



DANNY LENNON:

Hello and welcome. You are listening to Sigma Nutrition Radio with me. Danny Lennon. Thank you so much for taking the time out to listen to the show. Whether you are a long-time listener or a new listener, you are very welcome. We are at Episode 288 of the podcast today, and so that means you can find the show notes to this episode at sigmanutrition.com/episode288 if you want to check out where you can get transcripts to the podcast episodes and any relevant details, today's conversation including any links and resources mentioned throughout or some background information about today's guest.

Before we get to the conversation, just a quick reminder that in a short few weeks time on July 20th and July 21st, I'm going to be giving two seminars in Dublin, Ireland, the first of which is Nutrition for Health Enhancement where we're going to dig into the science and application of various health centric topics related to nutrition and health science that go beyond simply thinking about body composition or calories or macros. So we're going to get into that. That is July 20th and on July 21st completely a separate seminar for those of you more interested in performance nutrition, specifically in combat sports. I'm

going to be giving a seminar on making weight and dieting for the combat sport athletes.

So if you are either a athlete or a nutritionist that works with a combat sport athlete or even a coach that works in a gym or a facility working with these athletes, we're going to cover everything from, uh, overall performance, nutrition, recovery, weight cutting strategies, planning out the fight camp, the recovery window between weight and fight, all that type of stuff. And we're going to give some context for not only, uh, 24 hour weigh-ins like in MMA and boxing. We're also going to cover if you have a shortened weigh-in, if you're doing same day weigh-ins or if you're doing multiple bouts in the same day, if you are, uh, have a really short window, for example, like in grappling, we're going to cover all that.

So if you are competing in any of those sports or coaching or know somebody who is, that might be of interest. If any of those seminars sound like something you want to get involved with, then all the details are just up on SigmaNutrition.com. So if you go straight there, you'll have to see at the top of the homepage or there'll be an events section in the menu bar. Um, either one, just go and check out those and, uh, tickets are available. So you've got a few short weeks. Hopefully, you can make it there for any one of those particular seminars and it'd be great to meet you in person.

So my guest on today's podcast is Ted Ryce, who is a coach who is being in the fitness industry for about 20 years at this point and for many years worked as a personal trainer based out of Miami where he worked with a lot of high end executives, and professionals, and some famous names too. And as we have previously discussed, when he was last on the podcast, he uh, worked with Robert Downey, Jr. for example.

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And speaking of that podcast, that was about just over a year ago now, I think when Ted was last on the show and when he was on, we discussed some of the elements that may relate to health that are worth considering. And in many ways, today's conversation is a continuation of that theme. So, recently, I had the chance to meet Ted in person. So as luck would have it, we were both in Chiang Mai, Thailand at the same time. To make the most of that, we did a podcast to touch on some things that, uh, Ted has been working on that he's being implementing and finding useful and kind of shared some of those experiences in case it can do the same for you. And without further ado, let me introduce Ted Ryce.

Ted, welcome back to the podcast.

TED RYCE:

I love it man. Thank you so much for having me back. And uh, we got such great feedback from the first episode, so I'm hoping that we can top it this time.

DANNY LENNON:

Yeah. Here we are a year later and uh, for those of you who haven't listened to Ted's previous episode on the podcast, I'll link to that in the show notes. You can go check that out. We got into a, a ton of good stuff, but to maybe to start this whole thing, uh, I know you've been telling me about certain areas you've been interested in learning more about applying more with your clients that you think are able to have knock on effects. So at a broad level, what are some of the things over say the past couple of years, even more recently that you've placed maybe more of an emphasis on that you think are allowing your clients to be in a better position to actually achieve the things that they are aiming to do with their training, nutrition, body comp and so on?

TED RYCE:

Such a great question. Right? And I think there is a point in every trainer or nutritionist or whatever type of health coach you are, you get to the point where you're very confident about what you know in terms of what gives results.

But you start to lose a bit of confidence in your ability to get a person to follow those things. And I remember I was training a client probably, I don't know, 10 years ago or something, and we were in between sets on the seated row and the person was just struggling with some other aspects in life. They are struggling with their nutrition, but it turned into a talk about some of the other things that were going on in their life.

I don't even remember all the details, but I remember just, man, I am not a psychologist. I'm not, I, all I want look, just do the exercise, just eat the food and you will get results. And I, I remember not wanting to be in that position, but as I got older, and as I matured, and as I transitioned from being a personal trainer to what I do now with the online coaching, that's kind of that other stuff that I initially had no interest in dealing with is now what I focus on the most. So what I would tell you is what I'm using specifically, I've started implementing things like understanding the relationships of my clients, the five key areas of relationships that they have in their life, their parents, their brothers and sisters, their children if they have children, their spouse and their co-workers and friends.

I want to understand their relationships because as you know from some of the things that we've talked about, some of the things that we're both passionate about is that we're not rugged individualists. We, we operate in communities and the people who we surround ourselves with have a powerful influence on how we think and what we do. And, and definitely in terms of, um, our behaviour with health and fitness.

Nicholas Christakis a great TED Talk and great research showed that the people that we surround ourselves with have a huge influence on our body fat percentage. Whether or not we're obese, to the point where if you have a friend who has a friend who has a friend,

someone you've never met before, probably will never meet, can influence your body fat percentage, right? Um, just statistically speaking, so understanding of the relationships in our clients' lives. Another thing is, and be willing to ask about it and also be willing to go deeper when you're applying your evidence based, your science based approach and you have all the calories and the macros and the protein, everything figured out and that client can't follow the plan. Instead of saying, hey, woman up man up. Why don't you do this? You need to try harder, which doesn't lead to better results in my experience in all the, the, the anecdotal stories I've heard from everyone else. Be willing to ask, "Well, what's going on with your life?"

Another thing is just looking at a person's life and seeing where they're getting their excitement from. Trying to figure out, okay, what would you like to do that you're not doing and how can we factor that into your life so that you are more joyful or you're having a better time, which will make it easier to kind of do some of this health stuff. And maybe even some of the parallels.

Um, we can talk about the oral ring. I just told you a story about a client who had a very high, uh, resting heart rate, um, that, uh, I was able to look at via the aura ring and she went to her doctor and her heart rate was in the 90s, and sometime in the 100s and the lowest was in the 80s. And it seemed very odd because we had prioritized, uh, cardiovascular, various types of cardiovascular training to try to bring it down, wasn't really coming down like it should have. And she went to her primary care physician. He took a look at what was going on, right. Confirmed it for himself and said, we're sending you to a cardiologist immediately. It's urgent. Um, you know, I'm not a doctor. I just try to implement what I know to try to improve health, but what he saw. Um, so I don't understand exactly all his concerns because she didn't communicate them to me yet, but it was

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a big deal and she, and now she's getting it handled.

DANNY LENNON:

Right. Yeah. And we'll definitely circle back to some of the tools that people can potentially use like that, um, and just kind of for reference or people who are unfamiliar with the aura ring being a wearable device that can attract sleep, heart rate, heart rate variability and so on. Before getting to some of those specifics like that and some of those strategies, to circle back on to the, the first couple of things you said, one of the points you made was that, and I'm in agreement with it, it's very hard to get people to, number one, take action on the things around their nutrition or lifestyle or even care about that when there's other bigger things, uh, in their life going on, right, at least that are not taken into account that are not factored in. And so you've kind of said something. I think most people would probably agree that there is some value to maybe looking beyond that.

However, practically, I think a lot of coaches find that difficult either in how to go about that, what that process looks like, how to have those conversations, when to have them, um, where is the line for what they should ask and how they should actually try and find out some of the stuff that's going on. So is there any particular way you approach those types of conversations? What were those conversations with clients look like? When would you might implement them? And do you have any advice for coaches who do want to try and be aware of some of the underlying things that may be going on, but wanna know, well, is there a certain way I should approach this that I don't feel like I'm over stepping the mark, that I'm making the client feel comfortable? I'm still able to understand what I need to understand to help them.

TED RYCE:

Yeah, great question. So I make it very clear. I'm not a therapist. In fact, um, I have someone who I haven't had to use yet, but I have someone to refer some people to if I get a

situation that is, I feel like just way outside the scope of what I should be dealing with because I do use health and fitness, that is the focus. So, um, so always knowing those boundaries and I would say, uh, only doing what you feel comfortable doing and of course, what legally you can do, right. You ask a lot of questions.

One of the easiest things you can do, by the way, and I lead with this in, in my coaching, it's my style now. Um, I'll say, uh, during the coaching session, I'll have some things that I definitely need to cover, their exercise, their sleep, their nutrition, whatever it might be, but I'll open it up at a certain point, could be even at the beginning and just say, "Hey, so what's on your mind?" Just having the conversational skills to ask those questions, to listen and to keep asking questions, unfortunately, that takes time and experience to kind of do, to feel it out.

Last point would be that I do have some fill -- some forms that I have my clients fill out just so I understand, like I told you, their relationships, um, and also what their values are. Uh, I think something that's really important that we've talked about before, Danny, is like that cognitive dissonance that can come up when you're believing a certain thing. Like I believe that I should, that health and fitness is important. It's something that I need to do, that adds to my life, that makes me healthier, that helps prevent disease, etc., etc., but I'm not doing that, right. So understanding what they value beyond just health and fitness and understanding whether they're kind of living up to those things because if they're not, it creates this, this, this dissonance in us where it leads to anxiety or tension or being unhappy and it's something that we should all, uh, figure out about our clients.

DANNY LENNON:

When you are trying to talk to clients or get a sense for maybe, is there something else that's driving their certain behaviours, is there a mixed air between that kind of formally asking

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them the question or kind of tell me about what's kind of going on versus mixing that in with what it seems like some degree of like informal discussion that as weeks and months go by and you're getting into know somewhat better or they're a bit more comfortable, they kind of say, hey, what's going on? They kind of tell you some stuff. Do you tend to find that kind of that they open up a bit more over time with that familiarity? And so you're starting to pull the information just in a kind of very informal discussion as opposed to them feeling like you're kind of fishing friends are asking specific questions?

TED RYCE:

I really try to create rapport with people. I want them to know that I generally care and I do generally care. Quite interestingly, um, I, I did this health coaching for doctors course. I think it was aimed at doctors, nurses and uh, the uh, in a very evidence based, and one of the, the key paper that she brought up was that the outcome for clients or patients, depending on the context, the, the most important thing that led to good outcomes was the relationship with the coach. It wasn't this special training or the degrees or anything like that. It was a relationship with the coach and that really stuck with me. So it's something that's an important point. It's like that relationship is really important.

DANNY LENNON:

Is there anything that you've done with clients that you've found universally or maybe almost universally seem to have some sort of benefit in terms of getting them to follow certain behaviours or getting them to buy into the process a bit more or any of those kind of skills that relate to outside of specifically teaching them what to do? Is there anything that enhances their ability to stay doing it and to comply with the program overall?

TED RYCE:

Um, this is, this is a great one that just came to me right now. So I call this the Heaven and the Hell Exercise. I asked them, how is this affecting you? How is it affecting other areas of

your life? How is whatever they are complaining about? So what is the problem? They'll state the problem. You ask them, how is this affecting you? How is this affecting? Is it affecting your self confidence? And if it is, they'll say yes. If it's not, you move on, right? But you ask them, how is it and get their words. How is it affecting your relationships? How is it affecting your relationship with your wife or your husband? How's it reflecting your relationship with your children? How is it reflecting, uh, you know, affecting your relationship with your friends? How is it affecting their life? And keep asking the questions. Is this stopping you from doing things in life? Is this, you know, you keep going down that and really get clear on where they are. And again, you're just asking questions and listening. No judgments, no nothing, just an information gathering session. And then you ask because you want to understand that's kind of the hell that they're in.

Then you want to understand what is the vision that they have. So if you got this handled, what would your life be like? What would your relation, how would your relationships be different? How would you be showing up differently at work? What would you do differently in life? And those questions, those lines, that line of questioning has just led to me understanding at a very deep level where a person's at and what they view as success or what they're shooting for. Now things can change along the way. Maybe their, their idea of heaven changes in other words, but it gives you a great idea of where they're at at that moment.

DANNY LENNON:

That's really interesting. I've heard kind of similar strategies that people have used for um, different things and whether that's from psychology and I think, for example, Jordan Peterson might be one. He, he talks about this future authoring program that he promotes people do. And it's essentially along the same lines of what you discussed of first they can do

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all this stuff of kind of where they're at. But then with the kind of future is one is like, okay, here's certain things you feel you, uh, should be moving towards. What in X number of years would your life look like if you had, if you'd followed and moved in that direction and done these things that you want to implement or make these changes and then contrast that with in X number of years, what would your life look like if you didn't do these things? And I think it's a strategy that I think a lot of other people, it's not, uh, unique to him and talk about. And it just reminded me of that as you said it. And that can be powerful in getting the leverage someone may need to actually make the changes now to connect the day to day things that they're supposed to be doing with the kind of big picture of, of where they want to go and not only what they could achieve but what they would miss out on if they didn't.

And that might speak to, um, the concept of loss aversion where you mentioned earlier, right, not just showing people hear you can, you can gain this thing, but instead of saying, if you don't do this, here's the things you are going to lose, right or the things you'll miss out on or the things that will get worse. And that can be even a maybe a more powerful motivator.

TED RYCE:

Yeah. What is it costing you?

DANNY LENNON:

Um, I do want to spend some time talking about meditation because it's something that's become an important part of your own routine and your life. But presumably it's also something that has become part of what you may promote to others in, in certain situations or may be in all situations. So before we maybe talk about the client side of it, can you maybe fill people in on your experiences, uh, in terms of meditation? So that would be, uh, in terms of the timeframe we're talking about when you first started getting interested in maybe different types of meditation you've tried and

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then some of the conclusions you've come to through that experience.

TED RYCE:

So I started getting into meditation through just hearing so many people talk about it. And I've always been interested in the idea of meditation, but I could never bring myself to do it. I thought it was a great idea, could never bring myself to do it. And I messed around with the apps, started with Headspace. I thought it was interesting, but I couldn't make the transition to having a regular practice. And the thing that changed everything for me is I herniated a disc in 2016 towards the end of the year and it was such a catastrophic injury. And for those people who are listening right now who had been down that road can, can attest to, it's the most excruciating thing, the nerve pain. It's not like, um, I don't know, a swollen joint or something like that or it's the nerve pain is just really hard to deal with.

And it kept me up at night. I literally would sleep maybe an hour or two and in those moments where I couldn't play anymore video games or do anything else and I was just laying there on the living room floor, just feeling miserable. I turned to meditation and I put on, I got a subscription to Headspace and I, uh, put on the, the hour long meditation and it was finally the thing that got me to sleep on the whole, the, the hard concrete floor with this thin carpet on it just because I couldn't sleep in bed. It would, it would aggravate the, the injury and just make things worse. Uh, so I couldn't sleep at all and it finally got me to sleep. And so that was the big turning point. And that's where I started my regular practice. But since that was at the end of 2016, I've, I've kind of, uh, evolved quite a bit since then.

I could never meditate on my own. It would always be with an app until I came to Chiang Mai last year and I would try with different apps and everything, but just could never do it on my own. Then I did a meditation retreat. Actually, I did a one day meditation experience

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and then I did an overnight meditation experience in after that overnight meditation experience here in Chiang Mai last year, uh, which at, by the way, for anyone who's interested in, it's White Swan Duck and it's at the Monkchat retreats. So Monkchat, uh, very easy to find. And um, yeah, that was the game changer for me. And then after that I started meeting some, uh, Buddhist scholars and talking with monks and, and trying different meditation approaches. And it's one of the most powerful things that I've ever tried.

In fact, just to rewind a bit, I used to be one of those people. I have high baseline anxiety levels, easy for me to get excited, even on very little sleep, um, hard for me to relax even when I've gone without sleeping, if I'm on very little sleep. So, um, I stopped drinking because of meditation. I, or at least I didn't feel the need to handle my social anxiety with alcohol anymore. Also, I had a, you know, a temper that could kind of get excited to being in Miami Beach, uh, with the drivers there. And it started to helping me with that. So it's really changed my life and I've, as I've gotten more into it, I've realized that there's different types of meditations. Uh, even the research shows that there's different effects that it has, the different types of meditations that it has on, on your brain and body, emotional state.

DANNY LENNON:

So I think you touch on one of the big problems that a lot of people, including myself, tend to have with, with meditation, that the problem is never being sold on it being beneficial because at this point everyone has heard so much good stuff about it. If you look at scientific literature, it's pretty clear. If you hear anecdotal experiences from people, it seems to be beneficial for people who keep that practice up. And so I think it's something people want to try and do, which is why you see success of things like Headspace and other types of apps because it becoming more and more popular. The, the difficulty becomes of transitioning that into a regular routine to the point where you, okay, I

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can feel them getting benefit and I'm staying doing them, I'm staying make it part of my practice.

And I don't know if it's just a case of trying to build a habit as in any other habit or if it's a bit different with meditation, but it just seems that there is that bit of resistance you mentioned earlier as well, that you would never be able to make it part of the full practice enough even though you knew that there was benefit to doing so. So you mentioned that one of the things that helped was um, going to some of these overnight retreats and prolonged exposure at doing so. What was it about those that helped turn that into a habit? Was it just more exposure to it? Was it something that you learned? Was there some sort of lesson that you picked up there that you are able to then apply? Like what was it that helped and is that something that me or other people can potentially use your experience to, to help make that a more lasting, um, habit or practice?

TED RYCE:

Absolutely. So the big thing that happened when I showed up to that Buddhist temple, the White Swan Duck is that you were taught not just meditation because the reputation helps for sure, but also a framework to view meditation and how it can influence your life; it can benefit your life. So you, the, we had it talk about Buddhism and there's no need to convert to Buddhism or become a Buddhist or call yourself a Buddhist or anything like that. I'm not a Buddhist, but just understanding some of the, um, some of the context, the cultural context, the uh, the philosophical context that meditation evolved from, right, or, or emerge from rather. So meditation in the West, it's kind of been secularized. In a way that's a good thing because people would get turned off from the mysticism and just never tried it because they think it's some religious practice or they've got to join a cult.

Um, but uh, the bad side of that, the negative side is that you get these, you know, mindful based stress reduction practices. So it's all about this stress reduction and there's many different ways to relieve stress. You can exercise. That's great. You can get a good night's sleep. But really, um, meditation is about, in Buddhism it's about changing your perspective about reality in more specifically about viewing things more, uh, objectively actually. Right? In fact, there's a lot of interesting research on how neurosciences is kind of confirming some of the eastern mystical ideas that weren't so mystical, right? They just didn't have any other terms to use. They didn't have western science to, to turn them, uh, to, to use the terms of western science because they weren't invented yet.

So it's about changing your relationship to your reality. Right? And, uh, that's much less deep than it sounds. It's just understanding that, hey, there's going to be good days in life and bad days in life and being okay with that. Or emotions come and go. Sometimes you're had - - some sad. Sometimes you're happy. sometimes you're angry. Sometimes all these emotions come and go. These emotional states come and go. But there's something that's always there and you start to distance yourself from the emotions that come up. And that's what happens during the meditation retreats. You start to see your thoughts, you start to see your emotions come and go.

DANNY LENNON:

So one of those interesting things is rather than being lost in feeling or the emotion that you mentioned, that it's very easy that we get wrapped up into it and we're just feeling a certain way, but, but that's all that we're consumed by at that moment. Instead it seems like, uh, you're saying that there's this framework for noticing or being able to notice, hey, I've, I have this emotion that is now came up and then being able to rationally say, well, this is going to happen, or this is why I feel this certain way it's going to pass. And it doesn't

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necessarily need to mean anything more than I feel this emotion that there's time and it's just going to go away.

TED RYCE:

Absolutely. And just to make this, because I know this is a very science space show, there's uh, some interesting research out of University of Chicago. Name of the book is called Focusing and his last name is Gendlin. So G, E, N, D, L, I, N. And there are probably 50 papers published on this approach that he was using. So if you find like the whole Buddhist or Hindu meditation and all the, you know, the bells in the ropes and the what looks like mysticism turns you off. This is something that you could get into, but it also talks about distancing yourself from the feelings that you're feeling. Not to not feel them or that they're bad, but just understand. So one of the things that they talk about is that instead of saying I'm feeling angry or I'm feeling happy, say something inside me is feeling happy, something inside me is feeling angry.

And while that seems like a small shift to make, um, it apparently gets great results to the fact, to the point where, you know, this, this guy, he's published so many papers out of the University of Chicago, which is a prestigious university on, on this stuff. Uh, it's something that I don't know that much about, something I found out about kind of recently, but, uh, I'm bringing it up just to bring up a different context instead of the, the eastern religious context. But absolutely it's about, you know, separating ourselves from those emotions in a way that allows us to not be dragged along for the ride, puts us back in control, you know, while still being able to experience the ups and downs, you know, the excitement, the, all those, those feelings that are part of the human experience.

DANNY LENNON:

Yeah, I mentioned to you earlier the quote from Sam Harris that stuck in my head about it and when he said meditation is preparation for the worst area or life. And, uh, that always, I

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always remember that because obviously it's quite a jarring statement, but in light of what we've been discussing, make some sort of sense that it's giving you this framework or lens to view, uh, feelings and emotions that will come up and be able to essentially deal with them in a, in a better way rather than them consuming you in an overwhelming sense that you will still feel them, but you'll be able to have some degree of understanding about them I guess.

TED RYCE:

I love that quote. I hadn't heard it until you mentioned it. And to bring in some of the science, what they found through researching the brains of people who have long-term meditation practices is that a part of their brain called the anterior cingulate cortex is more developed and that's the part of our brain that is involved in concentration.

And so, uh, uh, the other part that they found, which was interesting is that they found that the area, uh, of the right Amygdala, the source of our emotional reaction, the fight or flight, the sympathetic stress response, um, it's toned down. It's less active. It's actually smaller, you know, so it changes the anatomy of the brain in a way that, you know, makes you less reactive and more able to concentrate.

DANNY LENNON:

Uh, have you implemented meditation as part of your coaching with clients?

TED RYCE:

I have. Um, it's, I, and I'm actually planning on doing meditation, teacher training and really getting deeper into it. Uh, and I want to, if you, if you're up for it, just share a little bit about the types of meditation because I've, I've found something more recently than I'm really huge fan of compared to all the other types that are popular.

Um, but as far as with my clients, I've, I've been slowly implementing it so I don't push it on them. I deal with a lot of high performance people. These are people who do well financially. They're in, uh, you know, executive

positions in many cases. And, um, they can work all night. They can stay focused on a task. They can go into the gym and do these intense workouts. But sitting in solitude and quiet with no cell phone for five minutes is just this, oh man, just struggle. You know? And I just bring it up like why can't you do that? And maybe there's some growth to be found there. Some growth, not just personal growth, but maybe developing a skill. And so, uh, I, I definitely gently, but definitely push them on it to at least try. And, um, so I've even taken clients through meditations and yeah, it's a, it's something that I want people to try because I feel like we do all these things for ourself.

We Act your size, we'll do high intensity interval training or weightlifting or you know, take specific supplements or follow a nutrition routines. But we won't do something for our mind and learning, listening to this podcast, sure, it engages your mind, um, or reading or you know, a brain training app, even though there's no evidence to support any of those. Right? Uh, but what meditation aims to do is to take away all this stimulus and allow, right? You close your eyes. You sit in a posture. It should be in a quiet and dark room and you've got to deal with your, your thoughts. And so you're isolating. It's kind of like, instead of doing the power clean or the, you know, complicated compound, uh, um, uh, exercise, you're doing this isolation exercise, right? You're isolating your, your thoughts in your concentration in particular and training it.

DANNY LENNON:

Just out of interest completely off on a tangent. Have you uh, ever done any sensory deprivation tanks or like float tanks?

TED RYCE:

I have not. We were going to do that actually here in Chiang Mai and then there was a storm and it flooded.

DANNY LENNON:

Uh, I've done it on two occasions previously and it's pretty interesting. So it just reminded me when you talked about removing a lot of

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those external stimuli that will take up our attention. Like that's the kind of ultimate you've no feeling of gravity pitch black. You've no sound, soundproof and you're just there for an hour or however long you want to go.

TED RYCE:

And what happens?

DANNY LENNON:

It's, it's kind of as you described, it's just like for a while your kind of mind is still going as normal, but then as you get through it you kind of lose all sense of certainly time. Like after a while, I didn't know like how long I have been in here. I didn't know if it was like 10 minutes or the hour is nearly up and you're just kind of, um, yeah, things come up and it's even when your eyes open you can't see anything. It's like you're wearing a blindfolds and you're lying there. You can't feel anything because you're floating on this water and it's just strange. All you have is your thoughts that surround you. So it just kind of reminded me of that. Yeah.

TED RYCE:

In fact, you could even say, I haven't done it, so I couldn't say, but it's a way to enforce meditation on yourself.

DANNY LENNON:

Yeah, pretty much. Yeah. There was a thing I wanted to pull back on is when you were describing, uh, some of this practice, you mentioned that there was one in particular that you have found to be particularly useful or you're a fan of recently. Can you maybe just describe that in a bit more detail if the name, if people want to go and check out a bit more, some of the kind of tenants of that and why you have found that particularly productive for yourself?

TED RYCE:

So a lot of them though revolve on this top down approach. So you sit, you breathe or you focus -- or you make a mantra or you focus on a candle or you, in other words, it's a concentration meditation. And that's how I first started. That's what Headspace is. That's what transcendental meditation is. You focus on this object and the idea is every time that

your mind wanders away from the object, wanders away from counting your breaths or saying the mantra, you gently bring your attention and concentration, your focus back onto whatever that object is. And it can be really tough to the point where I've done a lot of it and I was struggling recently, but I had read about a different type of approach. Uh, what might be called Vajrayana, uh, meditation. So Vajrayana maybe Tibetan Buddhism, Vajrayana Buddhism or, uh, another name that's used as tantric meditation.

And the approach is going bottom up or hot cognition versus cold cognition. So what it does is it gets you in touch with your body. And so this particular approach that I'm trying now is you start laying down. So it's a much easier position. The meditation posture is kind of a can -- can get a bit annoying. So this starts off the opposite way. You start laying down, start getting in touch with bring your focus and concentration to different areas of your body, trying to relax the tension in the areas of your body. And then slowly you transition into, uh, over the course of an hour if you do all of the phases together to a sitting meditation. And I've had some far out experiences, man, on, on doing this type of meditation because first it has you relax.

And then the second phase is it has you, uh, use visualization, um, to vis, to, to visualize your awareness outside of your body. And it just leads to these really impressive experiences. And then you're sitting there in finally in the seated meditation and just, it's just incredible, um, and a lot easier I've found because I was really struggling before trying to get back to that point that I was in when I went to the Vipassana retreat. And the specific one that I found is a Dharmaocean.org. So D H A R M A ocean.org and do the foundation meditation practices. Really check that out. I'm so blown away by it. Um, and I've tried all the apps, um, various different apps and all that. Um, but this

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is the most powerful practice that I personally found.

DANNY LENNON:

I'll link that up in the show notes for people listening, um, if they want to give that a try and again, it probably different people will probably resonate with different types of approaches. So it's worth trying these as opposed to the only thing people ever hearing is being Headspace and just keep doing it until you get it, whereas some people even with Mindfulness seem to report that didn't really work for them, but they tried a different type of app and that for whatever reason was useful or this being in a different strategy. That's, that's really cool. Um, one final thing I wanted to talk about because, uh, that you'd mentioned in your previous answer, um, was around one of the roles that can have potentially for our clients. And you mentioned you had like these high achiever type clients that are kind of super go, go, go work, they're coming, they can smash workouts really hard. Um, but don't pay attention to this type of stuff.

It actually reminded me of a conversation I had with Lehman on, on this podcast and he has his concept that he talks with his clients about of beast mode to least mode. And it's, it kinda reminded me of that is because you have these people, particularly if they're very high stress lifestyles and high stress work. And then on top of that they want to come in like absolutely destroy themselves in the gym and then there's no opposing force to that. Whereas this seems like one example where to balance out you'd have something like a meditation practice that is allowing more of that parasympathetic activity and is to some degree being able to balance that constant stress, right. So it just, it just reminded me of that as you were saying it in the context of applying this with, uh, certain clients.

TED RYCE:

Yeah. People who have high blood pressure, high resting heart rate, trouble falling asleep at night when they wake up. In fact, I did this this

morning. I -- I told you. I woke up, uh, I went to bed late. I woke up when it started getting light around 6:00 a.m., which, uh, you know, I slept a little bit less than five hours, which that's not good for anyone. I don't have this, the short sleeper jeans, you know, uh, and I did this meditation to get myself back to sleep. I would also say doing the meditation, trying to get people to do something earlier in the day before the stress builds up can be a really powerful thing versus trying to do at later on. Of course, whenever you can bring yourself to do it when you're first starting out. But now I make it a point where I do it in the morning and it's very rare that I, I miss a morning session.

DANNY LENNON:

Awesome. Uh, we, we better start wrapping up here. So before, I, uh, do so, where can people find you on the Internet?

TED RYCE:

Yeah. Legendarylifepodcast.com, if you want to listen to my podcast, very different than yours, Danny. I love science, but I've, I've gone in, um, uh, a bit of a different direction. So I will cite as many papers. I'll have more, you know, conversations if that's something you're interested in.

DANNY LENNON:

Yeah. Perhaps so that people know them what, uh, who, who'd be most likely to find some of the interesting and that'd be worth checking that out?

TED RYCE:

Yeah. Um, so if you're interested in some of the things that I talked about today, if that resonated with you, then I talk a lot more about that and you, you'll also get to experience how I speak to people listening on the podcast about it as well. So these are, it's mostly a podcast for lay people, although I have quite a few coaches who listen and reach out as well. Um, and you can also find Legendary Life Podcast on any of the places where you listen to podcasts. And if you want to reach out to me on social media, Ted Ryce, T, E, D, R, Y, C, E, I'm on all mostly Instagram and Facebook. And please send me a

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message if you add me on Facebook. Otherwise I won't, um, I will confirm the add. Just FYI.

DANNY LENNON:

Yeah, confirm you're not a bot.

TED RYCE:

Yeah. Yeah.

DANNY LENNON:

Um, so with the final question, you've already been exposed as this time last year, but I'm going to ask you it again. If you could advise people to do one thing each day that would benefit their life in some aspect, what would that one thing be?

TED RYCE:

Yeah, to avoid the what seems the obvious thing to say meditate, I'm going to say something different. And what I would say is verify your beliefs through your own experiences. In other words, put yourself in a position, read all the research if you want, but verify it with your own experience. If you want to say something about acupuncture because, uh, some studies say this, there's some studies say that, go and do it, uh, about flotation things, about meditation, really start to be a person who can speak from experience. I think, um, evidenced based communities kind of lost a little bit of that. And while I love the amount of research and what scientific research allows us to do, really randomize things and use placebos and all those things, we really, I believe have to come from a place of experience. And um, I mean that's what today's conversation was kind of not all about, but uh, had a great deal of it. And that's what your clients want from you as well. So that's what I would say, have experiences, experience this stuff. So you can talk about it in a different way because maybe it doesn't match up exactly with what you read and you can add something from your own experience that can add to someone's understanding about it.

DANNY LENNON:

Yeah. That's, that's pretty solid advice. And I think, uh, people going to do that right now because you've already given them a resource to go and try this, this form of meditation. Do

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one of those, see how you feel, and then you can hit Ted up on social media and other say, this is great, you're right, or didn't do anything for me.

TED RYCE:

It sucks.

DANNY LENNON:

I mean, that could have it, right. And it's, it's great to see those kind of things, but that's a go and do it first is I guess probably call to action for people.

TED RYCE:

Go and do it first.

DANNY LENNON:

So that was Ted Ryce. I hope you enjoyed our conversation and something here was useful. Like I said at the outset, the show notes are going to be over at sigmanutrition.com/episode288. I'll give a bit more about Ted's background, where you can contact him, any resources that were mentioned throughout today's discussion and so on. And on that note, let me say thank you for listening and I'll talk to you in the next episode.

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