

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #87

Show notes at: <http://www.theshawnstevensonmodel.com/87>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit <http://www.theshawnstevensonmodel.com>.

Shawn Stevenson: Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my cohost and producer, Jade Harrell. What's up Jade?

Jade: What's up Shawn?

Shawn: How are you doing today?

Jade: I'm insprigued.

Shawn: Insprigued? That's interesting, what is that?

Jade: I am intrigued and inspired by all that we've learned already this year.

Shawn: Wow. I receive that.

Jade: Receive it, it's good stuff.

Shawn: Powerful.

Jade: Insprigued is so insprigued!

Shawn: We hope to get everybody more insprigued today. We've got a really interesting show topic, actually. Today we're going to be talking about how to

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gain healthy weight. A lot of people might be shocked to hear something like that.

Why would you want to gain weight? But we have actually gotten a lot of requests, a surprisingly high amount of requests, asking about how to do this process because people have been struggling with trying to put on some weight.

Jade: What a dilemma that has to be. I can't imagine.

Shawn: It can be a high quality problem. But the reality is that it's also tied to some potential health issues so we're going to go through all of that. And, on the other side of the coin, we're going to talk about how having too low of a body fat can actually be unhealthy.

So when we are setting out to accomplish our fitness goals, having something that is ideal for our overall health and well being and not just trying to hit some magic percentage with body fat and weight because you can actually get into an unhealthy territory.

Jade: Oh dear.

Shawn: We are going to cover all of that stuff today. But first, let's go ahead and give a huge shout out to our show sponsor, Onnit.com. Head over to <http://www.onnit.com/model> for 10% off your health and human performance supplements. We're huge fans of the Hemp FORCE protein.

Jade: Absolutely.

Shawn: The number one most bioavailable protein for the human body is found in hemp. The catch is you have to get some hemp that tastes good. The stuff that's out there on the market might taste like sand mixed with a little bit of clay and then sprinkle in a little bit of dirt for good measure. It's not delicious but it's good stuff for your body.

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So, we want to have it feel good and taste good and that's what you are going to find in Hemp FORCE protein. It's absolutely amazing. They've got two great flavors, the choco-maca and the vanilla acai, which is my favorite.

We're actually going to talk about that and how I'm using it in just a little bit. So definitely do yourself a favor and check that out. We're also fans of the Earth-Grown Nutrients, the green superfood blend. Everybody needs to have that extra insurance policy in our world today to battle all of the inflammatory things going on around us, the pro-acidic compounds we're exposed to on a daily basis via our air, our water, and also our food.

Stuff is different now. The thing is, you're not going to be able to find a DeLorean and be able to go back in time so you've got to deal with where we're at right now so get this for yourself. (Should out to Michael J. Fox).

Jade: Back to the Future.

Shawn: How can I get a hoverboard? Where is my hoverboard?

Jade: Wasn't that the best?

Shawn: So, definitely get your hands on that extra insurance policy by getting the Earth-Grown Nutrients.

Jade: McFly!

{laughter}

Shawn: McFly, yeah. Incredible memories! So head over there to check them out, <http://www.onnit.com/model> for 10% off. Now, let's get into the iTunes review of the week.

Jade: Another five-star rating, Shawn, that keeps us striving toward the top. This one is called "Fascinating" by Adam Samuel:

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“Thank you so much for putting out such great content. I have acquired so much knowledge since I started listening. You have completely and positively reprogrammed the way I think about nutrition and food. Shawn and Jade, your delivery is funny, thoughtful, and engaging. I no longer get bored on public transport or waiting in a cue. – Adam, from London, currently living in Spain.”

Shawn: Wow. Incredible.

Jade: Oh yes.

Shawn: That’s that automobile university or just that mobile learning. It’s so powerful because today we’re world citizens. We’re traveling all over the place. We have this amazing capacity to get around and we can leverage that time to educate ourselves, to inspire ourselves, so we show up to wherever we are going with the best version of ourselves.

Jade: That’s right. So when we go to Spain, Shawn, we will have already been across the road.

Shawn: I love it.

Jade: We’re on our way, Adam.

Shawn: Let’s go ahead and get into our topic of the day. Today we’re talking about how to gain healthy weight and also why having extremely low body fat is unhealthy. This is really getting to the point of a fine line between being super fit and being super unhealthy.

One of the first things to really talk about is there are several issues related to being underweight. This is outside of the aesthetics, the appearance of the body, feeling good, feeling strong, feeling fit and capable, which I intimately understand because I’ve been on both sides of the equation. So, for me personally, I’ve been 40 to 50 pounds overweight and I’ve been 30 to 40 pounds underweight as well. So I’ve really bridged the spectrum with experimentation and also, of course, the initial getting to the point where I was that overweight

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was when I was dealing with my so-called incurable spinal condition which we have talked about on a past show. I am fully recovered and fully doing awesome.

Jade: Wonderful testimony.

Shawn: Through that process of being unable to move and not really being mobile and then, of course, being on the college diet of Papa John's pizza and McDonald's on a frequent basis.

Jade: Did you use garlic butter?

Shawn: If I got up in time I would get that McDonald's breakfast, hot cakes.

Jade: So wait a minute, that's a 10:30 cut off. Are you saying you weren't even getting up until 10:30?

Shawn: I was playing Madden. I was playing video games until the wee hours of the morning. It's the college program. And I was wondering why I wasn't getting any better.

Jade: Exactly. What a recluse.

Shawn: With that process I put on a substantial amount of not the sexy kind of weight that we are going to talk about putting on today. So I know what it's like. I also know what it's like to be underweight and wanting to put on some size just to feel strong and healthy and capable.

So what we're going to talk about first really quickly is some of the typical problems that are associated with being under weight. One of the obvious ones is malnutrition. You just aren't nourished. You aren't getting the vitamins and minerals and enzymes, the essential amino acids and essential fatty acids, polysaccharides that your body needs to fully recover and heal itself and to really be strong and energetic. You aren't getting those nutrients into your body.

The second thing is depressed hormone function. We're going to talk more about this a moment. This is some serious business here.

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Another one is anemia which is pretty common. A lot of people deal with anemia. Also, fertility issues. That can be another huge thing that people are concerned about and find that they are infertile. A big reason for that is a low body fat, low weight. That's another typical problem associated with being underweight.

Now let's talk a little bit about what being underweight can be a result of, some of the things that actually cause this and where to direct your attention.

We are going to start with Captain Obvious first. One of the most obvious things is a fast metabolism. What does that mean though?

Jade: It means I want to know where I can borrow that just for a short period of time and I just don't want anybody to have to suffer if that's what they are dealing with.

Shawn: Outside of borrowing someone's fast metabolism...When people even say that they have a fast metabolism, what does that even mean? When we say fast metabolism as a general population what scientists phrase it as is a high basal metabolic rate.

Jade: That didn't clear it up for me.

Shawn: Listen in. It is the amount of calories your body needs while resting. So basically, this is just to maintain you without doing anything. These individuals that have a fast metabolism actually have a high basal metabolic rate. This means while they are doing nothing their body is expending more energy than someone else. That's what that is.

Partially, one of the components that could be a part of this for somebody is that because muscle burns more calories than fat at rest it can be very difficult for a leaner person to add more weight without adding fat onto their body.

When I say leaner, I do not mean thinner or lower weight. People who have a thinner appearance can still have a higher body fat than people who are described as being "overweight."

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Jade: That's right, your fat-skinny.

Shawn: This is what this whole skinny-fat phenomenon that's been happening in our population the last couple of decades is really pointing to. Just because somebody is thin doesn't mean they are necessarily healthy. We're talking about the actual fat mass, the body fat percentage. This ratio is looking at your lean muscle mass as compared to your fat mass as well as your bones and water weight and all of those different things.

What we're focused on here is the body fat percentage.

Jade: Sure, and that's how we should look at every individual if we're trying to assess where their greatest potential is.

Shawn: The BMI that has become popular today as a metric is not the most complete story for people because they are saying somebody who is at a particular height and weight (looking at your weight compared to your height) should be at a certain place.

There could be a guy who is 5'10" who is 210 pounds but he is shredded. But he will be determined to be overweight. So a better marker for you to keep tabs on is the body fat percentage versus the BMI.

We have also talked about the scale in past shows. The scale can mess you up.

Jade: Yeah, I've earned mine.

Shawn: Set it on fire.

Jade: Yeah, I wanted to. But I tell you what, I did use to go into the doctor's offices or if somebody would ask I would say I'm allergic to the scale, I'm sorry, I can't.

Shawn: I'm allergic. Here, hop up on this scale. Achoo!

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Jade: I can't!

Shawn: What's wrong? Bless you.

Jade: I can't I happen to have an allergy. But that was also how I started convincing myself not to let this be the thing, the guide.

Shawn: Right, because even within this show topic we are doing things at a higher level of consciousness. We're not letting these numbers dictate our value. Understand that just because we're not going up or going down on the scale it doesn't have the final say about you.

The most important thing to really look at is how you feel as a person. How do you feel within your clothes? Again, somebody can weigh a little bit more but their body fat is lower and the scale will bother them because they really don't understand their pants feel good, they look good in their clothes.

We are programmed with this idea that we need to be a certain weight and if we aren't there then we aren't healthy.

Jade: It starts early, from our early checkups to the pediatrician to the measurements that they had in school, there were these markers that say we are in a certain percentile and this is the window and range we should fall in.

Shawn: The truth is you know if you are healthy or not. You can literally just look at yourself in the mirror.

Jade: You can feel yourself.

Shawn: Exactly. It's how you feel. We need to be able to turn within more often and just notice how we feel and not get caught up in these random metrics that, again, do not have the final say about you.

That's the caveat. Now let's go ahead and get back into some of the potential issues that can cause somebody to be underweight. That whole fast metabolism is number one.

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Number two is poor liver function. In the show notes we will put our episode ([Episode #68: Boost Your Fat Loss With These 5 Tips For a Healthy Liver](#)) where we dove in deep in talking about the importance of the liver function and how it relates to fat loss and how it relates to your overall health. This is partially important here because the liver is responsible for a lot of metabolism of certain hormones and even the production of fat.

The liver does a process called lipogenesis. So if we are talking about someone who is not putting on weight or putting on fat or storing energy it could be due to poor liver function. This is very, very common for people who tend to be thinner and are eating candy all of the time and honey buns. They are basically like gremlins. Not Gizmo.

Jade: Not the cute little one.

Shawn: Not that one, we're talking about Spike.

Jade: The ornery one.

Shawn: Right, we're talking about the one when you get him wet and they are eating after midnight and then they turn into those green monsters.

Jade: And he loved being bad. It was like, "Yes, this is where it's at." But you've got to serenade your liver, love your liver.

Shawn: Love your liver, yes, indeed. So what I would direct people to if this might be an issue for you is to go back and listen to that episode because we're talking about how to fortify and encourage the function of that liver.

Just to drop one little tidbit on you is time-tested tonics, something like milk thistle. But again, when we are talking about supplements we're talking about small percentages of what can really do the overall pictures because it really relates to your lifestyle and nutrition more so than any supplement can add to the mix.

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It's just something to add in there and I just want to point that milk thistle has a lot of data as far as encouraging the healthy function of your liver. So definitely just go back and listen to that episode if you think this might be what's causing you to not be able to gain weight.

Now, let's move on to another potential issue related to someone being overweight, chronic or acute stress.

Jade: There's nothing cute about that.

Shawn: Acute stress can be a temporary stress and I know a lot of people have actually dealt with this, probably a majority of people listening right now. You are under the gun for something or a traumatic event might happen in your life and you find you are not eating or feeling well and you start losing weight. You think one benefit of this trauma is that you've lost weight. In actuality, that weight is going to come back with vengeance.

Individuals with chronic stress, and we've talked about this in past shows as well, when you hear this we are not just talking about feeling stress at work or stress at home. We're talking about your overall stress load. Exercise is a stress. It's known as a hormetic stress. It can be a good stress but when you add it to everything else that might be on top of you it can tip you over the scale.

Jade: Or if you are overdue and add too much of that. That load is heavy.

Shawn: So we're talking about emotional stress, mental stress, work stress, relationship stress, spiritual stress, feeling disconnected and feeling as though you are not on your purpose. All of these things are going on with your nervous system and then add exercise stress to the mix, diet stress. There are so many different things. So when you hear stress or stress-related illness or stress-related being underweight don't think it's, "Oh, I love my job." It's not that.

Jade: You are going to have to help us with that because when you listed that load we can be dealing with any number of these at any given time and say, "Hey, I need to go burn this off and blow some steam off by exercising." So, give us a little something... if we are dealing with all of that what is a good way to

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enter into the exercise component which should, at least we think from our learning, release endorphins and distress but where is the careful line we've got to tow.

Shawn: You know we're not all about cookie cutter here. It really depends on the individual. Some people need to work in more than they need to work out.

Jade: What do you mean?

Shawn: This is where an individual might need to go to the internal gym instead of the external gym. You get in there and do some meditation or deep breathing exercise. Do some things that help to activate your parasympathetic nervous system and just calm the fire.

Jade: Nice.

Shawn: This could be a gentle yoga practice, tai chi, qigong. We had an awesome show about qigong that we will put in the show notes ([Episode #20: Health Benefits of Qigong With Sensei Tristan Truscott](#)). Overall, of course, we dove in and talked about the stress on a past episode as well. It just depends. For somebody, it could just be going out for a long power walk.

But how do we do this? What is the ideal thing for us? Again, it's going to be individual but certain things tend to work across the board, at least in some aspect, nature.

Not just going for a long walk, but going for a long walk in nature. Not just going for a long walk in nature, but going for a long walk in nature with some sunlight.

Jade: There you go.

Shawn: Start stacking the conditions and getting back to being human again. We're no longer a gremlin.

Jade: So now I have more compassion for Spike. He may have been under a great deal of stress.

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Shawn: That's all it was.

Jade: It's not easy after hours.

Shawn: Don't be eating after midnight. Don't throw water on me.

Jade: The temptations are there. People throwing water on you. You know what that does to me?

{laughter}

Shawn: That's another issue, the stress, as far as being underweight. Another issue could be hormone imbalances. This is actually going to be related to all of these. This can be related to having a low appetite if your hormones are off sync. Of course, a lot of people know about the thyroid. These are people with hyperthyroid activity, excess activity of the thyroid.

The thyroid is the control center of your metabolism. It is a small, light gland that only weighs about a gram. It is in your throat and is shaped like a butterfly. It is responsible for really regulating your metabolism. It is incredibly powerful. It is humbling when we know how amazing and intricate this body is. A lot of people have no idea who have never tuned in to what's going on in your neck.

Jade: Until you made that description I really didn't know. I kind of had a gist of approximately where it was but I could have mistaken that for any other piece of my body. But then you said it is shaped like a butterfly and impacts so much. So, the butterfly effect, as it would be in nature, is also happening within our bodies. That is another great correlation.

Shawn: Another analogy. What we want to do is hormone healthy activities, live a hormone healthy lifestyle, have a hormone healthy diet, do hormone healthy exercise. We are going to talk more about these in the show, of course, and we have talked about this so much because this is the game. This is what The Model Health Show is all about.

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These things can help get your thyroid more streamlined. We talked about this with Dr. Sara Gottfried when she was on ([Episode #72: The Truth About Birth Control, Balancing Stress, And The Hormone Cure](#)), when there is something off with they thyroid we tend to just look at the thyroid. We don't understand that this is connected to your HPA axis, your hypothalamic pituitary adrenal axis. This is connected to what is going on in your brain, your response and perception of stress, your adrenals. This helps determine how much tension or energy you are expelling and expressing every day.

Are you getting refilled or are you just constantly filling up other people's cup and not getting refilled yourself? All of these things matter. Then we are like, "I've got something wrong with my thyroid."

Jade: You are running on empty honey.

Shawn: Right. That could be another issue there, a hormone imbalance. Another issue with being underweight, and this is going to get a little weird, but it's parasites.

Jade: Gross.

Shawn: This is very, very real. What people tend to think is that this is a Third World issue or if you go into the jungle or something like that. This gives us a good analogy, our pets. If your dog or cat gets sick it usually has something to do with parasites, maybe worms. We figure it is probably worms. But, when a human gets sick that is the last thing you might consider.

Jade: Well yeah.

Shawn: Understand this is another real phenomenon that is happening in our world today. I did some testing a couple of years ago and the practitioner who looked over my digestive analysis was actually shocked that I didn't have parasites. She didn't know me. She didn't know anything about me.

Jade: Was this at the time you were underweight?

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Shawn: No, this was just a couple of years ago. I was just doing testing because that's what I do.

Jade: But she had seen it so frequently that she was thinking...

Shawn: Yes, she said that three out of four, that's 75%, of the analysis she gets back have parasites.

Jade: Egad!

Shawn: Crazy pants! I think that would be a very good show topic for us to talk about at some point here soon. So parasites could be an issue. And by the way, these little creepy crawlies, wiggly wormies, these guys have their own agenda. They are parasites. This is not a symbiotic relationship. We do have symbiotic relationships with natural bacteria that inhabit the human body. They are giving us something and we are giving them something.

Parasites are taking. They have taken over the house and they will do things with your food. And there are certain foods they like to have. This gets into some real weird stuff. Because they are living they also have consciousness so they can drive activities and influence you as well.

This could start sounding a little to metaphysical but there is a lot of sound hardcore science about the impact that parasites have on your body. In particular, your digestive system and your ability to assimilate and use your food. And that is the next and last issue we will talk about as far as potential problems surrounding being underweight, digestive problems.

That one can be another Captain Obvious. But the reality is a lot of people don't know why or how it is happening. This can often times relate to gut permeability or something called leaky gut which is another popular thing in our lexicon today. But this is because we are consuming fake food. We are consuming foods that our body is not familiar with through our evolution and especially things like genetic modification, like wheat in particular.

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A lot of people are having issues with wheat. This is because of the lectins that are found in wheat. Lectins are natural compounds found in plants to protect them because they don't have legs and can't get up and run away. They have to say, "If you eat me too much I'm going to make you sick."

Jade: They can't just yell stop.

Shawn: Our wheat today has more of a concentration of these compounds and they can start to pull your gut lining apart. Your body is not fully assimilating and taking in the nourishment that you are bringing into your body. Gut permeability can be an issue anywhere along that digestive tract.

Let's start at the top with chewing. Maybe you aren't chewing your food properly. I always take every chance I get to talk about this. You are not the father, Maury Povich. They go on and get a DNA test done and they swab the inside of the mouth and tell you, "You are the father," and they get all depressed.

Jade: Not always.

Shawn: "I told you!"

Jade: That's right.

Shawn: Please don't watch that stuff. So there is DNA encoded in your saliva so when you are chewing your food you are actually mixing it and encoding it with your own genetic information and DNA. Also, enzymes are going to be produced in your saliva. That is the pre-digestive process. By doing that your food is getting more familiar with you so that when you put it through the rest of your digestive system it knows you. This starts with chewing.

I know a lot of thin people who eat incredibly quick. They are not really getting all of the value from their food. That's one of the big issues.

We can then move into the stomach itself and the hydrochloric acid production. You might have an overabundance of it or not enough and it is throwing off the digestion later on. Then, of course, liver function. We are talking about the

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gallbladder and the secretion of bile to help you assimilate fats. We can just go through the whole process and if your digestive tract is not healthy then it can lead to you not gaining the weight that you want to.

Jade: Sure. The bottom line is that if it seems as if you are doing the things that need to be done but your body is operating in another vibration or with some other drive there is something that is maligned and we should do some investigation.

Shawn: Exactly. So now lets talk about what happens when your body fat actually gets too low. There is such a thing. A lot of people are going to be able to relate with me.

Jade: Those are my dreams.

Shawn: This is my experience that I am going to share. Going from somebody that was radically unhealthy to a large degree, to the degree that I had this degenerative illness and, of course, being overweight; then, to looking how I could be as healthy as possible and going too far down that rabbit hole. The lowest body fat percentage I have ever had was 4.7%.

Jade: Oh my goodness!

Shawn: Yes, I was 4.7%. It was a little bit crazy, right? I know some of the effects personally, some things experientially in my life, that were impacted by that.

Jade: WHAT? I want to know too.

Shawn: I'm going to share it.

Jade: Come on, 4%, I'm just baffled.

Shawn: She's leaning over the table.

Jade: Yes!

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Shawn: So here are some of the issues that can happen when your body fat gets too low. Understand, I know we've got some of our bodybuilders out there, our competitive listeners, who I have a lot of love and gratitude for. They come here to find out the edge and how to find that balance, how to do this stuff in a more healthful way so they can maintain and walk around feeling healthy and shredded to the place they want to be but not to the place where they can't sustain it and it doesn't feel good anymore. So this is where we find a balance.

First we are going to talk about when your body fat is too low. One of the first issues is lowered immune system. We'll come back and talk about that in a moment. Another issue is depressed hormone function because it's a critical building block of hormones. Fat is a critical building block of your hormones.

Just to talk a little bit about the immune system, the spinal cord and bone marrow need essential body fat to support their functions. Your bone marrow is a key component in the body's blood circulation and your immune system.

When you are lacking these things, your body's ability to mobilize stem cells and produce stem cells, your immune system is inherently going to go down because you don't have the body fat available to sustain this process. It is a very powerful and interesting situation.

Your body fat is also responsible for absorbing vitamins. You will not efficiently absorb your fat soluble vitamins which are tied to longevity (vitamin A, D, E, and K). We often think that we need to eat vitamins with fat because they are fat soluble. No, we're talking about your body fat. You need to have body fat available to assimilate this stuff.

The brain is affected as well. The brain suffers immensely when your body fat is too low because the solid weight of your brain, the solid matter, is mostly fat.

Jade: You're such a big fatty brain.

Shawn: You know what to do with that big fat brain {singing}.

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Jade: Think mon.

Shawn: Again, the brain suffers immensely when your body fat is too low because this is protection. The fat you have within your own system is responsible for the protection of your neurons. So this is like your potential communication of your entire brain and nervous system. It is encoded, it's like a sheath, that provides protection for your brain. That starts to get dried out and can actually wither away.

Your focus will be impacted. I know this because it was not easy. I found myself not remembering things like where I put my keys. Better yet, where is my car? This wasn't really, really bad but it was noticeable. I would normally remember this thing I just read or just wrote or that I am working on. But I struggled a little more with my memory. Spatial awareness is affected as well.

Jade: Hahaha, were you walking into stuff?

Shawn: This is not me personally, but it can be another issue. But this is basically understanding where your body is in space. So when I am saying this it is also going to get into some metaphysical stuff like being in your body, you start to get detached. You are not really there and present.

I know some people who have participated in bodybuilding competitions. They know that. They don't really feel grounded. So your spatial awareness can go away or get depressed. Also, your reaction time may be affected. Things basically move in slow motion. You are not able to move that weight or move things to kick into high gear like you normally would when your body fat is too low.

Let's talk about some things more specific to hormones. Men, as far as hormones go, this can actually lower your body's ability to produce testosterone and other sex-related hormones when your body fat gets too low. Testosterone actually helps to keep you fit and defend against excess weight. So, why would you need it if you are already super thin, your body's production is going to go down.

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Jade: That's right. But what we are replacing, fill in the blank, is not a good thing with what your goal is.

Shawn: Right. Fat is a core, a seed of you being able to produce your sex hormones. This is where, again, we have to find that balance for ourselves. We have to find that sweet spot to being at the level of fitness we want to be at but not be driving and pushing ourselves below that and trying to stay there.

Temporarily, for a competition, I get that. It's for an event. But, all bodybuilders know that you can't possibly live there. It's a season, you go back onto another cycle. You bulk and then you cut, you bulk and you cut and you go through the process. But even doing that long term can have a lot of negative side effects because you are really manipulating and changing how your metabolism operates.

Jade: So does that bring into play some genetics as well, Shawn?

Shawn: Can it influence? Yes, absolutely. That can start to change what your genes are printing out. I haven't talked about this before and I don't know if anybody's been exposed to this but individuals who are constantly cycling through diets like that have a greater tendency toward cardiovascular problems.

Jade: Oh dear.

Shawn: That's just one of the things to keep a heads up about. We want to have a body fat that feels good and where we feel strong and feel beautiful but at the same time not too low to where we are damaging our hormone function. Our body will fight us to try to produce these hormones and put some weight back on and put some body fat back on. That's for men.

For women, I know a lot of people know about this as well, they can often lose their menstrual cycles when their body fat gets too low or start to have complications with it. This is some important information because the essential body fat for women is 8%. That is essential, just for you to be alive. You literally can die very quickly, just in the blink of an eye, a complication can take place if it gets below that.

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According to the University of Nevada, healthy females have an allowable fat percentage between 19 and 32%. That's giving you a lot of room to play. You can be thick fit and still be very, very healthy within those borders.

This is what I see in my clinic. Again, what are your goals, where do you want to be on the spectrum? But we don't want to get too far below that because it can be unhealthy.

Also, according to Columbia Health, the female body needs 22% body fat to maintain a healthy menstrual cycle and at least 17% is required for the discharge of blood, period. So again, I know many women athletes have seen this happen before when they are training a lot with a stringent diet, their cycle can throw the deuces and just check out.

This is one of those things. Understand, when your cycle gets suppressed we are talking about a move out of your womanhood, in a way, and what you are designed to do. If anything, a lot of people have questions. This gets into philosophy such as "Why are we here and what are we supposed to be doing?"

We know for certain that we are here to procreate. We are here to reproduce. This is what all cells of any system do. We are cells of this global universal system and that's part of our process. Of course we are conscious and we are way far above that in looking at what we are capable of. We can control our ability to procreate but that doesn't negate the fact that that's what you were designed for. So we want to understand this and respect this part of our health and our body.

Another thing was lethargy, for me. This is just getting back to some of the symptoms and what happens if your body fat gets too low. I was having a hard time getting out of bed in the morning. I'm a morning person. I get up and am ready to go at it. But it was just so difficult. I felt like I had weights holding me down.

Jade: I was going to say, I'm sure that added to the stress load as well. And then anything you tried to do would just deplete you.

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Shawn: Also, the testosterone. My testosterone was low as well at that point. I was lacking on those things I really wanted to have the energy that I wanted. By the way, we did a whole episode ([Episode #80: Protect Your Sex Hormones! 10 Ways to Boost Testosterone Naturally](#)) dedicated to testosterone for men and women and it's part of your drive.

When we talk about hormones we talk about our feeling as well, communication between the cells of our body and how they feel. That is attributed to your drive, focus, motivation. So when we have low testosterone it will be difficult to do anything. The lethargy is a big issue when your body fat gets too low.

You are also hypersensitive to environmental conditions. I was cold. Fat is like insulation is for your house. The fat keeps the heat in or the cold in. I was cold all of the time if it was cold or even cool. If it was hot I would overheat. I would get too hot. This led to more tiredness.

Jade: What were you like during a lightning storm? Just curious.

Shawn: I don't know.

Jade: When it rained outside did stuff start aching?

Shawn: That's where my super power came from. Something really interesting to talk about here is the bio-energetic energy from other people. You talk about the incredible research coming out of the Heart Math Institute showing you can use a magnetoencephalogram to take an image of the human body to see energy fields moving out about eight feet from your body.

Jade: Eight feet?

Shawn: Yes. And we all have these bio-energetic fields.

Jade: We're within eight feet so there is some energy mixing.

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Shawn: We try to draw the line here between science fact and science fiction. This is more into the science fact aspect here because we know this experientially. We don't need paperwork or tests to prove this. When you get around certain people they have bad vibes. You don't feel good around them. Or, you feel sad or compassion or you really get attached to somebody or you are more happy around certain people. Your energy goes up around certain people. It's not just because they are talking to you, it's a feeling.

Jade: That's right, that's so unspoken.

Shawn: This is important because it gets back to not just being in our man brain or science brain but paying attention to how we feel, that inner work, working in instead of working out all of the time.

Jade: I love that.

Shawn: Often times that intuition, something that has evolved you since the beginning, is running a program in you trying to direct you into the right action. But often times we don't listen to that energy. We force ourselves to be around certain environments and certain people and find that we end up with negative results time and time again. We've just got to tune back in. Listen to that inner guiding system because you know something greater than that infinite part of you already knows.

Jade: I would love for you to take us on that energy and space of energy journey on how we can maybe create better environments with regard to that and also support what we are doing here.

Shawn: We can definitely do that. We can definitely put it on the books to do a show looking more into these things and also, for me, it would give me an opportunity to go back into the research. It's been a couple of years since I have looked at the data and scientific study. They were fascinating. They changed my life.

Jade: It is just hearing it now!

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Shawn: It is a part of me. I am operating from a different place because I know this stuff matters. When somebody says they believe something but they don't because they haven't experienced it. When you experience something nobody can tell you otherwise. It's very powerful. It's coming from a powerful place.

Jade: What's more, in the work that I have done in all of these years, I know that we send that through these airwaves. We send that vocally and those vibrations transfer if that is the place we are coming from.

Shawn: Absolutely, people can pick this stuff up. It's a subtle energy but it is very powerful and it's remarkable. Understand your power. Understand your ability to influence others and your ability to bring joy and to be of service is so powerful. These are some of the things that, outside of procreation, outside of "doing it", that I feel you are here for, to give your gifts and talent and be aware how powerful you actually are.

One of the things associated underweight for me, and other people out there who understand this as well, is being hypersensitive emotionally.

Jade: Were you crying every five minutes?

Shawn: That's not my normal modus operandi, to do the Johnny Depp one tear. I'm not that guy. But fat is an insulator for your nervous system. We have talked about this before. I've got this core with the microphone and headphones. Inside this core there are wires. They are probably copper. The coating on the outside is protected, it is insulation. When this coating is gone the wires are exposed and are more sensitive to everything in the environment.

If it's too cold in here the wires can short out. If it's too hot or you expose them to heat (if you put a match close to it) it can burn out faster than when it had protection. If you sneeze on it...by the way with the immune system, so many different things happened with my immune system. One time I was walking into my university to go to work and I walked behind a bus. There was a little bit of exhaust coming out. I coughed a couple of times and then I got sick for a week.

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Jade: Get out.

Shawn: Yeah. If somebody sneezed in the room I was catching something. I was doing all of these things to keep my immune system strong but my body fat was just way too low. My immune system was struggling.

Jade: You said 4%.

Shawn: 4.7%.

Jade: Okay, I give you the .7%. But for women you mentioned that the essential was 8%. What is the essential for men?

Shawn: It's actually around 2 or 3%.

Jade: So you were cutting it pretty close.

Shawn: Yes, exactly.

Jade: Whether you were aware or not.

Shawn: I was hanging out with the grim reaper. He was sitting on my couch and we were watching TV.

Jade: He was like, "Here, try a coke." I've got some virus chips for you.

Shawn: Anyway, back to the nervous system and the copper wires. The copper wires are like your nervous system. Again, if you don't have that coating you are going to be more hypersensitive and exposed to things going on around you.

Fats act like insulation over wires. This is what body fat is for you. I was more irritable as other people can be as well.

Jade: I can imagine.

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Shawn: You are quick to be in reaction instead of being in response. You don't have that buffer. You are just in reaction all the time.

Jade: If you are in reaction but are slow to respond that has to be a terrible dilemma.

Shawn: It's frustrating. You can get frustrated very easily. Of course, just being more sensitive. You go from being depressed to being sad to being even happy. You can get excessively happy. But then, of course, you might have a counter balance to that.

All of these things were an extreme because I was more sensitive. This isn't the good sensitive like the Ralph Tresvant sensitivity. Shout out to Ralph Tresvant, New Edition for the people that know about that.

Jade: You know too much.

Shawn: Understanding all of these components is why this conversation is so important to have. With all of this said, we want to find that happy balance. So let's move into the strategies for people that want to put on some more healthy weight and for people who want to put on some size, that mass.

We're talking about gaining healthy weight. Some people can have some fears associated with this, with things that are not actually geared toward making you heavy.

There has been a big shift in this but still today a lot of women still are in fear of gaining weight by lifting weight. They think lifting weights will make them big. The reality is that lifting weights does not make you big. This is for guys too that want to get big. Lifting weights does not make you big, food makes you big.

Lifting weights cannot make you fat, donuts can. Or big and bulky. Doing dead lifts will not make you bulky, Cap'N Crunch will. So lifting weights does not make you big, food makes you big. So this is the first place we are going to look to for gaining healthy weight. This goes back to some of the more rudimentary training I received in my university but then the real world application to this.

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Rudimentary training says there is a certain amount of energy that's found in the three macronutrients. We have fats, proteins, and carbohydrates. There are nine calories per one gram of fat that you would consume. One gram of fat is nine calories. For protein, one gram of protein equals four calories. There is less there. For carbohydrates, one gram is four calories. According to this, if I want to put on more size I just need to eat more fat because I am going to get more calories in there.

But as we know from past shows, it's not purely about the calories but about the hormonal impact those calories bring about. Someone can eat an extremely high fat diet and lose a tremendous amount of weight. This is why ketogenic diets are becoming so popular today. We have a show and a great guest coming on very soon to talk about this more.

Eating fats does not translate to making you fat or to gaining weight because this can actually have a hormonal impact on you if you are eating certain kinds of fats. It can change your metabolism to the degree that you are going to be burning more calories. You will be burning more fat.

Jade: That works in my favor.

Shawn: That whole thing is kind of thrown out the window as far as eating more fat and being able to pack in more calories. It is very difficult to do so because fats are also more satiating. They help to activate the satiety hormone known as leptin.

This is where we want to get into the conversation about what we can do with the hormones so we can put on more weight. Leptin is the satiety hormone. Ghrelin is the hunger hormone. If you want to gain weight and put on some size and the food is the deal then you are going to need to be hungry. You are going to need to have a desire to eat.

I don't want to have this conversation without talking about insulin and the impact on insulin because this is all going to tie together. We want to activate insulin more often. Insulin is your body's number one energy-storing/potential

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fat-storing hormone. If we are going to put on size we need to store more in our body rather than it getting processed and expending more.

Insulin is going to be, first and foremost, triggered by carbohydrates. Carbohydrates will trigger insulin much easier than we can through protein which would kind of be the back up. Protein can do that through a process called glyconeogenesis. Basically that means new sugar creation. Your body can actually break your protein structure, your muscle tissue, and turn it into sugar which will then turn on insulin. But we don't want to get into that either.

This is why, if weight loss is your goal, you don't want to have a diet too high in protein. This is why healthy fats and having the right ration, which we will talk about on a coming show, can be really, really powerful.

What we want to do is activate insulin and have ghrelin in our favor so we actually have the desire to eat so we can put on a little bit more size. To do this we need to shift the ratio and consume more carbohydrates. This is pretty simple.

There are different ways to go about this. You've go one way called the dirty bulk. This is where we are basically eating the cupcakes, honey buns, cereals, multiple sandwiches. I was a three sandwich guy, a burger guy.

Jade: A day?

Shawn: No, not a day, a meal!

Jade: Oh my goodness.

Shawn: Yeah. Let's not get into the legend of chubby Shawn Stevenson back in the day. Dirty bulking is just consuming a tremendous amount of food by any means necessary and, in the common paradigm, consuming a lot of calories. Absolutely, you are, but it is the quality that is changing your hormone structure to encourage you to store more energy.

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Dirty bulk tends to lead to production of a lot more fat in the process of gaining weight. You are not just gaining good muscle, you are gaining a lot of fat. Then you've got to diet really strictly to try to eliminate that fat and try to keep some of the muscle you gained. That process can be very arduous and really confusing and harmful for your body if, long term, you are doing that over and over. Dirty bulk is option one.

Option two is much more friendly. Behind door number two is clean and consistent. This is the approach to take and it is the approach we are going to talk about today. What I want to do, really simply, is to increase and shift the percentages. It does not mean you need to eat a high carbohydrate diet. This is not what I am saying. Just increase the ratio in your nutrition protocol.

You want to have a high ratio of carbohydrates so that it encourages you to actually go ahead and consume more food. Eating more carbohydrates tends to make you hungry. There is a legend of eating Chinese food with a lot of carbohydrates and a lot of rice. You are hungry an hour later. But the same things goes with the traditional American breakfast. The SAD (Standard American Diet). The standard American breakfast is dessert for breakfast.

Jade: It is.

Shawn: A lot of people are hungry and at the vending machine or going to get coffee shortly after having a crash because they are eating carbohydrates first thing and then they are hungry again. It just encourages you to eat more frequently. So we want to increase the ratio of carbohydrates just enough to encourage us to be a little more hungry.

For us, we want to do this smart. And by the way, even in comparison, you can eat a lot more cookies than you can chicken breast. It is a lot more difficult to do this by eating a lot of protein or another food source. But we want to do this with a lot of good high-quality carbohydrates.

What are high-quality carbohydrates? You want to increase your intake of sweet potatoes. There are so many varieties. My mother-in-law, my amazing teacher...

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Jade: I love her too.

Shawn: There is a place here called World Market and she is the only person I have met that shops there. She has been shopping there for over a decade. She would bring all of these foods out I had never seen before. I had never seen a sweet potato that tastes like blueberry, like a blueberry muffin.

Jade: Really?

Shawn: Yeah. It's white on the outside and straight purple inside. There are so many different varieties and other kinds of foods that she would bring as well. She would bring durian which is a fatty fruit. The avocado is a fatty fruit but the durian, I'll be straight about it, it smells horrible. Some people though, it has an enzyme that tastes amazing and once they have it they desire it. It's known as an aphrodisiac.

Fun fact, durians kill a handful of people every year. This is not because of consuming it but because they fall out of tree and land on their head. Durians take people out. They are spiked and kind of heavy. That was just a little fun fact.

Now, back to the original program. Now we are starting to actually see this in Whole Foods. I recently saw eight different varieties of sweet potatoes. This gives you variety and also a slightly different hormonal impact that it can have.

Sweet potatoes are a great place to look for carbohydrates. Also yams, which are slightly different. But they are another great source. We are also talking about higher glycemic fruit. The reason I am listing these foods versus cookies and pasta is the fact that these have a lot more energetic and health bang for the buck. They will give you a tremendous amount of bioavailable vitamins, minerals, and enzymes and all that good stuff.

Jade: Without all of the side effects.

Shawn: Exactly. The higher glycemic fruits include the obvious one, bananas. But you have to be careful with these. They also include mangoes, melons,

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pineapple. Then we can get into the dried fruits. I use these to my advantage as well. Dates, in particular was a favorite of mine when I was trying to gain weight. Apricots, raisins and honey are other good things to add to the mix. Honey is a natural sweetener. It's probably the most enzymatically rich food ever discovered. It's so alive. They have basically uncovered tombs from the pharaohs with jars of honey that are still enzymatically active.

Jade: How about that.

Shawn: Right, how crazy is that. That's the kind of stuff you want to eat.

Jade: That's wonderful.

Shawn: You want to eat stuff that doesn't die because you are what you eat. But a Twinkie is already dead. It's over dead.

Jade: Fabricated.

Shawn: Please understand when I am saying these things, again, you have to do this with caution and intelligence and awareness. Because I will say this again, you are what you eat. If you eat too many bananas you might go bananas. If you eat too many dates, maybe you will go on a lot of dates. Nah, bad dates.

Jade: You will be dated. Now what about a mango, if you eat too many mangoes, Shawn?

Shawn: I knew you were going to throw me a curve. I think there is a character on Saturday Night Live called Mango. He was really different. There you go. Those are some of the things to look to for your healthier, more ideal source of carbohydrates. I've got to add one more in here before we get into the rice controversy.

In my strategy when I am working on gaining weight I use white rice. The reason I do this instead of brown rice is the fact that we talked about earlier with potential gut damage. If you look at amazing cultures like the culture in Okinawa

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and other countries found in Asia and India, they have been eating white rice for thousands of years. Our new paradigm here says that brown is better because it is whole grain. I understand that they live longer than us and they don't have as much heart disease and cancer and all of that stuff. But what's up with the white rice?

The reality is they figured out a long time ago that the bran surrounding that rice kernel is actually potentially a gut irritant. It has similar compounds to the lectins found in wheat that can actually bore their way through and create damage or inflammation to the gut lining. This is why a lot of people who are eating healthy and are eating brown rice feel puffy and don't feel that good after eating it but they keep eating it because they know they are supposed to.

It depends on your metabolism and a lot of different factors. But, if it feels good to you so be it. Just understand that is why that practice has been done of stripping that away. But now we are left with this very simple carbohydrate. Is that good for you? No. It's not good for you. But I would rather have this than something that can damage you more as far as gut integrity if my goal is to have a simple starch or something to increase my activation of ghrelin and insulin.

So white rice, no there isn't much there and you won't get a lot of vitamins or minerals that you supposedly get with brown rice. But, because of the antinutrients you are not actually getting a lot of that. This is a good thing to do and it is a good delivery system. So you can use this to get your grass-fed meats and veggies. Don't just sit there and eat a bowl of white rice with butter and sugar but use it as a delivery system for all of your other good stuff to keep you well rounded and healthy.

Jade: Nice.

Shawn: Another strategy for the weight gain is to implement carbs at breakfast. This is the opposite of weight loss. You are already more insulin sensitive in the morning so someone with a goal of weight loss will do a lower carbohydrate, if anything, and no carbohydrate in the morning and focus on proteins and fats. Whereas, if your goal is to gain weight, which again is what a lot of people are doing (even if their goal is to lose weight they are doing the

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thing to gain weight), is eating carbohydrates at breakfast because what this does is stoke the metabolic fire creating the desire to eat more.

For carbs at breakfast this could be pasture-raised sausage, and still get your greens in with half a plate of sautéed garlic spinach, and then maybe a baked sweet potato with a little bit of cinnamon and salt.

Jade: Good stuff.

Shawn: Or, this could be an ideal time to do the second thing with gaining weight which is to have a liquid meal. Liquid meals are very helpful. For me, personally, it is difficult to put on weight without having strategies to deliver a lot of calories (of course with the other caveat) but in a format that my body can actually take it in. Eating can be an arduous process.

Jade: For some of you.

Shawn: It actually gets depressing. Just wanting to have that energy to feel good. Eating requires a lot of energy.

Jade: Right, we talked about that.

Shawn: According to research, upwards of 80% of your energy is going to be used everyday to digest the food you are eating. Here's a way to slide that in there and shift the ratio without feeling tired all the time, liquid meals.

I'm going to share a special little drink with you guys. This is going to sound a little crazy but it works. Liquid meals are helpful. This could be a superfood smoothie, the green smoothies. These are all great. But here's one. This is for the affiliated right here. These are for the people who are serious and want to utilize this strategy.

This is like Rocky Balboa stuff right here. With that said, we've got a couple of raw eggs. Throw them into the blender.

Jade: You lost me there.

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Shawn: Now listen. What happens when you make cookie dough or cake batter?

Jade: Understood. I still put it in the oven.

Shawn: People eat cookie dough and cake batter. So basically you are making this drink and it's going to kind of taste like cake batter. I'm not doing this right now but this is something I did and it worked very well.

Jade: Well now you are at the weight you want to be, right?

Shawn: By the way, people can get concerned about salmonella or anything like that. Just make sure you are getting eggs that are grown with integrity. It's very simple. The incidence of something like that happening with an egg is so rare but it is another fear propaganda. But people are also getting it conventionally from factory farms where the chickens are sick themselves.

We will just say two raw eggs go into the Vitamix blender. We then have our protein source. Ideally it will be the Hemp FORCE protein. So add some vanilla acai. Then you will add colostrum. This could be from our past guest, Daniel Vitalis.

Daniel Vitalis' [Surthrival](#) is a company, we will put a link to the colostrum. It is a complete food. It has every protein, every polysaccharide, every essential fat, vitamins, minerals. But the purpose is to make the animal, baby cow, big and strong. We are going to throw a couple of scoops (a nice size amount) of the colostrum in there. We are going to blend that up with either almond milk or raw milk.

There is a big movement with raw milk now. You can go to www.realmilk.com and look into that. You can get connected with local farmers. Depending on the state you are in they also have access to this in some grocery stores as well. So you can use that or you can even use water.

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Go ahead and blend that up. It worked wonders for packing on weight just having that as a supplement. That was an extra meal between meals. I would have that one and sometimes two times a day. This helped me gain weight faster than anything else.

Jade: And gracefully.

Shawn: Yes. Many of the things I just described are really tilted towards building muscle. Notice, I didn't really talk about carbohydrates being present.

Jade: You didn't. And it sounded a lot like the super smoothie that we drink minus a couple of scoops of the colostrum and the eggs. But there still are those very key components.

Shawn: You should have seen me at the blender when I first did it. I was nervous. I had seen this scene before. I didn't like it. I thought I would never do it. I blended it up and though this is really good.

Jade: Drink, drink, drink.

Shawn: It's like eggnog. Oh, I added some cinnamon. By the way, for you psychologically, I added a nice half teaspoon of cinnamon. Cinnamon is a powerful antimicrobial, antibacterial substance. So if you think there might be something in the egg to kill you can use it but it also makes it taste good. Christmas anytime!

So there's a little secret shake. Now with this being understood, we still need to exercise, for sure, because you can pack all of these calories in and all of these different meals. You can just sit and watch Game of Thrones and find that you are not in a good place.

This is a complement. If you are lifting a certain way and consuming food and upping your intake like this you will put on some size. With that said, we have to tie this in, post workout you absolutely must have a shake, no matter what workout you are doing.

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This is what I do today, no raw eggs. Post workout just last night I had this with my son because we had a really fun day. We did dead lifts, we did box jumps, we did a little pull up competition between us, we did landmines (another interesting group of exercises to do with a bar and pushing the bar all over the place). We did a lot of cool stuff. We came back and had my post workout shake.

The shake is a couple of scoops of Hemp FORCE, I use vanilla acai, and about two tablespoons of raw honey. I mix it up in a shaker bottle with a little bit of ice and that's what we have. It kind of tastes like a milk shake. It is really good.

With that said, we are getting a tremendous amount of bioavailable amino acids and glucose. We have depleted our muscle glycogen so this will help encourage production/regeneration of muscle tissue instead of getting stored as fat.

Jade: So that's not just for a weight-gaining goal?

Shawn: You want to be careful if weight loss is your goal. You don't necessarily want to add in the honey or maybe just a tiny bit.

Jade: I got ya'. I know that's not the focus, but it sounded so tasty. And then the depletion idea, I want to replenish with muscle.

Shawn: By the way, this is with local pourable honey. So it's not like a tablespoon of glue that I am putting into the bottle. It's the pourable honey that is right here from a local place literally just a few blocks from our house.

Jade: Oh neat.

Shawn: So that's what I do after our workouts when my goal is to gain weight or just maintain my weight because I lose weight pretty quickly.

Now let's talk a little bit about the exercise to wrap things up for you guys. The most important thing to focus on here is something called TUT, Time under tension. King Tut, Queen Tut, time under tension.

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If your goal is to gain muscle mass then we don't want to just run around doing one exercise then very quickly jump to the next like a circuit training. You want to spend time doing each exercise. Let's use the lateral pull down for example. This is for your latissimus dorsi muscle, your back muscles generally. For those who are unaffiliated we will call them the wings.

Jade: It gives me wings.

Shawn: With the lateral pull down you are pulling the bar down to the top of your sternum and you are folding and closing your back together. You want to make sure you are having a time under tension of at least about 30 seconds. This means you aren't going quickly with one, two, three but you are going one...two...three. The concentric portion is the pulling down and squeezing. The eccentric portion is the releasing and bringing up.

Maybe it will be one, two, three down and one, two, three, four, five up. Maybe you are doing eight to ten repetitions of that. You are putting your muscle under a longer time of tension (time under tension).

You want to increase the TUT time because that is what really changes your muscle fibers (myofibrillar and sarcoplasmic). We get into all of these different words but we are stimulating our muscles fibers to change and do certain activities. TUT is important. You don't want to just go and bang out some work. You want to make sure you are doing exercises for a more extended amount of time.

That's not for everything because we are going to talk about the next important thing which is periodization training. There are two ways to go about this. One is daily undulating periodization. The other way is linear periodization. We're not going to talk too much about these today because we are actually covering these more in depth, really, really in depth in my program [The Fat Loss Code](#) because this could take up multiple shows.

We are doing this very soon. Like I said, we won't spend too much time here. The Fat Loss Code is not just for a goal of fat loss. This is also if you are interested in putting on muscle mass and you need a better place to go. This is

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really where you can find this information. So head over to www.thefatlosscode.com where we will be breaking down programs with linear periodization and daily undulating periodization.

There are different types of adaptation that take place. There is a neurological adaptation that takes place in training and there is hypertrophy that takes place. There is also a strength adaptation. You want to keep developing and growing all of these things because we will hit a ceiling at some point with all of them.

You have probably heard this before but if you keep doing the same exercises your body will get adapted and won't change anymore. So we want to have a strategy to cut that off at the pass and make sure it doesn't even get close to happening. This is where the periodization training actually comes into play.

Hypertrophy, for those who are interested, is from the Greek word meaning hyper or excess, and trophy, which means nourishment.

Jade: Hyper nourishment.

Shawn: Muscle hypertrophy involves the increase in size of skeletal muscle through an increase in the size of its component cells.

This is where we get into the conversation I mentioned a little bit earlier about the sarcoplasmic and myofibrillar cells within your muscle and the different things they are working on. Because there is hypertrophy related to the size of the muscle and there is hypertrophy related to the strength of the muscle. You don't want to just get strong and not grow. This happens with a lot of guys. They are trying hard to put on size but they are not finding that as the case. But they are getting strong. You want to have both. This is what these protocols are about.

I'm just going to give everybody a snapshot of what it looks like. Again, you need a whole workout drawn out and it is a little difficult to even articulate through the auditory but I am going to share with everybody the basic protocol.

Essentially, you break your week down. You need to focus on (Captain Obvious here) the primary exercise, the compound movements. This will be your squats,

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dead lifts, presses, rolls, and pull ups. These are the primary compound exercises. You can also throw dips in there.

This does not take away from the auxiliary work. This will be the more isolation exercises. You need to do those too. But, that is a smaller percentage of your protocol. You need to focus on compound movements.

If you break your week down, let's say we are doing a three-week program, 21 days. We have three weeks so we are going to take three major movements, dead lift, bench press, squat. Those are our three major movements.

Week one you will do all of them. Week two you will do all of them. Week three you will do all of them. But you will do them differently each week. Week one dead lift will be the focus for our lower rep, high weight. We will do 5/3 or 5/5. So we will do five sets of three repetitions. This is much, much heavier weight, near our max. That is what we will do week one in the dead lift.

With the bench press maybe we will do it moderately. We will do moderate weight and moderate repetitions. It is a different stimulation. Then, for the squat it will be high repetition; it will be lighter weight and lots of repetitions. So that's week one.

Jade: That's still one week! Wow!

Shawn: Then, of course, you've got to throw in your auxiliary work. You can still do your pushups and your pull ups and your pull downs.

Jade: Body weight exercises.

Shawn: Your triceps extensions. You've got to do all of that stuff too if you're going to put on more muscular size. That's on week one. On week two we are going to switch it up. Now the bench press can be our 5/5, our heavy load, lower repetitions. Then, for the dead lift we can go ahead and make this our lighter work week where we are doing a lot more repetitions and lighter week.

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This is what me and my son actually did yesterday. We did high repetitions. We did 10 to 12 dead lifts per set and we did two or three sets. I had him do an extra one. The week before, the prior week, we did max out day with five sets of one, two, or three. That's what we did the previous week.

You will find that the body is changing and strength is growing at the same time. Then, in week two this can be when you are doing your moderate stuff with squats, maybe three sets of eight or something of that nature.

Week three we are going to switch it up again. You are basically going to do the lift that you haven't done the heavy load with. So this would be the squats and then the moderate that you haven't done moderate with and the light would be the one you haven't done light with.

Again, it is very difficult to articulate this through auditory but each week you will basically be changing the repetitions and sets of what you are doing. For the major compound lifts. But you will always come back again on the cycle the next week. On the fourth week you will be back to dead lift heavy lifting again. You will find your strength is improving but you are also getting bigger.

So there you have it. This is a lot of great information that we went through today. You know how we do it. We do master classes. By the way, if you want to see workouts like these you should definitely head over and check out the fat loss code because we have so many different approaches and protocols for these exercises. We also have a lot of new videos that we will be putting in the early part of this new year in 2015 for people to check out and we will actually take you through these protocols with me. So it is a pretty fun and is a really great experience to put this all together for everybody.

Now just to wrap the show I've got one important statement and understanding that needs to take place before any protocol, as far as weight loss and our folks today with weight gain. You have to set a smart goal. You have to set a smart goal. If you don't have a goal in mind it is very difficult for your brain, your reticular activating system of your brain, to find the data to direct your focus on how to achieve that thing and guide your activities.

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A smart goal for gaining weight, for me, is really simple. If you want to do this smart and gracefully so that you can maintain it and not be like dirty bulk or the hacks that I was doing before that were actually a hack. The hack was a hack. They were things that didn't really work out that well.

It's very simple, very easy, a pound a week. That was my goal. It is very simple and very approachable just setting that as your marker. That is a very smart goal. You don't want to get into the realm of gaining 20 pounds in four weeks. It has been done and it is possible. I have gained a tremendous amount of weight and lost a tremendous amount of weight in short timeframes. It does not mean it's sustainable and it doesn't mean it feels good and you get the end result that you want.

I encourage you to do this more gracefully. Set a smart goal and go ahead and knock this out by applying some of the things you have learned today.

Jade: Nice.

Shawn: So thank you so much for tuning in to show. I hope you got a lot of value out of it and please make sure to continue sharing the show with the people you care about. It really does mean a lot. You never know whose life you can impact with these shows and with this message of really focusing on being the best version of yourself, not someone else. And really having the opportunity to change your body and change your health. Let's do this in an intelligent fashion so that it is sustainable.

Thank you so much. And if you want to, head over to <http://www.theshawnstevensonmodel.com> and leave a comment and let me know if there is any insight or a nugget here or anything you have found from today's show that you will apply that you never thought about before. I want to hear about that so we can keep the conversation going over there.

Take care, have an amazing day and I'll talk with you soon.

Jade: Yes.

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Shawn: And, make sure for more after the show you head over to <http://www.theshawnstevensonmodel.com>. That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.