



Brain Driven Weight Loss — Heart and Science for Lasting Results



Episode 32: Brain Driven Weight Loss — Heart and Science for Lasting Results with Jon McLernon

Gregory Anne

This is the Rebellious Wellness Over 50 podcasts for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way there is. And I'm going to show you how in interviews, book reviews, rants and stories. Each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myths that aging equals decline in every area of life. It pisses me off, and it's BS.

Look, aging happens. It doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne

Welcome back, everybody to another episode of Rebellious Wellness Over 50 where I hope to bring you some very interesting voices, experts in the world of health now, healthy aging. Maybe some are out of the box. My guest today is John McLernon, and he is an out of the box coach. I wouldn't necessarily have a guy coach on for health and fitness and weight loss, but when I met him virtually, he sent me this email. And it was so like, I want to say heart centered without making it sound soft and woo. But he really got what I have always felt is a woman's approach to her body and her weight loss and this and that. So, John, thank you so much for joining me.

Jon McLernon

Well, thank you very much. Yeah. I sometimes feel like I don't fit into the typical male paradigm and part of it you might relate to maybe some of the experience you end up unpacking today.

Gregory Anne

But yeah, I think we will. I'd like to give our listeners a little bit of background because you certainly have an interesting and various background. So right now, you're a weight loss coach, functional eating expert, and you personally have lost 100 pounds.

Jon McLernon

Which I have, 100 pounds, more than once.

Gregory Anne

Right. I've probably lost 100 pounds when you think of it in tens and 20s my over my life.

Jon McLernon

Yeah. Absolutely.

Gregory Anne

So you were a nanotechnology researcher. I don't even know what that is. Give us a brief explanation.

Jon McLernon

So that was at University of Victoria. I was a chemistry student and we were researching what we call blue light emitting particles. And so we were trying to this is pre- Blue Ray. So we were actually one of the research groups trying to develop because, like, laser is essentially you shoot energy to particle and it shoots that energy back at you in the form of colored light. And so we wanted to get blue light. And so basically, every morning I'd bake a batch of nanoparticles and then we put it in this big million dollar machine and shoot lasers and things at it and see if we get it to give us blue light back.

Jon McLernon

It was quite an interesting project, but I call scientific research success through failure. And at 21 years old, I was getting set to go into a PhD program and then decided in my impetuous youth that I didn't want to spend four more years working for a pittance for somebody else to take credit for the work and just to get some letters after my name that I felt at that time not very many people would value, and so I end up hopping into the Navy instead.

Gregory Anne

Okay. So then that takes us to a Navy Marine engineer, a globe trotting nomad. John says he spent most of his life running from his true calling until one question changed his life.

Jon McLernon

Yeah.

Gregory Anne

What the question was?

Jon McLernon

Yeah. Maybe I can set the frame a little bit. So it turns out that I'm actually quite an empath as a kid. I had a lot of temper tantrums and looking back now, what I realized that was I had all these big emotions and I didn't know what to do with them. I didn't know what it meant or how to express them. And so then I learned how to kind of suppress them and hide them as much as possible. I actually usually got into a lot of fights as a kid, and then I'd feel awful.

Jon McLernon

Afterwards I'd go home to cry after going to a fight with a kid. But I learned to hide it because back then it would be, if you showed weakness or emotion as a guy, you were seen as weak. And so I gradually started to suppress this stuff and even found myself turning into kind of a more of almost hypermasculine. So I joined the Navy. I got into power lifting, raced motorcycles, all kinds of stuff that we can call really hypermasculine behavior. After going to some trauma, about ten years ago, it was actually August, August 15 to 2011 that it happened.

Jon McLernon

I didn't really again, I wasn't equipped to deal with all of the emotional fall out of that. And I gained a lot of weight, quite a bit of weight in fact. Ultimately, I tried a lot of things to lose the weight, but all of it was a type of avoidance behavior. So I got into nutrition science, supplement science, into power lifting, so many things other than dealing with what was really going on. And so I was almost ready to give up on coaching because people didn't seem to get me.

Jon McLernon

And I was getting so frustrated, and I didn't know what was wrong with me. I said, how could I know everything I know, be able to help other people successfully? And I can't seem to help myself. And so kind of a last ditch thing. I hired a coach. He was at the time about 42 and pretty muscular, and I thought I was hiring him because I wanted to have a physique similar to his, cause that was where happiness lies. And he treated me very differently than I expected.

Jon McLernon

So because I had a really disordered relationship with myself, I was really quite I would say abusive to myself. And the way I talked to myself really in the cruelty of my own thoughts. And he showed me patience and compassion and kindness and let me struggle. And it felt very foreign for me in a sense, because I wasn't used to being treated like this. And I was expecting, and I used to be involved in a supplement industry and the world of bodybuilding and whatnot and there's a lot of body dysmorphia and orthorexia and things.

Jon McLernon

And so it really took me back. I was like, Why aren't you telling me what a loser I am for my struggles? Why aren't you telling me? Because these are the things that were said in my head. And so one day he said, hey, John, I want to ask you a question. So if you make a list of all the things you love and value, how far down that list do I have to go before I find your name? And that hit me like, a ton of bricks, because in that moment I realized I'm not even on the list.

Jon McLernon

And now I think about it. I'm like, how could I have been kind of, like, so far gone? You know, I grew up in a loving home. My parents have been married for 43 years. I think going on like, they've got a wonderful marriage, you know, very stable, secure home. Like, how do I get to this place? I didn't even know, but it started me reflecting on it. So what does it mean to even love myself? Am I allowed to love myself? How do I get on the list, let alone anywhere near the top of the list.

Jon McLernon

And so it wasn't really an over, you know it'd be lovely if it was just like this overnight epiphany and everything changed. That sparked the change where I started to reflect on what does this actually mean and what happens if people actually find out that I'm empathetic with a big heart and I really care about people and they have emotions and they have feelings. You know, it turns out they won't reject me. They won't see me as less than, you know, in terms of being a man. I, 6'1", 250...

Jon McLernon

Like, I'm a pretty big dude and so. But I didn't get treated again. I didn't get treated the way I thought I would when people started to see who I genuinely am.

Gregory Anne

Yeah, interesting. So we have a gap in our ages, and I would have to say that with age comes wisdom. Lucky you had that question asked when you did, because now you have a lifetime of making it so, not just for you, but the people that you coach. And now you're on a mission to help other people lose weight and not use BS diets. As you said, Put those BS diets and the rear view mirror. I say Amen to that. I mean, it's funny. I was with two of my high school girlfriends yesterday visiting, and, you know, we are talking about the high school and because we were at the Beach, I remember how we had so many hours at the beach, but the hours of the beach were preceded by the banana and skim milk diet or the drinking man's diet, or the, I don't even, the grapefruit diet, like so many in between the weekends where we could be at the beach, all we did was eat disorderly crazily most of us.

Gregory Anne

And looking back the photos, we were not heavy.

Jon McLernon

No,

Gregory Anne

We had Glamor magazine and Vogue magazine, all these magazines with those skinny little models as the thing that we wanted to be like, the people we want to be like.

Jon McLernon

It's crazy because there's a promise in there and it's a false promise. But it is if you look like this, you'll be happy. And I bought into that too.

Gregory Anne

That guy, if you had a physique like that guy, that's where happiness would be.

Jon McLernon

That's why I hired him originally because I still haven't managed to. Now he's a bit shorter and stockier and probably has a good frame for we call like a body building type physique if you're about five nine, that's a really good height for body building because you usually get pretty good proportions. But to be, I have big long limbs as well. Like I was a volleyball and basketball player like a monkey. And so to put that level, I don't want to digress too much. But really, to build that kind of muscle to have that sort of physique would be really, really challenging just because of the length and size of my frame that'd be a volume of muscle require.

Jon McLernon

So I just I never did actually achieve that physique, but I did achieve happiness and loving myself.

Gregory Anne

Well, that's the most important thing, which is now why you can help other people. I want to talk about something you said to me in the first email and you were talking about that. You know, the food is never the issue. And changing, so let's just say somebody's Netflix binging and every night they're having ice cream every night and then COVID over, we all have 15 pounds or some people have 15 pounds to lose. And so we take away those things. And as you say, wrapping broccoli in a lettuce leave and eating it is never going to make anybody happy or something like that, which we can't replace this delicious thing for something that nobody really wants to eat in the way that they are told to eat it and eat less and exercise more.

Gregory Anne

So what is the, how do we go from over here to healthy balanced eating?

Jon McLernon

That's going to be an individual challenge for each person. And so I take what I call like a nutrition progression approach with somebody. The normal, and maybe we could preface it by framing the normal diet approach that still exists. And part of me would think, like in the 21st century with all the information that we have, the sort of thing would start to fade away. And it is, thankfully. But the original diet approach is we're gonna put this template over you.

Jon McLernon

We're gonna put a whole bunch of rules on you that you're gonna start following from day one. Well, that's a huge amount of change. That's really, really difficult for our brain, which is essentially a habit forming computer, among other things, to try and input all of those changes all at once. It's a rec... It's a guaranteed recipe to fail. And so we want to take an opposite approach that. And so I'm interested, not just in what you eat. I'm interested in how you eat, why you eat, when you eat, and who you eat with.

Jon McLernon

So really getting a complete picture of what you're eating looks like before we start worrying what the minutia of like, should I eat this many grams of protein or something like that? Let's get an insight into what you're eating looks like right now and start bringing that into your conscious awareness. And so one of the very first things I have people do is take photos of their meals. And it sounds like a really, really simple like, "oh, that's so simple." I'm like, yes, it's supposed to be.

Jon McLernon

I want to be so simple you can't not do it. But what it does is it brings our eating behaviors into our conscious awareness. And really back to the heart of, I like to call what I do brain driven weight loss. When we take a photo of our meal that triggers our conscious awareness. There's also the flip side of that, the times we don't want to take a photo of what's in front of us. And then I say, Well, we want to ask the question that place, like, where's the judgment coming from, because it won't be coming for me.

Jon McLernon

But I will ask questions about it sometimes, and I'll just ask it in relation to your goals. Does that support your goals? Instead of diving into a whole bunch of rules right away, we say, let's start creating awareness around our behaviors because, really, that's the precursor to change.

Gregory Anne

What kind of goal setting? I think you're not particularly a traditional goal kind of guy, coach, are you?

Jon McLernon

Not really. So I kind of ask. I only have two things from people I want to know in the short term. What it is they'd like to accomplish, because that does matter. There's a tendency to I think, sometimes put a lot of emphasis on the big, big picture, long term goals. And that can be a good thing. But the pitfall there is that it's easy to push that into the future. You know what? That's a big goal. That's a ten year goal. That's ten years away. I got to take care of today.

Jon McLernon

And that's a very typical stress response. And so I kind of want to know four weeks from now, what is a change you'd like to see? And then we'd say, is that realistic? So when someone said, "I'd like to lose 15 pounds in four weeks" and I said, "Well, let's have a chat about the realistic nature of that, and we'll explore that. Why do you want to lose 15 pounds in four weeks? What would be so bad if it happened over eight weeks or ten weeks or twelve weeks?" Really.

Jon McLernon

So we want to have something a little bit short term with a little bit of urgency there. It's a little bit of prompting. And then the big picture goal does give meaning to our actions. So the day to day habits are often not very glamorous and by themselves would just seem like trivial and trite and boring. But when we do have that big picture goal, that does help to put meaning to what it is that we're doing. So I'm not just eating vegetables because I'm fat and depressed.

Jon McLernon

I'm eating vegetables because I want to be able to get down on the floor and play with my grandkids. I just had a conversation yesterday with someone who said, I don't want to have to say to my grandkids, I've got three and the fourth one on the way. "Well, if Granny gets down on the floor, she can't get up again." And it's like, there you go. That's what this is really about. It's not even about a number on the scale. It's about the life that we want to live in, the ability that you want to possess and maintain as we move into our advanced years.

Gregory Anne

Yeah.

Gregory Anne

And I would say that although we're geared to the number on the scale, right? Or for women, maybe it's a Pant size or a dress size. And these numbers as we get older, I would say, have got to lose their meeting or their hold on us because most women that I know don't weigh themselves. They're not obsessed with the scale anymore. But again, so it's like, okay, so the number of the scale could be 150. I want it to be 130. Therefore, I want to lose 20 pounds.

Gregory Anne

But what you said, which I often work with people the same way. How do you want to feel? Why is this number important? You know, nobody's gonna put you on a shame thing if you don't get down to a size eight, or ten, or twelve or 14, whatever. So it's coming from inside, right? That mean talk from inside that we're used belittling ourselves, this and that. And the other piece of that is that I find as we age 10 pounds in four weeks... The body has a mind of its own.

Gregory Anne

That timeline is predicted by all the other things that create hormonal responses in the body; stress, not sleeping, maybe it's peri- menopausal symptoms. Right? So again, I, like you, try to get people out of the time frame goal as much as how do I want to feel? What is the reason for the goal and tap into the more meaningful aspect of why we're having a conversation, why I coach to begin with.

Jon McLernon

Yeah. And I will say there is a degree of value to something tangible because human beings can be encouraged by it. But I like to say that weight loss is a doorway. It's not a destination. And interestingly, and I think this is why I often, in my own observations, see something like self-sabotage come up, because let's say you get to your goal weight. And the day you see that number on the scale is a really exciting day. Yes, I'm finally here. I've arrived. But that's not really your destination.

Jon McLernon

And the next day you're like, okay, now what? Now what? And so we actually encounter ultimately what's kind of like an identity crisis. So now that you've got here, if you want to stay here, you actually have to continue to live this new lifestyle that you've been trying to form and build. But many people, it was like, no, I just had to deprive myself until I got here so I could go back to living my old lifestyle and being that old person. So there's almost like this identity crisis at a different level in our brain that stops us.

Jon McLernon

And speaking of personal experience, I was like, I just have to suffer through this until I get to this weight. And then I can finally live my life again.

Gregory Anne

Right, yeah.

Jon McLernon

What a fallacy that is

Gregory Anne

Exactly.

Gregory Anne

You know, it's almost, in the world of coaching, as you know, people wait until such and such happens before they can be happy, rich, free, whatever. There's always an event or a transformation oftentimes outside of ourselves that has to happen. And the same with the weight loss. Okay. So I got here now what?

Jon McLernon

Yeah. Yeah.

I'm curious what it is that prompts us to project kind of our happiness in the future. And I wonder if, and maybe this is speaking from my own experience again, there was this fear that if I was allowed to be happy in the present moment, that somehow I would stop caring about being healthy and weight loss because now I was happy. And it's probably what we call a cognitive distortion because it is possible to be happy and want to grow and improve. There's actually, we have a really let's say we have a really strong desire or drive within us, maybe the soul of our being, at the heart of our being as human beings, to want to grow.

Jon McLernon

And when we're happy, it's a lot easier to grow than when we're unhappy. That's what actually keeps us stuck in these old patterns that really don't serve us.

Gregory Anne

Yes. Many times I've heard a coach say to somebody at a mic at an event. So what do you really want? You're at this event, it's about making money or being healthy or whatever it is. So what do you really want? And I'm telling you 80% of the time that I've asked people that, they don't know exactly what they want. So it becomes a weight loss goal or a money goal. And those are great. I'm not saying we shouldn't have those kinds of goals, tangible, but the intangible things are harder to identify for us. Especially when we're used to like,

Gregory Anne

"Everything's okay." What if everything could be amazing? Not every day, not every minute. But I think we settle for okay when we really want more, but we don't want to ask for it. We don't know how to ask for it.

Jon McLernon

And I wonder if we're afraid to ask for it because we're afraid that we might not get there. You know, I asked that question too, and it's probably the hardest question for human being to answer. What do I really want? Because the other part of it is, we're now committing to something. This is what I actually want, and that's to the exclusion of other things. And especially now in the 21st century, like, FOMO is a very real thing. Fear of missing out because we're presented with so many options and so many potential paths and ideas.

Jon McLernon

And maybe we're also sort of told this, you can be whatever you want to be. And so on. And it's nice to have aspirational messaging, but there is a limit to it, and it does need to be grounded in reality. And so. But on the flip side, so maybe use my own marriage an analogy. I believe that I married my wife for life. I'm with her till death do us part. Call me old fashioned, but I'm in this for life, for good, for bad, whatever. We're together, and I'm blessed.

Jon McLernon

I have a really, really good marriage. I can't complain one bit. I have an amazing wife, but that's to the exclusion of all other options. And when I made that commitment, I was like, that's it. But now what I've done is I've committed to going deeper. You know, I thought when I married my wife like, wow, I don't know if I'll ever love her more than this day. But you add 15 years to that, 15 years of day in and day out investing in this relationship, and it's just more and more and more valuable.

Jon McLernon

So there's something to be said for committing to something to the exclusion of all others. And now explain, like, it's such a meaningful relationship in my life. I say I've got

something's worth more than all the way in the world could ever buy, because I've invested 15,16 years of my life actually in this relationship.

Gregory Anne

And you're a new dad. Congrats.

Jon McLernon

I am. Thank you. Yeah.

Gregory Anne

Most of the people listening are going to be women. I have got to share what John told me when I was having a little pre call with him about having this new baby. And he said, "You know, I can't actually experience what my wife is going through, but I'm seeing it firsthand here, and I always make sure that I get up with her. So she has time for self care that she has water." That I'm thinking how many women would have killed for that kind of guy in their corner when they were up with the feedings and the thing?

Gregory Anne

And I'm sure there are lots of men also do that. But the way you said it was so loving, and it was just like, well, this is what I do. This is what I would be expected to do. And I love that.

Jon McLernon

And I can really bring that back to again, really exploring what self-love means. And it's like when my cup is full it's easier to offer the best to others. And it sounds kind of cliché to say that. But, you know, I used to be, in one sense, kind of selfish in my relationship. We've always had a good relationship. We've always had really good chemistry and I often, very often took that for granted. My wife is also very devoted, very committed, and very often I took that for granted but...

Jon McLernon

As I've really grown sort of in compassion and empathy for myself and as I learned more about compassion, empathy, working with, in particular women, and witnessing everything that my wife went through to grow this little human and to give birth. And now just day in and day out like, it's a 24 hours a day thing. I just see how much love she lavishes on him. And I think, Well, I just want to keep nurturing that. I want her, the worst thing in the world for me, would be for her to feel alone in this experience and not supported in this.

Jon McLernon

And part of it is driven by also wanting my young son to to feel loved. And they say, you can't over love a kid. But I said, we're gonna try, you know, because I've spent so much time now studying behavioral psychology and learning about the importance, and

especially these early, early developmental months and years in their life. And so I realized that, well, I can't nurse my kid, and I still can't quite provide the same degree of comfort the mom can. I just don't have that bond.

Jon McLernon

And that's okay. She deserves that for all that she's done to bring him into the world. But if she is nurtured and cared for, that means that she has more to nurture and give to my son as well. And so it becomes kind of the virtuous cycle.

Gregory Anne

I love it. Let's talk about intuitive eating versus your version, informed.

Jon McLernon

Yeah. I think the idea of intuitive eating is really appealing. Like, I understand it's draw. And this is a simplification. But at its core, most people are going to interpret it as "eat what feels good" or "eat what I feel like." Now, if you dive into, could we say the science of intuitive eating? It goes deeper than that. But most people aren't gonna go deeper than that because it's such an appealing idea. What I feel like the problem is, our modern food products that were sort of marketed to every single day, are actually deliberately engineered to bypass our ability to eat intuitively.

Jon McLernon

These things. When I was studying chemistry, one of the things, one of my courses was an industrial chemistry and getting into food chemistry. These foods are engineered from every detail that we would never imagine. The level of detail that goes into from the time it touches your lips, from the time it touches the front of your teeth, the tip of your tongue, in the middle of your tongue, in the back of your tongue. Do you think about every single detail about that whole eating experience? And they deliberately engineer these foods to really bypass our fullness and satiety mechanisms.

Jon McLernon

Because from a business standpoint, the more you eat, the more they sell and the more profitable they are, it's not really that nefarious in a sense. It's a business thing. And so I would love it if we could eat intuitively in the modern world. But then we factor in the high stress, like lifestyle. We live in a biologically stressful, 21st century life. Social media, just electronic digital, like a digital lifestyle is biologically stressful. That also makes it more difficult to intuitively eat. And so I think sometimes there's also this the sense, that would be the ideal.

Jon McLernon

It's how we should all be able to eat. And somehow, if I'm not eating in this way, I'm failing.

Gregory Anne

Yeah.

Jon McLernon

And it's like, don't put that pressure on yourself. Like, these food companies have invested literally billions of dollars in food science, in flavoring science, in, like, textural science and psychology to hijack your brain. That's what they're trying to do. It's not really nefarious. They just want to sell more stuff and make more money. Now, if we understand that this is what we're up against, we can eat in a different way. And so there's an element of needing to kind of accept sort of the biological reality of the world that we're living in and make peace with it.

Jon McLernon

You can't intuitively eat Chips Ahoy or you really can't, because there, there, I pick on those because I remember trying to overeat these soft and chewy, like mini Chips Ahoy cookies. I thought if I could just eat and eat until I make myself sick, I'll never want to eat them again. And that lasted about two days. I ate, like, three full box of these cookies. And even crazily enough, it took about three boxes to actually feel physically satisfied and full as well. But it didn't work because that's what they're engineered to do.

Jon McLernon

Like, there's such a pleasurable eating experience, that's what they are. And so the idea of intuitive eating, and I hear this from so many of my clients like, I just start and I feel like I can't stop. And there is an emotional element to this as well. But it's like, why make your life harder? Why make it more difficult? About the only things we could intuitively eat are really what we call whole foods, foods as they occur, or as close to possible, as they occur in nature because they're not biologically or they're not chemically engineered to bypass our biological mechanisms to satiety and fullness and things like that.

Jon McLernon

And so we could intuitively eat those but the moment you got most packaged and highly processed, hyper palatable foods, you really can't intuitively eat them. And that's kind of just the reality that we're confronted with and most of the foods that you're referring to.

Gregory Anne

Especially things like Chips Ahoy cookies or any kind of cookie. They are carb, sugar and salt laden, and they create the craving response. Right? There are times when I truly do crave salmon or broccoli or this and that. But if I were eating a lot of convenience foods. I would probably more be craving the potato chips or the Doritos, English muffins for breakfast but..

Jon McLernon

And cravings are really an interesting thing because there really is no biological imperative for industrial like seed oils, for example, to pick on those. There's no biological comparative for the highly refined carbohydrates or the highly concentrated sugars. And so the craving at that point is purely a psychological experience. It's not the idea that, well, if you're craving chocolate, you need more magnesium. Wouldn't that be nice if that was true?

Gregory Anne

Yeah.

Jon McLernon

Cause if you wanted more magnesium, you'd pick something much more magnesium rich. Maybe pick broccoli or spinach or something like that. Nobody craves those. Well, I know you said you maybe you craved it little bit

Gregory Anne

Broccoli, I don't know. What it is about broccoli...

Jon McLernon

It could be just knowing how nourishing and nutrient rich it is, how powerful it is in the body. Like it's such an amazing food. And the idea of superfoods. I'm like, just about any plant food that's, like a non-starchy vegetable, could fall in the category of superfood because of how much nutrition is packed into it. So then the idea of informed eating is because, again, these highly or modern or 21st century packaged foods food products. Really, they're also engineered to be eaten without awareness.

Jon McLernon

So they're meant to mindlessly eat them, watching Netflix and making an entire bag of chips disappear or entire box of cookies or whatever. They're engineered to be that. And so the way that you combat that or fight back against that is informed eating. And it's exactly that it's being able to bring our eating behaviors into our conscious awareness. So bring it from kind of the mid brain to the front of our brain or a prefrontal cortex. And these are all bits of simplifications. But I mean, it makes it so that somebody can understand.

Jon McLernon

So we take something that is like an automated mindless behavior, and now we move it into a conscious behavior and you might still end up eating those cookies. But now you're making a decision in relation to your goals and your health and saying, okay, I'm going to choose this trade off today, I'm going to eat this food because I'd like to indulge

this craving, but I accept that in eating this food, that it's not helping me get any closer from the health goals.

Gregory Anne

Yeah, I would definitely agree. And I have a phrase "excess in moderation" for just once in a while. You may want, there was a diet, a meal eating plan I don't know what you call it, a number of years ago, which was low carb, high fat and protein. And you could do whatever you wanted all day Sunday because supposedly eating a bunch of carbs on Sunday was going to reset your metabolism. I mean, it was, they had it all worked out on paper, but I could just never buy it.

Gregory Anne

But I thought this is a good one, because then on Sunday, I could have pancakes or bear claws, or whatever. It didn't last long because I, I think then it's hard on Monday, right? Now you've had all this fun you've had all these great foods, and now you wake up and you're feeling kind of sluggish or maybe a little hungover from at all, you get back on that wagon, which is a phrase I'm sure you hate it.

Jon McLernon

I do.

Jon McLernon

Yeah. I often tell people that there is no wagon, there's only life. Quite so. I think the theory behind that was something like carbohydrate deprivation and caloric restriction, which is necessary to lose body fat. We can't eat an excess of calories and somehow magically lose fat. Or I hear people say, I'm not eating enough. So I must be like, I have to eat more to lose fat. And like, well, that defies the laws of biology. But the idea here is okay. You starve yourself in carbohydrates. Your thyroid will down regulate your basal metabolic rate in response to a lack of carbohydrates.

Jon McLernon

And then if you do a carbohydrate spike, and this is very common in the bodybuilding world, carbohydrate spike. It will then boost your thyroid function again. And it will offset some of the metabolic adaptation that occurs in response to a caloric deficit. Because, remember, we have we have a famine biology, and we live in a feast world. So our biology is wired to adapt to food scarcity. It's why human beings are still alive when we didn't have food abundance for the first, I don't know, well, up until maybe 50, 40 years ago.

Jon McLernon

Now where we had food security for 99.9% of human history, we didn't have food security. So we have this famine biology. But we live in this feast world. I think we

produce something in the neighborhood of enough calories in North America to feed every human being like, four thousand calories a day. There's that much food floating around just in North America. Well, it's got to go somewhere. And so that's why it's constantly being pushed on us. It is going somewhere. It's going to everybody's waistlines and to storing visceral fat and so on.

Gregory Anne

What was the hardest thing about the hundred pound journey?

Jon McLernon

I think the magnitude of it looking at it and going, Man, this is going to be a lot of work.

Gregory Anne

So did you decide 100 pounds or did you just say, I gotta get some weight off of me and we'll see how it goes?

Jon McLernon

I didn't actually decide 100 pounds necessarily. I think originally I wanted to lose maybe 80 pounds or something because I thought that was a good number and thought I could, oh, in a year, it ended up taking me about six. Because I'd lose the weight and gain it back, lose the weight, gain it back. I was a classic Yoyo Dieter. And so the hardest part, I really think is the mental game. It's looking at the magnitude of the problem. And because there's this inclination to look at the size of the problem and think the solution has to be equal in magnitude.

Jon McLernon

And I call it trying to swallow the elephant hole. So 80 pounds, or 100 pounds like that's a lot of weight to lose. But if you were to break it down. So I'd ask my clients all the time, how do you eat an elephant? You know, one bite at a time. And anytime you're feeling overwhelmed I'm like, "Are you trying to swallow the elephant whole." Are you trying to tackle the entirety of this problem in your head today? That's why you're feeling overwhelmed. We know there's a bigger goal, but we can put that bigger goal in the Shiny Objects drawer and pull it out every once in a while to remind us what we're working towards.

Jon McLernon

But ultimately, what we're trying to do is craft a way of living that we can keep doing, because that means that when we get to that goal, now we'll be able to sustain that. And so for me, to bring back to your question. For me, it was really staring at the magnitude of that and going like, "how am I ever gonna get there?" And battling through, it's so much a mental game because the biology or the physiology of fat loss, it's quite well understood. It's not really a secret anymore.

Jon McLernon

It's very well documented. We try to reframe it in different ways to make it attractive from a marketing standpoint. And I understand that. I mean, but the reality is it's really, that process is quite simple. It's the human being that's complicated.

Gregory Anne

So tell me, about tell us about your 180 lifestyle. Lifestyle 180 I should say.

Jon McLernon

Yeah, lifestyle 180. So it's a 180 day program. So the name sort of gives that away. And of course, it's a nice little metaphor for a complete change in direction. Right? If we consider, everyone says, I need to do a 360, I'm like, no, you don't. Right. So let's consider the current path you're on and where it's going to get you to. And let's consider if we were to change course, because very often the path people are on is a path to heart disease, to diabetes, to all kinds of chronic illness and disease and lack of mobility.

Jon McLernon

And so on. So I thought, Well, how are we going to tackle this without dieting? And it's really evolved into this brain driven weight loss. And I kind of break it down into five core components. The first one is optimizing your metabolism. And again, it's probably a little bit simpler than people would make it out to be. It's not about a whole bunch of caffeine or ephedra or things like that or taxing the nervous system. But it's like, well, let's optimize your metabolism and then let's optimize your digestion.

Jon McLernon

And I kind of focus on those two things first, then the sub behaviors that are related to that first, because if you're not digesting things well, you could eat all the healthy food in the world, and you just eat colorful food you're like, oh, there's peas and corn and carrots and things. Then we move into optimizing, I would say, like, the nutrient density of what you're eating cause, now, you're actually gonna be able to absorb better. The other reason for starting where I do is because there's a natural tendency to want to Zoom in on the minutia again of what we eat.

Jon McLernon

But there's certain behaviors around food and our relationship with food that are relevant regardless of the food that's in front of us. And if we work on those skills first, then we don't find ourselves confronted with the situation "I don't know what to do, it's not healthy food in front of me. It's like, "well, you can still eat mindfully. You can still eat slowly. You can still stop when satisfied. These are different behaviors you can implement. And so I kind of take people through five stages.

The fifth and final stages is I was like, what do I want to call it, like "food wakening" or something. I was trying to come with a cool name for it.

Jon McLernon

But really, what it is about is mastering your relationship with food. And that comes near the end of the program because each one of these skills that we work on, it's an opportunity to--I call it like, a mini stress test. It's not about trying to do it perfectly, but it's about, let's try to implement this skill or practice into your life because we know that those who are what we would call it--a successful, long-term weight manager. These are the skills that allow them to lose the weight and keep it off.

Jon McLernon

So let's try to implement into your life, see how it fits, see where it goes wrong. And how do we now customize this to suit your circumstances? And we do that with a series of cumulative skills. So I kind of call it nutrition progression approach. And the ultimate goal here is to become what I call SWLM. But I mean, it's S L W M, successful long term weight manager, and that's just an acknowledgment that losing the weight is one thing. But unless you have lipo suction that physically removes the fat cells from your body

Jon McLernon

You are going to have those fat cells. You can empty them and you can shrink them to tiny size. But they're gonna be with you for the rest of your life. That's your gift. And so what do we need to do? What's the lifestyle we need to craft for you that allows you to not just lose weight, to keep it off. And then, in a nutshell, I like to say we marry the science of metabolism, the psychology of behavior change, and the compassion of human connection.

Jon McLernon

And when you put those three things together, it becomes almost inevitable. You will succeed.

Gregory Anne

So interesting. What about movement? How do you feel about the importance of movement in the lifestyle change?

Jon McLernon

Absolutely essential. Now I like to put the caveat in there. That movement and exercise is for fitness and nutrition is for fat loss. Now, I say that because exercise itself is not a great fat loss tool in and of itself, because of its tendency to increase appetite and and so on. But there are so many other health benefits. So if we look at the top five biomarkers of aging. So if we didn't know your your chronological age, we could make an assessment and determine roughly your biological age based on some of these biomarkers.

Jon McLernon

So, we look at body fat percentage, lean body mass. That's how much non-fat mass are you carrying? Basal metabolic rate, bone density, and physical strength. So, those because as we age, all those things diminish. So we, except for body fat percent, which tends to go up. So we lose muscle. It's called sarcopenia. We lose strength along with losing muscle, our basal metabolic rate tends to slow down. Again, partially a byproduct of losing muscle. Our bone density goes down, a byproduct of not stressing our skeleton as much.

Jon McLernon

And then our body fat percentage goes up, because, generally speaking, our calorie consumption doesn't go down to accompany these other changes. And so when we bring, so if you're going to ask me from a physiological standpoint, what's the best thing we could do for our body? And I would say it would be resistance training because it's the one thing we can do that has a positive impact on all five of those key biomarkers. But that being said, it doesn't mean you have to go to the gym and try to become a body builder.

Jon McLernon

You can if you want. I mean, there's some really inspiring bodybuilders, like in their 60s and 70s who took this up, and it's pretty cool what they have managed to do, and I'm like, "Go for it." But I have, for example, resistance bands. They're like giant rubber bands. And I take them. We go for a walk with my son and we hop over to one of these little outdoor parks, and I use the resistance band. So I'm getting family time. I'm setting my example of my kid.

Jon McLernon

It's nothing like going to a gym and the squatting and deadlifting and power lifting and things like that. But it doesn't really matter. So we find what works for us. And ultimately the activity you're going to do continuously is one you genuinely enjoy.

Jon McLernon

That being said, you might have to learn to enjoy it in the beginning because we're wired to avoid discomfort and any sort of increase in movement will have an element of discomfort as we're trying to change the routine in a pattern. But as you start to reap the benefits, more energy, more mental clarity, better cognitive function, you're going to sleep better. You're going to have lower stress. Like exercise is a really interesting one because it's a type of stressor but it can lower your stress overall. So so many spillover effects.

Jon McLernon

But then you start to want to do more of it. And I encourage people to set what I call CMGs or can't miss goals. So what that means is if you said, okay, I'm going to take up

running. Cool. I'm going to run 5 km every day, especially in the beginning. You probably won't maybe get to 5 km. But the likelihood you're going to complete that every single day is pretty much 0% because it's too big of a leap. But if you were to say, I want to walk 3000 steps every day and some people would say, Well, that's not ten thousand steps so it's a waste of time.

Jon McLernon

I'm like, no, what we want to do is we want to learn a behavior. We pattern our behavior by picking something that's highly repeatable. So even on your worst day, you can accomplish that behavior. And now you build what's called a winning streak and you don't break the chain. This is a trick that comes from Jerry Seinfeld. He was like, write a joke every day, put a big red X on a calendar on a wall calendar and don't break the chain. And so like, why don't we do that in the movement?

Jon McLernon

Because ultimately, what keeps us going is if this becomes a habitual behavior pattern and we create that with sort of continuous repeatability. And so one last example and that is, mine is 5,000 steps a day. Now the average I do is about 8,900 steps a day. So why do I keep it at 5,000? Well, yesterday I had 13,000 steps. But some days I might only do 5,500. I have some hip issues related to a couple motorcycle accidents, and sometimes it just, hip flairs up and inhibits my mobility.

Jon McLernon

It'd be impossible for me to get 10,000 steps, but I have currently, like, a 117 day streak going of hitting 5,000 steps. It's enough that I have to do some kind of deliberate movement every day to hit that goal. And very often it becomes about how soon in my day can I hit that goal? And I love keeping the streak going. And so that's quite a big nutshell in saying like movement is an absolutely essential part of your overall journey to health, and especially if you're over 50.

Gregory Anne

Absolutely. And every day I feel like I read an article about the importance of it for brain health. I know at my age over 50 women, the more if I ask the question to every woman I met who is over 55, let's say maybe 60. What are you most scared of? "Alzheimer's or losing my mind" is the most frequent answer. So if we can do something as simple as moving every day in a meaningful way, not like I went from the couch to the refrigerator and back. And for those who don't wear a tracker, you must wear a tracker because, you know, your steps every day (inaudible)

Gregory Anne

I swear, I've had one of these for, I don't know, ten years. Whenever they first came out, I was all excited. I was like, oh, this is gonna be cool. And I've had different varieties,

and I've settled on the one that I like. But it really is what you say, if I look and I've, there are days when I'm at my computer a lot.

Jon McLernon

Yeah.

Gregory Anne

If I look down at three in the afternoon and I'm at 3,000 steps you better know I'm gonna do something. I'm either getting on my treadmill or going outside. I don't care how hot it is, I got to do something. Even sometimes I'll just get on my bike if I don't feel like just walking in the heat. But it really is just because I have this habit. As you said, I have built this habit over years that I got to do something every day. It doesn't happen every day.

Gregory Anne

If I go visit my sister for the weekend we may walk the dog for 15 minutes and that's kind of it you know, we're shopping or whatever. But those other days make up for the occasional day when they're just isn't much movement.

Jon McLernon

Absolutely. Well, I think about, like, my dad, who is 70. I think he's age 69 or 70. Anyways, let's say he started exercising when he was 13 and just never stopped. And, you know, I think he's a lot stronger than the average seventy year old for that very reason, because he just kept it going. And yeah, the way that he would train now looks at very different when he was in his twenties, of course. But you don't have the same capacity for recovery. It's important to respect that.

Jon McLernon

I think one of the worst things we can do is I mean, I'm only 39 going on 40. But the worst thing we can do is try to train like were in our twenties. I let that go. But you can still push yourself, but it's going to look a little bit different and you have to factor in recovery more. It does matter more. But you want to just create whatever your, whatever it feels that you could do on your worst possible day. Make that your CMG, your can't miss goal and say, that's my can't miss goal for moving every day.

Gregory Anne

Yeah. There will be people that say, "oh, well, I missed the boat. I didn't start working out at 13 or 20 or 30, and now I'm 65", it's never too late to add weight training or anything into your life.

Jon McLernon

One of the coolest things I saw, I think, was in Australia. They took nursing home patients who were in their nineties and got them lifting weights. And they saw benefits. They saw improved cognitive function, improve memory function, improve strength. The body has this remarkable capacity to adapt, even in our 90s. I bet if they were to study people over a hundred, they probably find the same thing. But I think they didn't have enough people, maybe in over 100 years old, in one group to... It really is true. It's never too late.

Jon McLernon

And that's going to be one of the most defeating mindsets that we encounter. Like, I missed my opportunity. It's like, there's one staring us in the face today, literally, like, if you have functioning limbs, it's staring you in the face today. There is no, let go the past and take advantage. Stop staring at the closed door and look at the open one right in front of you today.

Gregory Anne

Yeah.

Jon McLernon

And you touched on something I just wanted to swing over to quickly. And that was about cognitive function. And that's something I worry about. And so one of the things I take Lion's mane mushroom extract, which is known to have some really cool benefits. Yeah. In small studies, it's shown some pretty cool benefits. And so I'd love to see larger scale studies on it. But I started taking it now because I'm like things like Alzheimer's and dementia. They don't just happen overnight. It's a progression. It happens over a number of years.

Jon McLernon

And so it can take anywhere up to 20 to 25 years to fully develop. And so to be aware of that, like, if you're, especially if your early fifties, it's like you want to be aware of this. This could be developing over the next ten to 15 to 20 years. You want to start taking, you don't want to wait until the symptoms appear before you start focusing on brain health. And so, yes, sleep is huge for that. One of the cool things that happens when we sleep is their brain will shrink in volume by up to 25%.

Jon McLernon

And in our sleep, it will shrink. It will oscillate, essentially a very slow oscillation. So shrink and regrow and shrink and regrow. And it's actually largely movement of fluid in and out. And again, a bit of a simplification. Kind of what's happening here is as the brain sort of shrinks in volume, cerebral spinal fluid is drawn up into the brain. And as it expands again in volume, it's kind of pushed back out. It's like a little bit of a pump effect. And there's a little bit of washing the brain.

Jon McLernon

And again, this is like a super simplification of what's actually happening. But it's kind of like washing the brain essentially. Well, it takes roughly 90 minutes to do, like, one of these cycles. We need four to five of those a night. And that's why that's seven to eight and a half hours kind of thing. And so if we want to keep our brains healthy, sleep is Super Super important for that.

Gregory Anne

And I have to go, now I'm going to go back to the importance of how long things take to develop when we're speaking about lifestyle changes. Diabetes people, diabetes has been going on...If you get a diagnosis of pre-diabetes, you are already in a diabetic state. Your heart has been swimming in a sugar bath or rust. However you want to look at it. Like the thing, but we can't feel those changes. Most people can't. Some people will say. "God, I don't feel like myself" and, you know, maybe they'll go get a test and hopefully they'll get you a proper diagnosis and the opportunity to understand lifestyle change as well or in lieu of medication.

Gregory Anne

But anything that shows up as a disease. And there are actual studies that show that as each decade progresses, if you're going to get something, you're more likely to get this at 70, this at 80, over 80, right? Things, bad things happen, which means that all the things we can do now, even if we didn't do well for the first 50 or 60 years, we didn't have great habits. We didn't eat all that well, put them in now and help the body regain its flexibility and immunity and strength so that when something does happen, if it does, you'll be more resilient.

Jon McLernon

I love that phrase "like bathing in a rust bath." That's a very cool visual, though, because, I mean, you're talking about oxidation here, I imagine. But that's a visual that really sticks out. And I do practice intermittent fasting. And so, generally speaking, like having, it's 12:30 my time today and then I won't eat until after this interview. Now, I'll say with intermittent fasting, it's not magic. And if you have a disordered relationship with the food, it can be problematic because I used to, I had to stop practicing intermittent fasting because I would start trading fasting for eating junk.

Jon McLernon

And that's not healthy either. And there are elements of, sometimes you ignore a hunger signal, and sometimes that's not healthy for people either. So I put those caveats in there. But for me, intermittent fasting is super convenient, and all I do is really skip breakfast and just get around eating lunch around 1 because I do calls like this through my midday. Well, fasting is a really, really cool way to potentially restore a

degree of insulin sensitivity and make your body be able to handle something like glucose a little bit better.

Jon McLernon

And it's not meant to be a cure for anything. But when you consider the eating patterns that we find ourselves in, very often eating every two to 3 hours using a language like, "I'm starving." No, you're not, right? We never really give our body an opportunity to switch back and forth between sometimes we're going to burn some fat, sometimes we're going to burn some carbohydrates and so on. So by creating gaps between the number of times we feed ourselves in a day, we will improve our insulin sensitive.

Jon McLernon

We will improve our glucose management, reduce some of the effects of maybe prediabetes. Then you factor in something like resistance training, like lifting weights or resistance bands or so on. That also has a positive effect on insulin and glucose management. So it means that--there's a scientific term "nutrient partitioning" but we're diving in the weeds. It just means that we again, we manage our blood sugar better because we've exercised, for example. And some people may find something like intermittent fasting, while it's not a magic pill, it gives your body a break from dealing with sugar, and it gives your body a chance to move into, we all fast for a period of time through the night when we're sleeping.

Jon McLernon

That's why our first meal is called breakfast break-fast. But it might be a simple way to, if somebody doesn't want account calories for example. There's value to counting calories, but not everyone wants to do that. And I totally get it. This can be an easy way to implement something that can really help something like blood sugar management. Now of course do this with your doctor's advice, though.

Gregory Anne

Exactly. Exactly. Because it is, you know, although the people that are on the bandwagon of fasting and I am one, I mean, I read enough. I think that I believe that it's good for most people, I don't agree that it's right for every people.

Jon McLernon

Agreed. And that's I put the caveat in there. I used to have a really disordered relationship with food and in hindsight, looking back, it wasn't a healthy practice for me because I was basically, "oh, I haven't eaten and it's 04:00 today now I can eat whatever. I want cause I'm starving."

Gregory Anne

Yeah. And I've heard people tell me that, oh, you can just eat whatever you want in that four hour window or six hour window. I'm thinking that don't make much sense.

Jon McLernon

Yeah, that kind of defeats the purpose. And so I remind myself to eat like I would normally eat. And so I'll eat two meals. And sometimes there'll be a small snack in there. If I have a particularly intense workout coming up or something, a little bit of extra fuel for it. But generally speaking I just kind of eat two meals, and I'm quite content with that. It just means it allows me to maintain my weight with relative ease I would say so.

Gregory Anne

Are you on an eight hour window? Sixteen fasting and eight eating?

Jon McLernon

It's sometimes as much as 18/6. The downside to something like 18/6 is sometimes I might still feel like I can still feel my previous meal in my stomach because I eat pretty nutrient dense meals. Mostly, I don't eat like a Monk. Not perfect. I don't want to pretend to be some, but for the most part, my meals or include protein, nonstarchy vegetables, which provide quite a bit of bulk and they slow, and they take time to digest.

Jon McLernon

The other downside, sometimes I might end up eating when I'm not really truly hungry. And so I would say something like 16/8 is probably better or fasting for 24 hours. Once a week can be a good one too. One of the interesting things about fasting it helps us to start to distinguish between above the neck hunger and below the neck hunger. So there's the psychological hunger in the physical hunger. And for me, I think it did help in that regard to kind of break free from my addiction to food, which is now actually, it is a recognized thing, and I use the word.

Jon McLernon

I've always been careful using word food addiction because I don't want to diminish the impact of narcotic addiction or alcohol addiction. And I don't think food addiction is quite as, well, it's pretty destructive for health, actually, but learning to distinguish between physical hunger and changing the alarmist language. I'm not starving. You have to go at least 72 hours without any calorie intake before the starvation response begins to occur. In the moment you eat calories, it shuts off. But we can, it's tempting to use this alarmist language to justify I'm starving so I'm going to two Snickers bars.

Jon McLernon

Well, you know, and so all of this to say, fasting can be a really powerful, a really useful tool, but it does need to be used with thoughtfulness and awareness. And definitely if you have a medical condition always, always check with your doctor.

Gregory Anne

Yes. I feel like we have now done a 180 sort of where we started, which was to say that if anybody listening is looking for a coach or support or, you know, I would say, actually, somebody I know really closely is going to talk to Jon tomorrow. But find somebody who mirrors what you need. When Jon went to that guy, he finally asked him that he expected, he needed--he thought--what he was running from all his life, which was, you know, push me, make me wrong, do that.

Gregory Anne

But what he needed really was somebody to mirror the man that he was, the compassionate guy who had feelings about what was going on and wanted to be on the list.

Jon McLernon

Right. I love how you framed that because the world of coaching. It's like, I'm not a coach for everybody. I'm not. And I don't try to be. Somebody wants to get into athletic competition, your obstacle course racing, or into competition prep or things like that. Yes, I have the knowledge to help you with it, but that's really not my area of expertise. And so, like, for example, Lifestyle 180 I offer people a 14-day free trial because they might have a conversation with me and go, "wow, you really opened my mind."

Jon McLernon

And I'm like, "Awesome, that's great. Now let's work together for 14 days and let's see when the rubber meets road." What's actually like for you before any money changes hands and decide. Is this a good fit? And it saves me a lot of headache, and it saves them a lot of headache. Really? Yeah. That's really what it boiled down to, because the thing is, we have four phases of change, when we try to implement change. The first one is the excitement phase, and that's the surge in dopamine when we start picturing how we're going to feel and how we're going to look when we achieve our results and our brain gives a surge in dopamine that feel good neurotransmitter.

Jon McLernon

Well, that's a biological response that helps us overcome our fear of change, but not long into it it can be anywhere from one to six weeks, we hit a wall, and I call it the frustration phase. And that's where we're now, our old habits and behaviors are running a conflict with a new lifestyle we're trying to create, and your brain will tell you it is easier to quit. And it's not lying. It means it's easier right now to quit. Your life will be harder later if you quit.

Jon McLernon

But in this very moment, it will be easier to quit because it removes the stress of trying to create change. Now, frustration for your brain is a lot like exercise for your muscles. It

says, I need something I don't presently have, and it triggers your brain to create new connections and grow and develop. So if you're willing to be uncomfortable in that frustration phase, you move into the next one, which I call the acceptance phase. And that is where we start to say, okay, I can do this.

Jon McLernon

I know how to do this now. Where we get tripped up here because most people quit on the frustration phase. This is uncomfortable. I don't like this, I'm out. The acceptance phase, we go, "okay. I've got this figured out. I don't have to do this anymore." And we often pull a shut. The fourth phase is kind of what I call the automatic phase, and that's where we've done something for long enough that it now becomes our default behavior. And so if we're willing to...And that's why Lifestyle 180 is 180 days.

Jon McLernon

It used to be a program called 80 Days. Awesome. And what happens is we get to the 80 days, and it's like people are just really starting to get momentum. And then it's like, okay, now what? And so ultimately, I expanded it into a 180, and I actually have a Lifestyle 180 part two. I had some clients that are going on two years with me. They went back and did part one and part two again because it's very much like reading a good book or seeing a movie again for a second time, you start to uncover things you didn't see before.

Jon McLernon

You know, I have one client, for example, and she said she was high for like the first three months in lifestyle 180. And so one of her coping mechanisms was smoking pot and, of course, that create cravings and so on. So really, the first time she was going through it, her brain wasn't fully clear. The second time going through it, you know, after a year, if we're doing part one/part 2, now, she's in a much clearer state of mind. She's able to implement at a level of depth she wasn't before.

Jon McLernon

And this isn't about not smoking weed if somebody wants to do it, but it does alter your brain. It does alter your ability to focus and so on. And so, yeah, there's something to be said for exploring something at a deeper level as well.

Jon McLernon

Tell people where they can find you. What your website is.

Jon McLernon

Freedom. Nutrition coach. Com. So that will be one word

Gregory Anne

Thank you so much. You have such a wealth of knowledge. Really fascinating how you know the scientific background and emotional side, psychological side. Really, really helpful and very, very important for my listening audience to hear. So thank you so much, John.

Jon McLernon

Yeah. Thank you very much for having me as well. I really appreciate it.

Gregory Anne

Yeah, people, I'll be back next week. I hope you have an awesome week. I then see you soon.

Gregory Anne

Hey, everybody, I have a favor to ask if you enjoyed this episode or any of the other episodes that you listen to. Please leave a review on your favorite site for listening to podcasts. You can also leave a comment on my website where you'll find the podcast at the podcast tab or under any of the guest Podcast episode pages.

Gregory Anne

Thanks. It means a lot to me, and I appreciate you. Be well till next time.