



## SNR #5: Abel James

Danny: Ok hello and good day to you Mr. Abel James how are you?

Abel: I'm doing awesome how are you?

Danny: I great, it's just fantastic to have you on the show, so I'm in a great mood.

Abel: Right, we're going to rock this.

Danny: Perhaps you should just give a quick introduction on a bit about your background.

Abel: Sure, so I have a podcast over [fatburningman.com](http://fatburningman.com) and video and audio on iTunes as well and we talk about how you can heal your body and improve your performance using real food, and to go back a little bit that's exactly what I did. In my early twenties, basically my family has a history of thyroid issues and high blood pressure and heart and some

other things and so in order to pre amp that I did my best and followed my doctors advice and a special diet that he recommended, or I should say a whole panel of doctors to prevent that but in following that advice they actually gave me high blood pressure,. Messed up my thyroid and that led me down the path of getting fatter and fatter and sicker and sicker every time I saw them, so I decided to take it upon myself to heal the damage that had been done, and do some research. Stick my nose into the research of how that was possible. take my own health under my control and actually it was incredibly straight forward and easy once I got the right advice, and I lost 20 pounds in less than 40 days and reemerged with basically none of the problems that had cropped up before hand, so it was really interesting and I felt that I needed to spread that knowledge as much as I possibly could to other people because I think we all can agree that doesn't matter what country you're in right now, our health has just taken a nose dive and one of the biggest reasons for that is we've outsourced it to people other than ourselves and we haven't really...most of us don't have a good understanding of how we should be eating and how we should be living in order to make sure that we're always at the best health that we can be.

Danny: Brilliant, I think that just gave us a real good insight into your whole philosophy on what real nutrition actually is and that's I suppose the topic that I want to dive into today, and because I think this podcast is going to be slightly different than many of the others that I've done, in that rather than going to one specific nutritional topic, I want to make use of your experience and learning that you adopt from the countless number of amazing guests you've had on your podcast. So you get these amazing people on, and they're just unloading really interesting valuable, often new and insightful information that just is blowing peoples minds,

but what I'm fascinated to know, is do you have a thought process that you go through or a way to filter what each of your guests is saying into something that you will find applicable to your own philosophy?

Abel: Well, yeah the way I run my show is I pretty much only ask questions that I'm personally interested in hearing the answer to, so that...you know sometimes those questions will be relatively simple and straight forward, I want to make sure that all of my shows allow people who are just tipping their toes into this lifestyle to get a good feel for what its like, what it looks like, what they should do very simply, because the advice isn't difficult, you know, eat real food, stay away from chemicals and non sense and don't want too many carbs, the more processed anything is generally speaking, the worst its going to be for you. I mean, if you want to talk about exercise its about high intensity as opposed to running for a very long time or doing a lot of low intensity exercise over a long period of time. Like you can explain the basic of this to anyone and if they actually do it you can get them an enormous amount of results in about 30 seconds worth of advice. So I spent about 30 seconds of my show or couple of minutes talking about the basics of it and then the rest is all about implementation, its about how you think about this, philosophically how you live the rest of your life. Appreciating the creation of real food and the sourcing of real food. So what I mean by that is, is meeting your farmers, taking the food that you get, that's the highest quality, and then making it into an incredible meal. So I talk a lot about cooking, and then I also talk a lot about habits and psychology, that's more of my background. It's all about the mental game as opposed to like most personal trainers who focus on the tactics and the strategies and the specific advice and then just try to get people to do it. This is more about the experience of the living and trying to improve your life

such that you don't really need a guru anymore, you can master yourself, master your body and then you can help others basically do the same thing. So that's the secret little thing that I'm always doing, I'm trying to teach other people to be their own guru so they don't have to rely on me or anyone else to get their advice because it really is relatively straight forward, but we all need to come back for those reminders. And also the...it's really useful to see how other people do it. So I'll have best selling authors and celebrities and whatever on the show and I'll ask them, yeah we've already read page 5 of your book, we don't need the cover on the back, we don't need to rehash your story, its like, what did you eat for dinner last night? Cause that's where it gets really interesting. Like how do these people live as opposed to what they're just saying?

Danny: Yeah sure and I think that kind of goes back to the thing of people hearing all this information but not necessarily having to know or use all of it, its kind of picking out what's relevant to them. So as again, I'm just kind of interested in what are kind of some of the cool things recently that you might have picked out from other peoples approach that you may have started using in your own kind of philosophy. Is there anything in particular that stands out?

Abel: Yeah I just had Kiefer on my show, who's the guy behind carb back loading. A lot of my listeners have been asking for Keifer as a guest for a long time, cause he doesn't really do that many shows, he used to have his own podcast but he hasn't been that active lately, and we'd just gotten lunch a few weeks before when we were both in Austin, I hung out with him, really cool guy, super sharp, and his thing is more about going absolutely crazy and seeing how far you can push the limit of eating 20 doughnuts and still not getting fat and that sort of thing, even if it is

sacrificing his own health. I'll do that to a smaller degree but usually I'm not totally off the d-bend, even when I'm experimenting with myself. But it was really interesting talking to him because what I found over the course of years of doing this and experimenting on myself is that, what I generally do is I don't eat in the morning, or I certainly don't eat carbs in the morning, and then...like I haven't eaten today and I'm doing interviews until 5:30 pm my time and I still won't have eaten which is kind of neat, and wild and it's amazing that you can maintain this energy all day, but I found that I can because I'm fat adapted and I'm not eating that many carbs. But there is a time for carbs and I found that even though he is like knee deep in all of the research about insulin, I finished going super deep into the research of most of this stuff 2 or 3 years ago when I wrote my book about it. And since then I've just been doing my interviews, talking to people about various things and yeah I'll go into the research every once in a while, but it's not like...no one can be an expert in every hormone out there, no one can be an expert in all this stuff, so what I try to do is get the most applicable advice from the experts on insulin, or the experts on progesterone, or testosterone, or what have you and basically get them to explain the most important things to know about their 40 years of research in that area. And so what I found is that, with Keifer, when he was talking about what he does and what all the research is saying, the cutting edge stuff has just come out, combined with what he does anecdotally, it's almost exactly the same as what I do. I just am not power lifting. I basically maintain at this point and also even more than that, running a business and running a podcast and travelling all the time and trying to come up with a great lifestyle for me that also maintains great health, and so it's cool to see that even though the way we go about doing all this stuff and even our philosophy behind a lot of it, leads to almost exactly the same result, which is that we're insulin

hacking all of the time, and we will use insulin to build muscle, but mostly I try to mitigate its use as much as I possibly can and use it at strategic moments to make sure you're not burning off muscle and that sort of thing, and its really interesting to see how different people are able to do that, but most of the folks who really have a handle on this lifestyle are doing almost the same thing, and I think that's pretty cool.

Danny: Yeah its when you start seeing all these different approaches you kind of see how no matter what the area is, its all typing back into addressing the same issue, so I watch the podcast with you and Keifer, and its really fascinating, the stuff that you got into and I suppose it then comes back to this idea of self experimentation, so taking these ideas from each person, trying it out, see how it fits and I know you're big on self experimentation, so could you perhaps explain to people how you've taken for example, the carb idea or fasting in the past, or really any concept that you've heard and just what is you're process for ok, here's something new, sounds interesting and I'm going to try it for myself.

Abel: Yeah well that really started at the beginning of the major turnaround of my health was I was with my doctors and they basically said I wasn't doing it well enough. I was running 30+ miles a week, I was eating super low fat, I was counting every calorie, I was always counting the fat on whatever I was eating and I was keeping it as low as I possibly could and they were just throwing drugs at me. Every time I came in they would throw some new crazy drug at me and say you have to take this for the rest of your life basically. Which is unacceptable because I was like 23 – 24 years old. And so it really took a huge leap of faith for me to be like, well clearly this isn't working, and what happened is the back story you probably know it cause you're heard my show, but for those of you out

there who are listening who haven't, the short story is my house burned down and my life just kind of spun out of control and I knew I needed a project, I needed something to help drive me forward and at that time my health was not excellent. My face was super puffy, I was inflamed, I was putting on a bunch of weight, I had a spare tire and I was really low energy. And so given the fact that I was trying to hard and working so hard with my doctor, following this advice and the best advice he kept giving me was you're not doing it enough, eat less, exercise more and take all these drugs. After my house burned down I was like, this isn't acceptable anymore, clearly this is not working and so I decided to stick my nose in the research and see what would work and this was before paleo really gained steam, like there were a couple of books about it, but in the past few years its been absolutely crazy, so I actually went to body building and that how I got a handle for how carbs, insulin and a lot of these different hormones affect your body composition. I realized that I was just fueling with carbs and that's absolutely unprecedented from a historical perspective. We've known this for a really long time, that paleo is now the thing that its called in popular culture, but we've known this for a really, really long time, you can look back to banting, you can look back to before agriculture, it was just by default that we were eating and living a certain way. But for me to actually start eating super high fat, eating butter, bacon, chocolate all the things that I'd been not eating for years, as well as eating meat, because I was on and off vegetarian vegan for awhile, it really, even though I knew it intellectually, it took a while for my heart to catch up. You know what I mean. It took a while for me to feel like it was okay to eat butter, real butter, not like artificial butter, like my doctor had been telling me to eat artificial butter, it took me a while to really accept that and then take that leap of faith and then be like you know what, if my heart stops and I die, it wasn't working anyway, so I

might as well go for it. So that was the beginning of the experimentation on myself from that perspective, and then led me to try all sorts of other things, because it worked like crazy, like I was telling you before, I didn't change my exercise at all, and then all of a sudden I dropped 20 pounds and didn't have high blood pressure anymore and I didn't have thyroid problems anymore and I was like wow that was pretty huge and ever since then I'm trying something new all the time. Right now I'm wearing a bases band which is tracking a bunch of my bio metrics, my skin response, my perspiration, my heart rate and it can track your sleep as well, so I've kind of been looking at what happens based upon me traveling and not being able to get sleep, how I feel the next day and aligning that with my Google calendar to see what that looks like, see how my heart rate changes when I'm on a plane which is a very...even if I'm sitting there and I feel relaxed, my heart rate will be like 20 – 40 beats per minute higher than it would be normally if I'm just sitting on a couch at home. Things like that, there's no real way to know that unless you're measuring some of this stuff, so if you measure it you can use that data to inform the rest of your life, and once you get the hang of all this different stuff, its amazing how much you can get away with, and anyone who doesn't believe that just check out my latest show with Keifer, you can get away with...

Danny: Yeah that was really cool. There were a couple of things in there that I just wanted to touch on. Like you said, first I think its really important for people that are perhaps not aware of your back story and they might be clicking on to your website now for the first time, or they've seen you're website before but haven't maybe read the back story and they see this guy that looks just rigged up or donnas' picture that you have on the website and thinking oh that doesn't really apply to me, but like you said,



the stories are so similar to people now, the weight keeps on, health problems, doctors are giving the wrong advice and it does kind of instill that fear in people to make these changes that they hear about. so I think that was a really important thing that you mentioned there, the second thing its quite interesting thing that you brought up, that you looked into body building as a way to kind of change and I mean there's so much bashing of people that are into the body building scene, in terms of bro science and these things, but really when you look at it, there's a lot of things that they've been doing before, it kind of even anywhere mainstream but they were on the right track. Carb restrictions, these high fat diets, I think that's a really interesting point.

Abel: Yeah. Because there's the cartoon of what a body builder is, and then there is the reality and it was actually my older brother was really into body building and ...actually I never told this story before but he was extremely into body building after he watched pumping iron, this is many years ago, he's 5 years older than I am but basically what happened is, he's a little taller than I am, and a skinnier frame and he was just a twig, he was like less than 150 pounds at one point and then he watched pumping iron with Arnold Schwarzenegger, like the original, anyone who doesn't know what that is, the original movie that basically made Arnold famous, from the 70's and its totally ridiculous, pretty awesome movie. So he watched that and in the next 6 months he basically just hung out in his little house, lifted weights, ate protein and ballooned up to 230 pounds pretty much of pure muscle. He just put it on and it was incredible. I had no idea that any of that was possible, and most people say well you can't gain muscle that quickly, but he did, and science says you can't gain muscle that quickly or whatever, but he did and I saw it and like he was a beast and I saw him every couple of months and I'm like

what in the world happened, so I think that was really important for me to see that it was possible and he's a research geek like me, so and also when he puts his mind to something, he does it, and he does it obsessively. More than I do and sometimes that's not a good thing. But seeing that's possible was really interesting and also he is extraordinarily intelligent, and that's what I think a lot of people don't realize about body builders, that they're not the meat heads, because it takes an enormous amount of self discipline and intelligence usually in order to get your body down to extraordinarily low body fat levels and high muscle mass. That's something that takes a lot of knowledge and a lot of practice. And also a lot of discipline. So I think that there's definitely a divide between what people think of a body builder and what they assume their life is like and what they're actually like. And I had a show fairly recently with one of my listeners, Nicholas Cole who went from being this tiny little shriveled guy of a 100 pounds to a beast of a body builder and he's a super intelligent guy. Most body builders who are awesome are super intelligent and that's definitely extended to a lot of people I know. Actually Tom Vinudo is really well known on the internet and he's become a friend of mine, and we talk a lot, and he's brilliant. These people are brilliant. So even if people think that body builders are basically meat heads who are pumping iron all the time, what they're really doing all the time is researching the latest science about all this stuff. And most of the cutting edge things that you hear in nutrition and in physique and in fitness and all that, really comes from the body building world as well as...NFL football players or whatever, they're trainers. They're not necessarily in the science all the time, they're trying it. They're trying new things on the best performers in the world and they're seeing what works. And if that works, like if they find something that works, it doesn't matter if there's science to back it up, it's like they

know what works, and so that's what I try to do. I try to find the people who are 20 years ahead of science and a few decades from now it will be accepted that what they're doing is the best possible thing that they could be doing and these are all the hormones and molecules and chemicals that are involved and we don't necessarily need that if we know that something works.

Danny: Sure cause especially when we're talking about something like body building or even experimentation we're talking about earlier, as much as it is a science, we also have like everything else there's an act to it as well, and I suppose part of that act is being able to experiment on yourself, see if it works for you, or if it doesn't work for you and then modify or change or drop it. So again it comes back to whole time, just people like, this stuff doesn't have to be definitive that we know this, this is ready to go, everyone should be doing this. Ok, here's something interesting. Some science says it could work, let's see how it goes.

Abel: Exactly.

Danny: So often...I'm a big guy for science, I love studies, how can I incorporate this in nutrition or health or performance, but at the same time if we get to bogged down with the I suppose the evidence based approach where we need 10 RCT's to prove something, or we need an MET analysis to prove it, again like you were saying, we're 10 years behind already, because there's stuff now that could work, that we wont have definitive proof and literature until 10 years down the line.

Abel: Absolutely, there's a real interesting concept, its definitely a clever sort of snorty retort but its like, if someone says well science does not prove that

a high fat diet is good for you...which by the way, science does prove that, but anyone can say and they do all the time on TV or whatever, well there's not enough science to say that does that, well there's not enough science to say that you exist standing in front of me right now, or then, you know this isn't entirely made up and we're all just some ethereal consciousness somewhere, like show me the science that proves that, and I mean that's kind of a ridiculous example but I think it proves the point that we don't always need science to know that something is worth thinking about, worth entertaining, and that's the thing that really pushes science forward, basically there's the theoretical, and then there's the science that proves the theoretical over time, and the best way to prove the theoretical before science, is anecdotally, and you can do your own mini science projects on yourself, and that's what it is.

Danny: One other thing that I did want to touch on is, obviously from looking at the guests on your show, you're obviously a well read guy and like I see you've had Graham, Dr. (inaudible 23:12) Chris Kresser, John, all bestselling authors on the show, I'm interested to hear about your top recommendations for books that people out there should possibly read, is there any recently that have come on your radar, maybe 2 or 3?

Abel: Sure yeah. Those are great ones actually, the ones you just mentioned, the titles for people who aren't really familiar with this concept at all, gluten free is usually the most acceptable first step for most people. Its tough for them to take it all at once so I usually recommend wheat belt, with Dr. William Davis and I did a show with him probably about a year ago now and it was one of my most popular at the time and that's a great one for people just getting started with this whole thing, cause basically it just has one enemy and that's modern wheat. And actually that seems to

be more of a problem in the US than it is even in the Europe because we tend to use slightly different strains and that's really important because right now we call the wheat that's grown in America the same as the wheat that's grown anywhere else, and it's a fundamentally different thing. But understanding the little details of that can be very important especially if you're coming to America and you find that you're suddenly getting really, really fat eating exactly the same that you were in some other place. But it's also worth noting that what America is doing, and I know you realize this and most people do, it's spreading everywhere. And it doesn't matter if its good stuff or bad stuff, it's spreading, so understanding wheat and gluten is really important. The paleo manifest is from John Duran, I was just talking to him the other day. It's a really entertaining, fun, smart book and it also gives you the basic run down of what paleo looks like. Grain brain I really enjoyed a lot, Dr. Perlmutter is brilliant and he covers a lot of the psychological effects of what happens eating wheat and grains over a long period of time. Lets see, there's a lot just basically on the internet as well, western price, they certainly have some books as well, Sally Fallon has a good one, *nourishing traditions* but they have a lot of just great articles that have been out, they were way ahead of their time and they still are in a lot of ways, although I disagree with them about certain things that can be really useful and its also good for people just getting started. And then as far as books go, just keep learning. There's no perfect book, there are bones to pick with pretty much anyone out there, but like I said before, most of us are talking about the same thing. And if you're talking about Body building, Tom Veneto just came out with his book *Burn the fat, Feed the muscle*, that's a great one. I would suggest if people really want to learn how to manipulate their physique then go to body building. Don't even go to paleo or nutrition as much because it's really the combination of the two

that leads to incredible results. Most of it yes absolutely will come from nutrition. Like if you want to loose a bunch of fat then you don't necessarily have to look like a body builder but if you're looking for the aesthetics and the performance, then go for the sports and go for the body building and that sort of thing. And there are so many resources there, I learnt a lot from just body abyssee, which I don't even think you can but, I got that from like a torrent site when I was really young and finally read it when I was going through my health issues in my early 20's. And that was just ground breaking. The guy eventually died from basically abusing all sorts of different hormones which obviously isn't a great call. So you have to take everything they say with a grain of salt but at the same time, cutting edge...being on the cutting edge means that you're wrong about some things, and so its useful I think to entertain the fringe but also take a good look at what people are doing that's working right now, that is more proven by science. And I would say Chris Kresser, his book just came out, *personal paleo code* I believe is what it's called and that's a great one as well.

Danny: Yeah, really good recommendations there, and I think any of those books if people just start somewhere is a really good place. So I did want to just track back for a few moments, back when we were talking this self experimentation, and I suppose we'd got to a point where you get the basics down, you're saying about eat real food, the new can start trying things, see how they work for you and so on. I don't know, I'm sure you've found this because you're big into it, but the same with me, once I start trying these things, ok, this has worked or this hasn't, it becomes kind of almost...not addictive, but something you get really excited about. I'm going to try this next, and see how this works; almost like keeping

journals of different data...how do you track things? Are you all about the numbers or...?

Abel: Not necessarily. I think numbers are useful, but only if you use them. And they can be overwhelming, especially if you're really busy. So I like those things that keep track of numbers in the background, instead of having to constantly pay attention to the numbers that are coming out. so an example of that is I tried using the fit bit for sleep tracking, what you have to do there...at least in their current models is you have to adjust the setting and then put it on your wrist to tell it that you're sleeping, and then you usually I don't fall right asleep or whatever...and most of the time people don't remember, especially after a long day, and so its like actively...it takes an active effort from you to keep track of what's going on. I prefer things that are automatically keeping track of what's going on. Like the basis band, which is not perfect at all, its kind of ahead of its time as well, and because of that some features don't work quite as well as they could, but at the same time it has lots of very ,very useful data that basically you can go on check on every once in a while. So what I do is I wear it almost all of the time, and I've been doing it for almost 3 weeks ago, I've been doing that and its keeping track of my sleep schedule., when I'm exercising which I usually don't, I do like 3 minutes a day or something like that, a lot of times even less than that. How many steps I'm taking that day, what my sleep was like, and I look at my Google calendar like I said before to keep track of what I was doing on those particular days and then I just anecdotally just assess how I feel, what my energy is like, what I've achieved that day, whether or not I crash at the end of the day. So it's really....so many people get really into the numbers and then doing do anything with them. And there have been a lot of really good articles about that and actually I'm going to be writing one

soon, that's about...it doesn't matter how many mountains of data you collect, I used to be a consultant, actually I still am, but the work that we did was for fortune 500's and the federal government and one of the terms they use is its called boiling the ocean, where you take too much data and just mess around with that data and come up with some result arrear, but the whole point of the terms is saying that its useless because boiling the ocean is obviously a big process and what the heck is it for, what are you going to get out of it. So it's really about using number strategically, keeping track of things that are actually useful to you as opposed to just tracking stuff. Cause if you're going to go and taking your blood every month, 12 times a year, and then not doing anything with the information, then why are you doing it in the first place. So measure the things that you're going to use or if you're measuring things, figure out creative ways to get real value out of what you're measuring. So for me...ever since I was in my twenties, I'll get blood work a few times a year and kind of jut do a whole panel, and looking at those over time is really, really interesting. You can see what happened when I started fasting, you know couple of years ago I started fasting, not just trying it but pretty much doing it every day. Also comparing that to just skipping breakfast or doing 24 hour fasts, once a week or twice a week or whatever, so when you're constantly doing these things and re-visiting them like a blood panel, then you can get some really good information about what these different variables are doing to your body and your health over time, the problem is there are so many variables. I mean just one is pretty obvious, you're getting older over time. Like comparing your 23 year old body to your 29 year old body, or your 45 year old body isn't really fair, because you can't just say well it's the exercise that's...I used to exercise more when I was 23 and that's why I'm fatter at 45 because it's a moving target, all this stuff. Hormones, how your body is responding



to exercise, recovery, how much sleep are you getting, if you've just had a kid then your cortisol is going to be through the roof, your body is very hormonally different, there's menopause that a lot of people have to worry about at some point where they doing the same thing and it was working for the majority of their lives and then all of a sudden it doesn't work at all any more and you have to re-visit it. So its important to keep track of things that you will use and I like staying on the cutting edge with technology because there's always something that's a little bit better, a little bit more interesting and we're discovering new things that you can measure all the time, like bio markers that track inflammation have been really useful for me, as opposed to tracking cholesterol which is what everyone, well most people now, and everyone a few years ago thought was really important but it turns out its not quite as important as some of these other inflammatory markers.

Danny:

Sure and I think before people get too overwhelmed I think there's an easy progression here that we can make, almost like saying here's our paleo or primal real food, whatever you want to call it, as a template, we'll start with that, try and be more consistent, keep going along till you're doing it all time. Then start making little changes, and I even say to people this idea of self experimentation or bio hacking whatever you want to call it, even the idea of keeping a food journal that almost looks like, ok we're going to track what we're eating at certain times then we're going to say how did I feel an hour after, like how is my energy, like even at that level, that's still some sort of self experimentation that's going to tell that person way more than they could by reading any amount of information. So I think that's really interesting. And did you find yourself or either with people that you've talked to that there's always been that progression, starting at a basic level and building up and

then as you go along you can get more advanced with what you're tweaking?

Abel: Yeah absolutely, you don't start of playing Beethoven, you start of playing chopsticks and that really applies to pretty much everything. So it's important to look for those quick wins. If you're starting to learn how to cook for example, then you don't want to start cooking an 11 course meal with 20 people at your house when the stakes are really, really high, no pun intended. You want to start with scrambled eggs, you want to start with something that's really, really easy and then you make it, it doesn't take that much time, its not that difficult to clean up, and there aren't that many things to screw up and so the more times that you do that, and it comes out ok, or it comes out great, then you're like, oh man! I can make scrambled eggs. That's awesome. Then you move onto making like muffins, paleo muffins or whatever with like 5 ingredients. And my buddy George is brilliant when it comes to making really, really simple recipes. He started off couple of years ago not knowing how to cook as a marine, and 2 years alter now he has over a 100 thousand Facebook fans and is super popular in the cooking world because he makes these quick and easy recipes and I think that's a really good example of what you can do with pretty much anything in your life. Actually when I interviewed Tim Farris a while ago that's what we talked about. Getting those quick wins as early as possible that you can use as momentum to move you forward into the next big thing that you could do. And you'll screw it up every once in a while, but that's just part of the process, so make the beginning suck as little as you possibly can and give yourself those quick wins.

Danny: Yeah definitely. Unfortunately we're almost out of time, but fortunately I think there's still time for me to squeeze in my last couple of things. First

before I get to my final question, perhaps you'll let people know where they can find you on social media, and where they can find the podcast as well.

Abel: Sure, fatburningman on pretty much every media platform is the easiest way to find me, obviously Facebook, twitter, Instagram, all of those places, my name is Abel James comes up pretty quickly, but the easiest way to get in touch is go to fatburningman.com, and if you enter your email address I send a video course and a bunch of other materials free, a recipe book, and downloads and that sort of thing and you can also be pointed to all the social media stuff. So fatburningman.com is usually the easiest way to find me.

Danny: Cool and we have links to all that in the show notes for anyone that's looking. So before I let you go Abel, I'm going to ask you the final question that I try and get in because it's really interesting to hear all the peoples perspective. If there was one piece of advice that you could give to people and recommend them to one thing each and every day that would have a big benefit on their health, what would you pick?

Abel: Take your health into your own hands. No one is going to know more about you. If you really...if you own that and if you keep that close to your heart and always remember that, that you always know the most, then its difficult to outsource that to anybody else. Never completely outsource your health, always take something with a grain of salt, so I would say that, take your health into your own hands, and what that means is sometime going to people a lot smarter than you and asking for their opinions about what you're doing and what you're eating and how you're training and so that's something that I think a lot of people have

lost sight of. Certainly in America, I would assume in a lot of other places across the world, but just own it, it's the best possible thing you can do for your body.

Danny: Yeah brilliant. Great piece of advice. So I want to just say, thank you so much for coming on the show, it's a pity that we couldn't have had another couple of hours cause there are so many things I could have asked you and we really kind of only got to the tip of the iceberg on all of this self experimentation and health philosophy stuff. So hopefully we get to chat again because there is so much I want to ask you. So thanks again for coming on show and I'll talk to you again soon.

Abel: Awesome, thank you so much Danny.

