



[00:00:00] Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 15 years exploring the planet looking for healthy foods, superfoods, environmental solutions, and I've had my mind blown along the way by the people, the far off places I have been, and the life-altering events that have changed my life forever. My goal is to help you dive deep into some of the issues of our modern-day life, society's fatal conveniences. The things that we do that we're indoctrinated into thinking we have to, even though those things are negatively affecting us, and in some cases, slowly destroying us and even killing us. Every week, I have honest conversations with people that inspire me. My hope is through their knowledge and unique perspectives, they'll inspire you too. Together, we'll explore how you can make small tweaks in your life that amount to big changes for you, the people around you and the planet, so let's do this. This is my show, the Darin Olien Show.

[00:01:22] Guest Intro

Darin: Hey, what's going on everybody? Thanks for tuning in for another epic episode. How's it going? What are you up to? How is the pivoting of this new world? How is literally thinking outside of the box into who you are, what you are, what you're doing, and what are you going to do about it in this new world? Some of the questions I asked myself on a daily basis, and that's also why I am excited about my next guest because he does think outside the box. He's put a book out called 'Going Right,' and his name is Logan Gelbrich. I love this dude. He is a gentle giant. So he is a very strong big dude, and I consider myself fairly strong, but I got to tell you, he lifts some weight here and kind of blows by me. But we recorded this episode before the pandemic and since the pandemic, he's come out here and we've literally found rocks and stones on my property and lifted them and had some fun, so I love this dude. And he's one of those guys that you can tell every word is thought and thoughtful and considered and so you'll tell that in this episode. He owns Deuce Gym in Venice, a couple of gyms. And it's literally surrounded by alternative heavy stuff, old school kind of racks, but then there are big stones, round stones and kegs and kind of strongman stuff. He's literally been doing functional training, kind of before functional training and because he was a badass athlete. He played baseball for the University of San Diego. And then he actually played professional baseball for the San Diego Padres. So he's used to a strong work ethic, he's used to having goals, but he's got this whole other side of him, high intellect, very thoughtful, and very entrepreneurial. So I'm excited for you to understand where he's coming from and to give you insight so if you're any kind of business owner, if you're any kind of person pursuing, looking outside of the box, looking at things differently and carefully understanding maybe a different point of view, check out his book 'Going Right,' and listen to this podcast. And I hope you extract some of the functional training you're going to get from this amazing guy. So, enjoy. I'm excited for you to meet my good friend, Logan Gelbrich.



[00:04:22] First Half of Interview

Darin: I'm actually super stoked to have this conversation because I haven't gotten through all of the book but I'm like, holy shit, this is unbelievable.

Logan: Thanks, man.

Darin: Yes, and I really, really mean that so everyone his book's called 'Going Right' and we'll put all the links to all that stuff and almost expected, actually, not expected and expected all at the same time, the more that I get to know you. So seeing you I can see there's a lot going on behind the eyes and the soul and yet everyone listening, this motherfucker is strong. He's athlete, ex-baseball player, top of the food chain, which we'll get into, and played for the Padres, and then wrote this book. There are several quotes in there but I just want to read one and kind of set the stage because this one really will tell the audience kind of where we're going to go in this conversation, at least you have to read this book. And one quote is, "Imagine every decision we make in life as a fork in the road where one direction represents self-actualization and the other self-destruction. Decisions made by going right move us towards self-respect and away from self-sacrifice." And in a lot of ways, you're speaking to something that I've lived and I believe into my core, I don't say live like I'm done with it. I'm saying like I believe in it. And I say it from a nutritional perspective all the time. The choices we make are either moving us towards health or they're moving us towards not health. And so there's a very similar aspect to that because it's a consciousness that often gets automated over time or gets hijacked by expectations through unconsciousness and impressions from whomever.

Logan: Hundred percent. The parallels are there. I think one of the themes with the book, and this is so cool, I didn't know you specifically have a relationship with the book. So to me, there is agency in being responsible to the degree that we can, having a say. And I think the ultimate boiled down oversimplified conversation there is one about this agency, like do we have a choice? And again, to reiterate your nutritional perspective, I don't follow you around all day but if I'm a betting person I would imagine that many people come into your life and see you as a mirror to themselves. You represent this kind of nutritional idealism and something that maybe there striving towards but failing miserably at. And how does that conversation normally go is, I'm sure you're hearing a lot of, for lack of a better term, victimized perspectives bouncing off of you like, "Hey, I would but..." And they want you, an authority to kind of let them off the hook. And another way that this shows up often in nutrition specifically is people want to know what's the diet? What's it called? What are the rules? Bananas, are those healthy? And you're like, it's kind of complicated, it's a banana. I mean, there's more to it. Well, I'm not really interested in all of that. I just want you to tell me. And it's that relinquishment of responsibility. And so if you regress it all the way back to like a nature versus nurture conversation, the book in a lot of ways is a call to action of saying, hey, we can't control all of our outcomes and everything in our life, but what I'm saying is this is a mirror and you have responsibility here, and we can't give that up.



Darin: Yes, so I love this book and you go as far as you want because number one, I think people should take the time and read this thing because it's a different conversation in and you clearly start stating it straight away and like, I'm making the argument that the decisions you're making towards what it is that you truly want is so impactful for you. Outside of the world of right and wrong, outside of whether you're going to get somewhere or not, but by the act of it, and I want you to correct me, by the act of the pursuit of your desire at any point in your life, I would imagine that that is quintessential one of the most powerful things you can do to live the kind of life that you truly desire on a fulfillment perspective.

Logan: Hundred percent. And the book, just a little backstory on what that is, it's an attempt to like the job that I felt that I was taking on was trying to put together an airtight, logical justification for this decision making because a couple of reasons. One is, if it's airtight and logical, it's a strong argument. I think we need that. But the other reason is, I firmly believe that we don't, not to poo-poo emotion but I don't think we need another emotional reason to pursue this thing. I think every human being has ever lived a life has felt a desire somewhere in their belly to find the best version of themselves and some quiet it more than others. But I think that it's our reasoning mind that often kind of gets in the way and so to your point, there is a linear kind of transcend and include argument there but I want to call attention to what you just said. The last argument, in my opinion, the last amenity of this decision making, in my opinion, is the most important because of what you just said whether you get somewhere or not, it doesn't matter because of this skill transfer. Essentially, this type of decision making where we thrust ourselves in environments that by their own nature develop and evolve us, put us in a position to transfer those skills elsewhere and it kind of lets us off the hook in a weird way. It doesn't matter what it is you choose to go after, start a company, play a sport, try to do something difficult. It doesn't matter if you make it or not because at the end you are an ownership of these skills and transformational experiences that serve you in a very general way.

Darin: Well, it's interesting too because there's so much to unpack there because you can talk about all the way down to a quantum level of the energetics of that as well. As well as and it reminds me of this researcher I studied with 17 years ago is that his name, crazy researcher, amazing guy, Dr. [00:12:29] and his daughter was going for a Ph.D. in nutrition. And her thesis was around what is the most anti-aging or life-spanning thing that you can do to live longer. So it's a nutrition Ph.D., and so in her pursuit, her conclusion was creativity, in the creation process. So when I'm listening to you, I'm hearing that. And then I go back to things like Harvard study of community being super longevity producing. It's almost like the permission you give yourself without the limitations, without the victimization is gifting you so much, almost free energy. You can't even quantify. Just that aha moment. You know what, Logan, today I'm doing it and then tomorrow I'm going to do it and then your life is different, period, right now.

Logan: Hundred percent.



Darin: And you're opening up a floodgate for possibilities that you are absolutely-- I'm doing this because-- and you have several examples in there, forgot the guy's name that you use, but the guy in the office and the thing and like enjoy this as much as you got it and it's like--

Logan: Yes. And that by its own nature is very resistant. This concept starts with the creation. I mean, the word in the book is curiosity. It's like, how are we introduced to the things that we could eventually commit this type of effort to? And the only real mechanism for that is curiosity. And like, what is that? Curiosity at its sort of essence is an assumption that there's something more outside of ourselves that we're not done yet and that's just a right place for abundance and growth, whereas most people I find plateau. And you look at skill development or development of any kind. We stopped developing when we are curious about what we call disconfirming information. It just so happens that we know just systematically when you do difficult, arduous long pursuits that demand your best you are introduced to, the type of information that grows and develops us. Now it's a sad day when that curiosity ends and those environments end and we no longer are seeking growth. We are more interested in being right. You're in an industry and I'm in an industry where it kind of doesn't pay to be outwardly curious and to be a learner. We were just talking in the sauna about that one extreme, very successful leaders and gurus like, what is the behavior, is often looks like this kind of at its worst, this aggressive sociopathic thing. And what I didn't say in the sauna that's coming--

Darin: Felt surprised. I was like, this is--

Logan: Yes. Totally. It was hot. There's a paradox there. I talked about this in my seminar. It's not very compelling to say on your YouTube channel, "Come millions of listeners. I have a video for you today and the messages--" kind of depends. That's not very compelling to go in there with this container that is inclusive of you know what? The verdict's out, it's complex. No one's watching this video. The video that's compelling, the one that receives followers, how you become a guru, as you say, this is the way, this is the only way, any other way is insane. This other way is wrong and I'm the person with the answer. And that statement in and of itself is one that is not interested in growth because how you would grow that perspective is how might I be wrong about this? You got to do that in private because you can't be saying that on your dissertation. And so, there's a paradox there where we're almost like teed up for this plateau. And so the book, and a lot of what most of my work with organizations is really centered around like, "Well, how do we create environments where we grow forever, where we improve forever?" And it takes some curation, skill development, and growth of consciousness is in many ways set up to plateau if we don't intervene.

Darin: So let's unpack that a little bit because obviously not everyone has read the book and it's indoctrinated into our culture still, that is the parents have almost this default mechanism of saying, hey, yes, but you know, you talk about plan A and plan B and everyone pushes for the plan B. And your heart is like I want to be a musician, I want to be an athlete but then everyone comes at you with, I was only a few percentage, people will make that, and like don't you want to be a doctor or a lawyer or an accountant or something. You got to be realistic, Logan. So



many people that are in school that are getting that message from their family and listen, no one's fault. It's just the message. Everyone wants some sort of degree of safety.

Logan: Yes. Comes from a good place.

Darin: Yes. So what do you say to that average person that may have suppressed that information and may barely have even heard that voice because they're just listening to the parent's voice and all that stuff but they have poo-pooed their dreams, even small, even learning how to hula-hoop or really trying to make the NBA or whatever that is. What are some things besides reading the book and understanding the terminology of what you're saying, what are some of the things that people can start to get to awaken the sleeping lion that I believe, like you said, everyone has? Everyone has a deep human desire to express more of themselves and by way of living in the curious zone of witnessing itself.

Logan: Yes. Well, the reason why this isn't popular, I mean, there's the fear element, but ultimately, my opinion, the reason why this type of decision-making isn't popular is because it increases the responsibility of the decision-maker. There's a phenomenon, this is maybe good for anybody who's listening to like, look around your life at instances where your brain wants you to believe that there are two choices and we all do this. And this is a slightly regressive consciousness because anytime your brain wants to simplify something as either x or y, it is never the case. And you can run this through any perspective you want. The political one's the easy one, is it red, or is it blue? Come on. It's a little bit more complex than that. Have we really deciphered all policy into two buckets? And so the advantage to this regressive thinking either this or that option A or B is it's lazy. It takes less effort but any expert in anything, anybody who's gone down the rabbit hole of their craft in anything immediately shatters those types of simplistic amateur views.

Darin: Upon the exploration of the knowledge.

Logan: Hundred percent.

Darin: Because it clearly shows the infinite number of variables.

Logan: And earlier what I said was, well, what is the type of information that grows our consciousness and it's not confirming information? This is at the heart of what I'm most excited about right now. It's like Darin, if I sat here and I could somehow print out pages and pages and pages of everything you already knew to be true, and we did the world's most boring podcast and I just read that back to you. The best-case scenario of this exercise is you would be exactly you, nothing would change. And it's from this disconfirming information that our minds are "blown" and we have to take on a new perspective. So bringing us back to the oversimplification. Basically, what we're talking about in your example, the advice to someone who feels like there's two choices. Choice number one, I call it door number one. Behind door number one is this idealistic life, the really cool one, "I want to be a musician." It's unrealistic.



I've never really seen anybody do it. All my family and friends tell me it's insane. I'm probably going to fail.

Darin: I stopped playing piano at two.

Logan: Exactly, the whole thing. I don't even know where to go. I don't know who to talk to. Door number one would be amazing, also seemingly irresponsible. Door number two, safe, secure, follow the plan. Go to the right college, go to the right fraternity sorority get the right job, safety, security. I've seen it, it happens all the time. Well, the best way for me to coach someone to see this perspective is to shatter that view. There are not two doors. And the best way in my opinion to shatter those two doors is, if you're going to tell me you won't choose door number one because it's uncertain, let me tell you something. Door number two, also uncertain. That is pretend. And the story that we go around and tell each other that like, hey, you got to be smart, you got to be safe is a myth. And it is a myth that is very fragile because the case I'm trying to make is, you know what, I'll tell you probably won't be a Billboard Top 40 artist in probability sake, choosing door number one. What I'm saying is that, that route, that path will iterate and grow you in ways that path number two cannot. And you think that path number two is safe as someone who just drove past their home that just burnt to the ground, nothing is certain. And so I reflect back to anyone who is passionate about this sort of safety and security perspective and tell them, you know what is the least safe thing that I can imagine? Being 30 years into a life expression, a job, a career, a relationship, that hasn't made you better in any way, shape, or form, and then that rug gets pulled out from under you. And so now we're looking at a situation where it's like, there aren't even two doors. And actually, there's kind of only one choice if I'm talking about what is the best upside for me as an individual. I need to put myself in a position that is going to grow me and develop me. And so go down the path of being a musician fail over and over and over again, and what happens? You come out on the other side, with better understanding of commitment, better understanding of deep work, more self-awareness. You embody the traits that make for great employees, great lovers, great friends, great entrepreneurs etc. And to me, that is the argument. If I can show you that the basis of your reasoning for not doing this is not real. Seems like we don't have a good case anymore. It's not safe.

Darin: That is so beautiful in a way because I don't think anyone's unpacked it like that before. And I really love again, how you're having this argument because it's not you're also not emotionally getting-- There's nothing wrong with Tony Robbins but just as an explanation of this point, you're not emotionally getting them high to then follow their dreams. This is deconstructing the highness of that so you can sustain the choice for other pragmatic reasons that are going to affect your life forever. And the only thing I can think of is for whatever reason in my life, I never chose never wanted to choose that safe place. Like the day after graduation, I jumped on my motorcycle and rode to Colorado not having a job, just throwing myself into a gym, and seeing a physiologist, ran into him, made an argument that I need to apprentice with you. And here's the thing with that, you may think you know what door one is. Let's say, door one, door two, you're now making this step. I'm going to try. By the commitment of it, which is



another definition in your book, you actually open the door. Not the idea of opening the door because that's a massively different thing and a trap for most people because they think they know what's going to happen. You don't know.

Logan: It can't be hypothetical.

Darin: Exactly.

Logan: It has to be real. We have to be tethered to the results. And that is the skin in the game so to speak, it's the difference. The environment changes us because we're sort of tethered to the result now. The sort of enlightenment process, there's like, the result doesn't matter. But you can't be just any idiot on the corner being like, "The result doesn't matter," or better on the couch and be like, "Result doesn't matter." None of that matters. You can only say that when you try as if it does matter. You know that that was the greatest lesson maybe in all of my learnings from sport and every great maybe even religion comes down to this. A lot of the great teachings come down to attempt perfection as if it's possible. Fail, learn from the dissatisfaction of being where you are versus perfection, and then we go again, and then we go again, and then we go again. And all of those learnings fall apart if, "I don't really care if I win." You have to be held to that thing. That's why business is an another great little vehicle for this type of learning. You'll be an entrepreneur, it's like, it's rigorous. The results matter in terms of a life or death business type of organization. And it's by doing that, that you're afforded maybe the perspective that says like, maybe the results doesn't matter. It's not about the money but you have to be tethered to it to extract that learning or else you're just a non-participant. You know, it can't be theoretical.

Darin: Yes. And on that commitment line, and when you're tethered to it, and you actually, consciously and physically do it, it's interesting because then you're actually physically-- it's a difference between I know what's out that door. You may think you do, but when you actually open the door and go out there, it opens up a world that you didn't get to experience before until you opened it. And then it brings about all this other information that you never actually had access to. And that's what I always find. And just a quick note on that, I never was young and said, you know what, I'm going to be a superfood hunter. It was only upon taking a risk of going, at this point, I know I'm going to go to Boulder, Colorado, and I'm going to teach physiology and help people move better. And I'm going to connect with that guy. And then committing to that, then open another door. I was getting lectured by this nutrition doctor who'd go and drop off all these medical journals to me and then the next thing is I got a bad breakup. It's all of these things and then wait a minute, I'm looking at food that is not healthy, and why are people sourcing stuff like that? I'm like, I got to figure this out. And so it's when you commit, you get that information, and then the willingness to pivot with the new information and continue to follow and pursue that which you're drawn to but there's so few people. I don't know why that is. It resigned to coasting, and it's like your zombies and you're not living.

Logan: Yes, the arc of arriving where you are now, like you're saying you couldn't have known it as being a young kid or something. That's how horizons work. You get to the horizons, it's a new



horizon and there's a new set of information but it's only by participating in that iteration that you get to see where that leads. Most people are sort of sitting on the dock being like the horizons kind of scary over here. You say I don't know why so many people don't do this. Both of these traits are in all of us. From a Maslow's or a DNA perspective, I need to be safe and secure. There's a need for that. And we've dominated this planet for better or worse because of this curiosity because we left the cave because we'll go to the edge. Now, the difficult part, the added difficulty is in my opinion, there's community on both sides of this conversation. The problem is the community's a lot bigger on the safety-first side. Not to be like derogatory but it's like I use this language often where listen to the language and the behavior and see the behavior of people who are conceding out of fear in this life, this pursuit, the ones who don't get on the motorcycle and come out, the ones who are repeating the story that like hey, I would but I got to be smart. That is a community that is locking arms to reassure themselves that they have made the right choice. And it's a sad day and it's a big mob to the point where to venture out, to get on the motorcycle, to pursue what feels difficult and uncertain. It feels more alone but the good news is where we just came from is an example of there is community of people who are vulnerably seeking their edges. And it's the reason why-- Why is it that the world's greatest music producer can look across the room and respect the world's greatest big wave surfer and look across the room and respect the NBA center? These people do nothing that is the same technically, but there is an understanding and what that understanding is, hey, we're in this vulnerable thing. And that is like soulless sin and that's like, thank goodness, I think.

Darin: Well, and just for the audience, though, Logan's, referring to the community of ragamuffins that are up at Laird and Gabby's. And that's where Logan and I met, actually, at Sal, Mexico. I was up with you, and that's where we met. So it's this eclectic group of people. And I love that because there is community in that. You can find your tribe. There is a tribe. But like you said, there's a group, there's a bigger tribe it seems that are collectively aligning and agreeing with that which is less, I don't want to offend anyone, has less energetic fortitude. It has less soulful pursuit. But when you find a group of column misfits that are bucking the system, you find that there's this resonance that you deeply respect, like I deeply respect everybody shows up in a very-- You got to understand people, XPT, I've said that before on this podcast, xptlife.com with Laird and Gabby. I was there at the beginning of underwater gnarly training and weights. You talk about a fringe. We are underwater, you and I did some relays today. You're pushing yourself in a foreign environment that you have to fucking surrender and stay calm. And so we literally created an environment that we're constantly showing up at as a community in a very challenging situation of the unknown. All the time. And all of that contribution is contributing to itself, therefore creating its own organism. So it's scary and I don't know how to get through to people to be like that example you gave earlier about that guy or that person or that woman who said, okay, I'm going to get that. Nothing wrong with being an accountant, if that's your dream, your desire, but I just want to use an example. If I don't want to be an accountant, and I've chosen to be an accountant for 30 years, but I really wanted to be that musician, and now I just lost my job. Holy shit, now the life has yanked that from me, there is no security. The big myth that I've been living in, and now what? And it's almost like this part





of life, I believe is geared for exactly what you're saying, it's geared that way. Even though a lot of people are taking, they're suppressing their dreams, they're suppressing but I don't see happy people doing that. I don't see joy of vibrancy, contribution, receptivity, openness, non-ignorance. I don't see that in those people.

Logan: That's one of the biggest myths I think. If you think it through, I don't blame folks. It seems like a life that avoids pain and suffering and difficulty seems like the goal.

Darin: And keep in mind, I think we both made those choices in smaller and bigger-- I just want the audience to know we're not infallible to it because again, what you said is very powerful and important. That is, it's a human trait that you want your family to be safe, you want to protect your children and your wife as men. And as a mom, you want your nest and your greatness for your kids so we're constantly wrestling that in every fucking decision.

Logan: And think about what we said earlier about hey, red flags when your consciousness wants to turn something into an either/or regressive thing. So there are people who are listening like, how dare you? I got a family to keep safe. You want me to give that up and be reckless? And the higher-level thinking here is no. It's yes, that safety and connection and roots and this expression of your fringe. Know your edges, know where you fail, know where you need to grow next, et cetera because why is this relevant? This conversation is relevant to every person who ever lived because we happen to live in a world where the rules of the game are we cannot control the future. That is the only certainty that we all share. And that uncertainty means that we live in a game, in a world where some folks will be more fit for that than others. The only thing more difficult than going through what you've gone through, let's say on this property with the fire and everything, the only thing more difficult than going through that is going through that and being an individual who has avoided adversity at every turn of his life. Imagine that. I don't get in the pool, I don't try anything that's outside my comfort zone, I'm not interested in anything that's going to push me or failure. I am interested in safety, security, please don't hurt me and I'm just going to do everything that I feel is socially reinforces right. And your life gets turned upside down, you're like, this is foreign. I can't. Who is unfit for that? What I'm saying is, it is a much more empowered stance to say, you know what, I'm going to seek environments that will develop me because when you talk about like I'm saying disconfirming information. The things that "blow our mind" to expand our consciousness. We all know the moments in life where that happens, cancer, financial crisis, relationship issues.

Darin: Or a death of a loved one.

Logan: So what's the message there? Life will grow you up. What I'm saying is I don't want to like waiting for life to teach me a lesson here. We can curate a life that will develop us and separate of anything contemporary. We've got really one job, procreate and evolve. And we can



hold the pen, that's what I'm saying in this story. There's just unfortunately a lot of people justifying this other path maybe.

Darin: And I love what you said about-- and it's very important for people to hear because even in them hearing what we're saying now, they say great, okay, so either, or. They go to the either-or universe and they say, okay, you want me to pursue being a musician, but I have a family and I've been working on Wall Street. Great. And that, again, is exactly what you're saying. You're now just created two only choices.

Logan: Two bad ones.

Darin: Two bad ones, which is fucking insane. It's like, say yes to your love. And make a phone call or play five minutes of your guitar that you want. Commits to something to commit to yourself. And I'm saying as well is that the pleomorphic expression of just saying 'yes' will gift you in ways you can't fucking imagine.

Logan: Yes.

Darin: And the other thing I will say about curating. Curating that muscle, that muscle just like lifting weights. You push yourself last time, hopefully you can push yourself the same way or more next time, that's life. And so we might as well work that muscle. For me, that muscle probably got worked more than anything. I had a divorce before the fire. Quickly after that, the fire, lost everything. Not soon after that about seven months after that, I lost \$300,000 in a deal. Bad partners who lied. I got the shit kicked out of me in the matter. The biggest year aside from my father passing away is one of the gnarliest acute issues of challenges I guess in my life, but that stack, the resilience, that is and if I wasn't one of those people that started to thrive on putting yourself into a situation that I had to overcome, not that I was putting myself into a situation that I had to overcome. I was putting myself into situations that I needed to pursue that automatically stretch me because I care about it, I'm passionate about it, I want to push. You don't spend the life 40 countries bouncing around in cars in the middle of nowhere, very uncomfortable. People think superfood hunting's like--

Logan: Glamorous.

Darin: It's gnarly. You got to train just to do that, but that is important. The muscle that you're talking about, the now. The right now because you don't get to get out of jail free. You're going to get hit. You can't see everything. It's impossible.

Logan: It's coming. And that's not like a fear-mongering thing. It's just the rules of the game. Here's the logical justification, the short spiel that gets us to exactly the moment you just said, people who are going right, my coined language to oversimplify this decision making thing. People who are, let's say, pursuing their best expression have some unique amenities that you cannot earn any other way. First, they understand commitment on a level that cannot be learned any other way. You become committed to these pursuits that you've gone on in ways that you



can't pretend. You couldn't have jumped over at Wells Fargo and got a thing and pretended to like that as much as you did with the physiology or the superfood hunting or any of the other things that you've done. The commitment sets the stage for the next one. This kind of work like the Russian nesting dolls,. They transcend and include, we need the little one to get to the big one. Step one, commitment. The next one, folks who have this unique level of commitment work different than other people. It's called deliberate practice or deep work in the literature. So the way that you toil with your craft, let's just say superfood hunting is at a level that is greater than just regular work or practice. One minute of deliberate practice is greater in terms of the tangible benefit than a one minute of just being at work, marking time. Masters, people who are attempting to reach their peak expression, practice different than other people. And it's through this that you build a large body of deep work. It's where we have an opportunity to find unique value in our expression. So it's this unique level of commitment and a large body of deep work that sets the stage from what you just said. The third amenity of this going right, a resilience to adversity. Who would be more fit for the fire, the trauma, whatever, the external blow to the-- we're just talking about Pat Riley. He's language is thunderbolts. The organizations that whether the Thunderbolt's adversity are better are championship organizations. And folks who have that commitment and a large body of work behind them are just more resilient for that. They're more fit for the task. Alright, so here we are, life introduces learning and you're more fit to understand it. To take us just beyond where you left off is the second to last amenity is the peak human experience, known as flow, is a beautiful place. Whether you are a spiritual person or not, what a coincidence that there's this intersection where your most difficult challenge and your best work and complete bliss, essentially nirvana, fulfillment, joy on levels that you can't pretend and fake anywhere else is all the same place. Amazing, right? What a cool coincidence that that is the only way to experience the peak human experience of flow is at an intersection of our greatest challenge and our level of preparation. So you mean to tell me that the most joy and fulfillment that I can feel on this planet is at a place where I'm putting myself at the edge of my ability, great challenge, and at the end of a long road of preparation to meet that challenge. Everyone benefits from that. And that is a coordinate, that is a cat and mouse game. Because when you get great, the challenge is easy because you're so good at it. So what do you need to do? You need to find a greater challenge and now you're in over your head. I got to go back to the lab and get better. And then now we push out, push out, push out and that is highly valuable in terms of utility. And it's that pursuit that I would make a case as the meaning of life, and it never ends. Imagine if we lived in a world where everybody was doing that. I am really interested in what that would look like.

Darin: Very interesting.

Logan: And so I believe, and this is the reason for the book is, is if we have people who can rally behind the logic and say, you know what like all fear aside, I need you to go on this type of journey. I need you's in the world. I need Darins in the world. This is why we spend time together because I need that environment to make me pursuing my own expression of greatness. That much more easy, better context. And flow is not just a self-serving pursuit.



Everyone benefits from that. And if you've ever seen it or been around it, the hairs stand up on your neck because that's what humanity is, that is the pinnacle. And there's only one way to get there, and it's through the path that we just said.

[00:49:23] Barukas Ad

Darin: Many of you who follow me know I've spent most of my life searching for the healthiest foods on the planet from the Amazon jungle to the Andes of Peru to the Himalayas in Bhutan to the deserts of Africa and everything in between, discovering hundreds of plants and herbs and superfoods. This is my passion. Things like Sacha Inchi, wild cocoa, moringa, many adaptogenic herbs, and on and on and on. If you look hard enough, there are a few unknown extraordinary foods around the world that people still don't know about. And a few years ago, I came across my favorite superfood discovery of all time, Barukas nuts. When I first tasted them, my eyes lit up. I was blown away. They're so delicious with notes of popcorn and cocoa and chocolate and with this amazing crunch so the taste alone just absolutely blew me away. But after sending them to the lab, which I do and getting all the tests, I realized they're the healthiest nuts on the planet. No other nut even compares. They have an unusually high amount of fiber which is critical for healthy digestion. We're all getting way too low of fiber in our diet and it's good for the healthy bacteria and microbiome, and they're off the charts in super high antioxidants and have few calories than any other nut. It's jam-packed with micronutrients. And what they don't have is just as important as what they do have because they're found in the forest in the Savannah, what's called the Cerrado biome of Brazil. Not grown on a plantation or farm. They're untouched by industrial pesticides, larvacides, fertilizers. They're truly a wild food but they're not just good for you, they're really good for the planet. Most other nuts require millions of gallons of irrigated water, but Baruka trees require no artificial irrigation. Barukas are truly good for you, good for the planet, and good for the world community. It's a win all the way around. I really think you'll love them, so I'm giving all of my listeners 15% off by going to [barukas.com/darin](https://barukas.com/darin). That's B-A-R-U-K-A-S dot com backslash Darin, D-A-R-I-N. I know you will enjoy.

[00:52:26] Second Half of Interview

Darin: I love that explanation of it. And you in the book, you describe of that moment when you beat my Minnesota Gophers.

Logan: That's right.

Darin: Was it 2007?



Logan: 2007. So are you ready for a spoiler alert? I want to give you a spoiler alert. So the book opens with my personal, it doesn't matter, you don't have to be a baseball person, but it's my personal highlight.

Darin: And it's so well written. I couldn't stop reading.

Logan: Yes. I would cry. Again, an opportunity that's only possible if you put in the 20 years of work before it, that's how you get to the scenario. And this scenario has to be gnarly, heavy consequences in that world. And I remember stepping into the box, so much got taken out of the book and what's in there, but I remember it's on ESPN. I mean, this is it.

Darin: This is 2007, let's set the stage a little bit.

Logan: Okay. So it's 2007, at the University of San Diego division one college baseball, so I'm a junior, so I'd play one more year and then get drafted after that year but we accomplished some amazing things at this place. It's really overachieved. We're a good program, top 25 program, but turned into a top five program. There's not a lot of good reasons why we were at the top of the game at that point. So a bunch of misfits overachieving, we're ranked fourth in the country with a beeline to the national championship. And we're in San Diego at the regional level, the tournament. And we're about to get upset by the Golden Gophers, the University of Minnesota. And we're down four runs in the ninth and a mount like a little bit of a rally, score run. It's kind of unraveling for them. There's two men on and I come up with one out and record crowd sold out, people's faces are painted blue. It's on ESPN, and here we are. But the funny thing about hitting, if you know anything about baseball is chances are, you're just going to fail.

Darin: Definitely failing more than that.

Logan: Yes. You're going to strike out. You're going to hit a 3,000 hopper to the third basement and you're going to run 90 feet and it's super anticlimactic. That's probably how that goes, and I know that. And so I'm stepping into the box and there's a lot of lessons in there, but I'll try to keep it short. And I remember being in the highest consequence moment of my life and to speak about flow, which I just sort of explained the necessary ingredients. Technically, I'm as prepared as I've ever been for this moment. I'm as old as I've ever been. I've done as much practice as I've ever done. I'm as prepared as I've ever been in my life to hit a 95 mile an hour pitch and have some success.

Darin: And if you don't do it, you're done.

Logan: We're done and a bunch of dudes careers, this is it. And I remember stepping in the box and smiling, which is so bizarre and being so eternally grateful, which is a feeling, another moment of flow. I mentioned Tate Fletcher, my best friend who fought in the UFC. Being in just straight moral combat with another expert and being grateful because the moment is only



possible if the other side is there, and we all did the work to kind of get there. So I remember smiling, I'm getting into the box to what should be a very scary moment. And just feeling like this is all going to be over in about 90 seconds and who knows how it goes. And so the story goes, I go in and repeat this process. It's very deliberate.

Darin: Ritual process of getting--

Logan: Ritual, yes. This is what high performers are doing. They're trying to normalize a scenario that you don't have full control over. So I have this ridiculous bat routine. How hitting works is you're hunting a certain pitch and location. It would be too hard to just see what comes and say, oh, that's a curve ball. Let's try this. So because of the reaction time, you're hunting a certain pitch. I was looking for a fast ball on the outside part of the plate. And I was going to try to hit it off the moon because that's just my perfect scenario. So I go in and I see the pitcher's body. I see the window above his shoulder. I see his hand immediately recognized fast ball, no ball, take it right. And the pitch is on you in less than a third of a second. And so you're processing a lot of information. Step out, one O count. Repeat the process again. Meanwhile, my whole college career is hinging upon this intense moment, but it's just back to the mundane routine. Step back in, see the pitcher's body, see the window above his shoulder, see his arm, curve ball? No. Ball two. Step out, start the process again. I can't hear anything. I don't see anything except for this guy. And we start again and third pitch, I get the pitch that I want. Fast ball way. I see the body, focus goes to the window above shoulder, see his hand, fast ball away. Yes. And I put a swing on this pitch that is 20 years in the making. Swing out of my ass as we'd say. I got a little excited. It was off the plate. Strike one, swung through it. One of those ones where everybody goes, ooh. Step out, start the process again. Step in, see his body, see the window above his shoulder. See his hand, the fast ball way. And in less than a third of a second, I realized I was getting the same pitch again. It was a better pitch. And in this moment, it happened. It felt like a week. I was grateful. I said, oh my God, this is about to happen.

Darin: In a third of a second.

Logan: I'm grateful for what is about to happen. Time slows down, put a swing on this ball, feel nothing. I leave the box. Everything's in slow motion. And as soon as I touched first base, the ball left the right center field fence, and then everything zoomed back up to full motion. I hear the crowd and I'm hands up going around first base. As I touched second, I look in and 30 guys are empty in the dugout and I shake my manager's hand, coach Rich Hill. I'm around the third base. And I'm floating. I'm going to come in and say like, my brother is at home waiting for me and there's a moment that only is possible if you go down that path. So here's the spoiler. When the book came out, that's how the book opens. And I knew that this was going to hit people in the way that I wanted because they said exactly what you said to me, which is man, I'm loving



the book, the walk-off in the beginning, so amazing. And I knew I had them because if you remember the score that tied the game, it wasn't over it. It wasn't a walk off, big moment, tied the game. Next guy goes up and hits a 3,000 hopper to first base, out number three. We go into the bottom of the ninth inning, 15 minutes later, we lose. So what's the lesson here. The lesson here is, I'm telling you that, that journey, that path for this moment that took 20 years in the making was worth it and it didn't matter. We didn't even win.

Darin: That's amazing.

Logan: And I have that moment for the rest of my life. And so the reason, a lot of people give this reason, I want to do this thing but I'm afraid because what if it doesn't work out? And what I'm saying is if you really go about it the right way, it doesn't matter.

Darin: That's amazing. The fact that it actually means more in a certain way because we all want the story book ending but this makes your point. The flow and the state that you were in is a gift that you can't even quantify. You only get to experience this witness of such a miracle that occurred for you, with you, as you. And it didn't matter what the perceived big thing outcome was. Even though that pursuit is part of the mechanism that got you to that.

Logan: Hundred percent, and that's the paradox.

Darin: Right.

Logan: Because you don't get the job. You don't get the job to be in that game, in that moment, in that bat. You don't get the nod for that job if your attitude is, it doesn't matter. So what's the lesson I think that we extract from this is, we need vehicles or an environment to reflect back to us, these learnings, these developments. And what I'm saying is it doesn't matter what it is, I'm not even a sports fan. Just for me, it happened. I happen to like baseball, but I have enough space from that to understand that about baseball. It doesn't matter. It's not about a nutritional company. These are environments. They're going to reflect back to us what we need to grow as people. And that is, like I said before, I think the best way to say it is an empowered way to move about your life. You don't need to wait till the house burns down to learn about yourself. And as an entrepreneur now, I don't want to hire people that haven't faced those mirrors in their life. I don't want to date those people. I don't want to hang out with those people. Life is a richer, more thoughtful experience if we choose these environments.

Darin: I love that. I, again, number one, I think the only flow state that I got that was even remotely close to that was I was almost dying in a plane crash. I was with a friend and we flew in his plane to Arizona to get to Sedona, to get lunch. This isn't the same but it's in my head. And the time slowed down. I'm like, and we got a wind shear and it dropped us out of the air. And we came back down on the tarmac and we hit a sign and it tore the wing and its fuel was flying off. And we were about to go off the Mesa and everything slowed down. And when that happened, there was no trauma. I wasn't even shaking. I wasn't even traumatized. I was just like, holy shit.



That was crazy because the fire engines come out, "Get out of the fucking plane. Get out. Get out. Get out," because we have fuel. We obviously didn't fall off the edge but there's a state that, I mean, you're talking about something completely different, but it just reminds me of that.

Logan: Well, that's a transformative thing. That is a perspective altering thing. All I'm saying is you couldn't pick that and you probably wouldn't if you were to do it again. What I'm saying is that we can pick and choose how we move about our life to learn the lessons of-- I'd personally rather not learn in a plane crash.

Darin: And I'll use it again, the parallel. When I was pursuing, when I saw the faults of some of the supplement industry and the bad ingredients and all of that stuff, and then I lost my father and I used his money to start my business and that meant takes a lot more. So I'm not going to fuck around anymore. Like research here and take a couple of trips, but I got to actually actualize what I'm seeing. I'm seeing in ingredients and powerful botanicals that no one's ever seen before. So I started putting formulas together and I created an accompany that I'm going to get these out in that pursuit. Talk about pivot. I got approached by Beach Body and said, "Hey, you know, we saw what you're doing. Can you do this for us? Can you put this? And we're going to just let you do it." 10 years later, that product alone, Shakeology sold \$3.5 billion in sales. There's no way I could have known that. I didn't even have that as a goal. All I really had as a goal is I see powerful medicinal and incredibly diverse botanicals that are doing good for people that can do a lot better for people if it's done right, and so that's what I was pursuing. That's it. I didn't even have a financial goal. When I started, I just wanted that shit out in the world so that people ultimately could kick ass in their life and didn't have to drag around. There's this chemistry set of a body.

Logan: What's hard about that is, here's the way I like to say it, the camp call it like the door number two camp, the millions of people who are locking arms and say, "Hey, you can't blame us. We got to be smart here." There isn't a feedback loop in that camp because you don't get a notification when you've been passed up for an opportunity. So let's just say there's some equivalent of a nutritionally inclined individual who was unwilling to embark down this path that you did. They don't get a call and say, "Hey, it's John from Beachbody, I got this like multibillion dollar deal. It's not yours. I'm actually not really impressed with what you've done at all. So, we're not picking you, but I'm going to pick this other guy, Darin. So anyway, good luck to you. Hope you have a good day." There is no call. So those folks go about their life and they're just like, "Fuck, it's hard out here." I mean, I don't know how those things happen. And so you move through the world and these opportunities come up and you're like, this is insane. Was it synchronicity? And it's maybe the type of individual that is willing to go down these roads are the types of individuals that folks who are doing things difficult, like Beachbody was trying to do some difficult need on their team. And so there's no feedback learning there when you're not in the game. And so you just think that other people are different than you and they get exciting things because they get lucky or they're special and you're just a regular person and that's unfortunate because it solidifies that this idea that there are two doors.





Darin: Totally. Yes. And again, the willingness to get in the game, you don't get to know that. And you know, it's such a slippery slope for people too because they could be telling themselves this is my dream and yet it's connected to a bunch of economic upside and external stuff, and the universe will sort that out pretty quickly, but that's part of the investigation of ourselves and our consciousness and where we're at and being very honest with ourselves.

Logan: Well, in the commitment section. So the sort of like technical, like behind the curtain story on the commitment section is, if we look at from like a systemic view, what's the best type of commitment? And we know that humans are motivated and if we want to just be super basic, two main crude ways, like intrinsic motivation and extrinsic motivation. And what I'm saying is it doesn't matter what initially gets you motivated. It could be extrinsic. It could be, hey, I want to be rich and famous or I want to-- like fine. But what I'm saying is eventually, you would need to arrive at a place of your commitment that shifts towards a more intrinsic, which is essentially value-based motivation. Meaning, I am doing this because it is connected to who I am as a person, which then leads us to the ideal commitment, which is discipline. Meaning, your ability to continue forward without the presence of motivation. And that is a fuel, that's a version of commitment that just burns longer, better, further than the sort of fragile commitment that you're saying. And in your language, it's like the universe will work it out. And how the universe works it out is, things get hard and nothing happens as fast as you want. And these roadblocks keep coming and we were just joking about being in business, it's life. It never seems to under-deliver in terms of adversity and unforeseen issues. And so it's like, well, what is the type of commitment that weathers that storm? One of my favorite quotes from the book is motivation can mobilize us but rarely sustains us. So cool. You're super excited about something? Great. This is going to be a longer road than your excitement can last.

Darin: Right. I just did a great weekend seminar motivation type of thing. Instead of finding the pillars of my commitment of what I'm committed to beyond the motivation. But like you said, motivation is a great fire starter.

Logan: For sure. There's a million ways to get into it. I couldn't look you in the eye and tell you that I knew at six years old that I wanted to play professional baseball because it was tethered to who I was as a person. I was like, yeah, it seems fun. It seems cool. I get to play under the lights. It's like all external things. But for sure, I eventually arrived at a place where I'm connected to this based on my values. And I could only wish that everyone could find something that they can commit to in that way because all the lessons are inside of that.

Darin: Big time. And so shifting gears a little bit. So from the baseball career, he's got these cool-ass gems. And I just want to also say thank you because when I-- Everyone, when I was displaced from the fire, I was staying with friends and stuff. I had my workout crew who was not around. I had no place to work out and Logan opened up his doors at his Deuce Gym in Venice, California. And it was a place where I knew Logan. It was like a community that I appreciated.



Logan: Anytime.

Darin: And I appreciate that. So you moved into that zone. You've got tons of certifications . People, anyone watching the video, you'll see Logan's not a small man. He's strong and shit and check out his Instagrams and stuff. He would be lifting some ridiculous weight and form. And I think the kind of the meditational aspect you take to just moving some serious weight is kind of interesting and how you approach that. So talk to me about what you're doing now, where you're going, what you're pursuing because it's interesting having this kind of conversation with someone like you is very cool because it seems that there's very few people to have this kind of conversation who's like an avid iron man.

Logan: In my industry.

Darin: When I mean iron man, I mean the real iron--

Logan: Yes, what usually comes out of my mouth regarding this industry thing is I'm the most reluctant fitness professional. I never once had a fitness magazine, I didn't have the bodybuilding posters on the wall. I don't even own a protein shaker. I mean, it's not my thing. I'm there for the pump. I was introduced to strength and conditioning and movement out of necessity as an athlete. And I got into this in terms of a coach and a business owner in the same way that it sounds like you got involved with nutrition and supplementation is I think for me, a great driver is dissatisfaction. You see the sort of like idealistic thing, and then you see a reality and you kind of want to like bridge the gap. And it's just bizarre to me that there's this multibillion dollar industry with virtually no results.

Darin: The fitness industry.

Logan: The fitness industry. And the folks who are achieving and talking about performance are having a completely different conversation than let's say the box of fitness. And so what is this whole thing? What are we selling in fitness? And how is that humanly possible that it be that bad? And no other industry would we accept the results that we accept in fitness of that size. Any other billion dollar industry, you know, I use the car example all the time. It's if you went out to your truck three days a week and it just didn't turn on, you're like, well, that's how cars go. That's what we're doing in fitness. It's insane. And so I was like, you know, I think I can communicate this performance thing. I think I can be like the people's coach and translate. I think part of what makes me good at that is I'm so resistant and repulsed in a stereotypical way a trainer is in 2020. If someone called me a trainer, I'd be like, take it back. That's what I feel. And so what is it? Well, entrepreneurship, I think is a great way to say things in the world and it's a place for a regular people. There's infinite scalability with movement if you understand it to achieve a certain level of physical competency, that you're physically literate. This is like the bag of bones we move about in the world. I think we should be masterful of that. And so, yes we teach classic old school strength and conditioning, power lifting, gymnastics, weightlifting, plyometric, strong, nothing new, basic movement to folks. And the value then of Deuce and the



gyms, there are three gyms here in LA, is coaching. People come there to be coached. And so when you talk about what am I doing now, much of my job is developing people. And a lot of my teaching is around principles of organizations and development on a more macro way. And so I'm less like coaching people doing squats and stuff. I'm highly interested in what are called deliberately developmental organizations. So what makes Deuce in my very biased opinion, a very compelling business case study is we are at the fringe of organizational structure and culture. Meaning, we develop leaders. We have two main bottom lines. One, is we sell fitness and create a lot of value doing it, but the other one of equal importance as we develop people at a high level. And it really changes the dynamics of how the business is run because in order to do that, you need to have insane levels of trust and willingness in the system to do the type of work we do. Like if we were on a team together, you would know exactly the details of my weaknesses and where I start acting funny and how I need to grow next as a leader. And I would know the same about you, and we would be highly interested and sharing the information that would drive our evolution. So what that does is it creates a small business where we have extremely qualified people who are insanely committed to this thing, and that allows us to do things that other teams can't. And so it's an excuse to have this developmental conversation. So now I teach a seminar for entrepreneurs and managers and leaders about the principles of what we're doing at the gym using the gym as a case study. And that's my biggest interest, is how do we build organizations that drive the type of evolution that we've been talking about with going right?

Darin: So you're applying it to being the gym owner and that context is kind of the muse for the expression of developing greater people and allowing them to blossom into finding out who they are, what they are, and what they desire but as long as they are willing to abide by the principles that you talk about in the book, the commitment, the resiliency, the ability to work hard and or you use other terms in that but because so much of, I think, I fall into this power versus force thing like force, like push, work hard and then I realize I'm exhausted and it falls apart. And then you learn that lesson or you've taken that risk and that didn't work. And so it's cool to-- I feel like I have a slight understanding or understanding because it's a morphus-- anyone who's ever walked into a gym. If you show up and see Deuce--

Logan: It looks insane.

Darin: It's not at all of that pretty front desk and the polo shirts and let me try to get you to buy this membership but yet just like I said when I was there, I immediately felt like oh, these are my people. So number one, I think any business owner can benefit from what you're saying but man I super enjoyed this conversation. I'm stoked to have it and it's funny too it also tells me and shows me even though we've gotten to know each other, that just being able to have this



conscious conversation of our muse of this podcast, I got to learn so much more about you and what you're doing and I'm blown.

Logan: Thanks man.

Darin: It's amazing. It's great and I love the way you're going about a necessity of logic within the non-logical in a certain sense. It's a beautiful way that I have absolutely resonate with in terms of this living your life in a way that is following your heart and dream because there's a lot of reasons for it. And I just love how you bring it down. So everyone really check out Logan's book. It's fucking epic.

Logan: Thank you. I appreciate that. This has been awesome. We got to do more.

Darin: For sure.

[01:21:55] Fatal Convenience Intro

Darin: Now we've reached a part of the show where we address society's fatal conveniences, and how we can avoid falling into them and being a victim of them. I defined fatal conveniences as the things we may be doing because the world we live in makes us believe we have to or even we're not even aware that these conveniences are harming us. Even though they may be saving us time, or tricking us into thinking they're good for us, the truth is, they're not. In fact, they could be slowly harming us and even killing us.

[01:22:34] Fatal Convenience

Darin: Okay. So today, we're going to get into something. Now there's many, many different avenues and aspects of this conversation in this installment of fatal conveniences and I want to talk about EMFs, electromagnetic fields. We are electromagnetically polluted, and this is the fatal convenience. We have smart technology, we have smart phones, we have cars that are driving ourselves, we have refrigerators talking to us, we have all of these convenience. Now listen, I have a cell phone, I have Wi Fi, I have an iPad. I too just like all of us have this massive fatal convenience. So I want to talk about this and I want to raise your attention to the pollution, the unseen electromagnetic fields that are all around us that are affecting our biological mental state right now all the time. So there's many different parts. Obviously, the cell phone, the smart meters on our home. There's just a lot of pollution. So let's just kind of set the tone here.



Understand that the body, every cell in the body communicates electrically, largely through our minerals, our electrolytes, that's why we need them. That's why we need to put unrefined salt in water because we are electrical we have 70 trillion cells that are batteries that run on the polarity of the osmosis between electrolytes, between creating energy, between the protons and the electrons. So we are electrical. We run, we conduct, we move with frequencies and that is how the body works on the fundamental level, which is why minerals are one of the most important things we need to be making sure we're balanced because from minerals, we move to creation of vitamins to the creation of enzymes. And that's how the body works in a quick little run through, not to mention the nervous system is all based on the electrical communication and on the frequencies that we're in. Obviously, we're affected by the sun, the moon, the stars, the tides, all of that is a mathematical quantum entanglement of frequencies and influence on our electrical system. Okay, got it. You got it? So that's it. So now, add on top of it, we are living exponentially in a greater and greater electrical smog. So all of the frequencies, I'm not even going to get into the 5G yet, that's going to be on another fatal convenience. I'm going to just get on the overall EMF microwave radiation effect. So let me just start by most people have smart meters. And smart meters are those damn things on your house. Instead of that little knob that they had that just spun, they have now moved to electrical smart meter that transmits about 10,000 times a day so that people don't have to drive to your house. They just read it and that's constantly sending out those signals and people are getting sick and are being affected. Some of the proven science that was published in 2014 and so on and so many other papers now have come up with the six top things that smart meters, wireless smart meters are doing on your house. Insomnia and sleep disturbances have gone up exponentially, stress and irritability, the ringing in the ears, headaches, fatigue, and cognitive disturbances. Come on. If you are being affected by this, any of those mysterious things, you need to check smart meters, check your routers. You can get an EMF meter for a few bucks really, 20 bucks maybe and do a run through of your house because I promise you if you have 70 trillion batteries in your body and you're being blasted with Wi Fi, 5g and smart meter frequencies, I promise you, you will be affected. Now, maybe you're not experiencing insomnia, stress, ringing in the ears, headaches, fatigue or cognitive disturbances on the level that you can understand or be conscious of, but you are absolutely being stressed with electrical pollution. So that's on the smart meter, you need to make an argument with your provider of electricity to take out that smart meter. Or there's also now technologies out there that can put a faraday cage which is created by an inventor Faraday back in the 1900s that has a nullifying or grounding effect by certain metals that doesn't allow the RF frequencies to emit as strongly and can cut it down by a minimum of half. So put a faraday cage over your smart meter or just get rid of the damn thing and have them put on another one. So now let's go into some other stuff. And let's just talk about the Wi Fi and the 5g and just the normal signals that are hitting your damn phone, and this is crazy. So the fine print of a cell phone you realize that you're not supposed to have it within an inch of your body, and how many people-- I cringe every time someone's got their cell phone in their pocket on without it being on airport mode, or in their pocket, or on their lap or on their genitals like holy shit, not to mention who answers your phone and puts it up to your head these days? Seriously. Putting up a phone or radiation device up next to your head disrupts the DNA, the RNA, the signals of



protein assemblage of the RNA so that putting up to your head is just a really bad idea. So some of the studies now along the EMF research, infertility going through the roof, DNA damage, cancer, leukemia, breast cancer, all of those things have gone up. Listen, way back, and we're talking way back, four or five years ago, six years ago, the WHO already came out to say, EMF is possibly carcinogenic. And now they're saying it's probably, not possibly, it's probably carcinogenic. So people, the informations out there, we need to do something else. So why is it that they're saying, well, who's regulating this? Well, that's the FCC, the Federal Communications Commission. They're supposed to regulate but here's the here's the messed up situation. The regulations are 20 years old, so they have barely even made it into the cellphone age. So those regulations are extremely low with data from 20 years ago. Then 50 years old science on microwave radiation, and they're saying that microwave radiation can only harm you if it physically heats you up, and it can't possibly harm you in any other way. That's 50 year old science. That's the regulatory body that's supposed to protect you and me and our children. What the hell. It's crazy. Do your own research. See this, now there's hundreds and hundreds of studies proving that this is absolutely not true. The 50-year-old science and the 20-year-old science by the FCC, and of course, it's ridiculously corrupt by this revolving door between the FCC and the lobbying of the billions and billions of dollars from the wireless communication. Okay, so look it up, look up the science, look up EMF research on the biological system, and you will see overwhelming amount of cellular permeability. So the cells ability to move back and forth on the membrane, nutrients, receiving nutrients, getting rid of waste. All of this stuff has been shown like four or five, six, seven years ago already. I was first told about the effects of cellphone radiation 15 years ago. So this stuff has been around. The funding is skewed. So saying that there's no detrimental effects, you just look back you trace where the money is and trace where this shit was funded and it's coming from those industries. So again, this is the fatal convenient side, the convenience is this stuff really works, right? We can contact anyone on the planet, we can see where we're going in any country we're in or find directions and get it from the satellite, and email and our damn phone is a computer. We can be anywhere and conduct business and whatever else and download any app and play any game. It's unbelievable but it has a negative side. So what are some of the things, and this is not the exhaustive list. These are some of the things that we have to do right now to mitigate the electrical pollution. Number one, shut off your Wi Fi at night. This is a must. No big deal. Unplug the damn thing. You can buy a timer on frickin Amazon so you don't have to think about it and time the right thing and then bam, that's all you need. Another thing is try to plug back in, use an ethernet and just get rid of Wi Fi, plug that back in. Don't have the cell phone on ever in your pocket, in whatever, in your in your shirt, and never hold the phone up to your head ever. No Bluetooth, that's a low level electrical pollution. Kids need to learn this. Don't have kids use phones if possible. No Wi Fi in schools at all. There's no reason. Say no to all the smart technology in your home, on your fridge on your televisions, shut that all off. And then there's some emerging great stuff on Faraday cages around routers, and there's a lot of other great tech that's coming out to help shield some of this stuff. Okay, that's it. Hope that helps cut down that stress of the electrical pollution.

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