Corey Andrew Powell ([00:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hello everyone, and welcome to our podcast on Health and Wellness. I am Corey Andrew Powell, and this, of course, is the Motivation of Monday's podcast. And in today's episode, we are honored to have Brian Tanzer with us, director of Scientific and Regulatory Affairs at the Vitamin Shoppe. And we are gonna be talking about sort of, uh, his, his perspective on health and wellness and where the trends of supplements are, uh, where it's going and what to avoid. You know, there's a lot of bad misinformation out there. So Brian's really keen on trying to help us avoid that information. Now, with over 25 years of experience in the nutrition and wellness industry, Brian is a seasoned professional in dietary supplements, product science, regulatory affairs, and education. We're happy to have him here today. Brian, welcome to Motivational Mondays.

Brian Tanzer ([00:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Thanks for that wonderful introduction, Corey. I appreciate it. Thanks for having me.

Corey Andrew Powell ([00:47](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You're very welcome. Yeah, well, very, you're very welcome. I mean, hey, that's your, that's your resume, <laugh>.

Brian Tanzer ([00:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([00:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And I left some stuff off. Now. Um, full transparency though, for people who don't know, I know Brian personally, and why I have wanted to have him on this show for a long time is because very often the guests I have on a show, I don't know them other than what I read about them and preparing, but Brian, I know for a fact, really is committed to health and wellness and actually helping other people, um, achieve optimal health. And I experienced that with you, Brian, when I, I, I talk about this with our fellow employees and we work together how you literally would change lives. You would inspire people to go to the gym at one point, you know, people were going to the gym with you on lunch breaks, and it just was really interesting. And, um, and I want you to know that a lot of the fellow coworkers, you know, and I, we still talk about that, about you. So that's the impression you left. So thank you for that, first of all.

Brian Tanzer ([01:45](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Thank you. I appreciate that.

Corey Andrew Powell ([01:47](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah, you're very, very welcome. Now, on that same token, I want to ask you though, since I have known you for a while, I never really knew what was the inspiration behind your journey and you being motivated to pursue a career in nutrition and wellness?

Brian Tanzer ([02:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([02:01](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So gimme a little bit about what inspired that journey for you.

Brian Tanzer ([02:04](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Sure. So you go back in the days, I mean, I was born in 1968, so going through the seventies and eighties as a kid, we were always active, you know, playing sports. And when we got to, when I became a teenager, my friends and I would go to the gym and work out, and we'd end up in the health food store buying the latest protein shakes and supplements. And I remember beef liver extract and all the things that were popular back then. Right. Um, so fitness and lifestyle has always been part of, it's always been part of my life. Um, I was a lifeguard growing up, so was my brother. My brother and sister played basketball in high school. Um, so we, we were always athletic and, and everybody not, it's not like today where kids just are not as active as we were. Um, and then in college I was studying science mostly, you know, chemistry, biology, because I was considering going to medical school. Um, I said, before I do that, let, let me see what that's really about. You know, you hear things about becoming a doctor and it sounds great, but let me actually get in there and see what that's about. So I volunteered, um, at NYU Medical Center in, in New York City for about two years in the, in a pediatric ward. Uh, most of the children that I worked with were terminally ill. I got to spend time with the kids, the families, um, talking to doctors, talking to residents who were working their way through, um, becoming a doctor.

Corey Andrew Powell ([03:22](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([03:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, I didn't like what I heard, you know, their approach to, you know, just treating disease and waiting for people to get sick. Um, it was just something I didn't believe in.

Corey Andrew Powell ([03:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([03:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But it really turned me off to it, just seeing the dynamic of what happens in a hospital. And I'm not saying that's the only aspect of healthcare, but you really get a good understanding of what it's about. Um, and, and you're just treating symptoms and diseases. Are you really getting people healthy and like I said, health and wellness and fitness and exercise and nutrition. It was always part of my life.

Corey Andrew Powell ([03:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([03:54](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And I didn't see that as a great approach, you know, although you can make a lot of money doing it, it wasn't something I was passionate about.

Corey Andrew Powell ([04:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([04:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Nutrition was, and that's when I started looking at graduate schools. Um, I went to Brooklyn College as a, uh, and got my master's degree in nutrition. And about two weeks after I got my master's degree, I was already teaching as an adjunct, um, at the college, you know, undergraduate courses in nutrition graduate courses. And it was during that time that I really took an interest in the field of nutritional supplements.

Corey Andrew Powell ([04:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([04:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

They don't teach it in school. So you really kind of gotta learn it on your own, but you need that foundation of science. You have to understand biology and chemistry, biochemistry, physiology. You have to really understand that to understand nutrition.

Corey Andrew Powell ([04:35](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([04:35](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And I think that's where a lot of people now on social media are lost. They're listening to people who have no background in science, and they're just focused on what are these people doing in their life. Um, and they're listening to them. But I really took an interest in supplements and I incorporated it into my coursework. So I put it on the syllabus and whatever I was teaching, whether it was medical nutrition therapy or nutrition and disease, geriatric nutrition, pediatric nutrition. I taught a lot of different courses. And I always try to weave in dietary supplements.

Corey Andrew Powell ([05:05](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([05:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And back then, you're talking about the late nineties, early two thousands that it was kind of frowned upon by the department. Um, I kind of got a little flack for it because they weren't believers in it. You ever hear those saying, uh, whatever you're not up on, you're down on.

Corey Andrew Powell ([05:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([05:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So they didn't really understand it. So one of my colleagues said, why don't you do a presentation? Just pick a, a topic and present to them the science, the research. And I did a whole presentation for about two hours on essential fatty acids and their role in health and disease. I went through the literature and after that, they didn't bother me anymore.

Corey Andrew Powell ([05:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([05:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Because they realized that there was science to a lot of it.

Corey Andrew Powell ([05:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right, right.

Brian Tanzer ([05:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And it's been like progressive over time. Um, that I got really into the industry. I worked for a few different supplement companies, um, manufacturing companies as well. And then I found myself here at the Vitamin Shoppe where I'm now the head of scientific and regulatory affairs. And I do a lot of different things, which make, makes the job interesting.

Corey Andrew Powell ([06:01](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([06:01](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know, getting into product formulation, claim substantiation, marketing, as you know.

Corey Andrew Powell ([06:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. <laugh>.

Brian Tanzer ([06:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Used to work together there.

Corey Andrew Powell ([06:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([06:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So it, it really makes it interesting 'cause I get to work with a lot of different, um, departments across the company and get, and get to do a lot of different things, but that, that's kind of the, the quick road from, from school and interest to where I am today.

Corey Andrew Powell ([06:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. Yeah. And that's amazing too, because people don't realize when they hear that title for you, it's very often you're like a policeman, if you will, <laugh> in that role because you have to, when it came to the marketing, you have to be really strict on, there's things that people can and cannot say that supplements do, or we can't promise that they, that they do things in certain aspects. But to your point, it's not junk science. There are actual benefits to things like Omega-3 fatty acids. Right. And I think that, or, um, taking certain supplements that may help for your joints or cholesterol. So I think there's a misconception for people where they think supplements are kind of junk science, but, you know, speak to the, the actual tangible component of how these supplements can help you.

Brian Tanzer ([07:14](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I mean there, I, I think, as I mentioned before, whatever you're not up on, you're down on a lot of people, particularly physicians, they don't get any training in nutrition, so they don't understand it. Um, there's also a common misconception that people can get all the nutrients they need through their diet, which is absurd. I mean, just look around. Nobody's even eating real food anymore. So they're not, it, it can't be possible. So supplements are important, but they also can't replace a healthy diet. That's why they're called supplements. They're, they are to kind of fill in gaps.

Corey Andrew Powell ([07:45](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([07:45](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And there, there's a ton of research on, on nutritional supplements and.

Corey Andrew Powell ([07:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([07:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

For anyone to say that supplements are a waste of money or they don't work, that doesn't make any sense. I mean, you're saying vitamin C and vitamin D, which are essential nutrients don't provide a benefit.

Corey Andrew Powell ([07:58](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([07:58](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You can't survive without them. That's why they're vitamins, right?

Corey Andrew Powell ([08:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([08:01](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And they're, they're not nutrients and not always easy to get in your diet. Even the most, well-intentioned, maybe you're not eating, you know, several servings of fruits and vegetables every day. Maybe you're not getting enough fiber in your diet. So supplements can play an important role.

Corey Andrew Powell ([08:15](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([08:15](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And there is a lot of research, and one of my roles as far as, um, claims you mentioned about products, um, at the Vitamin Shoppe, we pride ourselves on not misleading the consumer. Our health enthusiasts are well-trained. We, we have extensive education where they understand what the products do. They're not there to just push products on people. They're there to, you walk into a vitamin shop and how can we help you? And they ask questions and they educate people so they can make their own decisions on products, what's best for them.

Corey Andrew Powell ([08:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([08:45](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Not, you know, how much am I getting commission on this product? But that we don't, we don't work like that.

Corey Andrew Powell ([08:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([08:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We're more about educating people. So when it comes to making claims for products, um, as you know, um, we we're very strict about that.

Corey Andrew Powell ([08:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([08:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We don't wanna mislead the consumer. And the other thing is about the supplement industry, there's a lot of bad apples out there. You know, a lot of the big companies are doing the right thing. The vitamin Shoppe's of the world, the GNCs, the Solgar, the NOW Foods, they, they do it. Right. You have to have substantiation for the claims you make. You don't want to mislead consumers into believing that a product can do something that it can't.

Corey Andrew Powell ([09:18](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([09:19](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But there, there is quite a bit of research. You mentioned Omega-3 is just one example when it comes to heart health and brain health. And we, we can spend hours talking about the benefits of certain nutrients and supplements.

Corey Andrew Powell ([09:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([09:30](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, but, but there's, um, we, we pride ourselves on making sure that the claims that we make for products, um, can be substantiated.

Corey Andrew Powell ([09:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. No, it's, um, it's a real thing when doctors are actually not prescribing them, but doctors are actually advising their patients to take certain supplements. I know for me, I thought, you know, I'm healthy. I go into my Regis, my latest, uh, checkup, and a doctor's like, your vitamin D levels are really low. And I'm like, I'm like, what does that even mean? He's like, it means you need to take a vitamin D supplement and I want you to take a particular oneand that has like K some, you know, vitamin K and D. Right. You know, and he explained to me, take it with food, because these supplements are actually, um, they metabolize better in the body when you take them with food. And, um, he made that part of my actual regimen for my, my health and wellness. So, uh, I definitely, I think for me, being at the Vitamin Shoppe at the time that I was there, uh, it was educational for me to learn from people like you that these things are actually beneficial. And I'm wondering too, with your background, you know, you've witnessed all the health and wellness things over the years and the, and the landscape, you're, it, it has evolved. Um, you said the, there's a lot of the great companies doing the right thing, but when it comes to the regulatory aspect, how do you think so many of those other companies are getting away with not doing the right thing? I mean, and they're selling products online and all kinds of foolishness.

Brian Tanzer ([10:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([10:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

How's that happening?

Brian Tanzer ([10:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It's, it's kinda like the FDA's playing Whack-a-Mole, you know, <laugh>, it's a company pops up under one name, they shut down and they open up. There's not enough manpower to really go after all these companies. They, they can invest more money and do it, but it's really hard to shut companies down because they could just reopen somewhere else and change the name. That's why we try and we, we advise people to really look into the companies you're buying products from.

Corey Andrew Powell ([11:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([11:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know, if it's a company that doesn't even have a website, if you can't call and talk to someone live about their product, and you could request, you know, test results for certain products if you're interested in that. Um, there, there, there's, there's a lot of bad apples out there. I know. Um, Amazon got caught. Um, the FDA had bought, I think about 90 different products off their website in the category of sexual wellness and men's health. And they found that a large percentage of them had prescription drugs in there, like sildenafil, the active ingredient. Oh, right. The actual And Viagra <laugh>. Yeah. I mean, this is what we're dealing with. So does the FDA have the ability to, to catch all these people? No, it's hard. And that's why people need to go to reputable places to, and I'm not saying Vitamin Shoppe's the only one. We, we don't only sell our brand. We sell tons of different brands.

Corey Andrew Powell ([12:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([12:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

GNC mentioned a few. These are the companies that are, they're making sure they're manufacturing facilities, whether it's their own or the ones we contract out or being audited according. And that the auditor is making sure that they're following what we call good manufacturing practices or GMPs. And there, there are books about everything that's looked at when you do a GMP audit from keeping master manufacturing records, um, the training of employees that are, you know, make that are using the equipment and, and, and making these products. Um, cleaning schedules, um, everything, testing when you take raw materials that go into the product, how are they stored? How are they tested? And then the finished product when it comes out, how is that tested? And we also do additional testing. We send the finished product out to a third party laboratory to verify what the manufacturer found.

Corey Andrew Powell ([13:03](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([13:03](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So it's all these things that you see inside these manufacturing, um, regulatory requirements.

Corey Andrew Powell ([13:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([13:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That the, the reputable companies are following that.

Corey Andrew Powell ([13:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah. And I'm glad you

Brian Tanzer ([13:13](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We don't, we don't want those bad apples in the indu. It makes the whole industry look bad when something like what I just explained happened at Amazon, now it's like the FDA thinks the whole industry and, and there's no good.

Corey Andrew Powell ([13:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([13:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And just that's not true. Like we're, I sit on the, uh, membership board for the Natural Products Association, which are, um, they're advocates for the dietary supplement industry. And we go to Washington once a year and we talk to lawmakers there, and we're trying to get the FDA to go after those companies that aren't doing the right thing. So it keeps the industry, it, it helps maintain our reputation of doing the right thing by the consumer.

Corey Andrew Powell ([13:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([13:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Consumer safety is number one.

Corey Andrew Powell ([13:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yes. And I'm glad you brought that up, because if, if people have one takeaway from this conversation today, it is, you know, when, especially when it comes to products that you're going to ingest or digest and eat or whatever term you wanna use, you have to really do your due diligence and, and research those brands, as Brian has said, because there is a lot of harmful, uh, potentially harmful things out there. And a lot of people are just, you know, seeing their favorite influencer on social media take something. And then she has washboard abs. Well, chances are she started with Washboard abs before she even took that supplement. So people will believe this stuff. So I'm glad, you know, we're talking about that. Anyone who wants to do the supplement thing, please just research the brand.

Brian Tanzer ([14:36](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We, we could touch on that social media at some point.

Corey Andrew Powell ([14:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I, I definitely know. Yeah. 'cause I follow a lot of your posts. Uh, there's like this one vitamin that you posted about, you're like, really? You're gonna get all that from those vitamins, <laugh>. And so it was funny, but I don't want any name in brand. I don't want them coming after me. But there was a funny, you know, I think you know who I'm talking about, what the brand.

Brian Tanzer ([14:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([14:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, but I do wanna talk about something else you mentioned earlier, and you and I used to also have this conversation about the difference in today's youth physical activity, lack thereof, I should say, versus when you and I were younger or even a generation ago. And I guess, of course, we can also blame the digital age, but parents also have a responsibility in making sure that their children are getting, uh, maybe proper exercise and being more active. So speak a little bit to that. 'cause I know that's a passionate place for you to also speak about.

Brian Tanzer ([15:27](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I would say technology has changed that a lot. Um, if, if you look now at the obesity epidemic, I mean, it's, it's, it's now we're at about over 40% of the population would fall into that category.

Corey Andrew Powell ([15:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([15:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And if you go back to like the 1960s, it was maybe 10%, you know, and they like to blame, oh, it's genetics. You can't do anything about it from a lifestyle standpoint, which is absurd. I mean, our genes haven't changed much in 50, 60 years. Right?

Corey Andrew Powell ([15:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right, right.

Corey Andrew Powell ([15:54](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But our lifestyles certainly have, you know, a lot of processed quick fast food. And, um, phys, I think physical activity probably the most important thing, because I remember growing up, you know, we ate candy and, and drank soda here and there, you know.

Corey Andrew Powell ([16:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([16:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, but we were outside for hours playing <laugh>.

Corey Andrew Powell ([16:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Oh, yeah.

Brian Tanzer ([16:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Burned it off. Now kids are sitting, laying in their bed, you know, on their phones or their iPads playing video games, and they just eating all that junk food.

Corey Andrew Powell ([16:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah, yeah.

Brian Tanzer ([16:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And it, it kills me to see it, you know, and if you look at physical fitness in schools, um, we, we've gotten really soft on the kids. I remember the gym teacher had in junior high school would laugh at us if we couldn't do pull-ups. And it was just to push us and we were competitive and.

Corey Andrew Powell ([16:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([16:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

ended up benefiting us. Right.

Corey Andrew Powell ([16:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([16:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Even though it was, you know, from a social standpoint, it wouldn't be acceptable today. But I'm a big believer in, hey, sometimes you gotta make people feel uncomfortable, not feel bad or tease them, but sometimes you gotta push.

Corey Andrew Powell ([16:51](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([16:51](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Some people need that.

Corey Andrew Powell ([16:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([16:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And, and I think that's totally gone. And, and I think parents a lot of times are not setting an example. You know, I'm, I myself at 55 years old, I do something seven days a week. I mean, I train four days, three days a week. I'm doing juujitsu and I'm very active. My kids see that. Um, if you're sitting on the couch eating Cheetos and your kids come home and you tell them, go outside and play, are they gonna listen to you?

Corey Andrew Powell ([17:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right, Right. If you set the example and go outside with them, that's better. That's different. Yeah.

Brian Tanzer ([17:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Exactly. But, you know, I get it Sometimes, you know, now it's, it's hard financially with the economy, two parents working, it's hard to make it on one salary and you're not around and you got.

Corey Andrew Powell ([17:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([17:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

There's nobody there pushing the kids. But you know what our, I think most of my friends' mothers were home, but mothers didn't take us out to play <laugh>.

Corey Andrew Powell ([17:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right, right.

Brian Tanzer ([17:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We just did it. Right. Right. Yeah. I I think it's all of, if you look at just society in general, I hate to use the word soft, but I think we'll be, we're becoming a little too soft.

Corey Andrew Powell ([17:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([17:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I, I think it's, it's okay to be sensitive, uh, about certain things, but I think we've become very soft. And, and it's, you, you could see the result of that in our kids. You have 12, 13 year olds with fatty liver disease. I mean, that's unheard of.

Corey Andrew Powell ([18:02](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([18:03](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It was, you know, even 15, 20 years ago. And that's all diet related. Um, and they're saying in the next 10 to 15 years, um, non-alcoholic, fatty liver disease might be the number one reason for liver transplants in this country.

Corey Andrew Powell ([18:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([18:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And it's all lifestyle related. These kids are just eating junk food and too much sugar, and it's damaging their livers. And.

Corey Andrew Powell ([18:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([18:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know, you see, you know, obesity and kids, you know, an 11-year-old kid that can't really walk up the stairs. It just, it hurts me when I see that so much because I know that their life going forward is not gonna be good. And it's, this is the first generation that there's a good chance they won't outlive their parents.

Corey Andrew Powell ([18:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([18:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Can I put part of the blame on the parents? Sure. But I think it's the parents, I think it's our education or, you know, kids spend hours a day in school if they're not pushing, if they're not pushed physically in a gym class because Oh, they don't feel like doing it, and you can't force them anymore. Where, where, where is this gonna end up?

Corey Andrew Powell ([18:59](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([19:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It's only gonna get worse. I think we're just seeing the tip of the iceberg when it comes to childhood diseases. You never, you never had, um, type two diabetes when you were a teenager. It used to actually be called adult onset diabetes. 'cause it's something that happened, you know, when you got to like your sixties and seventies, your, your, your body didn't respond to insulin like it did. It wasn't able to metabolize sugar like it used to.

Corey Andrew Powell ([19:22](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([19:22](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So you would get it, you would take medication. Now you have teenagers getting it 'cause they have so much adipose or fat tissue and that it affects insulin function and they're not active. Um, it's, it's painful to watch. And I, I don't know it, it's only gonna get worse. I hate to say that, but it is, it's a fact.

Corey Andrew Powell ([19:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Oh, well that's, I mean, that's a little depressing, but hopefully <laugh> uh, hopefully though if anyone's listening, you know, to this or people who are listening, um, if they know children and they have family members who have children, like, this is why we share this information because, you know, this is not a conversation I've really had on this show before we really delve into physical health and wellness to this degree. And, um, what you just shared also reminds me of another thing we had. You know, we used to have some great conversations. You and I, this was another one that I used to love that we talked about. And you mentioned you do martial arts, and we talked about this sort of like you just mentioned how kids are kind of getting soft and that's maybe physical and literal, um, that everybody gets a trophy sort of mentality. Right. And I remember you were saying how, I think I forgot the story, but it's almost like, you know, in a karate class or, or jujitsu class, you know, the, the kids are like practicing on like 50, 50 inch thick crash mats. And so they're not really getting acclimated to what it feels like. If you actually have to utilize jujitsu and you are hit by an opponent and you hit the ground or the floor, which is not that cushy cushy mat.

Brian Tanzer ([20:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([20:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And so we're almost like programming our kids too, in that regard. Not to even really, um, have the actual response, appropriate response for a real life situation 'cause we're coddling and protecting them so much. Like in real life, you don't, everyone doesn't get a trophy in real life. So <laugh>.

Brian Tanzer ([21:07](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([21:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So you, I always love when you talked about that.

Brian Tanzer ([21:10](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I think back to when I was younger, I did, um, uh, a style of karate called goju karate for many years when I was younger. And the schools were totally different back then, you know, you didn't wear pads on your hands, you didn't wear headgear, and it was full of contact. I mean, except you wouldn't punch someone in the groin or the throat other than that you're getting hit because the instructor believed that you wanted to simulate what it'd be like in a real street fight. Although it's still, it's intense. It's not the same because, you know, you don't feel like you're in danger. You know, you're getting hit.

Corey Andrew Powell ([21:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. It's still controlled.

Brian Tanzer ([21:39](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

With jujitsu, it's different. Like you in juujitsu Yeah. You're, you're hitting a mat. But the mat, believe it or not, is not that, it's not that soft. Like you get thrown around and, and it hurts. Or you're used to being in certain positions. And I think it's that my people panic when someone grabs them when you're training that all the time. And that actually happens in reality.

Corey Andrew Powell ([21:58](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>

Brian Tanzer ([21:59](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You won't get nervous.

Corey Andrew Powell ([21:59](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([22:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You learn how to conserve your energy. And while someone's swinging and swinging, now they're exhausted. Now I got you. Now I take it. Now you're done.

Corey Andrew Powell ([22:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. Yeah.

Brian Tanzer ([22:10](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Um, but I think it's as close as you can get to, to real life. But, but you're right though, between second place trophies and everything, just getting soft and us being, you know, wanting to be always politically correct with everything. I think there is a place for that for sure. Um, I'm, I'm not a fan of somebody getting teased for being overweight or weak. Um, but why don't we help those people? Why do we just say, you know, it's okay to be, it's not there. There's no scenario where being obese is good.

Corey Andrew Powell ([22:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([22:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Actually, the only thing I can think of is that it keeps your bones strong because of the weight bearing on your bones. That's probably the only thing <laugh>. But, you know, I remember a co a couple of years ago, um, you probably remember this, the cover, I think it was Cosmopolitan magazine had a cover of an overweight person, which, you know, that's fine. You're a model and you're doing that. That's what you're doing for a living. Nothing wrong with that.

Corey Andrew Powell ([23:03](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I, I think, I think Ashley Graham

Brian Tanzer ([23:04](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You shouldn't be ridiculed for that.

Corey Andrew Powell ([23:05](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([23:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But, but the, but the, the caption said this is health healthy.

Corey Andrew Powell ([23:10](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([23:10](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And the person was clearly morbidly obese. That really bothered me. It really did. Because we're, we're not really helping people by going easy on them. It's not to say they should be made fun of and teased, but to tell them that it's okay to be that overweight. What are, oh, do we really care about them? Do their family members love them and care about them? If we're just kind of saying, yeah, you're fine, you're okay until, you know, it's like you're going along, then all of a sudden you fall off the cliff.

Corey Andrew Powell ([23:36](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Oh, sure. Yeah.

Brian Tanzer ([23:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And you got diabetes and Right. You got arthritis in your knees and you got.

Corey Andrew Powell ([23:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. Right.

Brian Tanzer ([23:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So have be in, I think us, there's a time and place to be politically correct. I don't think when it, I think when it comes to health, we gotta, we gotta be a little bit tougher

Corey Andrew Powell ([23:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([23:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And tell people that it's not okay. And again, people should not be treated any differently based on their weight, but that we should be able to be honest and have that conversation. Like, we have conversations now about gender with teenage kids, you know?

Corey Andrew Powell ([24:02](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([24:03](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

If a teenage boy thinks that he wants to be a girl, why is that conversation okay. But we can't talk about their health <laugh>,

Corey Andrew Powell ([24:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know? Right. Yeah. Yeah.

Brian Tanzer ([24:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

We could go down that whole road. But

Corey Andrew Powell ([24:13](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah, I know that's a whole, it's just, but but's a good comparison though.

Brian Tanzer ([24:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I'm focused on health and I think we're, we're, we're, we're not being, um, it's not fair to these people who really need help for whatever reason.

Corey Andrew Powell ([24:25](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([24:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, and we're just letting it slide and saying it's okay. And we're seeing the result of that. I mean, in Yeah. In 10, 15 years from now when 65, 70% of people are obese and no one can afford healthcare, and everyone's looking for medications and surgery and it, it's only gonna get worse. And then it starts impacting the economy and we're paying for the people to be, to not take care of themselves. I think everyone needs to take ownership of their own health. And we can get into mental health. I could talk about that too. 'cause I think that's also something that's really important that we kind of, you know, don't pay much attention to, unfortunately.

Corey Andrew Powell ([25:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

No, absolutely. I would love to. Uh, in fact, I will transition to that in a moment. Um, I just wanna bring up one thing about obesity that I learned, which was really shocking to me. You know, we've always thrown that word around. All of us have heard that word. We've seen what we think obesity is when it's, you know, in our minds it's this visibly overweight body that is like com extremely large, and you can, oh, that person's obese. But I was shocked to learn that, you know, body mass index does not have to be like that extreme to be considered obese. I literally at my weight right now, you know, my doctor was like, Hey, you know, your BMI is like 25, 28. Like, what? You, you're carrying it. Well, like no one knows that, but internally that's a problem because 30 is obese, you know, and you're like, at 28. And I was like, oh. Like, because I mean, I looked in the mirror, I'm like, so I'm obese. And so I, that's why I want people to understand, or, you know, I'm close to being obese. I want people to get that. Right. That's what we think is the extreme. We, a lot of us are not even there yet, and we may be already in obesity without realizing it. Right.

Brian Tanzer ([26:13](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I mean, I think, like you said, you can't only look at BMI because you could take two people. Right. I'm about six feet and about 195 pounds maybe. I think I have like 15% body fat.

Corey Andrew Powell ([26:25](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([26:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Or you could take someone who's the same height and weight and has 40% body fat. Okay. So, you know, you can have a pretty similar BMI, but the body fat's different and Right. Based on Right. Really according to the BMI, most NFL football players, especially like defensive backs, wide receivers would probably considered obese. So it, it's a starting point. Yes. And I think it does apply to most people. Not everyone's a a high level athlete.

Corey Andrew Powell ([26:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([26:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, so I think it's a good starting point, but you gotta look at everything, right?

Corey Andrew Powell ([26:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([26:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

you gotta look at people's blood work and their body weight for height and all of that stuff too.

Corey Andrew Powell ([26:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([26:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, but yeah, but just to look at BMI, it's a marker and it's, it is something that people should consider. If you're getting up to that 29 point where the cutoff for obesity is right there, then.

Corey Andrew Powell ([27:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([27:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know, as you get older, it gets harder. You know, you know, when you start hitting your thirties, forties, I'm 55 now, you know, lucky I've always kind of maintained a healthy weight. But for those people who are constantly struggling with it, and, you know, they, they let it go in the winter. To me it's like a lot of people think health is seasonal, which I think is absurd.

Corey Andrew Powell ([27:28](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Well, Yeah. Yeah. Well, the whole, yeah. The, the New Year's resolution thing sort of fuels, fuels that. Although Brian, I will say, that's why I really thought, you know, you and I had to reschedule this a few times, and I thought, well, you know, this is a good time to have it because it's, it's gonna be at the start of the year when we actually, uh, publish the, the, the episode. And people, a lot of people do look at the first of the year to try to get back on track for whatever reason, the resolution thing. Um, and it's, you know, they, sometimes you set yourself up to fail if you just do a seasonal thing. But I think people really want to try to use that as a clean slate at the start of the year and, you know, and, and, and try at least. So in that regard, I, I support it.

Brian Tanzer ([28:10](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I think, I think people see health as a destination, not a journey. I mean, it's a lifelong thing. It's not a diet that you go on and come off of. It's not, I'm gonna try to be a vegan, or I'm gonna try to do the keto diet. Mm-Hmm. <affirmative>, you gotta do something that we can get into diets later. Um, you gotta do something that you can do long term. And does that mean you have to be in the gym seven days a week, two hours a day? No. Find an activity that you enjoy that you're gonna look forward to doing. Um, and be consistent with it. It's all about consistency, discipline. It's not about being perfect. You know, people like to go, you know, Friday night I'm gonna go have a cheeseburger or whatever, and then I'm gonna drink. Might as well do it Saturday too. They think they have, if they're not perfect, it, it's not sustainable. And that's so far from the truth. And Mm-Hmm. <affirmative> that never works. Um, I think you gotta allow for a little bit of enjoyment. Like if it's, if things are too restrictive, um, they don't work and.

Corey Andrew Powell ([29:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([29:07](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That's what happens. Usually at the beginning of the year, people are like, I'm joining the gym. That's it.

Corey Andrew Powell ([29:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([29:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I'm gonna go five days a week. I'm not gonna eat any fast food anymore. If they drink soda, I'm not drinking soda anymore. And by like January 18th, that's done <laugh> because they, they wanted to do too much too fast.

Corey Andrew Powell ([29:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([29:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Instead of saying, you know what, by the end of the year, I'm gonna be drinking more water.

Corey Andrew Powell ([29:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm.

Brian Tanzer ([29:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Maybe I still have soda once in a while. I'm gonna maybe have fast food on a Friday or Saturday. I'm not pushing for anyone to eat fast food, whatever. But.

Corey Andrew Powell ([29:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([29:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

For someone who normally does.

Corey Andrew Powell ([29:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([29:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

To say that you're never going to eat it again. You could, you could actually be healthy if most of the time you're eating real food and you know, on a weekend you wanna go get a cheeseburger.

Corey Andrew Powell ([29:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([29:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

not gonna kill you.

Corey Andrew Powell ([29:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([29:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Not the best thing to eat.

Corey Andrew Powell ([29:51](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([29:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But it's all about not re not being too restrictive, moderation, enjoying yourself. And I think, like for me, when the holidays come around, um, the holidays are not two months. Right. <laugh>, it's, people like to see it as, oh, the holidays are coming. But if you think about it, it's like, was it three or four days? May maybe that are the actual holidays. <laugh>.

Corey Andrew Powell ([30:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([30:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And it's okay to have cake and, and maybe have some wine or go out to dinner with your friends. And it can't be like starting like November 1st all the way to New Year that you're just gonna go off the rails for two months

Corey Andrew Powell ([30:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

<laugh>, which is what most of us do. It's, um, yeah. Most of us do that.

Brian Tanzer ([30:27](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I mean, yeah. People set themselves, set themselves up for failure. They try to do, they try to make too many changes too fast. Um, and, you know, what happens there.

Corey Andrew Powell ([30:36](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([30:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Just that, that's why the whole New Year's resolution thing is looked at as a joke.

Corey Andrew Powell ([30:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. It's bad. I mean, I, you know, I, I've, for me personally, I'm not looking at it that way for the first time. I'm just like, you know, like you just said, end goal. I'm gonna try and just make sure that, you know, I just, just do better every day, one day at a time. And luckily I'm not a fast food person so much, um, that helps. But I do like good food and I eat a lot of it and too much sometimes <laugh> in one sitting. So I think that's what I'm working on. Portion control. I bought a scale and I researched what is a good sort of like, normal portion of meat in one sitting, how many ounces? And I can, I attest that I've been eating probably five or six times the recommended allowance of meat. You know, people can sit down and eat like a 32 ounce steak when the recommendation is like maybe three to six ounces for one meal. Right. So the education is really important. So I really, I really do love that part of it. And, um, to tap onto two other points, um, we did just mention the mental health component.

Brian Tanzer ([31:36](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([31:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So I do wanna ask you about that, because I know there is a correlation and, and you speak about that in your work too. So mental health as a crucial aspect of overall wellbeing. How do you see nutrition playing a role in mental health? You know, what kind of advice would you say you could give to those who are looking for improving their mental wellness through nutrition? What's that correlation?

Brian Tanzer ([31:58](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Um, and I wanna say that I, I speak on this subject because it affects me personally. I'm not just speaking as a nutritionist. Um, I've struggled myself with depression and anxiety since I didn't know what it was when I was younger. And I'm looking at everybody else having a jolly old time, and I'm like, I, I don't know what it felt like to be really happy. And still I struggle with that. Um, but over the years, you know, I thought about what makes me feel good, and it was always being active and running around, you know?

Corey Andrew Powell ([32:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([32:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I didn't really get the connection between nutrition and mental health for a long time until I really studied it nutrients.

Corey Andrew Powell ([32:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([32:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And how they affect the body and how B vitamins affect brain function and magnesium and things like that give you energy in the body.

Corey Andrew Powell ([32:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([32:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I didn't understand that connection, but I, I always struggled with it. Um, and then I find that nutrition is so important. I mean, there's no question that what you eat affects how you feel.

Corey Andrew Powell ([32:52](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([32:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

No one could deny that if you're eating healthy, you feel better, you have more energy, you don't get those.

Corey Andrew Powell ([32:58](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([32:59](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You know, you know, peaks and valleys in your blood sugar, your body, you're not sitting there after a large meal and just completely exhausted because your body's using up so much any energy to digest all that food. And usually not good food either.

Corey Andrew Powell ([33:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([33:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Um, and also if you're eating a lot of processed food, you're not getting the nutrients you need. Um, so your brain can't, your body just can't function. It's like, you know, I've seen people take better care of their cars than themselves.

Corey Andrew Powell ([33:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm. Yeah.

Brian Tanzer ([33:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It's just, yeah. I don't understand it. Yeah. Um, but there's a definite connection between your diet, um, and how you feel. Um, and exercise, I would probably say, I would say they're both up there, maybe one and two. And sometimes exercise has been shown to be even more important for mental health.

Corey Andrew Powell ([33:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([33:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

They just, they published a study, I think it was out of Australia. They looked at a hundred thousand people and found that exercise was one and a half times more effective than therapy and medication for depression.

Corey Andrew Powell ([33:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([33:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That's, that's huge.

Corey Andrew Powell ([33:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([33:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

How many doctors are recommending exercise to people?

Corey Andrew Powell ([33:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([33:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

When they come to them, <laugh>, you know, I'm depressed and, you know.

Corey Andrew Powell ([34:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([34:00](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Moving your bo your body is designed to move. And I think people, people think how they feel is normal. You know, I'm not talking about depressed, I just mean in general. I'm not saying if you've been diagnosed with depression, and you know, my heart goes out to people like that, I, I know what that feels like, where you feel like there's no light at the end of the tunnel.

Corey Andrew Powell ([34:19](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([34:19](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And sometimes it doesn't end well. Right. Um, and, and I don't think enough people, uh, particularly men reach out and get help for me, medication, you know, years ago I tried it, therapy didn't work for me. Like, they go and talk about your childhood. Like I know where my issues came from. My mother struggled very badly with mental health, um, talking, you know, institutionalized, um, shock treatment. It was bad.

Corey Andrew Powell ([34:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([34:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So I, I know where it came from for me to go back and say, oh, I gotta figure this out. No.

Corey Andrew Powell ([34:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([34:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I gotta deal with it. And I think, you know, taking ownership of that, not depending on medications and doctors to make you healthy in any aspect.

Corey Andrew Powell ([34:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([34:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Especially mental health. Some people may benefit from talking to someone. I didn't, that doesn't mean I don't believe in it. I think there's a, there's a place for medication, there's a place for therapy, but if you're not eating well and you're not exercising, no amount of medication and therapy is gonna help you. That's gotta be the foundation. And then you build on that.

Corey Andrew Powell ([35:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([35:17](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I mean, physical activity, whoever feels bad after they move and exercise.

Corey Andrew Powell ([35:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([35:22](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I always tell people it's true. Yeah. I tell people, I'm like, I do me a favor. Try this for a month. <laugh>, go out for a 30 minute walk every day and tell me how you feel. If you don't feel better, I'll buy you dinner.

Corey Andrew Powell ([35:32](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>,

Brian Tanzer ([35:32](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I have yet to come to someone, come to me and say, you know, I feel terrible since I've been moving.

Corey Andrew Powell ([35:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

<laugh>. Right, right.

Brian Tanzer ([35:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It doesn't happen, but it's like, can you commit to it? Because if, if you can, you'll reap the benefits of it for a long time to come and look, I get it. Some people feel like I don't have the energy to do it, but sometimes you just gotta push yourself and you know, the words that you tell yourself. You sit around saying, I'm depressed and woe is me and poor me, and I feel bad for myself. And or you surround yourself with people who are, "Hey, you wanna go to happy hour," or you're constantly criticizing you and putting you down and they're not encouraging. Maybe you need new friends. I mean, get yourself in the gym, get new friends to push you a little bit. Maybe you got someone who you work out with, you know, you found a, a buddy who you can go to the gym with, or.

Corey Andrew Powell ([36:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([36:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hey, let's go shopping. Buy some healthy food. Let's try some recipes. And it, it's hard to be surround yourself with negative people and be positive yourself.

Corey Andrew Powell ([36:28](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>,

Brian Tanzer ([36:29](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

If you are someone who struggles with mental health issues, you'll never come out of, you'll never get better by doing that.

Corey Andrew Powell ([36:35](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([36:35](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It just, it's not gonna work. And I hate to say, you know, get rid of all your friends and, you know, family members who, who are negative and pessimistic, but it's dragging you down. And, you know, I know from experience, once I limit my contact with people like that, and I'm around, you know, now I train, I train with younger people who are energetic and they push you, you know, I don't wanna be hanging around with people my age who are just like complaining about, oh, I gotta go to the doctor for this. And, you know, they're talking about retiring and all these things that just, they don't make me feel good. I don't wanna be around that.

Corey Andrew Powell ([37:07](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right, right, right.

Brian Tanzer ([37:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But, but I think that the words you tell yourself, the people you are, you surround yourself with 100% what you eat being active are all things that can absolutely have a tremendous impact on mental health. The data's out there. Um, there's plenty of studies that show that. I just gave one example.

Corey Andrew Powell ([37:25](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([37:26](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Which was a massive study. Yeah. And for it to show that exercise is, is almost twice as good as medication and therapy.

Corey Andrew Powell ([37:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Hmm.

Brian Tanzer ([37:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Why aren't we talking about it more? Because there's no money in it.

Corey Andrew Powell ([37:36](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Well, unless you own a gym.

Brian Tanzer ([37:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Unfortunate

Corey Andrew Powell ([37:40](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

<laugh>. Yeah. Unless you're Planet, Planet Fitness

Brian Tanzer ([37:41](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But gonna tell you, if you go to the doctor and you feeling depressed and you don't leave with medication, or he doesn't recommend a therapist to you.

Corey Andrew Powell ([37:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([37:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And he tells you, Hey, you should probably start exercising every day. You're gonna be like, what?

Corey Andrew Powell ([37:53](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([37:54](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Whatcha talking about? Well, most people would, right?

Corey Andrew Powell ([37:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([37:56](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That's their response.

Corey Andrew Powell ([37:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([37:57](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But I, I could tell you all the people listening to this and you struggle a little bit with, with depression, anxiety, start moving, number one, start eating clean, stop the junk food. Not, not again, gradually make some changes, but, um, you'll find that it really helps and, and it can even be done in conjunction with the medication therapy, and you'll find that it actually, um, improves the benefit of those two things.

Corey Andrew Powell ([38:22](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Wow. That's wonderful. This is great information, Brian. That's why I was so happy to, you know, have you on here because, um, we all struggle, we all struggle with this. I, you know, I have a birthday coming up and I'm like looking at the scale going really? And so I've, for the past two weeks really been like, yeah, I need to do a lot of stuff less. I need to eat a lot of things less. I need to be more careful. And I'm happy that, like, I actually, I was almost for my size and height, I was, I'm just gonna put it out there. Like, I literally was about almost 200 pounds, um, uh, two weeks ago. And I was like, this is, this is like unacceptable for me because I don't want any of those conditions that come with it. I don't want hypertension, I don't want high blood pressure. I don't want high cholesterol. I don't want to take medications. So when I had a, what they call a come to Jesus <laugh> moment with myself, <laugh>, I don't want any of those things. So I said, you know, you just gotta stop. You gotta stop. So I'm happy to report that today I got on a scale and I'm 188 from the 196. So I am,

Brian Tanzer ([39:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That's, that's excellent.

Corey Andrew Powell ([39:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Thank you. It's going in the right direction. Uh, my stomach may be growling right now in this interview because <laugh>, but, uh, been trying to work it out, you know, but it's, it's a commitment to, to try to make that happen. And, and it's a perfect segue to end this, this conversation actually, because I wanna talk about, um, dieting as you, you just tapped into nutrition, but the consumer, the people listening, uh, I want to talk about the difference between people think they're gonna go on a diet versus dieting, or what a diet is. So how do you address sort of like those nuances with that language where people are trying to educate themselves about going on a diet versus having a proper diet?

Brian Tanzer ([40:04](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

That's a great question. So I hate the word diet to begin with. <laugh>. Um, what's the first three letters of that work?

Corey Andrew Powell ([40:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah, <laugh>.

Brian Tanzer ([40:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I mean, so like, it's, there's a whole culture out there about diets, right? You are on social media and you're looking at who's posting what's, what's the diet of the month, right?

Corey Andrew Powell ([40:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([40:21](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It's like the carnivore diet where you only eat meat, dairy, eggs, and maybe, you know, and salt, and they call it the carnivore, right? You know, that that's all you're eating is that kind of food. Or then you got the vegans arguing with them and say, you're killing animals and plants are the healthiest. You should never eat meat. And then you got the people who are following the keto diet who you need to eat nothing but fat, you know, don't eat any carbs or you know, you're gonna die.

Corey Andrew Powell ([40:46](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So much information. Yeah.

Brian Tanzer ([40:48](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. I mean, when it comes to weight loss, I think you can find positive, um, things about almost any diet, right?

Corey Andrew Powell ([40:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([40:55](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I mean, even the carnivore diet meat is great. There's nothing wrong with meat, good source of iron, beef vitamins, zinc protein. Nothing wrong with it. Especially buying good, healthy grass fed beef, or even if you're not beef is good for you, it's okay.

Corey Andrew Powell ([41:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([41:08](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But to only eat beef, I got a problem with that.

Corey Andrew Powell ([41:11](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([41:12](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Getting too restrictive. Um, up just the plant-based diet, a lot of times you're missing out on quite a bit of nutrients like zinc and iron and.

Corey Andrew Powell ([41:19](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([41:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Just minerals in general from plants are not as well absorbed as they are in animal foods.

Corey Andrew Powell ([41:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([41:25](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It doesn't mean that you won't get, you just have to eat a lot more of it, but I think every, every diet can work. Why? It still comes down to calories,

Corey Andrew Powell ([41:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([41:34](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

People, like, I don't believe in calories and calories that you can't defy the laws of physics. If I've had plenty of people come to me and say, I can't lose weight, I don't understand. I'm like, okay, keep a flu diet.

Corey Andrew Powell ([41:43](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Right.

Brian Tanzer ([41:43](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Like a week.

Corey Andrew Powell ([41:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([41:44](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Send it to me. I'm like, dude, you know, you're eating 3,500 calories a day, you supposed to be 2,400.

Corey Andrew Powell ([41:49](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Brian Tanzer ([41:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It gets a little too much. But I think having that mindset of I'm not going on a diet, I'm gonna make changes in my nutrition where when I go to the supermarket, most of what I fill their cat up with is gonna be found on the outside of the grocery store. So you got all your fruits and vegetables, the meats, the dairy, basically foods that go bad.

Corey Andrew Powell ([42:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Right.

Brian Tanzer ([42:09](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And what you want eat. And go down the aisles or kind of stay outta the aisles and let maybe you're getting oatmeal and nuts and seeds and.

Corey Andrew Powell ([42:15](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([42:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Try and avoid too much food that comes in a box, you know?

Corey Andrew Powell ([42:19](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah. The snack, the snack aisle.

Brian Tanzer ([42:20](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It's, it's the ultra processed food that really is just not good.

Corey Andrew Powell ([42:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([42:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Not, not, not, because not only what it can do to your body from a health perspective, but the fact that you're not giving your body the nutrients you need.

Corey Andrew Powell ([42:31](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([42:31](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

So there's no one diet that fits everyone. I think, like I said, you can find aspects to all the different diets that are out there that can work for you, but it's really about what you can stick with.

Corey Andrew Powell ([42:42](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([42:43](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Like what, what foods can I eat that I'm gonna enjoy? I'm not gonna always be hungry. It's not gonna be too restrictive. Like I can go to my friend's house and find something. I can go to out to eat with my friends, or I'm near my job, or I can prepare food. Like, you can always find something to eat. Otherwise now I don't know what to eat. The whole thing's blown because you're gonna go eat something you shouldn't have.

Corey Andrew Powell ([43:05](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([43:06](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And now you think, oh my God, I just ruined everything. What am I gonna do? I'm now, I'm not in ketosis anymore. Or Oh my God, I ate a piece of broccoli. Is that gonna kill me?

Corey Andrew Powell ([43:14](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

<laugh> Right.

Brian Tanzer ([43:16](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Nutrition should not cause you stress. It shouldn't. And if you're eating, you know, most of the time just real healthy food.

Corey Andrew Powell ([43:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([43:24](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Like on a Friday night, I'll have three slices of pizza. We're not even batting an eyelet. I don't care.

Corey Andrew Powell ([43:28](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right. Right.

Brian Tanzer ([43:28](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

It doesn't matter to me because I know all the other days I'm eating healthy and I'm not even thinking about it. I like pizza.

Corey Andrew Powell ([43:34](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Right.

Brian Tanzer ([43:35](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I like a bacon cheeseburger every once in a while.

Corey Andrew Powell ([43:37](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([43:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

And I think people think they have to be perfect, and that's the mistake they make.

Corey Andrew Powell ([43:42](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm.

Brian Tanzer ([43:42](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You don't have to be perfect. You can enjoy yourself a little, but with nutrition, where you do have to be consistent and, and you can't cheat is exercise.

Corey Andrew Powell ([43:50](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm.

Brian Tanzer ([43:51](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You can't get around doing the work. Right, right. You know, they like to call, there are some people selling pills that are, they call exercise in a bottle, which is absurd. <laugh>. Um, it just, you, you gotta balance the two and not be too restrictive. Find things you like to do from an activity level. But when it comes to nutrition, you, I, I wouldn't go on a diet. I would just make changes to where what you're eating is real healthy food. And if you do it over time, you look back 8, 10, 12 months by, you know, by the end of this year and you're like, wow, I made a lot of changes. It took a while.

Corey Andrew Powell ([44:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Brian Tanzer ([44:23](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

But now I, I feel great. I'm at a good weight. I'm able to manage my weight, I my energy level. I'm not falling asleep at three o'clock in the afternoon.

Corey Andrew Powell ([44:31](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Yeah.

Brian Tanzer ([44:31](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

I'm not drinking six cups of coffee to stay alert.

Corey Andrew Powell ([44:33](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Brian Tanzer ([44:34](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

You gotta find balance and not be too restricted when it comes to nutrition.

Corey Andrew Powell ([44:38](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Wow. That's excellent advice. And um, yeah, I think people are looking for like a silver bullet or somewhere around the exercise I had contemplated just paying someone, a skinny guy to say he was me and just walk around <laugh>. That was pretty much what I <laugh> I was gonna just try that, but nobody would believe it. But Brian, this is really wonderful information. I'm really excited to share all this with our audience. Again, we have not had a really in-depth conversation about nutrition 'cause it's one of those areas where I don't want to have that conversation with. Uh, we, I think we had a couple really renowned doctors on, but we didn't get into the weeds. I don't feel comfortable with that conversation unless I know it's someone who is genuine and who has public health and safety in their best interest. And that is why I, uh, had been asking you to forever to join me on the podcast today. And I'm so happy you did. Brian Tanzer, director of Scientific and Regulatory at the Vitamin Shoppe, thanks for being here today with me on Motivational Mondays.

Brian Tanzer ([45:32](https://www.temi.com/editor/t/_EXinLqoYi8wFlqkk50oEXGDVlBLqBFK2DAEiJtm_RM4AWR7KYl53s3neXi41oP7AbID6VYROwx2aB9YJfJtwYO3Ezg?loadFrom=DocumentDeeplink)):

Thanks for having me, Corey. Always a pleasure to see you.