're in?

Yeah, so I think it's a funny question from the sense of there definitely isn't data out there simply because I that's where even marketing today starts to create a very muddied water of what this alternative medicine space is, because everybody saw or has been seeing this turn and this desire to have more alternative medicines choices and how this industry was blowing up.

It's continuing to blow up, there was a stat that came out just in January that talked about, hey, if there were to be a recession, what would be one of the first things that you would start to let go of?

and health and wellness expenses, be it your functional doc, your supplementation, anything that had to do with mental, physical or emotional health was at the bottom of the list.

That they would not cut it. Because that's the value system that people are starting to place on this. And so what happens is all of these practitioners start to see this as a money opportunity.

And you just see the money shift. You are seeing this so big. 87% of all private equity investments over the course of the last five years were in some type of health, wellness, product or service related offering.

That tells you everything right there. And so when I come back and you ask me that stat of how many people are burning out, the reason that I can answer it the way that i'm about to is because I sit in rooms with these people and the people that we serve are the high capacity leaders.

They're the business owners, they're entrepreneurs, are building something that they feel like they're called to, but they are seeing the disintegration of their health at the same time because what they've done is they have started to go with the world's way of health and wellness, not God's Way.

And they followed the patterns and they conformed to the way the World operates, and not doing something differently. So what I'm about to say is there's probably, I would say, eight out of ten people who are in that space

that actually don't operate in a sense of holistic wellness and They actually see their health slowly dissipate away while saying that they're gonna look after it for everybody else I agree with you man and I think that number eight Out of 10 is it's an accurate number and i see it and and you know what there's a lot of these individuals functional medicine doctors nutritionists that are extremely smart.

They have all of the information, but they don't even use it on themselves. You go to these conferences, you go these big mega conferences in the functional medicine space, and they're serving everybody alcohol.

I just can't put two and two together. And people are out doing things that they're not supposed to. I see it over and over, but I think today's podcast can kind of really open up people's eyes and say, You know, you can't just be out there helping other people, but you're not helping yourself.

I think we also have to ask the question, Sam. And I'm going to put this out, there's probably a contrarian statement. It's something that will get flagged a little bit and people can question the They can question the response to it, but you can't question heart behind it.

You have to say, do people really want to help other people or did they get into it because they saw a price tag? Right. You're a really good business person.

And so, oh, suddenly I'm going to go into a functional medicine space, but I am going treat it the same way that traditional health was run. We see this in concierge medicine all day long today.

All over the country today is suddenly you're going run a $600 test, you are going pay for somebody to come in once a quarter, You're treating it the same way that traditional medicine has done it, but you just put a different logo on it.

You put different brand on and you've jacked the price up. And you say we're going to do something different. That's not different, that's the thing. It's just manipulation.

It is and that's what I'm seeing more and more of. And that is what we've come in to break the mold for is so that we can help guide people because people don't need more information.

Identity, faith, and healing from within

They don' need to be more knowledge. transformative experience so that once they see what's new, they can't go back. The definition of transformation is to change in form and function.

So what it means is that not only do you look different on the inside and the outside, but you also don't do the same things. You don' live the way. Your habits and behaviors are different.

A butterfly cannot go to a caterpillar because it's transformed. Thus, you can't come in as Sam today and leave 12 months later as same tomorrow as the same person and call that a transformation.

You can have the heart, the mind, live in the body, operate with the habits and rhythms, do the things because that means we haven't changed. The core underlying component of holistic fully integrated health looks like is dealing with Sam's heart Dealing with sans mind dealing, with sam's physical body and dealing With sam spirit and until you integrate everything together You're, doing somebody a disservice because you're disintegrating the core root of how, someone was built, which was to have everything Together So justin for someone to get there they have to make a complete pivot How do they make that pivot I I maybe challenge that thought even because I think when somebody think When they hear oh my gosh, I've got to make a complete pivot that overwhelms somebody.

It's like oh I have to transform everything in my life that I'm doing today and I Have to get there tomorrow. Let me touch up a bit on that. So so, you know, and this is one of the things that always I tell people it's Right now, regardless of all of the type of training coaches, all the metrics you're following, if you don't get yourself out of this certain frame that you are currently in, right?

Nothing all of those things that on the outside that you're doing all these coaches training stuff You're still in the same environment, you know, so if you don't pivot yourself out of that frame You know all that coaching stuff.

You'll not going to be be able to absorb that information You don' know if keep on doing the thing over and over And you dont get out that of frame. So maybe I'll phrase it differently.

Maybe we're saying the thesame thing but differently I don''t think it's complete pivot. What I think is it is a commitment to doing something different I have to be fully committed to this.

This isn't something I can be one foot in, one out of. And there's an identity shift that happens as you do this, so if I see myself as the guy who is, and again this is where we unpack it, like within the book and the process and even the way that we just teach, guide and lead people.

is if I see myself as the guy who goes out on Friday nights with the boys, golfs on Saturday, has three or four beers, goes to church on Sunday, is there with a family, and then works late every single night but has four or five glasses of wine to wind down throughout the week.

And that's just who I am because if i don't have those things then I'm missing out. I have to shift my mentality as to who I am in order to say, no, you know what?

I actually don't need alcohol to have a good time. Hey, I'd actually rather, instead of meeting the boys at the bar, go and do a workout in a sauna with them and hang out in there.

I would rather take from the golf course to go have deep conversation with people rather than surface conversation. There has to be this deeper overhaul as who you are.

The thing that I think people often step into this journey not realizing is I come back to this story in the Bible and it was, there's this pool, this place called Bethesda.

And there was a man that had been there for 38 years. 38 Years he'd been laying there, paralyzed from the waist down, poor, begging for everything. For 38 year he had be asking, somebody take me to that magic pool.

Somebody take to the magic pools. I get put in water. Suddenly, it says that, I will be healed. And his thing was, well, nobody's carried me down. I've tried to roll down, but the water stopped bubbling and the, went away.

It's only when the Water comes that you can get in. Jesus came up to him and he looked at him. After 38 years, he, looked in the eye and said, do you want to be?

A guy that's been there for 38, years and that very simple question, Do you, want, to, be, healed? And his answer was yes. He goes, pick up your mat and walk.

And you sin no more. And what we have to understand about this is this man's identity for 38 years was, I'm the sick one. I am the one that has to beg for my food.

The one has the begs for shelter. And the ones that have the begs for somebody to take me down there. That has all these limiting beliefs and all of these excuses as to why I can't go do something else.

When I wake up in the morning, my main goal is to get my next meal from somebody and have it brought to me. It's been this mans identity sitting next to the pool that there's something wrong with him.

And so many of us out here are like, I want to lose the weight. I wanted to get well. But we still have this old identity that we're not willing to rid of, which is why we get 50 pounds lost, but then we gain 60 pounds back.

Which is we jump on the ozempic train to ultimately lose weight, to feel better about ourselves, backlashes, things that are coming, and we gain all the weight back.

It's why we eliminate alcohol for a couple weeks, we notice a few minor improvements in our sleep, then we go back right to where we were and wonder why haven't been able to sleep better for the period of time over the course of a year because we haven t changed fundamentally who we are.

Because we actually, if asked that question, do you want to heal? Do you want to be healed? The question would be like, well, not really. Because on the other side of healing comes a responsibility.

It becomes stepping into all that you were called to. Be it means that, you cannot go back to the debauchery that is called normal before. That means you can not go to buying whatever food you wanted at the grocery store and stopping at a fast food shop because you didn't plan your day correctly.

Grabbing the random burger or chips When you're on the airplane, because that's what you have time for. Skipping the workout when you are on road because you didn't get a good hotel that had a gym next to the location they needed to be.

Because you did not live intentionally. You've been dealt a hand that ultimately brought you to results that you had. And until we are able to understand our body.

This is why I say understanding the body is so critical. From your DNA to your cells to HRV to sleep quality, the data can help guide us to the depth and magnitude of the beauty and miracle that you walk in every single day and the Beauty of The Cell.

There's 30 trillion in you, 30 Trillion me, thirty trillion cells and every listener out there. 500 million could become brand new every 84 days. That means every seven years you me and everybody else become a brand-new cellular human being.

We were created to heal, man. Like how freaking wild is that? No, that's the truth. And until we sit here and go, I want to take full ownership of that.

I want to take full advantage of how God created me to heal and get over anything that's going on. Whether it's liver kidney failure, whether it is just obesity, or whether its a diagnosis, being told I'm not going to see a certain age.

Those are not your destiny, but rather they are pivot moments. They are commitment moments where you can say, I WANT to do something different and I wanna heal.

But first you have to understand what this thing is and the power what it this is. So you can take authority and and walk into the healing power that already exists inside you.

I love that Justin it just now And this is not to scare anyone off, right? But realistically How much work is this going to take for someone to do? This is I think where everybody gets Like people are how much time is it's gonna take Dude, it's not going to take any time.

This becomes your lifestyle, bro. It's a lifestyle. this is just what you start to embody. This is who you become.this is why in holy health I walk through the book. It's like, who are you?

What do you do? How do You do it? And then why? Like, if you know who You are, I was created to heal. I am a man maker. I'm a rising tide. i'm A catalyst for change.

That is the calling on my life. and I know down to the cellular level that I was created to heal. If that's what I, know who I am, that who God says that i am then I now what to do.

A man maker does not stay out until 2am in the morning drinking. abides by the promises he makes to himself, so when he sets his alarm at 6 a.m., he gets up.

A man-maker knows how his body's functioning. So if he's been on the road for three days in a row and he needs

to take a day off when comes home so that he can ultimately recharge and be present with his family, he is going to do that because his priorities are in check.

He understands his bodies and what it needs. And that, over the course of time, Sam creates confidence. The best definition of confidence I've ever come up with is creating undeniable evidence that you are who you say you were.

And so a lot of people say, oh no, I'm a good husband. But when's the last time you went on a date with your wife? I'm a good father. Well, when's the last time that you intentionally sat and played with your kids?

I am a healthy person. When's that last you made a hotel reservation with the intention of having a great gym and sauna so you could keep your routine in check and that travel doesn't throw you off?

It's these things that cause us to have this duality to how we live. And when we have dualities to live, it's no wonder that we're living under chronic stress.

It is no longer that live under stop and go moments. No wonder we can't find rhythm in our life. Because we're living a duplicative life that ultimately creates conflict internally, and your body doesn't know the difference between mental, physical, spiritual, or emotional stress.

Right, stress is stress, doesn' matter what it is, it'll kill you. You said it very well, Justin, you said, It's a lifestyle. The other day I had a buddy of mine that I grew up with, you know, he sees me physically fit.

It's like man Pushing 40 you look that way. You must not live a life. Yeah, this is not dude. That's Like I go on vacations and everything I just plan things a little bit differently than what the other people do I don't go out partying drinking and all that other stuff up when I on this vacation with my wife will go hiking, kayaking, we'll do things that feed into this lifestyle.

So these are the things people have to understand. There is a shift, right? There are alternative things you can do to still live a fun lifestyle, it's just a little bit different.

You get to like this versus that other lifestyle that people live. I think there's a kind of piggyback on that a little bit because what you're talking about is people either idolize health, it becomes their idol, It becomes the thing they worship.

It become obsessive, or they completely ignore it. And this is where if we understand the body and we understands the cells. The cells, gosh, I can't say this enough.

Cells repair, rejuvenate, and renew every 84 days. Like it's constantly happening. 500 million completely renew, every 80 days, Every five to seven years, brand new cellular human being.

So if we understand that and we know that the cells are already doing that, that is the body's basic function. You don't have to teach your body how to do this.

you don' have go to school to understand this, this is just what the human If we recognize that, then the next question becomes, well, what does the cell need in order to thrive?

That would be the logical question. Well, the sell needs three things. Three things that are non-negotiable. They have to have it. The need oxygen, they need the ability to detoxify, and they needs nutrients.

If it has these three thing at a baseline adequate level, If it has oxygen, for men, that's why VO2 max has to be 45 or greater. That's for women, VO 2 max, has be 38 for greater, what that means it's at the baseline standard that all research will show us that there's adequate oxygen in our cellular environment for the new cells to being in an environment that allows them to thrive.

Anything less than that, it doesn't mean that you are going to die tomorrow. It just means that your cells, even when

they get renewed and restored, are in a toxic oxygen deprived environment.

that they cannot thrive in that space and so they will slowly decay. It would be like if I gave you a brand new beautiful bag of peaches and then I threw three or four rotten ones in there, it wouldn't be 24 hours before the whole bag rotted.

That's the same thing with our cells. And so, they need to be going into an environment that can allow that to thrive. The second thing, when we talk about detoxification, the way in which our body was created, we only detoxify four ways, stool, urine, breath, and sweat.

Well, there's something in the body called the glymphatic system. The glyphotic system is like a light switch. And the light switches turns on only during the deepest stages of sleep, REM and slow wave, that ultimately take all the toxins that our body has created throughout the day and moves them to those four detox pathway sites so that in morning we can sweat and we sweat out toxins, we breathe out and breathe in toxins.

We can have a bowel movement and urination and get rid of the toxin that way. But the problem is a lot of us don't sleep well. We don' have a rhythm at night to prepare for sleep.

we don get into those deep sleep stages and we give it up and thus the light switch never turns on. So even though we get six to seven hours of sleep, we dont get the quality necessary to detoxify which is why we wake up inflamed, brain foggy and chronically over time, we earn disease.

Why? Because toxins are flowing through our body. And so if now all of a sudden we've got a VO2 max over 45, We've intentionally operated in that way.

We got deep quality sleep. we know that we're detoxifying at the level we need. And then we start to talk about the nutrients, the food density of which we're putting into our body.

Are we having single ingredient foods? Are having a bunch of man-made, enhanced ingredient food? Is our multivitamins methylated? Or are they, again, from manmade ingredients that our bodies doesn't know how to use?

Using health data without becoming obsessive

And we can only understand that through doing cellular testing. It's not just the regular blood work we need, that tells us what's broken. Why do we want to know it's broken?

Because if it is broken, we can fix it. We can give you a pharmaceutical, a procedure, something to save you instead of being proactive and preventative because every single, 100% of every process in the body starts with a vitamin, mineral or amino acid.

And so if we see what we're cellularly deficient in, we can start to intentionally supplement better, We can to start intentionally eat better. We start understand what our body is missing so we give it what it needs in order to thrive again and feel more energetic, more mentally clear and acute.

But the second thing that we start to understand from that is when we think about like the methylation factor. Methylation means that can absorb man-made nutrients or we can break them down.

We can take them from the bloodstream and take through the Krebs cycle and bring them into the cell for the body to use. But if we have a positive methylation test, 72% of us are positive for this.

What this means is that we can't utilize a man-made nutrient and they end up as a toxin in our bloodstream. So now think about this, so much of our food is processed.

It's enhanced with man-made nutrients that the body can't break down in 72% of people. We take in supplements that are non-methylated, meaning 72 percent of the people can actually absorb them.

So we're walking around toxic. under nutrient or lack of nutrients in the cell, sleep deprived so we now can't get rid of the different toxins in through the cells that are now just stirring around in there, thus takes away our energy so that we don't want to move and thus oxygen environment drops.

So we've literally got the perfect storm of an environment for our cells to decay and die. Even though they're becoming brand new, they can't renew at the rate necessary because as soon as the new ones come in they start decaying anyways.

And that's the stress that our body is going through daily that we are unaware of because it's happening at a cellular level. The only way to holistically know and understand if our cell are not working this way is to look at heart rate variability because heart-rate variability is the body's language that's communicating to us how effectively our body is adapting to stress based upon our habits, behaviors, and life rhythms.

So I tell that story and I bring it all holistically around back to what you said is our bodies created to handle different toxins, different things that don't work well.

This does not mean you live a life of perfection. this means that you have a lifetime of intention. And when you suddenly start to have intentionality of how you wake up, how do you go to sleep, train, eat, hydrate, give your body times of recovery and times, of intentional hormetic stressors, cold plunge, sauna, exercise, etc.

When you do this, When you now have a piece of cake to celebrate your birthday, your body knows how to eliminate that toxin. Because it's already got the environment to be able to do it, it already built to that.

It's not a life of perfection, It is a live of intentionality that we're calling you to, we are calling up to. But you can't live a Life of Intention until you understand what your Body needs.

And suddenly when you Understand what you Body need, you don't fall for all the consumerism and all the marketing science that people are pushing your way, oh use this to detoxify, use that, no, that's not how the body works.

That's scientific physiology, just incorrect marketing that is pulling on your need and desire to get change from where you are that will leave you empty-pocketed, frustrated, and not trusting anyone long-term.

But when you suddenly understand what your cells need, your cell's need oxygen, the ability to detoxify, or nutrients. And if you can understand each one of these three things, if they get them, HRV will rise.

If they don't, they will fall. And now I get to determine what habits and behaviors I'm going to lean into and really ultimately step into so that I can see the cellular environment thrive and hopefully feel the way that i want to.

I love that man. Uh, I agree with you. You know, obviously, you know It's it's easier for me to understand and um, and I think you broke it down in a very layman's way Yeah, no, uh non-science which I know with your background you can get really scientific and you did it I appreciate that.

Yeah. Um, so so I I i think people will be able to connect on the way that you broken down so You know, I want to kind of switch gears a bit because one of the things when when I had the opportunity to talk to you before the podcast, you're talking about that identity, right?

Yeah. About your heart. Yeah, so, uh, You, know I started the podcasts talking, about the true foundation of taking care of your health of it starting within.

So I wanted to tap in on that of why is the foundation have truly started your healthy journey is within you. Yeah, so the world will tell us all the habits in which we need to abide by.

They'll say, hey, you need a cold plunge, You need sauna, follow this diet, go to bed at this time, wake up at that time. Do this breath work. It'll give you all these different habits.

And I want us to see this almost as like a stacking. Okay, so if physical sits at the base and this is where we start and we started to strive or reach or pursue all these habits and behaviors, what it does is it starts to poison our mind because we think, man, I'm not consistent enough.

Man, I'm not smart enough. Man I don't have enough time. And we start to get so convoluted and confused in our mind that it starts to imprison our heart.

There's five imprisonments of our hearts. The first imprisonment is a performance heart. It's when all of a sudden you feel like the only way that I'm good enough is if I perform my way there.

Then there's the perfecter heart, man the ONLY way I am good is when I do this perfectly. I can't miss a day, if my HRV drops a date I'll be worthless.

If my sleep score isn't perfect I will lose a year off my life. So then you've got the pleaser heart, which is the person that says yes to everybody, but ultimately forgets about themselves.

It's like, yes, to you, and what they believe is that if everybody else has looked after, then everything will be good and I don't really matter. Then there's the protector heart which I've been hurt in the past.

I tried things in past, I been let down in a past so I'm actually not gonna explore anything new. And then there is pessimistic heart. pessimistic starts like, no matter what I do, I'm not gonna lose the weight.

No matter I what do I, am not going to gain traction. no Matter what i do it's not gona work for me. Which ultimately separates you from the truth, which is ultimately your spiritual connection.

And you lose that connection with God. Because you've taken a physical approach. But when we take that approach and we flip it on its head, and you now go, hey, who does God say that you are?

And you rely on truth, you are a man maker, your rising tide, a catalyst for change, chosen and beloved. You are man of God that I created you and I knit you in your mother's womb before anybody knew.

Fearfully and wonderfully made. Suddenly I am able to free my heart from any of those imprisonments. I no longer get my worth from performing. Im good enough just as I'm.

No longer have to please anybody because I play for an audience of one. So you start to see how these imprisonments start fall away, and suddenly when my heart is no longer in prison, my mind is renewed.

I'm perfect just the way I am. Yeah, it's hard, but you know what? God's walking with me. You know, I don't have to be on anybody else's timeline because God operates on his own timeline.

And only then do I suddenly realize what becomes a high priority for me. You know what? Right now, I'm going to focus so heavily on getting my Zone 2 and my Zones 5 training and because I know this is where God's calling me, He's called me to steward my Bozzi physically in a better way.

I've been going, going and pushing, pushing. God is asking me stewared my evenings better. Genesis says, evening came, morning came. That's what sets our first day, not morning to evening, the way the world says.

So I have to think about this differently. How do I keep evening time sacred time so I can prepare so that I could have energy to pour out in the morning?

And so suddenly my evening routine is now what I'm being called to in this season. And slowly but surely we start to see the habits, decisions and choices that you make on a day-to-day basis become your identity reflected in a visible way.

And that's how we see transformation happen. And suddenly when we operate from there and we start with

identity, when you know who you are, Sam. You will know what to do.

What habits, what behaviors are intentional for you. God showed us what the cell needs, so he's going to show us how to it. It's not random habits. We need to put them into intentional rhythms.

Right. And after we do that for long periods of time, we get blessed to find out why. Man, you doing that gave you the capacity to be the father that you are now called to, to twin boys rather than just one child, which you thought you were getting.

But God needed you to heal first. Man, you suddenly broke the chain of addiction in your family because you decided to go in a line with who God said you were so that you ultimately broke chains of addictions in alcoholism or pornography or drugs or whatever it was that was pulling you away from being able to do something sustainably you suddenly became the person that As you started living this way that now your parents decided man.

There's something going on with Sam I want to be more like Sam Sam teach me some of these things and you Suddenly gave your parent seven years on their life that they wouldn't have had before and ultimately that seven Years was the impact that They had on X number of people and there was a multiplication effect and oh little by the way Did you know that because they lived in the extra seven?

Years they also got to see their great-grandchildren These are the things that we don't think about or know today, but God already knows. And when we align with him and you know who you are, he'll show you what to do and how to it so that you ultimately long-term get the freedom to see life and life abundantly and realize why you did this in the first place.

You're good, man. I love it. Got to get this guy at the Vibe Conference on stage. You know, what do you think about it? We really do, we really. Because I mean, you're speaking my language.

So I feel it and I love it. And I need more people to hear this message because that's important. You talked about understanding certain metrics. Understanding your HRV, doing your blood work, understanding micronutrients, deficiencies, VO2 max.

You know, I wanna talk about that, because earlier we talked a bit about it, where some people can become a little bit too obsessive over it. Interesting enough, today I was at the barber shop, get my hair cut before I come around the podcast.

You got good lines, baby. Good lines. And you know one of my barbers is- Yeah, got my haircut too right before this. You got that nice Miami haircut. Oh, this is just straight flow, baby.

Straight flow. So, Justin, you know, one of the barbers at the shop, he starts telling me about how his wife just got a continuous glucose monitor. Sure.

Right. And he started telling, oh, yeah, the thing is going up and down. It's like, Sam, I got to talk to you about it. I know you're in the health and wellness.

It's like, you know, she'll be at 169 at this time of the day and then all of a sudden she's down at like 50. I just went to the grocery store and get some glucose tablets.

So I was like dude, hold on one second. Is she a diabetic? It's like, this thing is driving you guys crazy. He tells me, he says, man, you don't understand how crazy it's driving me.

I can't even sleep and I'm not the one wearing it. Her phone, the notifications are going off during the night, all night. And I told him, I says dude, You guys are gonna die from the stress this thing's creating before the benefits of you guys actually trying to take care of your health.

Take the thing off for now. Let me get involved. So I want you to chime in as an expert to talk about the good, but

then also the bad that can come with it.

Yeah, so I'm trying figure out and discern how to unpack this, because there's a multitude of ways I can go with that. I wanna speak to this person for a second.

Because what often happens, if your car breaks down, where do you take it? The mechanic. You need to build a house. Where do go? Instruction. If you, um, uh, need too, put out a fire, who do call?

If we need look after our health, we go to chat GPT or we buy a tool. And we rely upon our own understanding. And again, we don't understand this body.

We don' understand thing. If we think a car is complex, bro, a cars not that freaking complex. But we dont go and start kind of just tinkering in the engine.

Why would we ever do that with our body? Like, are you freaking kidding me? And what's happened in this space, again, it's why I just, I love the health and wellness space because you can impact somebody's life so greatly.

But I also hate it because it becomes so monetized, but people don't realize that you could severely hurt somebody. And, what is happening is all of a sudden people are gaining access to these highly powered tools, continuous glucose monitors.

wearable devices, VO2 max testing, blood testing. There's now cellular testing that, again, God love Function Health and Dr. Mark Hyman, but my God, you go and you suddenly go into a blood test and get a 47 page report back.

Holy Health book and movement

I don't know the last time somebody's looked at a 47 page report and goes, oh, thank God, this makes so much sense. It's so clear. I feel like I have authority and agency over my health again.

That doesn't happen. You get overwhelmed. Man, I've tried 95% of this, but I didn't understand it. And the thing about these tools is because you don' understand, you start to try to figure it out and manipulate the system.

I did a podcast on my own show the other day, really talking about how even macro tracking has become not about stewardship, but rather about obsession.

And instead of learning how to eat better, people are just trying to figure out how they can eat whatever they want within a certain parameter. It's like, you know what?

I know that I can have this many, they treat like a game. I knew I could have these many grams of protein, this may grams fat, these may crabs of carbohydrate.

So I'm gonna have pizza for breakfast. Okay, now this, I gonna ice cream for lunch, but I not gonna eat until dinner and for dinner I just gonna eggs.

And that's how I hit my macros and my calorie intake so I ultimately look the way I want to, But I still feel like absolute. Dog, you know what? And the insides of my body at the cellular level, nothing feels good, which is why I still can't get my blood sugar to operate in the right way, Which is what I can still get, my brain fog to go away, I don't sleep better, and I see the long-term results I want, even though I'm doing what everybody told me I was supposed to do.

And so coming back to your question, is the data, whether you're looking at heart rate variability, where you are looking sleep quality, when you look at VO2 max, you looking blood glucose, get somebody to disciple you.

Disciple you in a way that you now understand this thing, so you use it as a tool, not of something to try to gamify

and win at. Because this poor person that's dealing with their blood glucose, they don't understand everything.

They say, hey, did you know that your blood is supposed to go up and supposed go down over the course of the day? It's not supposed be 110 straight line throughout the entire day.

Did you that when you do high-intensity interval training, you're probably gonna see a spike up to 140 or 150 because of all the gluconeogenesis and what is actually happening at the cellular level?

Did know any of that? No, I didn't know. Well, all of a sudden when you start to realize that the things that you're doing and the drop in blood glucose, oh my gosh, I need to go have glucose tablets, are you joking?

Oh my god, so I see a drop and now I have an energy drink that spikes it again and I now have a chocolate bar that spikes it even further and then I've a crash and you've just basically sent yourself into a diabetic frenzy that your body has no idea about, but instead if we just went back to God's design for health and healing, What does the cell need oxygen detoxification and nutrients?

Well, let's go to what God made from a nutrient standpoint. He made whole foods, single ingredient foods. Let's get as close to that as possible. Now, this is what I talked about again on the podcast when it referred to macro tracking.

It's cool to macro track maybe for two or three days and start to understand, oh, this is what an appropriate portion size of protein looks like. This is an what appropriate proportion size fat looks.

I didn't know that a whole avocado that usually goes on my morning avocado toast is actually four servings of fat. But now you do. So now there's a level of awareness.

Doesn't mean that avocado's bad. It just means you have a different level awareness that you can now make a difference choice. But it doesn't require you now to continue to balance your macros because now, Sam, I dare you to try to eat 2,500 calories of single ingredient foods like apple, pear, egg, chicken, steak in a day.

I dare you to try. You're going to have to work hard at taking in that amount of food, bro. Like, it is not easy to eat clean and hit your total, like, caloric intake.

And this is what I'm coming back to in terms of intentionality. We have overcomplicated this game so hard, but we've lost the forest through the trees because we're like how do I get my HRV to be perfect?

How do we get it to increase? And we become data obsessed rather than just wanting to understand the body. If you understand, the data just becomes communication.

Data is just the, body communicating to you. It's literally the bodies voice made digital. And so suddenly you're starting to look at this and it only makes sense if you understand the body first.

But I think the beauty about ONA and what we've been able to do as a team and we have been to for so many is we make this really complex thing in health extremely simple.

and we give you agency back. We give an education and an understanding to be like, man, I didn't know this, but I had a team that discipled me for the last 18 months.

I feel like I have the most unbelievable confidence because not only do I look and feel the way that I want to and everything that i've desired to have reversed has now reversed, now I can do it myself.

Right. And I feel like I understand. It's like all of a sudden, and I don't know if you had shop class in high school. Of course. Yeah. What did you do?

First thing you probably learned was how to change an oil tank. I didn't go and try to change my own oil before I

went through a whole semester unlearning what oil to use.

Do you use synthetic? Do use this? What viscosity? At what season? If you're in cold climates or warm climats, how do you empty it? How do know that it's empty?

how you clean it, How you refill it. Where do go? what's the dipstick stay? I need to know how to read these things. But because I want through class and ultimately walked through the journey with somebody, Oh, I can change my own oil very easily now.

I could just pop the plug, do it up, get it in, save myself some money. But I still take it to the mechanic because I now want to save time. Right. And so at the end of the day, you have to come back to you are wasting time and you're wasting resources simply because you were trying things that you should have actually taken to mechanic a long time ago.

Absolutely. Every great athlete has a coach. I would say every great entrepreneur has coach, every business owner has. If you don't have a Coach, man, you are leaving so much time, money and resources on the table.

I mean, this goes into a whole nother conversation, but I truly believe the best leaders in our world are the. Best followers because they've had a mentor, they'd had, a teacher, They've.

Had a coach and every single person. I don't care what level you're at. Warren Buffett has coaches. Tom Brady has. Coaches. The best and most influential coaches have coaches and if you.

You're not learning and I'm sorry, you are not somebody I want to learn from. That's it, man. That is one thing I've learned. The best leaders are also the best students.

Totally. You have to be a student if you want to keep on learning and taking yourself to the next level. Justin, I want unpack and talk about the book.

Man, you put a lot of time, energy, putting this together. Holy health. Let's talk When I look at Holy Health, Holy health isn't a book, holy health is a movement.

It is, and we've already seen it. Like it's, I think at this point, we're close to 10,000 copies already pre-sold. We've got HolyHealth Academy that has come off of the book that is now being used in hundreds of churches around the country.

That is being by tens of thousands of people individually across the county. And we wanted to make what was happening at Own It financially accessible for everyone.

And that's really what Holy Health Academy was. But when I say Holy Heath, the book, Holy Healt, it's the collision course of science and scripture. It's where they align so heavily that science was never meant to compete with scripture.

It was always meant. To prove what scripture already knew and when we see this hand in hand, it creates this beautiful revelation as you read the book and this Beautiful Pathway that you don't see my story in it.

You don't even see a bunch of data in fact you see your story and it speaks to you as an individual where you are at the moment so that you can understand your body better and have these light bulb moments through the entire book to go dang.

This changed my life. This literally saved my. Life this transformed me from the inside out. I didn't realize that I was conforming to the ways of the world but rather there was a new different and quite frankly better way because I've tried wellness the wellness and biohacking way.

the medic sins way, but now what does it look like to try health God's way? What does that look to align in the way

in which we were designed so that you can ultimately use your health as worship and suddenly realize life and life abundantly, which was always the promise that John 10.10 gives us.

Man, you got me excited to read this book, man. I can't wait, I'm not letting you walk out with that copy. So, awesome. This book is officially published when?

Closing reflections and call to action

August 11th. Right around the corner. Just coming up here in about six weeks. Amazing. Where can people find that book once it's published? Yeah, so obviously you can find it everywhere that books are sold.

But if, not sure when this is coming out, but if it's prior to August 11th, they can go to holyhealthbook.com and pre-order. If they bulk order, whether they want to bulk for their teams, their community, the church, anybody within their business, and they wanna do that, right off that website or single copy.

And if anybody does bulk- order Get that private invite to our full book launch in New York City on August 11th and 12th, which is going to be a lot of fun.

I'm just furthering the movement of what holy health is 5K in Central Park breath work in the park. We're gonna do some baptisms after we're going over to Times Square and.

That's in August? Yeah, I'm gonna go to Times Square and do a post. Maybe we gotta go out there, man. It's gonna be pretty fun. So we've got a good I think it's just gonna.

Be again the kick of a movement and and a continuation of this thing that God is doing and I was I just so blessed to. You know, I've never done a 5k before my life ever never I'm not a runner, but it's 2.3 miles.

Yeah, i'll do it in a heartbeat But I want to do one. I love it. Where's a better place than central park? Maybe this will be my first one We'll see there we go.

So um, if you could sum up in one sentence The book what what is that one? Sentence that's gonna let people know about the book Holy health is a Holy health is your revelation to understand how to heal God's way and use your health as worship so that you can ultimately realize the promise which is life and life abundantly.

Justin, we're gonna have a little fun here. One of my favorite podcasters, Stephen Barlett with the Diary of a CEO, came out with these conversation cards.

So you gotta grab that, take the sleeve off. Just grab two random cards from anywhere in the deck. You gotta read it and answer it. Have no clue what you're gonna get we're going to pull here.

I read on the backside. Here we go What is the hardest? thing you've ever done in your life Man If I if you asked me that question back in 2017 you would have gotten a very different answer because it would've been a physical feat that I did and The biggest lie that I ever told myself, that i believed for a long period of time, and I think again it comes back to my whole journey, was the story I told my self was that, I needed to be impressive.

If I wasn't impressive, my, uh, i would be nothing. And if I was nothing my soul would die. That was a belief that had. So I had to the guy that ran the hundred mile race.

Wasn't enough just to go run a hundred-mile race, but I have to do it by myself around a track with no music. I was the guy that had to go and do six high rocks in a year because that was impressive.

My gosh, he's winning races. He's doing these things. That is what I had do. I have to hike mountains and take no water because I reckless and impressive that I could do that in certain amount of time.

And that would have been it. But if you ask me, what is the hardest thing that you've done? This is just a very

honest answer. healing the wounds that I walked through earlier to ultimately become the man that was called to be.

And doing the honest work, the deep soul work. To be the husband that had been called, to the father that have been, called the business owner I've been.

That's probably the hardest thing that ever done, which is a daily thing you have to pick up. But that conscious decision was probably hardest. What else you got there?

See here. All right. When was the last time you cried of happiness? Man, if I don't cry seven times before noon, something's wrong. Highly emotional guy.

But the. Last time I cried. Of happiness. Was probably when I opened up like I just got these copies of the book a week ago and When I open them up from the publisher my my wife was there there was so much time and intention that put into like the cover the design And when I opened him up I wept tears of joy so man just because it was it it a beautiful moment to see it kind of come to fruition and hold the physical thing that for so long had I've been trying to be excavated out of me and and put into something Awesome.

Awesome So just as we wrap up here If there's someone listening to this podcast or viewing this podcasts that truly resonates with today's message, what is that last thing you can leave them off with?

Whatever you're currently dealing with, it is not your destiny. And at the end of the day, What you are called to is to heal. You're called the thrive.

It's how you were created. Is your birthright. But the requirement that it's placed on you is you would pick up your cross and you live obediently. Therefore, use your bodies as a living sacrifice.

This is your true and proper worship. Being able to understand that what's on the other side of the promise sits a responsibility that you have to take ownership of.

And so you were created to heal, you are created thrive, but it requires you to live in alignment with how were you created. Amazing. And brother, if people want to find you, how can they find?

Yeah, yeah. If if you're like, hey, I want. To know more about own it and how we can go on this journey. Own it coaching dot com. Very simple, very easy.

And then if. You want? To just get more of what we talked about here. Instagram at Justin are we teach? Which will have all the links down below. So there was a pleasure having you on a healthy point of view podcast.

Thank you. Appreciate you Sam. Guys, you heard Justin. This is your opportunity to own it. This your to live and heal the way that your body was supposed to.

The identity, you have to dive deep into it, but don't do it by yourself. Find a coach, find someone to guide you throughout that healing process. Make sure you follow, subscribe, share this podcast.

Share with someone that you think will truly benefit, who can benefit from this message today. Guys, Do all that other fun stuff and we'll see you for the next one.