



**EPISODE 811**

# **Nutrition, Exercise, & Mindset Tips to Reverse Insulin Resistance**

**With Guest Diana Keuilian**

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**SHAWN STEVENSON:** How do we improve and protect our metabolic health in a world that is increasingly complex, in a world that can sometimes seem that it's set up to mess us up? We are inundated, we're surrounded by ultra processed food. We have all of these incredible, all right, honestly incredible conveniences that take movement, that take activity out of the equation. We have so much to consume. We have infinite amounts of shows and movies and social media content and things to read. There's so much going on that we can experience some FOMO, right? Fear of missing out and cut into our sleep because we're just engaging in all the wonders of this modern world. And also we're living in an environment that unfortunately is dealing with a lot of toxicity and a lot of pollution.

According to the epa there's over 80 000 chemicals that are released into our environment just from normal business practices. And we're talking billions of tons of these newly invented chemicals that our bodies that our metabolism has to interface with. And try to deal with all of these external threats. And don't forget about the internal complications as we're dealing with the highest level of psychological stress that we've really seen in recorded human history, but not from survival stuff. From a lot of what ifs from a lot of stressors and worries and concerns and the increasing complexity of living in our modern world of having relationships and taking care of our family members and our children, the list goes on and on again. Way heavy on us, but today we're going to be talking about is how do we unpack this stuff? How do we create a higher level of resilience? How do we move through the world and maintain our fitness? When we've got all these different things going on, you know as an individual and as a parent for example, and we've got really part two of a very powerful episode part one was a conversation with the co author of the new hit book how not to get sick. It was dr. Benjamin Bickman and he really broke down for us how critical it is to understand insulin in the role of metabolic health. And it's really the part that's left out of the conversation. Not that we're not talking about insulin But what it really is as far as measuring and understanding our metabolic health because in regards to insulin, we usually think about blood sugar and we could track our blood sugar, but are we tracking insulin?

Insulin is another important biomarker that can reveal to us where we really stand with our metabolic health. And so he went into a master class on that subject. So definitely check out that episode if you happen to miss it, and his coauthor is here today. One of the most remarkable health coaches and somebody who's now got a master's degree in psychology as well.

And the application of what we learn, because knowledge is not power in and of itself. Knowledge is potential power. It becomes power when we apply. And so she's the person who really put into the book, the tangible application. Here's the training, the most effective and minimum effective dose to get the benefits of improving our insulin sensitivity to support fat loss, to support reversing prediabetes, to support our cardiovascular health, whatever our goal might be, and also the nutrition side. So utilizing the science backed strategies from Dr. Bickman, here's how we turn this into delicious meals. And that's really her gift as she'll share with you today. It's her superpower.

And so we're going to talk about that and so much more, and also look at how we can help you. Something called the negative memory network and how that can be preventing us from, yes, I know that I want to exercise, you know, five days a week, but I just can't seem to figure this out. I keep self sabotaging.

I end up working out a day or two and just stuff happens. You know, I know that I want to eat better, but this thing keeps happening and I end up giving up. What is going on behind the scenes and this negative memory network could be the reason that we're not able to get from here to there. So this episode is power packed. And one of the things she's going to share is how to remove some of the complexity out of making fitness a daily part of our lives, making it a part of our identities. And so that really has to do with access, just making it easier for ourselves. For those of us who love to go to the gym, that's amazing. And also being consistent in doing it. It's not just loving it, but are we consistently getting there? But sometimes that trip in and of itself to get to the gym can add a layer of complexity. Whether it's a time thing or some other reason and so having a couple of essential fitness tools at home can make a world of difference. And so for me as my life has gotten more complex like the rest of us. I've been picking up these pieces of equipment over the years, and now I have a

great selection. And just today I utilized this incredible steel mace in my workout. I utilize these amazing primal kettlebells in my workout because just again, budgeting my time.

And also during this time of year, the weather is amazing. Getting some sunlight, the fresh air and getting in a great workout by utilizing the tools from ONIT. Go to [onit.com/model](https://onit.com/model). And you're going to get 10 percent off. All of their incredible fitness equipment, whether it's their steel clubs, steel maces, their primal kettlebells, their hydro core bag, everything you get 10 percent off store wide. And also, if you don't know on it is one of the premier companies in the world creating randomized, double blind, placebo controlled clinical trials for their human performance supplements, for improving cardiovascular potential, for muscular strength and endurance, and so much more. They're really setting the standard with that as well. So you get 10 percent off. Store wide also with their supplements, their foods and their fitness equipment head over to [onit.com/model](https://onit.com/model) That's o n i t.com/model for 10 percent off store wide and now let's get to the Apple podcast review of the week

**ITUNES REVIEW:** Another five star review titled "Authentic Information" by Praa Athawale. I have been listening to The Model Health Show for the past five years and every episode have added so much value to my life. The information you provide is so authentic and based on truth. So much research that I don't need to look elsewhere for health guidance. I love listening to your voice. Your voice has a very calming, soothing effect. I appreciate your genuine effort to educate people to make right choices for their health and longevity. I have made so many changes in my family's eating habits. After listening to your valuable advice, love your show, keep up the good work. I wish to meet you in person someday.

**SHAWN STEVENSON:** That was soothing for me. That was soothing for my soul. Thank you so much for sharing that review over on Apple podcasts and listen, if you had to do so pop over to Apple podcasts and leave a review for the model health show. It helps to get the word out to inspire more people to just click play and have their life transformed.

So I truly do appreciate that. And without further ado, let's get to our special guests and topic of the day. Diana Keuilian is the co-founder of one of the fastest growing fitness franchises, Fit Body Bootcamp, along with her husband, Bedros Keuilian, who, by the way,

these, Bedros is my guy, alright. Bedros and Diana have been friends for many years, but along the way, Diana has turned her passion for healthy cooking, in particular, into an incredibly popular website, RealHealthyRecipes.com, and published several Cookbooks as well. Now, she's collaborating with Dr. Ben Bickman on this incredible new project to help us to transform our metabolic health. How not to get sick. Let's dive in this conversation with the amazing Diana Keuilian.

I love this because I get a chance to ask the questions that I haven't asked. Usually when we're together hanging out. We're eating and just, you know, talking about the world, talking about life, but to dig in and find out your superhero origin story. In fitness, you guys have accomplished so much and impacted so many people in the realm of fitness. So I want to know what got you interested in fitness and specifically Metabolic health and the science on that.

**DIANA KEUILIAN:** Okay, that's a really good question. I can tell you what got me into fitness was I was a chubby kid. So when I was like 12, 13, my outlet was baking. Like I figured out how to bake and I would just like to bake and we're talking like refined sugar, refined flour, just straight up baking. And I didn't know anything about nutrition or exercise. This is like the 90s.

**SHAWN STEVENSON:** What was your favorite thing to bake?

**DIANA KEUILIAN:** Oh my gosh, probably brownies, but like I would experiment, even back then, like I would make up my own stuff, but at the time it was very unhealthy stuff, but I would like make it and take it to Sunday school and church and but I would eat a whole bunch of it, so like I was putting on weight at a time when then, you know, you start to notice like, oh shoot, I don't want to be the chubby girl. And so I remember making the connection between calories and then back in the 90s. It was like fat don't eat fat Yeah, and so I went hardcore on okay. I still want to make cookies, but instead of butter I'm gonna use applesauce and all the little hacks to take out all the fat. And then I started doing sports and being an athlete, and as far as metabolic health, I feel like I didn't understand it until I had kids. I, you know, in college, I was a marathon runner, and I was a vegetarian, and I had a whole bunch of carbs in my system all the time and I would just try to burn them off. It was very unhealthy.

**SHAWN STEVENSON:** That's a paradigm though, you know, like we were all participating in this, especially growing up in the 80s and 90s and trying to figure stuff out. That low fat, it just seemed logical, right? This is low fat. I don't want fat on my body. This is low fat.

**DIANA KEUILIAN:** Yeah, fat free. I want to be fat free. Sure. Let's do this, right?

**SHAWN STEVENSON:** Great marketing. And so the metabolic health piece came into play, and you have two amazing kids. And that experience, in and of itself, and just being a parent, we were talking about this before the show, just being a parent today. Can just mess you up. Yeah, you know and so you starting to figure things out for yourself led you into some research from Ben Bickman. Initially, and haven't because Hearing from you and putting him on my radar like in a real way has been so enlightening So we've already had this amazing conversation with him By the way, if you guys missed that episode make sure to listen to that one. And you guys collaborated, but really it was the impact that some of his work had on you and some of the stuff you started to learn.

**DIANA KEUILIAN:** Yeah, and really the moment for me, I remember reading a quote and this was when my kids were pretty little that "my kids' generation was going to had a shorter life expectancy than my generation", and they were tying the link to the diet. And so that's when it was like, oh shoot, nutrition's really important. Yeah, but in discovering Ben's stuff, and it was really cool, we were connected by our publisher, and I read his book, his first one, and I'm like, this just makes so much sense, right? It's stuff we knew we're thinking. Figuring it out, especially those of us who are in fitness.

And for me, you know, between reading that quote about my kids and being like, "I got to figure out nutrition and then being introduced to Ben". There was like 15 years of me recipe blogging and figuring out how to make recipes healthier. And, you know, how do we get this, the wholesome, like good nutrition to taste like the foods that our kids want to eat, right? And so that was such a passion. But then with Ben bringing in that piece about insulin, because he even says it, he's even as a scientist, when he's first, you know, looking into this, he thought of insulin as something that, you know, if you have diabetes, you should be concerned with insulin.

But the rest of us, you know, as long as our blood sugar levels are fine, we're good. And really, you know, I'm sure your whole episode with him goes into all the science, but it's we're not good. What is happening you know, with our, with this insulin resistance building up in our body and losing that insulin sensitivity over years and decades until now we have a diagnosis.

**SHAWN STEVENSON:** Yeah. Yeah. We see the end stage of something that is there. And that's the thing we have early warnings with insulin resistance. There's so many different things that you can test for now. And you just said it. It's just these different concepts that we talk about, working in fitness, you know, working, studying nutrition in a, you know, in a university, right? So having nutritional science class, I wasn't taught about insulin in the way that he really elaborates on it and breaks it down for us. Which is, we think about insulin in regards to blood sugar, but they're two different things, right? There are two completely different things because that blood sugar is something that we pay attention to when we're making recipes and things like that. We're mindful of that but we're not looking at the role of insulin. We're not looking at the impact that it has on different cells specifically. We're not looking at testing insulin itself and not just the blood sugar. So it's just like we're missing the context.

**DIANA KEULIAN:** And what's crazy is, you know, you look at the whole healthcare system and our doctors and you know, we're, it's like our doctors aren't even educated on all of this science that Dr. Bickman has brought forward. And that's the thing that's I get really fired up. And like when I learned, you know, when I read his first book, I get all fired up because it's like, this is the piece that we need for health. This is the piece that, you know, you walk into any store. And there's all these ultra processed foods, and I think you even said in your last book that, was it, 60 percent of our diet is ultra processed food. The link between that and what's happening with insulin resistance who's telling us this, right? And you just, I just get pissed off, because I'm like, I'm trying to do everything right and, you know, yeah.

**SHAWN STEVENSON:** Same, you know, it's just like we're existing in an environment that is set up in a way to make us sick.

**DIANA KEULIAN:** Yes.

And we don't realize it. Like we're going to the store, to the grocery store to get food to provide for our families. And these food companies, unfortunately, they've manipulated even using health washing, like low fat. They're manipulating our psychology to make us think that certain things are healthy when in reality, they are the exact opposite, right?

**DIANA KEUILIAN:** Yeah.

**SHAWN STEVENSON:** So I want to ask you about this, you know, the practical side of things. You know, one of the things to really help, to support good insulin sensitivity is being able to clear blood glucose from our system, and the major organ to do that is muscle. So when I said earlier that blood glucose, blood sugar, and insulin are not the same thing. That should be an obvious thing, but they're so coupled together. Oh yeah, just pay attention to your blood sugar and your insulin sensitivity will be fine. And we're missing out on how does all this stuff work? Because the primary absorbent factor, right? Being able to clear and absorb glucose from our bodies is exercise.

And this is where in the book you lay it out for us because you know, this and being a parent, I want you to speak to this. Part of the resistance in doing some resistance training is the accessibility, right? We've got all these things to do. We've got busy lives. We've got kids. We've got all this stuff going on. You're taking away the resistance by making it so simple with little to no equipment to really maximize this organ of glucose clearance being muscle. Let's talk about all of that.

**DIANA KEUILIAN:** Yeah. Yeah. And I think nothing irks me more than when people say I don't have time to exercise. And I think, you know, we make time for whatever is important to us. And so it's really what they're saying is I don't prioritize. It's not a priority to me to exercise. And I think, you know, it's easy to look at fitness as, you know, something that we do because we want to look a certain way. And I think that a lot of people have that perspective and then if that's all it is, if you're working out because you want to look a certain way, then it's okay if you don't go to the gym this week, right?



It's an accessory thing. But when you look at exercise and working those muscles, that glucose is clearer, as is hygiene, which is really I think how I look at it and how I've taught my kids, like you don't, Not brush your teeth because you don't have time. We know how to take care of ourselves and our hygiene. You don't not take a shower. Exercise is the same thing to me and to my family. It's part of how you just have good body hygiene. It's a different perspective than yeah, working out's fun, or I like to look a certain way. No this is hygiene for your body.

**SHAWN STEVENSON:** I love that. I love that. Metabolic hygiene. So it's cleaning up the circulation. It's cleaning up our bloodstream. Because having elevated glucose is In a way like little shards of glass. Yeah, they could start to tear stuff up now, of course I don't want to make it that extreme because having some glass you can make some cool stuff.

**DIANA KEUILIAN:** Right!

**SHAWN STEVENSON:** Like the gifts I don't did you even open.

**DIANA KEUILIAN:** I didn't open it because we started talking but I'm excited now.

**SHAWN STEVENSON:** I'm giving this is a spoiler alert that there's one of them is a glass mug that we got you Okay for you to enjoy your morning beverage but glass can be beneficial, but when it's just riddled with these little glass pieces, you could pop a tire. All right, you could start to tear stuff up and being able to clear that through exercise. I love that framing of hygiene, right? So being able to clear things up.

**DIANA KEUILIAN:** Yeah. And even looking at food that way, right? Because we're not, sitting here, you know, as two people who don't enjoy ice cream sometimes, or don't like, we love to go out.

**SHAWN STEVENSON:** I just showed you the picture when we went to get ice cream in St. Louis.

**DIANA KEUILIAN:** Yeah. 2018. Yes, we've been enjoying food together for a long time, right? And those moments are important, right? But, It's not something that we do every day and that goes back to hygiene, right? And so just the nutrition and how we approach our meals on a daily basis or looking at it from a weekly basis, right beijos and I we have date night every single wednesday. And we get silly with like where are we going to go this week? What are we, you know, like what are we going to eat and we really enjoy that meal. And as we're doing it, we're still, you know, eating protein and like it's not, but we're adding in those carbs that we don't normally eat, right? But you balance it, just like you balance your hygiene. So yeah, it's just a different way to look at it, but it raises the stakes, I think.

**SHAWN STEVENSON:** Ooh, is it an accident? I've never heard anybody say that they have a weekly date night on a Wednesday.

**DIANA KEUILIAN:** Wednesday's the best day. It's in the middle of the week, so it's like a nice little pick me up in the middle of the week. Not many people go out on Wednesday. It's not a weekend, right? It works really well for us. He doesn't usually travel on Wednesdays because, you know, there's a lot of travel more on the weekends. So yeah, Wednesdays are awesome.

**SHAWN STEVENSON:** Look at this, and it just so happens to be called hump day.

**DIANA KEUILIAN:** There you go.

**SHAWN STEVENSON:** I'm just, it's just, alright. And also us having the opportunity to have so many meals together, I, we see how each other eats, right? So we're all generally eating higher quality food. Yes. We're eating clean, we're prioritizing protein. And you know some of those occasions again, we get some of the "fun stuff". But also what we've been dedicated to is just making those things far healthier using real food ingredients. Prioritizing the macronutrients that help to keep us insulin sensitive. And that's what you've done extremely well In the new book, can you talk about that and that process and also how your kids were involved in the process?

**DIANA KEUILIAN:** Yeah. Oh my gosh, my kids. It's so cool. And I was thinking about this on the drive over.

So my kids are 16 and 18 now. So they're big. And I know. And, you know, all those years that I was doing recipe blogging and really getting them involved when they were really young, especially with the food. And I know, you know, going through your cookbook that your kids have been really involved as well when you guys make recipes and just having the communication and the education when they're young. And now just to see them really take ownership over their own nutrition. Having the knowledge, having the education, but then also having watched us model that. Because, you know, it's like, lessons are caught, they're not taught, and they're watching. And it's cool, because as a parent, we have this accountability. And it's if I'm not gonna tell them, here's what healthy eating looks like, here's how often you should exercise. I'm gonna do it, and you're gonna do it with me. And 18 years later, let's hope that all these seeds that we planted, you know, have sprouted, and that they've taken that ownership.

**SHAWN STEVENSON:** Ah, I love that. So true. This is tough, I know, because choosing your recipes, in a way, it's like choosing between your kids. Who's better, whatever.

**DIANA KEUILIAN:** Oh.

**SHAWN STEVENSON:** But if you could, can you share a couple of your favorite recipes from the new book?

**DIANA KEUILIAN:** From the new book. Okay the first one that comes to mind is the cheeseburger skillet, because I love a burger. And this one, essentially, I make it, in a skillet. There's no bun involved, but all the toppings and some grilled onions. And I think something that I've figured out with my recipes is like, what I crave is the flavor, but you can create those flavors without all of the problematic ingredients, right?

So with the burger, it's okay. I've got some high quality ground beef, and then I'm adding all of the flavors that I'm looking for, taking out the carbs. Another one, which, maybe you've tried this before in the past, but it's a pizza, but the dough, we grind up chicken breast, and we throw in like some egg and some seasoning, and you spread it out, and it looks real weird, and you're like, how is this gonna work? It's almost like a paste, and then it turns into a perfect

crust, and you put the sauce with all that flavor you want, all the toppings. You have pizza, but it's way higher in protein. There's no processed flours. There's, you know, maybe barely any carbs, maybe just from the tomato sauce. So yeah, those two.

And also, there's a chicken enchilada recipe, where again, it's got all the flavor. It's got all the sauce and everything. I took out the tortillas, figured out a way to make it in a casserole dish, where you're getting All of that flavor that you want, but you're just like losing the refined flours, losing the carbs, and just making it, you know, more insulin sensitive. And yes, there's lots of desserts.

**SHAWN STEVENSON:** Yeah, I was gonna ask you that next. Alright and just to keep in mind in the context with this is, you cannot utilize stored body fat if insulin is active. And those carbohydrates are gonna be driving it. This is the thing, this is not across the board. You guys break it down for different people's goals, right? So a lot of people need help right now in helping to get them out of this state where they're pre diabetic or also dr. Bickman's Peer reviewed study and we'll put that up for everybody taking several overweight slash obese test subjects through a protocol for 90 days and completely reversing their type 2 diabetes. They're no longer type 2 diabetic after going through that protocol. And also still being able to eat food and to enjoy life and to do stuff. And that's really the secret sauce.

**DIANA KEUILIAN:** It's so empowering. And I think, you know, this is something again that I read in your cookbook where you were saying food can be the most powerful tool to give us health, but then it can also be such a powerful weapon. But just flipping it from a weapon to a tool, like 90 days, 90 days to reverse, like, all of the signs that they had type 2 diabetes. That's, it's power knowing that and learning that and just changing your habits. And I go into that a lot in the book. It can sound big and scary, right? But it's just habits. Everybody's we eat pretty much the same type of thing. We do pretty much the same level of activity. It's just tweaking our habits.

**SHAWN STEVENSON:** Can you talk a little bit about why we're prioritizing protein?

**DIANA KEUILIAN:** Most of us follow the standard American diet, the bulk of it is carbs, right? Now really, the first thing is controlling those carbs. And it's, this is where the paradigm shift comes in. And for anyone who's in that position where it's like, they're learning this information, they're like, Oh my gosh, I need this, right? I am headed towards type 2 diabetes. I feel like the first thing they need is almost permission to do everything different than what the mainstream is doing, right? Just, and the mainstream is, most of your meal is carbs. And that's not supporting your muscles. That's not, you know, that's spiking your insulin. And so with protein, we're obviously, we're supporting our muscles. It releases less insulin. And then with fat, which hopefully we're not scared of anymore, healthy fat, you know, is not impacting our insulin at all. And then there's fiber, like really important to put fiber in the mix, but yeah, just giving people permission. Like you don't have to eat like everybody else, right? You shouldn't.

**SHAWN STEVENSON:** Yeah. This is just bringing up, you know, memories of how we start our day in our culture. It is a, it is crazy, you know, there's this saying of course like we're eating dessert for breakfast, but it's like it's beyond that like it's so normalized Muffins and pancakes and french toast and you know cereal and all the things. And by the way again, we're not villainizing these things. First, toast is delicious, all right? But the way that we've been marketed to these. This is the way to start talking about these things In particular, breakfast cereal, right?

That is the paradigm that for me, you know, even going to school and on the free lunch program, we get these little personalized little bowls of cereal. I was in heaven. I loved it. Cause at home, at least those are the brand. So we get like Fruit Loops or Frosted Flakes at home. We get the off brand stuff. So it was like fruit rings, you know, instead of Fruit Loops, we're starting our day and inundating our kids with all of this, you know, Not just highly refined sugar, but all these newly invented chemicals.

**DIANA KEUILIAN:** Yeah, it's so scary when you just look at it that way.

**SHAWN STEVENSON:** It is.

**DIANA KEUILIAN:** But it's normal, and that's the scary thing, and that's where there's this huge disconnect, right? And going back to like, why aren't our doctors telling us this? You know, I was this past several days. I've been on a volleyball trip with my daughter and, you know, you're at a convention center and there's, you know, Hundreds of volleyball teams, these young athletes, and I've learned over the years to always bring food for her because they have these concession stands and just for fun, I walked over and looked at what are they serving up for these young athletes who are, you know, working out all day doing sports. It's chips, it's candy, it's maybe a slice of pizza, but it's all things that are really based they're hyper, ultra processed, they're based in carbs, and this is what we're showing the next generation this is food, which, it's really gratifying for me to have my daughter. She'll look at it and she'll be like there's nothing here for me to eat. She knows that none of that is going to fuel my body.

**SHAWN STEVENSON:** And the same thing holds true with the beverages as well, right? You see this stuff. I see it as well you know the Gatorades and the Powerades and all that stuff and just like Absolutely blasting our systems and our kids systems with this highly refined sugar. Not to mention these, you know, newly invented chemical dyes and stabilizers and all this stuff. It's just, it's the opposite of healthy and fueling performance.

**DIANA KEUILIAN:** Yeah, but to impact our kids, like we have to figure it out and live it ourselves. And, you know, I'm sure you've had this experience before where you see, you know, young kids who. They don't know anything about what they're eating. They're eating what everyone else is eating, what their parents are giving them, and they don't know anything. It's like you can't blame them because they don't know but that's where my heart just breaks and where I'm like We have to do better. We have to do better for this next generation

**SHAWN STEVENSON:** Yeah I know that I would have been just Passing those things along to my kids because I've been drinking Gatorade since back in the day when it was in glass Like the glass bottles. All right, so one to be like Mike you see the commercials and the marketing like this is what you do. And also I literally thought I was making a healthier choice because at lunch in high school instead of getting soda or juice like my friends. I was getting a Powerade

**DIANA KEUILIAN:** Yeah.

**SHAWN STEVENSON:** Or Gatorade.

**DIANA KEUILIAN:** Right. Also getting just getting a whole bunch of sugar.

**SHAWN STEVENSON:** Exactly.

**DIANA KEUILIAN:** And dyes and all of that.

**SHAWN STEVENSON:** Yeah, and so now to pivot back to the good stuff. As you mentioned, there's a bunch of incredible desserts. So one of them was the blackberry cheesecake squares. They look amazing. It's actually on the cover of the book.

**DIANA KEUILIAN:** Yes. Yeah. I mean it tastes just like cheesecake. We do have a little bit of swerve, which is the sugar replacement to have a little bit of sweetness But it's a lot of fat. So you know Me in the 90s, I would have taken a look at that and I would have been like, oh my gosh. That's I'm gonna get fat if I eat that but we know that fat does not impact our insulin. And so we've got you know almond flour and we've got some cream cheese and we've got some butter and some sour cream and some like wholesome fats that are gonna keep us full and not spike our insulin, but it tastes really good. I go crazy with the desserts. That's like my like passion

**SHAWN STEVENSON:** That's your superpower.

**DIANA KEUILIAN:** That's my superpower.

**SHAWN STEVENSON:** Yeah, and that's the key here. Again, it's having these desserts, these treats without making insulin, you know, jump off the roof. Or what would it be, jumping off the roof? That's going down. This will be climbing up the Empire State Building and then, you know, proceeding to Tom Cruise it off of there. I don't know why I said that. Tom Cruise is off the chains. Somebody's gotta stop him.

**DIANA KEUILIAN:** Is he still around?

**SHAWN STEVENSON:** Yes, he's a Really? Man, you didn't see the new Mission Impossible, the most recent one?

**DIANA KEUILIAN:** Okay, no, I did. A while ago, right?

**SHAWN STEVENSON:** He did the motorcycle jump off the cliff. Okay, yeah, no. With the parachute, the motorcycle jumped off the cliff.

**DIANA KEUILIAN:** He did it? Himself?

**SHAWN STEVENSON:** He did it. He did it. Wow. No, I watched the BTS so many times. Off he...

**DIANA KEUILIAN:** I'll have to go back and watch that.

**SHAWN STEVENSON:** Off the cliff, parachute on his back.

**DIANA KEUILIAN:** Isn't he like 65 or something?

**SHAWN STEVENSON:** Hey, whatever he must be.

**DIANA KEUILIAN:** Wow.

**SHAWN STEVENSON:** He must have read your book.

**DIANA KEUILIAN:** He's doing something. All right

**SHAWN STEVENSON:** No, real talk again, he's one of those people, you know, low key very interested in nutrition and that kind of stuff I don't know what else other curricula extracurriculars. So let me, not sure it's Put my stamp of approval on Tom Cruise. No disrespect. He might be listening right now, to be honest. All right. Shout out to Tom Cruise.



Got a quick break coming up. We'll be right back. Do you ever feel like your brain is running on low battery? Batteries themselves provide energy from chemical reactions that involve electrolytes. Electrolytes are minerals that carry an electric charge and electrolytes play a major role in providing energy for your brain. Take sodium for example. Sodium is an electrolyte that actually enables your brain to maintain proper hydration. Our brains are mostly made of water. It is so important for the form and function of our brains, but we can't maintain that hydration to do all the things that our brain does without an adequate supply of sodium.

Not only does sodium help to maintain proper water balance, A study conducted by researchers at McGill University found that sodium functions as a quote on off switch in the brain for specific neurotransmitters that support optimal function and protect the brain against numerous diseases. That's just one important electrolyte for the brain. Another critical electrolyte for your brain for providing that electrical energy for your brain is magnesium. A fascinating study published in the journal Neuron. found that magnesium is able to restore critical brain plasticity and improve cognitive function. In a double blind, placebo controlled study published in the Journal of Alzheimer's Disease found that improving magnesium levels in adult test subjects who were in An at-risk population for Alzheimer's.

These folks were between 50 and 70. Improving magnesium levels was found to potentially reverse brain aging by over nine years. Getting a functionally and structurally younger brain. Electrolytes are that important. Now, there's one company that has hundreds of thousands of data points for the optimal ratios of electrolytes. And that company is LMNT. Go to [drinklmnt.com/modelnd](https://drinklmnt.com/modelnd) you're going to get hooked up with a free gift pack, a free sample pack with every single electrolyte purchase. Hook yourself with any of their electrolyte flavors, and you're going to get a free bonus pack. It's an awesome opportunity to get the very best electrolytes in the world. Without any artificial colors, without any binders and fillers, no nefarious sweeteners, anything like that. Just the highest quality electrolytes on the planet. And by the way, LMNT is actually fueling athletes in every single professional sport. Many professional sports teams from the NHL, The NBA, especially the NFL, have now switched their teams over to utilizing LMNT for their team's electrolytes.

Even though they might have NFL contracts to have those other brands, like the Gatorades, the Powerades, the Haterades, they might have contracts to have their containers on the sidelines. But many of these teams are now utilizing LMNT. Again, go to [drinklmnt.com/model](http://drinklmnt.com/model). And with every electrolyte purchase, you're going to get a free sample pack, head over there and check them out. And now back to the show.

**SHAWN STEVENSON:** This is the cool thing about having you here, because it's not just knowing what to do and having access to amazing recipes, which you have and having access to the simple exercises to do. Which you provide and having access to the knowledge base that should just set off these light bulbs in our mind like, oh my goodness, I don't have to feel this way. I don't have to be experiencing this chronic condition. I can take back control of my health and heal my metabolism. It's one thing to know these things. It's another thing to actually put it into action in our lives and you know, For a while now, you've been working on a degree and Being able to gain this knowledge base to help people, like we know what to do, but how do I get from here to actually applying the things that I know? Let's talk about that. How do we get from here to there?

**DIANA KEUILIAN:** And that, yes. So I just last week finished my MasterS. .

**SHAWN STEVENSON:** Oh my, come on, the timing. Oh my goodness. Congratulations. I know you've been working on that for a while.

**DIANA KEUILIAN:** Two and a half years. So yeah, a master's in clinical psychology from Pepperdine. And really why I got into that is because, you know, being in fitness, We can tell people and show people, here's the changes you need to make, but then how do we, what do we do with the self sabotage? What do we do with the, you know, the client that really wants it, but just can't make it happen? And so that's for me like, okay, now my fascination has moved on to our psyche, like what's going on in there? What are some of these blocks that are preventing us from doing what we think we want to do, right?

**SHAWN STEVENSON:** Let's talk about this specific form of therapy called EMDR. Yes. That a lot of people might not know about. Let's talk about that.

**DIANA KEUILIAN:** Yeah. Oh my gosh. Okay. I could go forever about this. So it's eye movement, desensitization, and reprogramming. And is what it stands for. And Dr. Francine Shapiro created it in the late 80s. But essentially, what it does is, we utilize bilateral stimulation and we process dysfunctionally stored memories. So when trauma happens and our system is overwhelmed what it does is. What's been proven is that the memories get dysfunctionally stored and they're typically stored around a negative self belief. Which these negative self beliefs, as we continue on with our journey. We have all of these different experiences that kind of reinforce and strengthen this kind of dysfunctional memory network that's based from this moment of trauma and this negative self belief.

And the reason that we do this instinctively is that if this trauma happened based on a flaw that I have. I'm claiming some kind of control, right? Like it was my fault in some way. Of course, this is all subconscious. And so with EMDR, what we do is we can target memories. We identify what's the negative self belief. So taking this back to fitness What's the piece that's causing the self sabotage, right? Finding that negative self belief and naming it, and then going in, and we call it processing, but utilizing bilateral stimulation to essentially follow the golden thread of this thought process. It's so cool, Shawn. You gotta try it. But essentially you're following where your brain takes you. And it's taking you through this dysfunctional memory network to get you to the other side. And what Dr. Shapiro calls this whole theory that she bases it all on, the Adaptive Information Processing Theory, which essentially says, Your psyche wants to heal.

And this is why I got into this field, is because, I'm getting goosebumps just thinking about it right now, but every time, as we follow that golden thread, our own psyche changes the negative self belief to an empowered, positive self belief. Every single time. And so it's such a powerful way to just get in there and to help just flush out hey, we all have moments of trauma throughout our life where the system's just overwhelmed and our psyche wants to cope, but things just get jammed up. And so this is just one modality. There's other ones. This is a really powerful one. Another one that I'm being trained in is somatic experiencing. And this is created by Dr. Peter Levine where Essentially you're doing the same thing, but you're going in with sensing into your body. Because we carry our emotions I think you've had the experience before where you feel things in your body.

**SHAWN STEVENSON:** Having a knot in your shoulders.

**DIANA KEUILIAN:** There you go.

**SHAWN STEVENSON:** For example. Like a physical knot.

**DIANA KEUILIAN:** There you go.

**SHAWN STEVENSON:** Yeah.

**DIANA KEUILIAN:** And so that's an entry point. That's an entry point to let's untangle this a little bit, right? Let's allow adaptive information processing to take over, right? It's such a cool process. And it's I want more people to understand about these therapeutic modalities to really help fight the stigma of therapy. I completely understand why the stigma is out there. Because even just going into the field, I don't know, I show up as a student day one, expecting to like, just, oh, this to learn, oh, this is the way it is. And then you find out like, The mind is actually a construct and here's 200 different ways that you could look at the mind and how we, you know, have maladaptive behaviors and how we fix them. There's no, we can't study the mind under a microscope. So we try to come up with what's going on.

But with specifically EMDR and then the somatic experiencing, You never have to sit on a couch and share details about your traumas. You never have to talk about your dreams. Just what we think of with therapy that I think people are turned off to. It's getting more scientific and more hey, this is a very specific thing that I want to fix, right?

I have this negative self belief or I have this knot in my shoulder. We can go in and target it. And it's very goal driven and it's different than, you know, what we think of with therapy, but it all gets grouped together, I think.

**SHAWN STEVENSON:** Yeah, and what we do, even if somebody is in a position where therapy could be incredibly beneficial, our current structure as a society is like just a tough through it like we're just constantly toughing through things Yeah, and what I'm hearing is this can be adding to this negative memory network if we're just continuing to repress and to not have a

healthy way To unfold as you said pull the golden thread and to process these things so that we can heal

**DIANA KEUILIAN:** Exactly. And when we heal, it just opens us up to experience more vitality. Like that positive life flow energy. It allows us to experience that more. And to enjoy our life more and connect with others more. Have more meaning. Right? And, I think our tendency is when it comes to our psyche and things like that to really feel embarrassed or ashamed and to want to hide it, as opposed to if my hand wasn't working, I wouldn't feel embarrassed, I would be like, Oh my gosh, I'm going to the doctor, like somebody help me, right?

It's not personalized, but with things that have to do with our psyche and our emotions, It's if we can give ourselves the gift of just externalizing it and not being so attached to making that our identity, you know, and just having this curiosity. Like last week, Shawn, I tried hypnotherapy for the first time. Crazy, crazy experience. Three hour session. But it's just. I just have so much curiosity. What would it be like? What's going to come up, right? What could that open up for me? You know?

**SHAWN STEVENSON:** Yeah. This is the cool thing today, more than ever, like we have access to these tools and modalities, but also we also have access to a lot of things that are more, we'll just say ineffective, right? Because we have a current paradigm, even when it comes to mental health, you know, we have a paradigm that is, as you said, very codependent, right? So we have this constant treatment protocol, right? A big portion of that is pharmaceutical methods. Yeah. And even through Talk therapy it creates this kind of codependency where we're doing the same thing over and over again and looking at a thing over and over again But not necessarily clearing it or being free from it, right?

And so we become dependent to keep on tinkering around with this same thing. Now this is it depends, obviously, there are amazing therapists out there that pride themselves on basically getting people to hire them so they can fire them because they're well, because they're helping them to heal. Yes, but we do have a business model that also creates codependency for many people. And so what I want to relay is for people if you feel like you're not getting

anywhere or if you're not healing that there are other options for you and therapy can be incredibly valuable.

**DIANA KEUILIAN:** And that's such a good point and you know There's so many different types of therapy out there. And I mean for me before I went back to school I didn't really have a lot of education when I was seeking out a therapist. What are the modalities that they use? Do they do EMDR? Are they doing CBT? What is it that they're doing and they're trained in? But having, you know, educating ourselves as consumers of, you know, mental health services really goes a long way because, like you said, we can fall into that, you know, going to a therapist whose goal is to have you on the couch for 10 years versus If you come to me, it's okay, let's make our list. These are the things we're going to address. These are the things we're going to flesh out so that you can have, you know, open up to more in your life and then I'm going to send you on your way. So there's a whole bunch of different types of therapists out there. And not everyone's a good fit for one another as well. And that's OK.

**SHAWN STEVENSON:** Thank you for saying that. Thank you for saying that, because we're all so unique, you know, and also The point was and what led us into this aspect of this important part about health Is we're oftentimes making decisions from our stuck perspective our stuck stories as my friend Cynthia says.

**DIANA KEUILIAN:** Trauma body. Yeah.

**SHAWN STEVENSON:** Right? And so we're wondering like I know that I want to you know, get out and walk every morning. But I end up doing it once or twice and then I stop right? Why do I not follow through like I want to do this? I know why I want to do it. I know what to do, but I just keep on self sabotaging. And so it's being able to unpack and get to the root of these things.

**DIANA KEUILIAN:** You know what's a great question to ask at that point? Looking for the secondary gains. So asking yourself, even though you're fully believing, I want to, I do, I want to do this, I want to go walk. Asking yourself, what do I get out of not walking? And being super honest. So we call this secondary gains. Cause, cause we're doing things because they

benefit us in some way. And that's something that, you know, could come up in therapy. That's something we can give ourselves. I think I want to do this. What am I actually getting out of not doing it? I don't know. And being really honest.

**SHAWN STEVENSON:** Can you give us an example of what an answer might be?

**DIANA KEULIAN:** Sometimes it feels good to have something to complain about. And it could be that. It could be, I've taken on this role of, you know, a victim in some way. Or of, you know, someone who things aren't going well for me. And I get something out of, you know, maybe complaining to friends or family about it.

**SHAWN STEVENSON:** It's how I get attention. It's how I feel seen. It's how I matter.

**DIANA KEULIAN:** It's how I feel important. Yeah, and you could trace it back for some people. Maybe when they were young I'm just making this up. But like maybe they got attention from their parents when they were sick. And maybe if they you know were able to do a deep dive like wow When I was sick, I felt like I got some love and attention and now as an adult i'm always sick Maybe that's how I feel. I can accept love as if someone's taking care of me because i'm sick. It could be any number of reasons like that, but it takes a lot of honesty and dropping the ego blinders to be able to find it. And that's why I feel like, you know, when you go in and do some of the therapy, like EMDR, These things will just come out and it's a little bit more of a natural way to pull it out. But if you're able to sit there and just be straight up honest with yourself, you could get there that way.

**SHAWN STEVENSON:** Now what if, for example, we do this and we uncover this piece of data, then what do we do with that information?

**DIANA KEULIAN:** What's really cool is once it comes to light, it's amazing how we shift. It's amazing how we adapt. Okay. You know, it's to pull the monster out from under the bed and then watch how things change.

**SHAWN STEVENSON:** Yeah. You just said it. Just the awareness that I'm getting something from not doing the thing that I consciously want to do but I subconsciously sabotage. So

again, it's the first domino and it's the big domino. Yeah, a lot of stuff will resolve from there. But is there anything else that we should be aware of what we can do?

**DIANA KEUILIAN:** Yeah So the example of the person who hypothetically feels love when they're sick and others have to take care of them as soon as they Realize that about themselves and that domino falls and the light bulb goes on now They can say huh? Can I open myself to feel love in a different way? Maybe I can, you know, with my partner, maybe we can start, you know, going to the gym together and I can feel that connection in this way. Just opening yourself to getting your needs met because really secondary gains, they're all about meeting our needs and it's needs that are being prioritized over what we're trying to change. And so how can we still meet our needs? Because our needs are important.

**SHAWN STEVENSON:** Yeah. Yeah. That's everything that we're doing is based on our needs, you know, and also just realizing. We have different people have different needs and, you know, there are some kind of categories that are pretty strong across humanity. You know, the need to be significant, the need to experience love, the need for, you know, variety in our lives, the need for growth. Contribution, you know, this is great work from Tony Robbins on this, but understanding our own human needs and what drives us. This was super helpful even in my communication and relationship with my wife, right? And seeing, oh, you're, what you need, like your top needs are different from mine, because we all think everybody's like the same and that creates a lot of conflict, you know? So now, would you say that this investment in our own mental health, is adding to what you call our health bank.

**DIANA KEUILIAN:** Oh my gosh, absolutely. Because it impacts how we experience the world. How we experience each other. How we are able to, you know, stick with a healthy lifestyle or not. Just opening ourselves. Getting unstuck. Yes, absolutely.

**SHAWN STEVENSON:** Talk a little bit more about this concept of a health bank.

**DIANA KEUILIAN:** Okay, so I think in terms of a balance sheet all the time, that's how I see things, because I manage a lot of finances and I like to think of this whole idea of you know, insulin sensitivity as putting deposits or withdrawals from a bank account. So if I do a period



of fasting, I'm making a deposit. If I have, you know, dinner and it's Protein is prioritized. There's some healthy fat. There's fiber. There's little to no carbs in it. I'm making a deposit, right? If I'm, if I do a kick ass workout, my son is my personal trainer right now, which he kicks my butt, I love it.

Do a great workout with him, I'm making a deposit into my health bank account. If I, you know, go out on date night and, you know, eat some tacos with Bedros, I'm making a withdrawal from my health bank account. If I skip a workout. Like today, I drove out here, I skipped my workout this morning, I made a withdrawal, right? But I know now, I got to make some deposits. So this is just how I mentally see it and have this balance going, like keeping my finger on the balance of, you know, making sure that there's plenty of funds in there.

**SHAWN STEVENSON:** That's a great framework for certain people that think similarly, you know, somebody like myself who wanted to avoid accounting class, maybe, you know, not so much, but I love that, you know, and it specifically, again, we're talking about investing in your metabolic health and knowing now it is clear. This is the, Driving force is the foundation for our multiple epidemics of chronic disease, whether it's heart disease, whether it's diabetes, whether it's obesity, whether it's Alzheimer's disease, whether it's infectious diseases, being driven by metabolic dysfunction and how we're faring in all this and our resilience in the face of, you know, life's inevitable challenges, you know, and this is another part of, you know, having the benefit of having you here.

And having kids and just like what that entails. I've been dedicated to this subject matter recently because, you know, for years, and the crazy thing is I think because my life was so centered around health and wellness and fitness, and I was doing so much of that stuff that I didn't notice with my older son. Because we're a baseball family for many years, like baseball is a long day and all the practices and all that stuff and, you know, and then of course you play track and football. And so we spent a lot of time at these events. But I think there's also a couple with a lot of time I spent like training him. Training with him as well and doing stuff. Wow. If he's at practice and he has another coach and I'm like, you know, maybe I'm doing some sprints on the track. There was one time I haven't ever shared this before.

All right. He was at, he was at practice. He was at football practice and I was already there. I didn't know they were going to come out to this particular field because They usually practice on the practice field, but they came out to the game field, which I was doing sprints on the track And his football coach was my coach. All right. This is crazy. And so I'm doing my sprint, I'm doing some hundred meter sprints. And I hear my former coach and his coach. He was like, he basically was like, I'll bet any amount of money that none of you guys can beat him over there, you know, pointing at me. And it was just like, Of course, I'm like coach I'm not, let's just chill.

All right. But maybe, you know, I just, again, spent a lot of time even in those moments doing fitness stuff. Now, whereas with my youngest son and there's a lot more travel involved now, right? Because we're doing a different thing with the basketball and these tournaments and It's and also being in the gym like facility where it's not like there's not a track there's we're not outside and so it's like a new curveball for me to try to adjust to With my own health and fitness and being somebody who's very fitness. I got get, I get a little bit Fidgety, you know because my body just wants to do stuff Yeah, right and so being able to adjust to that in this stage with a different kid and how many parents out there. Running around with their kids taking them here taking them there and not being able to invest in themselves. And so I want to talk about that paradigm for you and any advice that you can give us as parents.

**DIANA KEUILIAN:** I think, you know, you said it perfectly, like you have to adapt, right? You know, being at the volleyball competition for several days in Phoenix where it's 114 degrees outside and I don't have access to a gym, I was running stairs. So in between, you know, in between her games, there, it was like three stories, and I would run the stairs up, and then I would go across the bridge and run the stairs down, and you just work it in. You said it perfectly. We adapt, and because it's a non negotiable, and this is again where we've given our permit, our self permission to be different than all the other parents. And I've accepted that and that's cool. I'm fine with that, right? They're, if they're gonna sit there and they're gonna go to the concession and it's just, you know, they've accepted that I don't have any other option than to be sedentary this whole week and to eat what's here.

That's not true. You can be as active as you want to be. I was in the corner doing push ups at one point. But it's just a non negotiable. And same with you. You're gonna do the activity. You're gonna figure it out. We're very creative, like, when we are locked onto something. And so it's we already know. And this goes back to just the power of our minds, where it's you know what kind of person you are. You even say you're a fitness person. Your body tells you that you, hey, you need to be active. You haven't been active. It's so built in. It's built in. You know exactly who you are. The logistics don't really matter, right? It's gonna happen.

**SHAWN STEVENSON:** I love that and it will it figures itself out if you're dedicated to it. It's a part of who you are, your identity. Exactly. So that's what we're getting to, you know, having that. And, you know, just to share what I figured out, like taking him to practice, which again is indoors. And is that I'll, he, and he loves knowing his personality. He wants to be early. All right. And that's a conflict with his Kenyan mother. All right. Cause this is it's a thing, you know, shout out to CP time and African times, the whole other beast. All right. But I'm usually, of course, like I'm getting in there and we go a little bit early and there's also a kind of a transitional period.

Of when the practice starts and the kids are just shooting around. So guess what I'm doing. I'm getting shots up. All right I'm taking that 20 minutes, you know, maybe even up to 30 minutes sometimes and I'm shooting around, you know Doing different, you know dribbling drills and whatnot and I'm just over because you know, there's multiple hoops there And so I'm getting some work in yeah, and then you know, he starts practice I might, you know, hang around, talk to some parents, or I might just go grab some higher protein meal.

**DIANA KEULIAN:** And you didn't have to plan that out, right? You were doing what you needed to do to stay young and to stay insulin sensitive. It's just built in.

**SHAWN STEVENSON:** All right. Okay, pause. There's one other thing I want to, there's two other things.

**DIANA KEULIAN:** This is making me think of Maxwell Maltz and psycho cybernetics.

**SHAWN STEVENSON:** Psycho Cybernetics, yeah

**DIANA KEUILIAN:** Have you seen the new Arnold documentary on Netflix?

**SHAWN STEVENSON:** What is it like a multi part?

**DIANA KEUILIAN:** It's like three episodes.

**SHAWN STEVENSON:** I did I saw it when it first came out

**DIANA KEUILIAN:** We just always do it, not new.

**SHAWN STEVENSON:** I'm pretty sure if it's the one and when it goes through his different phases of his life and career Yes.

**DIANA KEUILIAN:** We started it last night and I watched like 20 minutes of TV before he's ready for bed. So we watched 20 minutes, and it's showing Arnold, this young boy in Austria, and he's just so fixated on he's gonna be this bodybuilder, he's gonna be this movie star. It's just so powerful to see. Like it's true.

**SHAWN STEVENSON:** He had no evidence that this was possible in his environment And he willed himself into being the biggest movie star in the world's f\*cking nuts insane to see how it all unfolded Was yes, it's amazing All right. I've got to ask you about this as well because we just talked about finding those basically fitness snacks all right finding those moments because It's also being able to reorient our perception You of what fitness can look like because, you know, I've got classic ideas floating around in my mind of going to Bally's and Victani and you know, Club Fitness in St.

Louis, Missouri. Shout out to everybody in Club Fitness. And you know, like going to a gym and that's where you get your fitness, right? And you have to have this complete workout. It has to be this way to get the, you know, The truth is, and we have sound data on this, that you accumulate, as you accumulate these movement inputs, you're getting much of the same benefit of having this kind of all out structure thing. And can you talk a little bit about the importance of exercise in regard to maintaining healthy insulin sensitivity and metabolic

health overall? Why is, why did you, Structure the workouts in the book specifically? This is my specific question: The way that you did by the way, the photos in there are fire.

**DIANA KEUILIAN:** Thank you

**SHAWN STEVENSON:** And by the way, these are all photos of you. Yes, demonstrating the exercises.

**DIANA KEUILIAN:** And you know I'm on my front porch in all those photos. I just did all the exercises out on my front porch, using things that I have around the house. And you know, we are very fortunate to have a gym very close to us that we enjoy. But more often than not, I'm working out in the garage and I have, we have some dumbbells and we have our driveway is a bit of a hill and so there's hill sprints involved. Bodyweight workouts are so intense, like there's so many ways to work out and like you said this idea that like I have to go to the gym and it has to be this big structured thing and that's just not the case. And that's why, you know, I love the word lifestyle because it's just fitness is a lifestyle, right? Whether you're at football practice or whether I'm just. Hey, I've got 15 minutes in the garage, I'm going to knock out push ups and I'm going to sprint up and down the hill and you make it happen.

**SHAWN STEVENSON:** Yeah, so the book is really broken into three specific parts, right? We've got the education from arguably the greatest mind in metabolic health walking around planet Earth. We've got the implementation of exercise because he talks about the science behind it and how this revolves around insulin sensitivity. Then you've got the application with you with the fitness. And then we've got the food portion with the recipes. The exercise portion. Is this something that is Approachable for anybody regardless of their level of fitness. Can anybody do this stuff?

**DIANA KEUILIAN:** Yeah, that's a really good question and it is and we were very intentional In including many exercises that are really beginner level So you can start wherever you are if you've never worked out a day in your life And you're probably feeling very overwhelmed with all of this There's a program for you in there and there are things you can do with a chair You

Like I've got things where I'm like doing some squats and holding on to a chair and there's things that you can really start and then build from there.

**SHAWN STEVENSON:** Awesome. So everybody's invited.

**DIANA KEULIAN:** Everybody's invited to the party.

**SHAWN STEVENSON:** Awesome. This is amazing. And I'm so glad that, you know, even again the health bank and taking a withdrawal to come here, you know, this long, it's a nice ride, LA traffic. It is. To get from Chino to here, and I'm so glad that you did because, you know, you're one of my favorite people and this has been so enlightening. Can you let everybody know where they can pick up a copy of the book and where they can follow you for more information overall?

**DIANA KEULIAN:** Yes, so the book, How Not to Get Sick, and it's available now. really anywhere that books are sold. Amazon, Barnes Noble. But yeah, I just really appreciate you having me. It was well worth the drive, and I always enjoy talking to you, and I feel like we've got something going here, right? Something that people can really take away and use, even if it's just giving themselves permission. to not be like everybody else, right? And as far as getting more content from me, I do have a podcast on YouTube, so just look me up, Diana Keulian, and it focuses on self development. So every Thursday I have a new episode, and you know, the topic ranges from sometimes we're talking about nutrition, and sometimes we're talking about fitness, and then Lots of times we're talking about more like mental health and how do we really just keep pushing ourselves to be better, learn more, open ourselves to just a more vibrant existence.

**SHAWN STEVENSON:** Ah, I love it. How Not to Get Sick. Pick up a copy like yesterday. Add this to your collection. It's a beautiful book, by the way. It's so beautiful. You guys did an amazing job. How Not to Get Sick. Diana Kulian, I appreciate you so much.

**DIANA KEULIAN:** Thank you so much. I really had a lot of fun with you today, and I really appreciate your time.

**SHAWN STEVENSON:** Ah, you're the best. Thank you so much for tuning into the episode today. I hope that you got a lot of value out of this. Thanks. Please share this out with your friends and family, share the goodness and of course pick up a copy of how not to get sick. It is the guidance for not getting sick and transforming our metabolic health. Slashing, slashing the risk of all manner of chronic illnesses and of course infectious illnesses as well. That's one of the things that is hallmark in these epidemics of chronic infections that a lot of people think, oh we got that figured out back in the 80s. We've got a pretty good handle on this stuff.

We got flu shots. All right. We're good. But, Aha!. Things have borne out to be very different. And the thing that depressed our resilience, and this is affirmed by research from the CDC. They looked at the data from over 800 US hospitals and found that the number one risk factor looking at hundreds of thousands of patients in this recent pandemic. The number one risk factor is poor metabolic health, specifically insulin resistance and obesity. So we've got to do something about this to ensure the resilience, the durability of our species as human beings, and also just to experience vibrant health, to feel good, to live out our passions, to be able to express ourselves to really make life worth it.

We get an opportunity to live this life and so many of us are just inundated. We grow up in a culture that is programming us and force feeding us to be sick. We've got to write a different story and that's what this is all about. So again, I appreciate you so much for being on this mission with me.

We've got some incredible masterclasses and world class guests coming your way very soon. So make sure to stay tuned, take care, have an amazing day and I'll talk with you soon. And for more after the show, make sure to head over to [themodelhealthshow.com](http://themodelhealthshow.com). That's where you can find all of the show notes, You can find transcriptions, videos for each episode. And if you've got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome. And I appreciate that so much and take care. I promise to keep giving you more powerful, empowering, great content to help you transform your life. Thanks for tuning in.