

EHK Table Talk 006: Nate Palmer

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[00:01:00] Nate Palmer, what's shakin'. Hey, I'm happy to be here. I'm happy to have you. Nate Palmer of the Low Carb Hustle podcast, [00:02:00] creating, creating, uh, olive oil haters one, one episode at a time. Okay, so you did something that I love. You created little short videos of our interview, our conversation together and put them on, I.

by the way, content creators, if you're listening, this is what you do, do what Nate does, what would Nate do? This is what Nate would do, and it, it, I, it caused quite a curfuffle in the olive oil community, and in and in the non olive oil community. Mm-hmm. . In in anybody who consumes oil. They're very upset about it.

I got a lot of stuff that was fun to watch stuff happening on fa on Facebook too. Um, there lot. Oh, I didn't even look at that. Mad about seed oils. There are people like, oh, I have a lot of studies about seed oils. They're good for you. I was like, uh, honey, honey, didn't you hear what? The lampante lampante?

You burn it. You don't eat it. No, you don't eat it. But you know what? We're not here to talk about me. We're here to talk about you. My. [00:03:00] All right. You know what, honestly don't you tell where you get to talk. Okay, great. I love talking. I, um, I did, I won't say I screwed up, but I feel like I've left some stuff on the table because that episode was just chalk full of, there was like, there's so many little like minute long segments that were just, um, incredible that I probably need to go back and pull another, like 12 out.

I had three, but like, they were good. That was such a great episode, and you were dropping so many bombs the whole time. . And it was funny too. I was laughing. I listened to it again. I was like, this is okay. And it's funny, you're very nice. But I also think that there's part of, um, someone's gonna come after me.

I'm gonna get a horse head in my bed because , I am saying some things about that I've learned through my n equals one experiment of cr launching a food company. So if anybody else wants to launch a food company, which I know that you're gonna be working on some stuff, you'll have your own n equals one experiment, and you'll find out some things that make your head explode.

But before we even talk about that, I wanna hear about your origin story. How did you get started? Where did you, where? Where did the [00:04:00] world create Nate Palmer to become Low Clare Poel guy. Okay, so th there's, there's a whole, this is a whole situation. Great. I'm gimme the long story you want. All right, I'll, let's take this short story and let's take it as long as possible.

So, okay, great. There I was an embryo . I mean, as I go first technically Yeah, well I Back you're like, I dunno about, I wasn't gonna go back to four cells. There I was the twin, my father's eye. Yeah, exactly. So, um, when I was like 10, 11 years old, my parents split up. They got a divorce. It's a very sad story.

And so I was a man of the house, you know, I'm the oldest, oldest boy, two younger sisters. Um, So a lot, you know, a lot to unpack there. Right? A lot of therapy necessary. Mm-hmm. . Um, like, and during that time period, I was home by myself. My mom's taking my sisters to school and someone comes, knocks on my door.

I don't recognize him. I don't let him in. He's wearing a hat. I don't know a hat. Not, not, not into hats. So he comes around the back and I hear the window break and I was like, well, I know for a fact that's not a good idea. [00:05:00] So I grab a steak knife out of a knife block and I go hide in my room. I'm 11 years old, I'm hid under the bed.

I have this little rinky-dink lock that I press on my. Yeah. And I'm like, that'll keep people. And then I hear this dude coming down the hallway, go, this is so stupid. Heavy work. Boots on the, on the hardwood floors. And he bangs on my bedroom door and I'm like, well, that's it. Guess I'm gonna die here. Uh, I didn't, I didn't die there.

Not, no, I'm still, I'm still around. Yay. But I was such like a scared kid, you know, obviously scared of someone coming to my house, but I didn't even call the police. I had a phone in my bedroom and I did call the police cause I was so scared of getting in trouble. about calling the police. Cause I was like, I don't know, maybe he's supposed to be breaking into my house.

Maybe I'm the one at fault here. No. Yeah. So I just had, I always had this in the back of my mind and I, and I think I wouldn't have been able to say it at that point, but the lack of autonomy and the lack like, and just the powerlessness that I felt in that moment really drove me to be like the person where I'm like, if I have enough tattoos and muscles, no one will ever be able to hurt me ever again.

And like [00:06:00] I can look back and be like, that would, that drove a ton of like focus and stuff like that in my teenage years that you know it up, even up into high school, I remember a time in high school, this uh, girl came out to me and she was like, Nate, can I see your arms? I was like talking about these bad boys.

Yeah, for sure. And she turns to a friend and she goes, told you he, his arms are smaller than yours. What? Yeah. Yeah. That, that's not nice. It's really not nice. That's especially, it's not nice. Yeah. And I was, I was, I was crushing on her big time and I was like, well, I guess, of course it had to be your crush who said it.

Right? Just so mean, brutal. And so I was like, well, I guess I'll just start training arms every single day until, uh, no. Now I have muscle armor on my heart as well, and no one can hurt me. So I got into, like, I was, I started working out, doing all the dumb. , you know, training like arms and chest on Mondays, then arms and abs on Tuesdays, then arms on Wednesdays, then arms and chest again.

You know, like, it was just like ridiculous. How did you learn this? Did you go to the library to get a book or mean, or was it, like, how did, where'd you [00:07:00] find your first workout routine? Um, well I was in weight training class as a junior in high school. Oh, okay. And yeah, and as there was really not a lot of class, it was just like, all right, go ahead.

And we got a lot of rock pepper, scissors for dollars at that time, . Um, but yeah, there was, there was not a lot of, Learning going on. So I would like once, like with the advent of the internet, I was like online all the time being like weight training programs in college I read, I read the archives of this one magazine called Tea Nation.

I read from 1998, which they started up until like 2008. I read hundreds and hundreds of articles during college. Cause I was like, I gotta figure this out because if I don't. , I cannot have a good quality of life. My confidence will slowly be lacking. I'll never, like, I'll never feel good about myself.

Mm-hmm. . And so I tried everything. I tried keto, I tried orange theory, I did CrossFit. I did all the things so much so to that. Like when I got out of high, uh, got outta high school, college, I got a job in a gym as a personal trainer. Cause I was like, if I just live in a gym, probably I'll get it. At that point, I'll just stick around until it, till it makes sense and fi like [00:08:00] finally.

Um, a couple years later, I'm, I'm working in a gym still. I get hit up by this magazine. It's like, Hey, can you write an article for us? We are gonna pay you in exposure. And I was like, Ooh, exposure. I love that stuff. . Yeah, . So I, so I was like, do you want it to be muscle building or do you want it to be fat lost?

Cause those are the only two topics. And they were like, actually, could we do energy? How do you eat for all day energy? And I was like, that doesn't make any sense, but okay, sure. So I started diving to how, how old were you at this? I'm like, you know, I'm 24, 25. You're like, I'm 24. I have all day energy. Yeah.

This is what I do. I didn't, because I was always, I was eating that kind of that standard body building fair. So I was eating six times a day. Lots of rice, lots of chicken, just lots of sadness, you know? Yeah. No flavor. Sriracha again. Yeah, love sriracha. I don't actually love sriracha anymore. I burn myself out on in my twenties and I can't, I can hardly eat it.

Interest. So, um, I could dive into some of the research on this. I reached out to some people that I thought were really, uh, really good at nutrition, talking about performance for either for athletes or for just like people who are, need their [00:09:00] mindset or their mental, mental athletes basically. And the results were surprising to me because it was opposite of what I had been brought up in the.

Training community to understand, uh, about nutrition. So I started doing it myself and I'm like, okay, that's very interesting cause I'm starting to get better results than I've ever gotten before in my life. And it's very easy. I'm also working like 6:00 AM till like 8:00 PM and I have that three hour trainer window in the middle where no one comes to the gym, like 11 to two.

And so I start having like better energy. I start feeling really good. I'm going till 8:00 PM doing like classes at night. I think my clients are noticing it, and so I'm feeling good. I'm getting results. So I tried out with a couple of my, like four or five of my best clients. I was like, try this style of eating out.

I wanna see what you think. And they start getting better results and faster and they're like, man, I feel really good at work. I feel really good all day. My energy's high. Like, seems like this is working. And so at that point I was like, I think we're onto. Couple years later, I'm in Arizona. I've got some, a client who is just starting off as a [00:10:00] roofing business, so he is in the car 10, 12 hours a day.

He's driving around all the time. He's eating fast food, and he's like, Nate, I need your help because my energy is awful. And I was like, oh man, I got the thing for you. He's like, I'm having five energy drinks a day. I go home and I lay on the couch for 30 minutes before I can even talk to my kids. He's like, I'm just suffer.

I was like, okay, cool. Try this out. See what you think. Two months later he gets back to me, he's like, man, my energy's way better. My kid's noticed, my wife's noticing like, I feel really good. I'm a down to three monsters a day. I'm still like, that's, I'm worried about your heart, babe, . And uh, and I was like, cool, well, are you ready to like, now maybe do some exercise or try to like lose some weight or whatever?

And he's like, well, That's the thing is I've lost 22 pounds in the last two months. Wow. Without an exercise. And I was like, okay, this is like, there is something special about this style of eating and so I call it low carb backloading. And that is like, that's where a lot of this stuff has come from. It's just like the podcast.

I have a book called The Million Dollar Body Method. Um, all the, the coaching, the, all the other stuff, it's all come as a part of trying to [00:11:00] disseminate the, the, like, the word about this low carb back. . So that's, that's, that's my, that's my two minute story crammed into seven minutes. I love it. Um, I have a lot here that I wanna touch on with you and, okay.

I love that you have identified that these key moments in your life, these, the fear that caused you to wanna make these physical change. because you know, we all have that control theory that if we just make some physical changes or cha or you know, if I move to this other place or if I add the muscles or if I do whatever it is, I can control the outcome of things in life.

Right? Exactly right. And, and I find it's actually really shocking, even being aware that you do that. We still do it, you know? So I like that you brought that up and I would invite everybody to kind of think about like, oh crap, what am I still trying to do to control things so that I don't ever have to feel a negative?

Yeah. And, and [00:12:00] I think that like, especially in fitness, like I think, I think all these, like a lot of these jack dudes walking around in gyms are just hurt little boys. Like I was running away from the, like this fear. And I think that we, we dive into fitness as a means of controlling it and being like, well, if I put my effort and energy into this, like now I have control and no.

And I, I don't have to like, give up my autonomy anymore. But for me it was a really special moment in being able to go from being like, I'm scared and I'm hurt to being like, I'm pursuing this because I, it makes me feel good. So it's like going from like ch uh, like avoiding pain to like chasing performance and improvement.

And it was a, it was a big distinction and I think a lot of that came along with, um, taking a breath and being like, happy with who I was and how I looked. Even though I don't, I don't necessarily have like Arnold Schwarzenegger muscles, which is always what I wanted as a child of the nineties. You know, I wanted to look like the Terminator and I didn't, and just, I don't, I'm, I dunno if you could hear it, just, what is it called?

Steroids, wasn't that, I mean, [00:13:00] he's incredible genetics and a heart and a huge work ethic and stuff like that for sure. But yeah, there's like, there's a boatload of steroids involved, but even if I was taking the same steroids, I still would not look like Arnold. No. because genetically you have different bodies.

Yeah, yeah. So I just had to like start understanding like, Hey, I feel good, my energy's good. And you know, the, like, the ability that I had to show up big for the people around me, for my family, for my wife, my kids, for my clients, the people that I really care about, like that is so much more important to me than having like the, the biggest muscles in the world.

Because at the end of the day, no one gives a shit about how I look. You know? You know, like you, you know, the, you know, the. Elizabeth, queen Elizabeth? Yeah. Or Rihanna. I don't know. She's, she's the queen right at this moment. Cause she's in the Super Bowl. . I was gonna say, I was talking about Elizabeth, you know.

Okay. She amassed a fortune, like more than people can really like fat, you know? She's come, she's from like the, she's from like the, the royal line. And how many times have you thought about her today? [00:14:00] Not at all till just now, right? Yeah. Yeah. She's like the most famous person. and Right. I, you know, and I like, right.

And eventually we, you know, we're all gonna end up there. We're all gonna die. And, you know, like, and our muscles are money all, like, this stuff's not gonna carry on with us. It's all about like the legacy we leave behind and the people, and the memories that they have about us. So, I don't know, I think, I think that like those two things go together is like, rather than being so afraid and like, like clutching our pearls that like.

Oh no, I have to look a certain way, otherwise everyone's gonna hate me. Just so I realize like, that's not the, that's not the important thing. And the amazing thing about exercise and nutrition is it allows us to really play all out for the people that care about us. . I love that so much because I've always said coming from the diet mentality of counting and spending all this time, and I was like, I feel like, and not to make it a religious thing at all, but I feel like God, the universe, whoever, whatever you wanna say, what?

Whatever. Or maybe you're a total atheist, but don't you think we were put on this [00:15:00] earth to do something more exciting for our fellow humans, then count our own calories and macros and stuff like that. Like yeah. I think that we have more valuable insights and offerings to give to the those around us and.

Whether it's just, whether it's, you know, just giving to your family or g or whatever. But it's like we have more interesting things to do than to count things, I don't know. Yeah. And, and beat ourselves up over diets. Totally. I love that you said that. And I, I think that like, though, I mean, females are tar, hyper targeted by this.

Like, think about all the a, the messaging is always drop, lose, decrease, become smaller, fit into this pretty little box that society thinks you need to be in. And then like now finally you're gonna have some. , you know, you need to be, you need to be a mom. You need to be taking care of your kids at home, but you also need to be a career woman, right?

You need to like, like there's so much pressure put on women that you have to show up in a certain way that I hate the messaging around, around it for women, but, but I think that we can change the stigma and change the, like that messaging by being like, Hey, you, no. You know [00:16:00] what? You need to go to strength train because you need to become.

you need to get stronger. You need to be better. You need to become, like for a woman to do, be able to do like five to 10 pull-ups, like incredible. But I don't think that that's the messaging. It's always like, get littler. Right. Put yourself, put yourself in this little box so we can finally control. Be tinier.

Don't use your voice. Don't use your voice. Those 1200 calories. Yeah. Hundred calorie. That you can't use your voice when you're subsisting on. Uh, 900 cal. That was one that, that Jackie Warner lady, this is years ago when, remember how she had that bravo show where she just basically all the shows, they make them starve and then just over exercise and then they all bounce back off the air and have terrible, you know, bounce backs.

Oh, I feel like you wanna say something. I'm just, I'm just shocked that, you know, you could put someone, someone who's 400 pounds on 600 calories and have them rebound. Like, what are the odds? They're a hundred percent is what they're, it's a hundred percent chance, like literally it's like every Biggest Loser and all extreme make all these things.

And it's really sad because they're doing it in such an unhealthy way, but that's a hundred percent recidivism [00:17:00] rate in Biggest Loser. That's the. It reminds me of that movie raise in Arizona recidivism, repeat offender, which is what recidivism means. Um, yeah. 900 calories a day. What, what you mean? The same calories that, uh, fourth grader eats?

Or maybe not even. I think what maybe like a first grader eats 900 calories a day. Grown. My son, my son ate like 500 calories for breakfast. Yeah, he's, he's almost. All right. There you go. I didn't even know little guy. I, I'm really glad to report that being a former recovered dieter and anorexic, I don't count anymore.

I don't have the urge to do it. , but it all for me changed when discovering low carb literally changed my mindset and my hormonal balance to be able to do it. So I wanna ask you about when you were on this journey. First of all, I wanna point out too that you basically got your 10,000 hours during all you on your quest to find answers about fitness.

And we appreciate that because now you can tell us what works and we don't have to do 10,000 hours to do [00:18:00] it. So thank you. Oh, it was my, it was my pleasure. And I honestly loved it. You know, like I, I, it was, it was so fun to be able to find something that I was obsessed. That I could actually turn into a viable profession.

And I don't think a lot of, like I got outta college and I had applied to be as part of this, like the business school at University of Arizona and I didn't get in and I like sent like this big appeal and I sent all these letters and I, I think that was a god thing too. It was just like not letting me get this degree that I thought I wanted.

So I could be a marketing guy or a finance guy and. So I ended up being like going to like the administration, being like, what do I get with all of these? And they're like, I don't know, interdisciplinary studies. And I was like, what's that? And they're like, we don't know either . And so it's a basket and you fit into it.

So, They're like, write his paper. Why, why your stuff goes together. I was like, I don't know me. Okay, cool. I'm probably gonna cheat on this. So . So I ended up getting a job as a personal trainer. I made \$18,000 my first year as a, as a trainer, you know, I should have been on food stamps. I didn't know any better.

I was like, I'm Rich . I'd drive a 97 Nissan Sentra. I can do 47 pushups in 10 [00:19:00] minutes. I was gonna say 18 grand. Your first year as a trainer, especially back in the day is not bad. I mean, I mean, listen, it's not 20 grand. Eventually you wrote 20 grand. I'm really proud of you. Thank you so much. No, but listen, sometimes I, I, you know, you gotta start where you start and the fact that you hustled so much is low car hustle.

Shout out. Um, the fact that you hustled so much is the reason why you got to sort through all of that data and figure out what works and what doesn't work. And then eventually, you know, listen, I always say I wish I could follow my passion and make money at it, because what I'm really passionate about is watching reality television.

Like I watch mm-hmm. , I watch reality television. There's nobody better at it, honestly. But I'll never get paid for it because I haven't chosen to start a podcast about Bravo or whatever. And that's okay. Um, but I would love to help you pursue that dream. I, I am so here for that. It's unbelievable. It's so stupid.

No, no, but it's, I think it's for me. And how dare you talk to yourself that way. Uh, thank you, . [00:20:00] I think it's one of those things. And I get it. We're um, I've now noticed this. When you have a lot of things to do and you're functioning at a high level, sometimes you need like the dumbest, stupidest distraction.

Just cuz that's the only thing that will take my mind off of it, is like, who, which, you know, housewife through a drink on the other housewife. That's the most fascinating thing. Anyway, we're getting off track. Go ahead. You're making me feel good about my dumb stupid hobby. You wanna know what it is? Yeah.

Well, well it's reading so it doesn't sound dumb and stupid until I tell you what I. So, so I'm really into this genre of books that's called Literary RPGs. So it's basically like if you get to, if you're reading a video game and currently I am what, I'm nine books deep into a 10 book series about a guy's life inside of a video game where he like levels up and gets new weapons and fights, ORs.

Okay, what is this? And I love it so much. So this is my other activity that I play is d and d two to three times a week. You do? I do, yes. Because here's the thing, again, [00:21:00] I need something for my brain to make it check out. Now, exercise and eating right, I've now learned are not for me. The the hobbies, I do them to feel good cuz it's the fountain of youth.

But to get my brain shut off, I have to go do other things. So I, what is this book? . Um, I have, I've read, uh, probably, um, 400 of them in the last three years, so I can, oh my God. Give, I'll give you a list. off the air. Okay, great. Perfect. , uh, anybody interested in what he's talking about? Message me later and I'll, I'll, we'll disseminate the list.

I love it. Okay, so here's my, here's my question. Getting back to c you were talking about, you were on that whole eat six meals a day. Eat small. What is it? Eat 200 calories six times a day, or whatever the dumb milk, your metabolic furnace. . I mean, have you, have you ever seen a metabolic furnace? Have you ever like seen a cadaver and cut it open?

Have you seen the metabolic furnace inside of someone? Yeah, I haven't either. Is it like the in men in Black when they open the guy's face and there's a little alien on [00:22:00] the inside running it. I think seven met about the furnace. Like you got the bellows. Yeah. Yeah. He's like, yeah, no, like, like that's the, that's the verbiage that people talk about and like that is what the common knowledge is.

It's eats six meals a day, metabolism, when in fact that is literally completely false, completely inaccurate. And tell us why. Backwards. Tell us. Because when you're eating a. , your metabolism isn't increasing, it's decreasing. Everything is slowing down. Your digestive process is slowing down. You're pulling blood from your extremities, you're pulling blood from your brain.

It's all going to your gut for digestion. So now you are slowing down your metabolism, which is not a bad thing. You know, you have to do, you have to eat. It's important, but it's completely backwards because at like, especially when you're having these small meals with like a little bit of carbs, a little bit of protein, a little bit of fat.

It takes four times as much oxygen to digest a gram of carbs as it does to digest proteins or fat. So when you're eating, oh, especially carbohydrates, it's taking more energy. That's why the, we have Chipotle Burrito syndrome. You know, you have a Chipotle burrito at like noon and you're like, wow, I need a quick nap.

Quick [00:23:00] 40, you know, and you, and we. Then we take the rest the afternoon and we're checking off our to-do list. That's what we do in the afternoons. And you take like 47 minutes worth of work and you cram it into three hours cuz you're just being completely inefficient, your brain's not working. So that's why I really love low carb back loading because it's basically take all your carbohydrates and slam the end of the day.

So if you won't wanna have a bowl of Captain Crunch or a Cinnabon, you can do those things and nothing's off limits. I'm not a fan of clean versus dirty food. Mm-hmm. , otherwise, what is that? Right. But I am a fan of delayed gratification and I'm a, a huge fan of frameworks. So you like keto, you like paleo, you like Mediterranean, great, eat that way.

Just put it inside this framework of proteins and fats for breakfast, proteins and vegetables for lunch, proteins, carbs and veggies for dinner. And if you want that dinner to be grilled shrimp, a chocolate chip cookie, and you know, brussel sprouts live your life. So, okay, so I love this and let me ask you.

before I even get to, cuz I do wanna say, cause [00:24:00] I know what my audience is thinking. Oh, I can have a cookie. And so this is where I'm gonna ask you two parter. Mm-hmm. , when you first started, you're talking about having your, your core five best clients try to eat this way, and then they had all the success with it.

What was your biggest problem with compliance to low carb back loading, and then the second part being. , just so you know, we're gonna have to address the issue of the, the carb addicts who, if they have one cookie, they're gonna finish the whole box, like they can't even have it in the house. So I wanna talk about that too.

Yeah. So soaps, let's start with compliance. Like what's the biggest issues. that you, there was, there was two things. Number one is if you had the wrong breakfast. So I said, oh, have proteins and fat. So a lot of people grab that single serving, pre-made, like Kirkland Brand protein shake. It's 130 calories.

They drink it and they're like, that was great. I had a protein shake. And I'm like, no, you did not. You had le, you had 27 grams of protein. You did not have a shake because you need to be having [00:25:00] something in there. So that's substantial is gonna tide you over. So how does food, like actual food? Yeah, salt.

Throw some peanut butter. Almond butter in there. Throw maybe a little bit of fiber, put some of your, like, I like to do a little. I have this liver and kelp powder that's delightful. So like, put some stuff in there. Sounds delicious to hide you over. I did a, on the, the low carb puzzle Instagram, I do a, uh, they call it poop scale reviews.

Yeah. Uh, protein optimization and observation performance scales. Where I, oh, review different supplement brands. , I thought you was, you weigh yourself before you poop and then you weigh yourself after you. That's by the way, classic disordered eating stuff. , you're like, poop scale. I was like, oh, I get that.

I, I've done that for years. They have a, they have a, uh, like a, a like a bath, a toilet seat. That'll do that for you.

So that's, that's a fun, I'm not linking to that in the show notes because I'm not gonna contribute. Hit my affiliate link in bio for that one and get my poop scale. Yeah, toilet seat. Anyway, that's right. Next to the coffee enemas. What did you say? Protein opt. What did you. Protein [00:26:00] optimization and observation performance scale.

It's, I'm not gonna say, I'm not gonna lie to you, it's a reach, but I, I needed it to be the poop scale. Yeah. So, and so basically is the idea being that most protein powders are poop? No, not really. Like, I, like, there's a lot of 'em that are good and I like 'em. Oh, okay. I just, I just love to be able to be like, talk shit about brands that send me stuff and they're like, Hey, review our stuff.

And I'm like, all right, it's going on the poop scale. And they're like, that's cool. And I'm like, is it all right? All right, great. You've got a 20 out of 50 how you like. Like I like because all I have to do is it's all day long with the brands. It's all day. , but like they, you know, like, this, this brand I like, I love their stuff.

It's like the liver and kelp mix. Oh yeah. But you put it in shakes, you put it in other things. Right. You don't drink it straight, but the poop scale, I take a, like a crystal glass with water. I dump the stuff in there and I mix it with a silver spoon and so it doesn't mix up. And I'm just like, just chunks.

I got like, look disgusting. It tastes terrible. And that's how we do the reviews. So it's, it's my. Anyways. The second, the second thing that was the biggest [00:27:00] problem about low carb back letting was people were going out for lunch. So cuz everyone goes out for lunch, and lunch is like, Hey, you like, you like a nice burger?

Well, how about some french fries? You know, like, so every, it's really easy to get overloaded with carbohydrates for lunch. And if you do it like that, it just really, it really mutes your energy for this like the second half of the day. And it doesn't give you the flexibility to have a bigger. I think you should be eating really light during the day.

You have more energy, you get more done, you feel better, you delay that gratification, and then it's su like as suddenly at dinner you have a B. A lot more flexibility. I think of it as like a nutritional insurance policy. , which to your second question can be detrimental. Cause I do think that like, sometimes I can rationalize anything.

So a lot of times I'm like, Hmm, carbs, uh, ice cream sandwich tonight is gonna be the carbs . I did that. I did that last instead of just like four cups of broccoli, . I mean, I'm ha no I'm not, I don't consider like vegetables a carb. I'm talking about like, I know potatoes and rice, even like pasta, bread, whatever you else you wanna have.

Like glycemic loaders. [00:28:00] Yeah, yeah, yeah, yeah. But I think if you don't have those all day and you can limit yourself to under a hundred grams for like, for the whole day, you're on a low carb diet for the most part. And so I think if, if people can wrap their minds around this framework, um, and then do the, like, delay their gratification.

So then when they go to the office and there's those donuts out or there's someone's like, Hey, here's this sandwich spread, and you can avoid those things sudden. It becomes so much easier because you feel really good all day. Your energy's super high. I talk really fast because I feel like I'm always, I always feel good.

My energy's always good. Yeah. That's I love. No, this is really great. And, and here's the thing, because first of all, I love the energy thing and I can definitely relate to that because I was a kid who did not have energy and always fell asleep in class. And I, if I had known about this before, I would've done so much better.

And I actually think that this approach is really interesting about the delaying the gratification because there's any number of subjects. If we could delay gratification, we would be able to achieve a lot more of the goals that we've set out for ourselves in life. And, you know, we just came, we just had a new.[00:29:00]

And a co, what, six weeks ago, and now by now most people have abandoned stuff because it, part of that is not being able to find those places where you're not able to delay gratification. And in fact, I get posts all the time because I'm constantly trying to come up with recipes like here's some different low carb options of these things.

And yesterday was Super Bowl and at the time of recording this, yesterday was Super Bowl. And I ha I put out 10 different appetizer. Recipes that you could make to bring to the football food party. And um, and even then people are like, I can't, I have to eat. I have to eat the things. And so it, I know it's a struggle for some people.

Some people are very binary. , and I guess I like to hear different approaches with low carb because ultimately I want everybody to figure out what works for them. And I'm also gonna ask you about the component of how exercise works along with this. Like if somebody is 400 pounds, you'd probably give them different advice that somebody, and I'd like to hear like what advice you would give to somebody who's 400 pounds, who's never started on this journey, as opposed to, you know, the 150 pound woman who [00:30:00] just wants to get to 135 so she can fit in the mother of the bride dress for her daughter's wedding, or something like that.

You know what I mean? There's a d. And, and I know that there's a scale of people in between. . So how do we even parse this down? Where go, you're obviously ready. You're n you know, you know, go, tell me what you wanna say about that. About that. I was, I was gonna keep diving into the delayed gratification.

Cause I think that that is it. Let, let do it. That's the edge of success on so many levels. Yes. And it's so much harder now than it ev it's ever been right at our fingertips. We have our phones. I got people like, you know, texting me. I got red bubbles on Instagram. There's a, there's a million different ways to get a dopamine.

Right now in front of me. Right. And I think that a lot of the struggles that we're having as a society, the reason that the obesity and the, like the overweight epidemic is creeping up and we're set to be at 60% by 2030. Ah-huh. is because everything is so accessible. Right. And, and, and it's not right versus left.

It's not Christian versus what, like, whatever. It's not like all these things that I feel like the media has shown us, it's this continual pursuit of like aggressive pursuit [00:31:00] of comfort. Mm. In terms of like Netflix, DoorDash, how do

we stay like in our little bubble that we've made very comfortable for ourselves and never step outside of that.

So I think that, I love that about exercise because it's the deliberate part of your day where you're forcing discomfort, you're going and doing something that is not comfortable intentionally. And that's awesome because I think if you can, if you can kind of inoculate yourself against these, Easy come dopamine hits Instagram like, like re really refined sugars, seed oils, pornography, all this stuff that is so accessible and easy to come by.

Then it becomes, you have this a lot more clarity and you can make those decisions. You are no longer at the mercy of your brain being like, donut, I gotta have it. You know? And so I think that, you know, exercise is a great option for that. Fasting is a great option for that. This framework is a great option for that because it just forces.

That like pattern interrupt where you're like, okay, like I'm not gonna have that because I made this conscious decision to do this instead. And then you can continue to make conscious decisions rather than [00:32:00] being at the mercy of our subconscious, which is always driving us towards the easiest. Hit a dopamine.

So, I mean like, so we can talk about carbohydrates and we can talk about exercise and things like that. And I have some, some ideas on those things. But I think if we can master the, the art of delaying our gratification, or at least pushing it off just a little bit. Like being like, Hey, I can have that cookie.

I'm just not gonna have it till later. Hey, I can, I can do whatever I want to. I'm just gonna give myself 10 minutes here. You know? And if we can do that over and over again, it's gonna create the skillset and the ability for us to actually make the decisions that serve us, rather than just being victims of our like, Coasting through life cuz everyone has designs on what they want us to do.

Oh, that's so good. That's juicy right there because I heard this, um, I can't remember who it was, she, I think she was a nutritionist or a dietician, but she was worried that she was kind of passing along her car phobia because, you know, it used to be in the eighties we were all fat phobic and then now we've all gotten carbo phobic.

and really what it should be is in, [00:33:00] I don't wanna say it should be, cuz you don't, like you said, I don't wanna demonize anything. I always want there to be innovation in food. I want there to be variety out there. Like, just because I

don't eat the fake sweetener keto stuff doesn't mean my friend with type one diabetes doesn't enjoy it and she loves it and it gives her the thing that she needs.

You know what I mean? Because she really cannot have the excess sugar, you know? And so I don't wanna shut down a CO a, a. , but I want people to like, make educated decisions on what works for them. So I've noticed in the low carb community, people can get, they get so binary, you know, fruit is bad. Mm-hmm. , um, obviously processed food is bad.

Um, people go all all the way to carnivore and which is, again, I'm not judging any particular flavor or what. Whatever brush you wanna paint your dietary needs with is totally fine. So lemme give that disclaimer first. But I also think that we have to be open to hearing different ideas and what works for somebody may not work for somebody else.

I just wanna give that [00:34:00] disclaimer. Everybody's different. Everybody has a different set of genetics. Not all of us have Arnold Schwarzenegger slash you know. Super. By the way, I did a commercial in 2007 or 2008 with Kathy Ireland. Okay. Do you remember Kathy Ireland? She was supermodel, swimsuit, cover, swim suit.

What? It was, sports suit. She was, she had quite a bit of muscle too. Oh, she was? First of all, she was gorgeous then, and then in 2007, when she was at least probably 45 ish, maybe north of that, when, uh, I shot this course. So I was probably 34, 33 at the time. And, and the, the commercial was so stupid. It was like, oh, she had a line of furniture at Rooms to go.

So she comes to the house and playing. My husband was comedian Dave Anthony, which I thought was really funny. Now, because I didn't know who he was then, but I saw him. I was like, Hey, you're my husband in the rooms to go commercial and, um, and Kathy Ireland comes in and was like, do you like your friend?

She's like, Tia, I can't find a chair. Cause she has that little voice, you know? And, um, I made the mistake of telling her too, by the way, I was like, you should do voiceover. I love your voice. And then I found out later, she's very sensitive [00:35:00] about that, and I felt really bad saying that. But she has a, I liked her voice.

I thought it was cool. Um, you gotta be, you gotta be honest about these things. You can't. I know. I know. I don't. You gotta, you gotta, you gotta, do you, I

was like, you should do cartoons. I love it. Um, she's murky. Thanks, . But so she comes in, you and Kathy aren't close anymore. No, no. . But, but the funniest thing was I.

And again, I'm 34, 33, something like that. I'm working on camera. I feel like I'm in great shape and I know I'm a character actress, but the only way that you really find out what your genetics are like is when you take a picture next to a supermodel. and I will never show that picture cuz it literally, I look like her little troll.

Quinn who was like under, like, it was like Danny DeVito and Arnold Schwartz. Like that's the best way I can describe it. It's like she was just like, she literally was like, huh, and like landed the pose and then I'm like, that's, that's thing is the poses is also huge. The pose is because they like, cuz it's like the twist of the hips, so you get the narrow waist.

And the broader shoulders have that like little . [00:36:00] Yeah, I'm always next, but, but the point being, there's nothing I, I, that's me on my best day and I'm always gonna look like that. And that's where you kind of make peace with where you are with your genetics and understand like, okay, this is what I'm gonna look like.

I'm gonna have boobs in a butt and I'm gonna, even when I'm at my skinniest, I'm gonna do this. And I'm not gonna grow seven inches and be tall like a supermodel, Linda. It's just not, I couldn't take enough hormones or whatever. Or starve myself enough to have the flat stop. I will never have the flat stop.

I always have the little, it's just my body and how it is, but it took me decades to come to terms with this so long way of saying, wrapping it back around to what do you say to the person? Do you do, do you launch in with car bloating? Do you restrict carbs for longer? Do you, because there's gotta be a certain amount of, if they've never delayed gratification, that's gonna be mind blowing for the first time versus.

you know, somebody who might be what I like to call the professional dieter like myself is like, yeah, I've done that. What do I [00:37:00] need to do? Okay, I can do that. Go. Sorry I took a long time asking that, but I know you have good answers. No, I love it. And I think there's like, I definitely think that there's a lot, a lot to say on that.

I think that the, like the delaying the gratification through the just kind of the low carb back loading is a great place to start for most people. And it just gives

us a good foundation because at the end of the day, like I always want, like one of the core values of, for me and the of the program I run is called is Master the Mundane.

So when people, when people come in and they're like, what's the next thing? What does wanna do? And I'm like, well how did it go in the last two weeks? What did you notice about your hunger signals? What did you notice about your energy levels? Like what can you report back on to me in this N one experiment?

And I think people want to like, what's the next, what's next? How can I go like harder on this? I'm like, nah, it's okay. Just take a second like this. We have the rest of your life. This is a never ending game. So I'd love to talk, like, just let people go. Like, Hey, try it out for two weeks. How are we. Let's check back in.

Let's, let's try it out. Oh, wow, you did, you crushed it and you felt good, and we need to add some more carbs in because you're working out so [00:38:00] hard. You know? Okay, that's a whole nother story. Let's, let's make these tweaks. Okay. You probably need more of like a therapeutic keto approach for like the next couple weeks.

All right, let's try that out. Let's make those little small changes. But if we can just get people to start understanding and embracing the framework so that way they go, Lunch with a client, they go to dinner at their grandma's house. They do, they, they go Super Bowl Sunday and they can be, they can make the choices that serve them in those moments by, cuz we've, they've learned the rules about how their body operates then like that's a great place to start.

And for most of the people that are coming into the program, um, there's like, there's probably 30% that will start off with like a gym workout. I'm like, I'm a big workout guy. I'm always like training, training, training, training, training. And so I had to under, I started to learn in like 2018 that, that it has to start with nutrition and it doesn't really matter what they do exercise wise for the first couple months.

So now most people who come into the program are just start up by walking either on a treadmill or going outside. And if we can get them moving in some capacity, Just 20, 30 minutes a day and we get 'em starting to [00:39:00] understand the, the frameworks, even if they're not just shedding weight like they want to be like, you know, like at a wedding in six weeks.

I'm like, alright, take a second. You're gonna have a body after six weeks Anyways, so, That's true. We all right. So if I can just get them moving and then eating like this, then it's easy to slide in different things. We've created the habits, so now we pull the walking, we slide in the training. Great. We have like, so you're already eating this framework, like we can pull out the rice and slide in something else so we can add in more rice or whatever, whatever that looks like for you.

But establishing those habits from a mental perspective is so much more powerful than any single tactic is gonna get you. So, you know. Mm-hmm. . So you, so looking at the whole. Yeah. Trying, trying to, so what did you say? Mastering the mundane, is that the name of your program? Nope. The program's called The Million Dollar Body.

A Million Dollar Body. Okay. Yeah, that's what I, million dollar BO Dollar Body Methods. So you have this Mastering the Mundane. How? How do people get it signed up for that? Or where do they go to learn more Inform. you can go [00:40:00] to. I, I have a website called nate.fit. I got, like, I talked a little bit about, I have a mastermind program so people can come in.

It's really economical. Or I work with people one-on-one as well, but That's awesome. Basically the, the core values of the program are be inevitable, thus the tattoo. Oh, I love it. Thank you. Um, excuses are bullshit. Master the mundane. get 1% better every day, and energy is everything. So those are the things that I try to adhere to.

Love it. And I, I literally make people sign a contract saying, Hey, I will stick with these core values for the, for the remainder of the program. So that way when they're like, Hey, I like I'm, I won't, like, what's the next hot thing? I'm like, that's the mundane, like, let's go back to basics. Or they're like, I'm gonna work out four times a week, and then they don't work out.

And I'm like, , why'd you do that? Excuse their bullshit. Tell me the truth. Like, like, and so we have those, right? Kinda that agreement going into the program where it's, where it's not like me being like, I'm the judge, jury and executioner. It's like, I'm the witness. You said this. Mm-hmm. , what do we need to do to, to help you walk that step?

I'm the guide on the side. I can't do your pushups for You're the mirror. You're the mirror. [00:41:00] Yeah. But like we have to have, we have to like have those, those basic expectations set and I think. Beyond all the video trainings

and recipes I've put together and the workout nuances, and how do you do a Bulgarian split squat with your hip angle like this?

That's the single greatest thing I've done for my program in the last two years is coming up with those core values and being, and, and talking more about those on a regular basis. So what would you say to the person and I, I get this a lot and, but it's funny how I get it a lot because I literally am just the recipe gal.

Like, I'm not trying to, I don't wanna coach, I don't wanna, I wanted them to go talk to people like you, you know what I mean? I wanna send people to you. So, but I get a lot of, I, I wanna do it, but I just can't seem to bring myself to do it, which I, I can relate to. Like when you go to the restaurant at lunch and they, it automatically comes with fries it on the plate and you think,

I would like to have a couple fries. I could tell them to just put greens or vegetables on there, but [00:42:00] I really wanna have a couple fries. I understand. That sort of thing. So what do you tell people who are being wishy washy with their commitment to themselves? Or does it kind of take care of itself?

Excuse me? Does it kind of take care of itself because you're basically putting them on under contract? Having them sub contract? No, I, I talk a lot of people outta training with me. I tell, like I tell a lot of people. don't, it's not right the right time for you. Because I think that, like we live in this diet culture, right?

Yes. Everyone wants to lose six pounds. That's just kind of like the, the place we live. So everyone's like, yeah, I wanna do this, but I go. But like I try to find out before I take someone on, especially as a one-on-one client, like, how bad do you really want this? How important is this to you? And like, what are you willing to.

And I think payment comes in a lot of forms, right? Obviously financial is a big one, but your time and your energy and where does your mental focus go and are you willing to give up those french fries at lunch? Like those things all to have a cost associated with them. So I love to show people, Hey, here's what this is gonna cost you.

And it's not cheap [00:43:00] to make these big commitments and make, make these big changes. It's not cheap. So if you're not ready, I want you to look yourself in the eyes and say, Now is not, this is not a priority for me at the moment. And there's a sense of freedom that comes along with that of being

like, cuz if you're always like, oh, I wanna do a news resolution New year, new me.

You know, like, and then you continue to tell yourself these stories and then you continue to not follow through on them when it, when it does come time to be like, all right, I'm ready. Let's do this. You don't believe yourself. , you've told yourself that same story for decades, and why would you believe you, you haven't ever done it before.

Mm-hmm. So I think it's really, we have to be careful with how we speak to ourselves and what we say we are gonna commit to. And I think when you make those commitments, like I learned this a lot with my daughter, like, oh my gosh. So we got to the, we were, we're in Seattle. I like a, like a little, little trip, me and my wife, my daughter, and go out to the park and we're teach, trying to teach her how to ride a bike.

She's being butthead about it all. . And I'm like, if you don't do this right now, we're gonna leave. And guess what? She didn't do it. And I was like, God [00:44:00] damn it. Now we have to leave now. Now I have to follow through on my threats. , we just got here, it was a whole thing to get out the door. We drove 40 minutes and now we have to leave.

Cause I said it like, Uh, and I think a lot of people do that themselves. And like then they don't leave the park and then what does their kid think? They're not gonna do it. There's no consequences. There's no consequences. Yeah. So we do that to ourselves over and over and over again. And I think, like, my kid was really like, Hey, here's a mirror.

Here's exactly what, what that looks like. You know, I don't, I'm not believing your words. I'm gonna believe in what you do. So I think that that's, that's the biggest thing is like, you don't have to, you don't have to give up french fries at lunch. It's no one said that you have. , but when it becomes like a big enough priority for you and it, and you are willing to shoulder the cost of those choices, yeah, let's go all in.

But until that point, it's, I think the words, this is not a priority for my, for me right now, are extremely powerful. And it's also claiming ownership for your own behavior. Yes. And linking your behavior to your belief system so that you [00:45:00] can see the direct consequences. I think that spending is the same way.

A lot of folks are like, I, I'm gonna be better about my spend. and then they're not, just hemorrhaging cash every day in little bits and pieces and until, but it's the same idea of like, well, obviously saving money isn't a priority for my, for me right now. Yeah. Yeah. And then how does that make you feel?

Like it brings you back to power? It gives you autonomy again. Yeah. You're not at the, like the mercy of this like external locus of control that people. Like, oh no, they took my money again on Amazon when I clicked the button. ? Yeah. How'd that happen? How did they do that? Jeff Bezos, all I wanted was was one toilet seat that just told me how much I pooped,

I mean, honestly, that seemed like money well spent, . If you get nothing from this interview today, folks, jk, don't go buy that thing. Um, no, it's, it's interesting that you say too, cuz I was thinking about you. making the decision to put on muscles so that you could control how the girl perceives you, and you can control [00:46:00] a guy breaking into your house if you're just beefy enough to like beat him up or whatever the thing is that goes through your head.

A lot of us do that Same thing with other things. Whatever, you know, a lot of folks will put on eat food to think, well, I can control how people treat me if I eat a certain amount of food and look a certain way in the, in a negative direction. . A lot of people unearth all sorts of stuff when they decide to change the diet and say, oh, you know what, it's not my outward appearance that makes me, it's me.

That makes the outward appearance, you know, and switches that. So I would imagine you've had some pretty revelatory moments with your clients. Can you, can you share some of those before we, so we can we'll end on a up note before we wrap. Yeah, I feel like a lot of, a lot of times what's been really cool is, is seeing clients not just go through the process and lose weight and be like, great, I lost weight.

Like I'm happy now, but be. It wasn't ever about the weight loss, it [00:47:00] was about the journey and like becoming who I said I wanted to become. And I think that's like, kind of going back to exactly what we were talking about, like is, I said I wanted this, I did this over and over and over again, and I got my result, and they're like, great.

Being in shape's. Cool. I know like the, the biggest benefit of being in shape is it's a time saver. Really. That's the end of the day. Sure. Like it's, it's a time saver and it pulls out this negative mental track. It's like it saves you time, saves you, it really does. Like that's really the benefit of being.

Like the end, but then they go, you know what I'm gonna do now I'm gonna start a new business. I'm gonna, I'm gonna work on that book I, I've been saying I was gonna do for 20 years. I'm gonna do this new thing. I'm gonna do this side hustle. Because they have this, this confidence and belief in themselves.

And I do really believe that fitness and nutrition is that cornerstone that creates those positive belief systems. Where you are, you said you were gonna do something, you went and you did it. And every day it was like it was reps under the bar. You did the thing, it wasn't the greatest. You didn't wanna go do leg dip, you did it anyways.

and then now like I've had clients who have published books, I've had clients who have left their jobs and who have had started their [00:48:00] own businesses and are doing things that they want to and are living life on their terms. And I really believe that a lot of that starts with believing you will do what you say you're going to do.

And having like the visual proof of that. Like, look what I said I was gonna do in January. Look, I did it all. That's who I am. I'm inevitable. My, like my word is inevitable. Now if I say it, you can bet that it's gonna happen. If I say I'm gonna write a book, I want people around me to be like, when's the ribbon cutting?

You know what I mean? Right. And I think that like that's the best thing that about fitness. I mean, if that doesn't convince y'all to recommit to whatever it is that you wanna do, that's a perfect thing for this time of year too. That that's great. I love it. So go to nate.fit. That's the best way to get in touch with you.

Or go to the low carb hustle and just shoot me a, shoot me a message or come over tacos, you know, whatever. Okay, , go have tacos. Um, nate.fit. I want everybody to follow you on Instagram. I'm gonna ha, I'm gonna make some cool videos too, of us talking and you [00:49:00] saying cool shit, man. I love that. You're gonna have to, you're gonna have to work hard for it though.

You gotta cut out all the, uh, all the dumb shit in between. Well, welcome to my world, , where I say a lot of dumb shit. But no, I'm so glad that you took the time today. I hope that everybody. Takes this conversation to heart and, and, um, goes and finds Nate on the internet and follows him on Instagram. I do. I enjoy its content.

You guys are gonna love it too. Thank you so much. I appreciate that. Thanks for being here. This was so fun. Thanks for having me on the show. Hey, hold on. There we go.