

Rowing to the Olympics with Joe Seaman
PMR #129

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Tony: Hey Paleo nation, I'm Tony Federico and you're listening to Paleo Magazine Radio. The official podcast of the original Paleo lifestyle publication.

Every 4 years elite athletes from all across the globe gather to compete in the Olympic games. Those 17 days are filled with triumph, tragedy, heartbreak, and exaltation. Some rise, some fall, and all of us are entranced. Most of us watch the spectacle with the sense of awe, a feeling that we're witnessing [defeats 00:00:36] that are incredible. Impossible for mere mortals, but for some watching the Olympics ignites a deep hunger, a drive, and a purpose. For every Olympian that competes in the games, there are hundreds, thousands, perhaps even millions more who dedicate themselves each and every day to the goal of competing, of winning, of proving themselves to the world and becoming an Olympic athlete.

Today's guest Joseph Seaman is one of those hopefuls. Born in the UK, Joe now lives in Austin Texas where he trains and competes in the sport of rowing. From afar rowing is a graceful endeavor with streamlined boats gliding across the water, but if you zoom in closer you'll see that it's a brutal sport that pushes the body and mind to its limits. On today's show Joe and I discuss how he was introduced to the sport. What it's like to work a 9:00-5:00 job while training for the Olympics. The key elements of rowing technique, how eating Paleo has helped fuel his athletic performance. Why rowing is the perfect high intensity exercise, and how you can implement rowing into your routine.

All right folks, it's time to row, row, row your boat. Paleo Magazine Radio starts now. All right everybody, I'm here with Joe Seaman. He is training for the 2020 Olympics for the sport of rowing. He currently resides in Austin Texas, and he follows the Paleo diet. Joe, welcome to the show.

Joe Seaman: Thank you very much Tony. It's good to speak with you.

Tony: I certainly want to talk about rowing. I want to talk about it as an activity, something that more and more people are doing, possibly they've rowed in a cross fit class. I guess we should say they've used an ergometer to be a little bit more technically specific. First I want to start with your story. How you got into this sport in the first place? I've read a little bit about it, but I think it's interesting I want to hear it first hand.

Joe Seaman: Yeah, for sure. I wasn't really exposed to sport much at school. I actually use to be a pretty big fat kid at school. Then all of a sudden I started to get a little bit fitter, started playing rugby. One day I walked into the classroom, my name was on the blackboard, and it was with a few others as well. We were asked to skip class and go down to the school gymnasium, and to do a series of fitness tests.

What this was was the start of a development program for the 2012

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Olympics. What happened was you do head to head rounds with other people in other schools around [Sasari 00:03:30] which is in the UK. Basically we got whittled down from I think it was about 4,000 of us, to 4 of us to train towards 2012 Olympics in the sport of canoeing.

Tony: Just to pause you there for a second. That's not really an experience that a lot of people I would say have in the United States. Showing up to class one day, and they're pulling you out to try out for your potential as an athlete. I think a lot of sports here are more, if your parents can afford to put you into travel teams, and leagues, and things like that you'll be able to participate, but there isn't this public selection process. Can you describe that a little bit for somebody who's not familiar with what that selection process even means?

Joe Seaman: Yeah, for sure. It was definitely a very unique experience that I've never seen before, but what that was we would jump onto bikes and every minute the resistance would be increase until basically there was one man standing. It was pretty relentless, pretty grueling tests, and we filled in a number of different psychological tests as well to evaluate our potential of whether we would stick with the sport. There were other strength tests and endurance tests as well, with the same concept of who would get the best score. They would go through to the next round. There was a push and a pull exercise, there was also a leg exercise as well. All of which was pretty stressful, but I loved it. I loved the competition, and really enjoyed doing that.

Tony: What were you thinking at the time? You said that you enjoyed it, but were you thinking this might be a thing I could do, or you were thinking I got to skip school today and go work out?

Joe Seaman: I thought, wow I'm missing a music class, so this is awesome. It was actually going into it not knowing much about it. Which is what made my results so well. I had nothing to lose, I didn't really have any expectation of how I'd perform, so I was just fearless going into the tests, and just put everything into it. I really did feel very physically exerted that day, I remember that.

Tony: This is through the Olympic Talent Identification Program. Is this a government program?

Joe Seaman: Yeah. It's run a little bit differently than it is here in US. It was a government run program, and it was aimed to boost some of the smaller sports in the UK. This was the performance of the UK and those. Canoeing was one of them at the time.

Tony: You made it through that initial selection process. What was the next step? Where did you go from there? Did you just go back to class and they were going to call you in a couple weeks, or was it right into training at that point?

Joe Seaman: Exactly right. We went back to class pretty sweaty, but we didn't hear back from the coaches until another week, when we would have to go through the same tests again, but with a higher standard of athletes, or potential athletes. You would have to go through the same things again with the people who had got through from the first round. Baring in mind this is a huge pool of different schools, and different people that came together. There were two rounds, and then the final round was when we would actually get into boats. We were whittled down to a smaller amount through how well we adapted to staying in the boats and training.

Tony: Had you had any training prior to that in rowing or canoeing?

Joe Seaman: No, absolutely not. I played rugby for a season but that was just recreationally. I pretty much went from doing one rugby session a week to a 12 session a week program. You can imagine the first month was pretty rough, I didn't really know what hit me.

Tony: Yeah. It probably felt like you got hit by a truck.

Joe Seaman: Exactly, yeah it did. It did very much so. I spent most of the time swimming around in the river because, these boats are pretty unstable.

Tony: What do you think set you up for being successful at that stage? What physiological or mental attributes put you ahead of the game when it came to being selected from, like you said thousands of people?

Joe Seaman: I think not being exposed to any sport previously actually helped. I was really new to the whole concept of training hard. As i said, I had nothing to lose. I didn't really have any expectations, and that fearlessness really paid off. I was determined throughout that. Obviously my family as well were really pushing me. They saw it as a great opportunity as well. My mom would even drive me down at 6:00 in the morning, because I couldn't drive then. Before school, and train and support me there.

Tony: What physically makes a good rower? I imagine that you had some of those qualities as well.

Joe Seaman: Yeah for sure. Height was one of the fairest aspects of the recruitment. I'm 6 foot 6, got a 2 meter arm span which helps a lot to get a big reach in the boat. Yeah, it was definitely one of the requirements that we needed.

Tony: Then you're going into these 12 session a week training programs. Are they laying out the program for you at that point, or are they saying we're planning for the Olympics? Do they just get right to it at that stage?

Joe Seaman: For sure, yeah. We were coached, and every session they gave us these programs. We'd almost get educated through what the sessions were as we went through. The goals were very clear. We were aught to achieve higher than the best in the world. Not just our peers, or our teammates, but to try and get that gold medal time, so much so that our coach would write down the time that we needed to beat on the deck of our boat so we could see it everyday.

Tony: What are some of the training specifics? What sort of things do you work on? Do you just get in the boat and row, or is it broken down and segmented into various types of instruction? Maybe specific technique days, or cross training days. What is the actual training program look like on a more detail level?

Joe Seaman: There was all sorts. We did a whole lot of cross training. We would do probably about 5-6 sessions actually in the boat, and then the other sessions would require a variety of different sports. Swimming, running, cycling, we did boxing.

Tony: Boxing?

Joe Seaman: Boxing, yeah.

Tony: Just in case you run into another boat and it comes to blows?

Joe Seaman: Yeah, exactly. Get nasty, we'd have to jump ship or something like that. Yeah, we would do boxing to really build the aerobic strength and also our coordination too. At that young age because of my height I was very, with long limbs, not the most dynamic. That sort of stuff really helped me coordinate in the boat.

Tony: You said you were still going to school at this time. How did you balance those 2 things, training for the Olympics and being a regular high school kid?

Joe Seaman: It taught me to be very organized very quickly. I had a diary and I'd schedule my training into that diary as well as what lessons I had throughout the week as well. It did really build me as a person to be a lot more organized. Yeah, as I said I would train at 6:00 in the morning, and then I'd train at 4:00 after school, and then I would spend an hour or two on doing homework after that.

Tony: How did things progress over the weeks, and the months, and the years as this went on?

Joe Seaman: As this went on I progressed to being a national champion on numerous different years, and also competing for Great Britain on 5 separate occasions. It was very satisfying for that training to pay off. Then it much more and I actually got a lot smarter with training as well. Being able to

look after myself, because to start with I would get very ill, be very run down, I'll be eating a load of rubbish, and wouldn't be to good.

Tony: Your diet wasn't necessarily dialed in at this point?

Joe Seaman: Definitely not. I remember eating donuts when I got home, because at the time I was so hungry when I got back from sessions, I would just eat anything. My mom was new to the concept of me training as well, so whatever I could see I'd usually eat. It wouldn't be the best. I'd say donuts, pizzas, anything just to get the calories in.

Tony: Right. Like these stories you hear of Michael Phelps the Olympic swimmer, and they talk about these epic 8,000 calorie, 10,000 calorie meals. It just seems improbable that that much food could fit into a person, but I guess if you're burning that many calories, and you're that active for hours a day you're going to be ravenous.

Joe Seaman: Right, yeah. It's the same as Michael Phelps, but not as much calories as him. That man can eat. It would be about 5,000-6,000 calories a day. Sometimes I would not even taste the food. I was just eating it as a form of an energy source, rather than food.

Tony: Just trying to get it in.

Joe Seaman: Yeah, exactly.

Tony: As this went on you're having success. Where you able to support yourself doing this? Is this something that was financially? Where you experiencing that success as well, in addition to the being a champion?

Joe Seaman: Certainly it was pretty tough. I had to as you said, financially support myself. Thankfully my parents helped supporting me there, but I was working as a jeweler at the time as well. High end jeweler selling diamonds, and watches to bring in a little bit of money there. That helped pave my way through college as well. Then after college I went into personal training because, it was a flexible way of earning income, as well as teaching people exactly what I know, and what I've learned through being an athlete.

Tony: Yeah. I'm sure you had a physique that could certainly help you recruit clients. That definitely doesn't hurt as a personal trainer.

Joe Seaman: Yeah, for sure. They were all sorts of different crazy exercise that we would do in canoeing that nobody had ever seen before that I'd introduce. Yeah, that was definitely a good selling point there.

Tony: When did you make your way to the United States? How did you end up in Austin?

Joe Seaman: I ended up in Austin, it all started in Vegas believe it or not.

Tony: A lot of things start in Vegas.

Joe Seaman: Yeah. I met my wife in Vegas. We were both sober, both by the pool in Caesars Palace. She was on her sister's bachelorette, and I was just traveling with a mate on my off season. I came back from the bar and she was sat where I was based. We started talking, and then from there we hit it off. We were Skyping each other, and visiting each other. She lived in San Francisco at the time, and I lived in the UK. Then one thing led to another, we got engaged in June last year, and she lives in Austin now, and I moved out to Austin in August. We got married in October. To answer your question it was a woman that brought me to the US.

Tony: Not a bad reason. Not a bad reason.

Joe Seaman: Not at all.

Tony: Obviously your initial selection process was for the 2012 Olympics, we're at 2015. The question is, how did 2012 go? What was your Olympic run like?

Joe Seaman: The Olympic run was going pretty well, and it was between about 3 or 4 us to get selected for the Olympics.

Tony: This is for the UK team?

Joe Seaman: Yeah. For the Great Britain team. We were training together. Then to lead up to the Olympics, unfortunately I just missed out on the selection time by 5 seconds.

Tony: Oh man, that's a tough break.

Joe Seaman: It was a very tough break. Believe me I was disappointed at the time. My canoe coach was very supportive, and about a year after that disappointment he said, "Why don't you try the sport of rowing?" I had not done rowing before, in fact there was a rivalry between canoeists and rowers. We would always crash into each other, because the rowers weren't looking where they're going, and canoeists were being cocky as they say.

Basically he said, "Why don't you jump on an erg, or a rowing erg machine and try 2K?" Without training I hit out at 6.14 for 2 kilometers. For those of you who have done rowing machines that was pretty quick. Then I got selected to train for a development team in rowing. Thankfully something good came out of the Olympics, and I'm determined as ever to still try and make the Olympics.

Tony: What are some of the difference between canoeing and rowing? Just for

somebody who might not be aware those.

Joe Seaman: For start as I said we face different directions. Rowers face backwards, canoers face forwards. Rowing is very leg dominant as well. A lot of people think it's pulling with the arms, the movement starts off with the legs, and the distance in which you race is longer in rowing. You're rowing 2 kilometers usually for rowing, and then canoeing is 1,000 meters, 500 meters, or 200 meters. As well with rowing you're sat down and you're rowing. Canoeing is in a pretty uncomfortable position. For those of you who haven't seen it, you kneel on one leg and you just paddle on one side. It's a lot different position than rowing.

Tony: Obviously there's some carry over there. What do you think was the biggest benefit of being a canoeist prior to getting into the sport of rowing?

Joe Seaman: Yeah. I think that the training, being trained smart with my trainer was definitely a big cross over. I knew how to train hard, I knew how to organize my time, how much sleep I should get, my nutrition as well I learned about, and also my height is a good thing for both sports. Again the longer the stroke the more boat speed and pace you get out of that stroke. That was a big cross over there.

Tony: Now you're in Austin, you're training in rowing not canoeing.

Joe Seaman: That's right.

Tony: What does your day look like? Are you still doing personal training, or are you single mindedly focused on getting to the next Olympic games?

Joe Seaman: I am still very focused on getting to the Olympic games, but now I'm starting to work as well. I was working as a personal trainer for a little while, and now I've just started an office job working a 9:00-5:00 job, but I'm still training with the rowing. Getting up at 5:00 in the morning, getting out early which is a good thing in Texas because it gets very hot later in the day, so it's nice and cool. Then I train after work most days a week as well. Usually some gym or running session.

Tony: I believe your diet has probably progressed as well. Can you talk about that?

Joe Seaman: Yeah. My diet has definitely improved. It's moved on from donuts and pizza in the early days. It's now moved on to a Paleo diet.

Tony: From pizza to Paleo, nice.

Joe Seaman: Yeah. I should start a brand there. Yeah, my wife actually introduced me to the Paleo diet. She would always drink bone broth, and I wondered what on earth that was about. I was curious and I wanted to lose a little

bit of weight, so I decided to follow the Paleo diet. The first couple of weeks with rowing training was pretty rough. Switching from using carbs to then using fats was definitely a big transfer.

Cutting out carbs almost completely was pretty tough. I would bonk half way through my sessions, and I'd feel like death by the end of the day, but after that barrier, after 2 weeks I started eating Paleo pretty strict. Eating naturally as I could, drink a lot of butter coffees before my sessions. Now I'm really relying on it's supplements, and also to fuel my Paleo diet through my training right now.

Tony: Awesome man. What do you think has been the biggest change just in terms of your actual performance?

Joe Seaman: My biggest change I think going quicker now than I've ever been before. I think the support that I've received in Texas, here in the United States has been so good. I've definitely improved in speed in the boat, and it's been easy to do that because the conditions in Texas are always good all year round. The lake is like glass, flat. There's not bumpy conditions which means I can really focus on my technique. Then there's been some great facilities that received great training from DeFranco's Gym in Austin. Which is very aimed at early athletes, and they've had great equipment and program to help me progress with my fitness here.

Tony: That's great man. You're involved with the Austin Rowing Club as well. I'm always in Austin for Paleo effects and other things. I seem to find myself in the city quite a lot. I've seen the Austin Rowing Club right there on the bank of ... Is it the Colorado River cutting through the city?

Joe Seaman: Yeah that's right. That's the Colorado River, or Town Lake. Yeah.

Tony: What's your involvement with them?

Joe Seaman: I was rowing with ARC and I was training there for a while. Got some great support. I've also started recently rowing for Texas Rowing Center as well. At Texas Rowing Center ... There's basically 2 rowing clubs in Austin, those 2. They both have a great set of coaches, and they both helped me develop, but at Texas Rowing Center I recently started coaching strength and conditioning there to some of the rowers. It's really benefited them.

I think a lot of the rowers in the US complete all their training on the water, and there's hardly any on land training. Which is definitely a necessity. I've been going through different types of flexibility exercises, stretches, a lot of core exercises. You need to use your core to balance in the boat. Also a lot of posture exercise as well to help them sit up nice and tall in the boat too.

Tony: Maybe talk about some of the specifics. What would be a basic rowing
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cross training or strength and conditioning focused workout?

Joe Seaman: As rowing is very leg dominant we'd focus a lot on creating leg strength in the early phases on the off season. You would be lifting heavy, between 5-8 reps, and then 4 sets of that on exercise such as dead lift, squats, and straight leg dead lift as well. Then as you get close to the competition I would really focus on plyometric work. Doing a lot of body weight exercises, thinking about moving your body weight as quickly as you can to really sharpen people up as they get close to the competition.

Also flexibility is a huge one. I think if you've got [inaudible 00:22:47] someone like myself has the height, you want to be able to use that height in the boat, and then get a good range of movement. Flexibility in the hamstrings, lower back, in the glutes is a big one. A lot of rolling out the glutes with a ball or a foam roller would really help. A lot of hamstring exercises, so sitting on the floor and rocking over the hips is a big movement that is used a lot in the rowing boat.

Tony: Yeah. Let's talk a little bit about rowing specifically. Like I mentioned in the beginning of the show, ergometers are becoming more in fitness centers, and cross fit gyms, and things like that. People might be thinking, I'm going to get on that machine, and I'm going to crank out whatever 500 meter intervals, or 2,000 meter effort. What should people be doing? How do you get into rowing, maybe just using an ergometer to start?

Joe Seaman: I think an ergometer is a great way to start. It's a nice stable platform, it's not like rowing where you're going to fall in or anything like that, unless you're doing it really wrong. The rowing machine is ...

Tony: Yeah, exactly. We don't want to completely eliminate that. [Scoot 00:23:55] off the back I guess.

Joe Seaman: Right, yeah. You got to remember strap your feet in.

Tony: Right. First step strap your feet in.

Joe Seaman: Yeah. Once you strap your feet in, the best thing to focus on is probably short distances, short amounts of time on the rowing machine. Really focusing, really good technique before going and pounding out 10K, or anything like that. Really focus at the early stages of getting quality rather than quantity on the rowing machine. What I'm talking about is focusing on driving with the legs, following a rhythm of driving with the legs, and then following through with the arms, going back with the arms, going back with the legs.

Trying to eliminate pulling with the arms, and keeping a nice straight back with a good posture there. That will set you up to have a really strong technique in the future, and remain injury free as well. You see a

lot of lower back injuries, where people are tugging with their arms, and swinging their backs too much. You want to imagine your back rocking over at 11:00 and then rocking back to about 1:00. That's the kind of range of movement you want with the swing of your back.

Tony: Really not a whole lot of back involvement. It's really more stabilizing the spine, and then letting the legs really drive the movement, much like a dead lift. Like you said, one of the things that you focus on in the weight room.

Joe Seaman: Spot on, yeah. Perfect. You want to really focus on driving through the foot plate, and really putting pressure through. Like the dead lift, you focus on driving through the floor, it's the same way on erg machine. You want to focus on driving through the foot plate, and really using those legs to stand powerful.

Tony: If somebody isn't interested in hopping on the ergometer for the purpose of getting into the Olympics, and maybe they're just wanting to improve their fitness. What are some of the benefits of rowing? What are some of the things that somebody might notice after putting in a few weeks, or months on the ergometer?

Joe Seaman: Personally I think that the rowing machine, what I've seen with my past is the best way to get aerobically fit the quickest. I think it requires the most muscles within the body, and it's low impact as well unlike running. In that case it's one of the best ways I think to work out. As I said, you use a lot of the muscles and you drop a lot of fat because it requires so much energy. I think in about an hour on rowing machine you burn about 1,000 calories. That is a great amount of calories to burn.

Tony: As long as you're not refueling with donuts and pizza you're probably going to be improving your body fat percentage, and seeing some positive body composition changes as a result.

Joe Seaman: Yeah. Even though you might want to go and grab that afterwards. Yeah, make sure you're refueling with some healthy stuff afterwards. Don't reach for the pizza and the donuts.

Tony: You being in Austin obviously you're able to go to places like Paleo Effects, and there's really great restaurants. What are some of your day to day nutrition choices? What are some of the things that you do as someone who's an elite athlete, somebody who's trying to go to the highest levels of your sport? Living in a city how do you go about navigating the food choices? How do you stay on track with your diet?

Joe Seaman: Thankfully my wife is a bit of a Paleo chef, so she's always creating new creations. She's created a basin oats free granola, which is sugar free as well. That is really good, I have that for breakfast. Then she also makes almond fudge cups, which is a mixture of Kakawa powder,

coconut oil, and then also honey and Kakowa powder. That is really good too. In Austin there's some great places to eat, and I always look at the menu before I go out for dinner just so I have an idea of what to have that's nutritious. One of my favorite places is Picnik, which is on Lamar, but it's a food truck that serves butter coffees. I think one of the only places apart from the whole foods in Austin that does that with MCT oil, and butter, and an organic coffee. They also do some pretty mean brownies as well.

Tony: Oh, yeah man. I've had the pleasure of going to Picnik many times, and know the owner Naomi. She's a real delight, and the butter coffee is a nice benefit as well.

Joe Seaman: Yeah.

Tony: Just from your own perspective as someone who's trained in a standard diet versus a Paleo diet. Just nutritionally do you feel like carbohydrates are something that you benefit from adding into your training program? Do you stick pretty low carb? There's a lot of debate, there's a lot of controversy there when it comes to carbohydrates as a nutrient or macro nutrient for performance.

Joe Seaman: Yeah, I try and stay as low carb as I can. When I do reach for the carbs I make sure that they're natural carbs as well. I'm a big fan of sweet potatoes. I usually have that in the evenings. Sweet potatoes, or even potatoes sometimes. I try and stay away from gluten. Any carbs as natural as possible that hasn't got gluten in it is usually what I'd try and reach for that help.

Tony: Awesome man. If anybody wants to track you as you make your way to the 2012 Olympics, is there any website or resources you would want to direct people to?

Joe Seaman: Yes. You can visit my website which is joseaman.com. I have basically a list of all the competitions and achievements I've done on there. I'll be blogging on there soon as well, so you can track my progress on there too. In Austin Fit Magazine every 3 months I'm writing an article. I've got an article coming up in September about [Jager 00:29:49] in Austin as well. Then obviously I've got some great sponsors as well on it which provides some great natural supplements that helped me there. Also Epic Bar as well, one of their ambassadors. Then my wife as well, I've got to thank to. It's Michelle's Paleos has provided me with some great products as well.

Tony: Yeah. It can help to married to a Paleo chef. That's really a nice benefit.

Joe Seaman: Yeah, it definitely helped for sure.

Tony: Joe, thank you so much for coming on the show man. I wish you the

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best of luck with your training. It sounds like you've got some exciting things going on. Developing the sport of rowing in Austin, and here in the United States. Making your way towards the Olympics and fueled by Paleo. That's always something we like to hear.

Joe Seaman: Yeah, for sure. It's been a pleasure speaking to you Tony.

Tony: That was Joseph Seaman. You can find out more about Joe by visiting his website joseaman.com. Next week on PMR, I'm joined by Doctor Akil Palanisamy author of the Paleovedic diet. Here's a preview.

Akil Palanisamy: The thing you hear about the Paleo diet now is that you always need to individualize it, and customize it, but I found that people need a little more help and some tools because you can't just tell somebody try different foods, see what works, see how you feel. I think people benefit from more guidance, so Ayurveda is really good at helping people really customize what types of foods, how much raw food, should they include dairy, even which fruits and vegetables are optimal. Ayurveda is helpful for that regard.

Then the other area where I think it's really helpful is in the area of spices. That's where I think the nutrient density component really is improved with Ayurveda because, it talks a lot about using spices as medicine. Everybody has heard about Turmeric these days which is great, but there's actually a dozen other spices that I talk about in my book, that can really be helpful for people to incorporate, and get more nutrients out of their diet.

Tony: To learn more about combining Ayurveda with Paleo you'll have to tune into next weeks show. Until then you can check out our full archive of Paleo Magazine Radio episodes on paleomagonline.com. As you know I recently had the opportunity to go Paleo Effects, and in addition to all the great Paleo brands, bloggers, authors, and experts one of the most rewarding things for me was to hear from fans of the show. It's a surreal experience to have people recognize you because of your voice, but it's also super encouraging because podcasting truly is lonely work.

Sure you get to have great conversations with the most interesting people out there, but most of the time is spent editing, writing, and producing the show. After all that work is done you send a little MP3 file off and call it a day. There's no audience, no feedback, no way for me to know if what I'm doing makes a difference, but then every so often I check our iTunes page and I see a new review pop up. It's a bright moment of my day, and it truly keeps me motivated to do this work.

This weeks review comes from [ChristyS86 00:32:51]. Christy writes, I love this podcast. I'm a newbie to Paleo and this podcast provides me with all the info I need to go on this journey of a a Paleo lifestyle. I can tell Tony is passionate about what he does, and I'm appreciative of

people like him who work to get the word out about true health. Christy, you're a rock star, and I'm so honored to be on this journey with you. Thank you for taking the time out of your day to let me know how this show has impacted your life.

For those of you who are regular listeners, but haven't yet reviewed the show I hope you take a moment to follow in Christy's footsteps. We don't charge anything for putting out this content, but the good vibes from a great review are payment enough. Paleo Magazine Radio is brought to you by the Paleo Media Group. Our show music features the song Light it Up by Morgan Heritage Jo Mersa Marley. Paleo Magazine Radio is produced by me. On behalf of everyone at Paleo Magazine thank you for listening.