

Paleo Solution - 232

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Robb Wolf: Howdy folks. Robb Wolf here. It's another episode of the PaleoSolution Podcast. Today, we have my good friend, my frequent stalker and a dude who can probably punch you so hard that you end up pooping for a week, Tyler Melee Minton. Brother how are you doing?

Tyler Minton: I'm doing good man, thanks.

Robb Wolf: So what's new and exciting? What's the weather like in your neck of the woods? Tell folks where you're located?

Tyler Minton: I'm in Johnson City Tennessee, northeast Tennessee. It's hot, muggy, humid, bugs everywhere, miserable.

Robb Wolf: You're telling me that the south is hot, humid and buggy?

Tyler Minton: Absolutely.

Robb Wolf: I think you're a liar. This shows is over. I –done so. So Tyler and I have been friends for a number of years now. He ended up literally stalking me. I forget even the exact details but you just wore me down kind of like the dude standing on the back porch bike club style until I finally quit telling him to fuck off. You know he's always been a great dude. Tyler, give folks some of your background all the way back into the wrestling, high school wrestling and beyond and then also we met at some crossfit shindigs but give some folks some of your background all the way up to the ultimate fighter tryouts and all that.

Tyler Minton: Yeah. You know, I was the normal athlete growing up. The only difference is I wasn't athletic. I just participated in every sport. I just sucked at it.

Robb Wolf: [Laughs]

Tyler Minton: And then eventually I discovered wrestling. You know, I was a kid as I said. I wasn't good at football but I still played. I was always the kid who helped the stars get better because I was basically tackling dummy. Then you know, I started hanging out with some wrestlers and noticed that they were weird like me and most of them weren't real athletic. So I decided to give wrestling a try and was actually pretty good at it. It was the first sport I had ever done that you don't necessarily have to be a

good athlete if you're willing to work harder than the guy you're going against. It was also the first board I ever did that you earned your started spot. You know, most people don't know before a wrestling tournament, you'll actually do many tournament in your own –you know, among your own teammates and the winner is the one who gets to be the A team or the starter and then the B team. So there's no favoritism in wrestling there's no, you know, --

Robb Wolf: And that can change week to week whereas like with football, it's pretty much written in granite and it's done.

Tyler Minton: Absolutely, absolutely.

Robb Wolf: Yeah.

Tyler Minton: There's no, you know, this kid's dad donated so much for the booster club so he's the running back. No. It's constantly changing. I just – I took off to wrestling very, very quick. You know, it just kind of – it was congruent through a lot of my attributes and things like that. So then I did that and like I said my first job was absolutely horrible. The only match I won was on Blood Tom and essentially Blood Tom is when you bust them open they can't get the blood stopped. I think you have three minutes to bleed and if you can't get the blood stopped in three minutes, the other guy wins.

Robb Wolf: Did you tell them that you had a razorblade hidden between your toes, Capoeira style or that was what it was?

Tyler Minton: That was what it was.

Robb Wolf: No, okay?

Tyler Minton: I never found that. Actually the technique I used, I cross faced the guy and broke his nose and they kept stuffing a tampon up his nose. I figured out that if I just kept cross facing, he would rip that tampon out. He'd keep bleeding. Eventually this is a true story, eventually the ran out of tampons to shove up his nose. You know, I mean they weren't going to the crowd looking for --

Robb Wolf: Donations right.

Tyler Minton: --volunteers yeah exactly. So I mean I won that match and then the next year I won more than I lost. I mean it became – I worked hard all summer and I went from about believing I started out I was five foot nine, I think

210 pounds and then a year later it was six foot, 173. Actually that's not even a year, that was over summer. It just my body changed, my attitude changed. I was you know, out working with everybody in the wrestling room and then just busted my butt. So then after wrestling was when I first kind of discovered MMA. It was just getting big but the first mixed martial arts match I ever watched was actually Forrest Griffin versus Stephan Bonnar for the ultimate fighter 1 finale.

Robb Wolf:

Okay.

Tyler Minton:

I had never watched any fights. I didn't know what the ultimate fighter was. I just happened to be flipping through the channels. I was actually on bed rest. I just had a knee surgery flipping through the channels watching it and I remember commenting to the person I was with at the time, how ignorant these people were. These guys, this is stupid. Like why would anybody knowingly and I was a boxing fan at the time. I was like why would anybody knowingly do this? Like that's crazy.

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I thought it was kind of a disgrace to wrestling and everything. Well you know, it wasn't long after that I saw some guys in a local college gym actually rolling around on the ground, but all I saw was him do the take down. I thought they were wrestlers and just shooting takedowns. So I asked if I could join in and they said yes and I came in and I doubled legged one of them. As soon as we hit the ground, he wrapped his legs around me and started choking me. I had no idea what was going on. I was flipping out, which oddly enough I knew to tap. That's everybody's go to. You know, I've done security for years. I can't tell you how many drunks in a bar starts tapping and looking for a referee.

So I start tapping and he lets go and he's dude, what are you doing? He explained that they were actually from a local jujitsu gym and they were actually jujitsu and Capoeira guys. So you know, I started working with him a little bit and enjoyed it. Ended up actually having my first fight, I guess it was just four months after that. It lasted nine seconds so I decided I was going to try it again. The guy did what I call a superman double leg and he just jumped at me. He just lunged at me and I guillotined him at the same time as I sprawled so I ended up just basically smashing his face into the ground. It was really rough.

So you know, it's a month later and it was 42 seconds. At this point, it was all just yeah I was doing it for fun. I was training you know, three times a week, maybe for an hour you know, I wasn't really hitting it correctly. I was just kind of doing it for fun. And then my third fight was

against an ex-marine purple heart, great guy. He's smarter than me. He's a lawyer now and I'm still fighting.

Robb Wolf: [Laughs]

Tyler Minton: But it was a three round –I mean it was a war. I got a concussion at the end of round 1, he got a concussion at the end of round 2 and by round 3 we're just swinging at each other. There's one part in round 3 where I'm holding him by the throat and just sitting there throwing punches at him against the cage. It was an absolute blood bath. One of the best fights I've ever actually seen I've heard several people say that at any level. Just back and forth. And oddly enough after that while doctors are looking at me, I literally just had an overwhelming feeling that this is what I wanted to do because for the first time in my life I had a crowd like yelling my name. I still remember that vividly. He's on top of me actually beating my brains in and the crowd just chanting my name. Nobody knew me up until that point. I was just a kid that every time this guy would hit me I would come right back forward and hit him twice.

And I had never experienced that. I wasn't a popular kid growing up. As I said, I wasn't a good athlete and I mean it hit me at that moment that this is what I needed to do. This was how I could become special. So after that, after I recovered, I mean I changed everything. I changed my degree at school. I was premed looking to become a chiropractor. Great grades, you know, I was intelligent once upon a time. I knew that there was no way I could do that and fight so I changed my degree to nutrition knowing that was still a way, originally I was just wanting to help myself because I knew I was doing it wrong. At that point I was cutting it from 200 to 170 pounds in a week. You know, I was doing things like eating nothing but broccoli and cauliflower for a week, dead serious. This is when we had the same day weigh in. So I would eat like that then weigh in then five three hours later. In that first fight that lasted on seconds, I remember the referee raising my hand and my knees buckled from the – it was an absolutely insane, but nobody was doing it right back then. No one knew what to do.

Robb Wolf: Right.

Tyler Minton: Now I was a wrestler. You know, you starve yourself put trash bags on and make weight. There was no how to make weight. It was just my place.

Robb Wolf: What was this jackass name Robb Wolf back in 2005 that wrote a thing for the Performance Menu called Fight Breath but nobody gave that one too much look so.

Tyler Minton: Dude, there was change since 2005, it's --

Robb Wolf: Yeah.

Tyler Minton: No seriously but I mean it's just it's the whole game has changed. But you know, I literally dedicated my life to at that point. I quit my job. You know, I was managing a business at the time. I quit my job and became a personal trainer literally just finding everything I could possibly do to work around MMA and to train full time. I started training you know, five days a week just muscle my body in the gym for hours. You know, still not training correctly. I mean I remember we were putting on professional fight, you know, the four ounce clause and just beating the heck out of each other. I mean we didn't know how to train. We just knew to you know, if we fought every time we got into the gym then by the time we actually fought it wouldn't be that bad. I had a really good amateur career and that worked for the longest time. I was just going in and just overwhelming people just walking straight forward talking their punches. Throwing them up into cage, picking them up, slamming them and beat them until they gave up or winning by decision.

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Man just it went from there. I've met you. Actually I mean it came through MMA because through MMA I discovered crossfit everybody at the time and some misled still feel this way. Oh man if you're doing MMA, you have to do crossfit, you have to do crossfit. It's just like a fight. I mean they've got this workout called fight gone bad, BJ Pin does it every day and that's why he's a world champion.

So you know, I went into it and started following crossfit. I guess it was in 2008 is when I started following it. You know, loved it. I loved the aspect of a fitness community where you could actually log in and see how people were doing on workouts all across the world. I loved the competitiveness and I thought it was really cool.

They were doing things that you know I was young. You know, I'm 26 now. So it was just things I had never seen. I had never really done Olympic lifting or anything like that. So it was very new to me. So I've decided to go ahead first into that. I ended up getting certified then I when to the nutrition cert. Back then crossfit had a nutrition cert and that's where I met you. I know I've said you don't remember. It was

pretty cool. I actually sat next to Gregg Maynard, which is really cool looking back now.

Robb Wolf: Right. Right.

Tyler Minton: I just realized that a few days ago or a few weeks ago. I was thinking about that and watching Gray Maynard. Now people don't know –you know, he's had MMA fight since then. He owns a crossfit gym and the guy doesn't have forms and legs. But watching this guy --

Robb Wolf: So Kyle Maynard you mean.

Tyler Minton: Kyle Maynard, Kyle Maynard I'm sorry.

Robb Wolf: Yeah.

Tyler Minton: Gregg Maynard is not a fighter. Kyle Maynard yeah and watching this guy I mean take notes at the seminar, I mean ever since then I've always kind of had this attitude of oh my gosh, how can anybody have an excuse.

Robb Wolf: Right.

Tyler Minton: Like after seeing that guy. But anyway.

Robb Wolf: Hence the title of his book No Excuses.

Tyler Minton: No Excuses exactly. Yeah I mean it was a real good experience but that seminar was just it was amazing for me because you know, I haven't told tons and tons of people this but part of my story from wrestling I ended up, I developed an eating disorder and things like that and I became obsessed with how to eat but I was doing it wrong. Like all I was worried about was calories in, calories out. You know, I was following diets that really quantified foods instead of qualifying. You know, worried about quality and I was always worried about that. I was falling so those diets and really starving myself. But you know, I wasn't gaining weight so that was good in my head.

And then at that cert I remember us getting into groups and we had to kind of chip away at different individuals, I've still got all my notes. Like we have this individual how would you recommend they eat.

Robb Wolf: I mean one of the people is actually a mixed martial arts athlete.

Tyler Minton: Yes.

Robb Wolf: Yeah, yeah.

Tyler Minton: Yes and there was one that was like an eating disorder too. I'm sitting here looking at everything wow this is – I mean that seminar really, really spoke to me. I mean in so many different ways it made sense. You know, I went home and I didn't have a fight or anything lined up so I decided it would give me a chance to try things out. I went home and went through a full, full out paleo diet. At that point I wasn't following straight paleo. I was doing zone diet with a lot of zone bars, which to me just made a wrestler there. You know, these things are light so that's perfect.

But you know, I went home and followed a strict paleo diet and you know, it worked. Like everything worked but man you know, ignorance kind of took hold and my stubbornness I just thought I was going to go pro with the fighter. I went professionally. Well when I did that I started working out two and three times a day. Well you know, now I'm working out two or three times a day, I'm thinking well you know, this paleo diet, I'm not getting many carbs. Again I was doing it wrong. I wasn't fully invested in it. I wasn't eating enough. I'm professional now I have to train all the time so this diet is not going to work for me. I got to go back to eating the whole wheat bagels and pounding this junk in. I started doing that again and you know, I was trading things like waking up early and running or running before bed for sleep if I wasn't sleeping. I was sleeping four hours a night. I had recently opened up a gym so I was working 40/50 hours a week training 20/30 hours a week, sleeping 3/4 hours a night eating a super, super insanely high processed carb diet because you know, magazines told me that's what I needed to do.

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You know, just went back to doing everything wrong but instead of underdoing it now, I was overdoing everything and fast forward to I guess I was four and I was a fighter at the time, I ended up making the ultimate fighter at 170 and at this time me and you had had some correspondence. I had sent you an email before and we have kind of talked and this is kind of when you –you know, I could kind of tell in your head I was just another one of those guys asking knowing questions like oh yeah men, you were helpful. But it was just very –you know, kind of generic talk, which you know I understood completely because I was asking very generic questions that I could have doodled really. So --

Robb Wolf: That never stops so.

Tyler Minton: No, no, no. I understand that completely. So then you know, I went on and I went on to this, I made the ultimate fighter. I was super, I mean

severely over trained. I was getting to a point where I couldn't – if I tried to sleep more than three or four hours a night, I couldn't. I would be wide awake. You know, I could not make myself sleep. You know, it was just horrible. So I go into this well then I actually get sick. Speak to a doctor. You know, he's like man there's no way you can go. Like you can't – you'll die if you try to cut weight with your body being the way it is. You know, being the kind of person I am this guy well you know, that sucks but I could always die much worse ways. I mean I really remember leaving and going off The Ultimate Fighter thinking okay, you know, this literally I could die. Yeah it was rough but so then I go on to the show and sure enough I start cutting weight. Everything is as normal. I'm not worried about my weight cut because it's actually I had less cut than I normally do. But then all of a sudden weird stuff starts happening.

I started losing eyesight. I started having to put water in my mouth and gargle just to talk because my mouth was so dry. Mind you this should not be happening like at this point like it should never – even though I was cutting it wrong back then I still had never experienced this. I ended up staying up all night that night cutting weight because I wasn't able to. There were eight times that I remember of that I blacked out in the bathroom floor. I remember producers finally kind of catching wind of what was happening to me and a producer sat down next to me on the bed of the hotel room and asked me if this is worth dying for. He said we can't tell you to stop but we can't tell you to keep going. I can't recommend you keep going. He said has is this worth dying for. I mean I mean I remember I didn't hesitate absolutely like what I couldn't wrap my head around the idea that anyone would answer any other way. It's like well of course it's worth dying for. This is the UFC. This is where everybody wants to be. Like why would you not be willing to die for it. You know I've always said if you're not willing to die for goals, it's just a dream. You know, so I went into it and well come to find that out, I almost died. I get down, I get down to the weight, I black out, wake up with EMTs all around me. The doctor is flipping out. You know I end up having to be put in the emergency room, come to find out you know, I had severe adrenal fatigue, kidney fatigue. I was literally almost dead. I mean it was awhile before I could actually process whole foods and fluids and keep them down. And then I messaged you and kind of talked to you about it and said hey man this is the deal.

You know, I told you my story. I told you what was going on and you kind of saw that I was serious like man this kid has potential but he needs help.

Robb Wolf: Well you know, where I was at with it, I had helped a number of people in the MMA scene and you know, it's a gift and a curse about what it takes to be a fighter. The gift is that you're willing to literally get in and die and like when you first saw this Stephan Bonnar Forrest Griffin fight, you know, it's like this is absolutely ridiculous, why would people do this and there's a certain element to that. But then you know to be willing to do that like you said you got to be willing to just about risk damn your anything because just about anything could happen in the process of just doing a fight to say nothing but weight cut. But that same degree of commitment oftentimes manifest in stubbornness and that stubbornness I had found was that I would give advice folks and they just wouldn't follow it. It would shot my ass pretty thoroughly. [Laughs]

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Tyler Minton: Yeah.

Robb Wolf: You know, cutting them off and being done. So you know, I was pretty reticent to get in and start investing any time because I'm kind of like oh, god another MMA knucklehead.

Tyler Minton: Yeah.

Robb Wolf: You know, this kid is never going to listen and so I think I read you the right act pretty good and gave you some parameters of if you fuck this up or don't do this or don't do that then I'm kicking at the curb and --

Tyler Minton: Yeah.

Robb Wolf: You're dead to me and all the rest of that stuff but you actually ended up doing this stuff that I asked you to do. A lot of that was just simply sitting back, getting your adrenals recovered and really dialing your dream back. Doing some fiddling like significantly upping your carbs, taking care of post workout nutrition. So fast forward folks a little bit like what are your weight cuts like now and what's your overall health and performance like now. What's your training like now relative to what it was before?

Tyler Minton: Man it's not even a shadow of what it used to be. And then when I tell people I'm kind of like you now in the fact that like you were. When people immediately come up I'm like man, what do I need to do. Man, you know, you will have to earn, you're going to have to earn my respect first because there's so many guys that still don't want to listen to it. If they knew what I've done differently or looked -- I don't even look the same, I don't perform the same. My weight cuts --

Robb Wolf: And it's a lot easier.

Tyler Minton: Yes.

Robb Wolf: That's the thing is it's like infinitely easier and that's not saying that the training isn't still hard.

Tyler Minton: oh.

Robb Wolf: The weight cuts aren't still a bitch but it is infinitely easier than the weight that most folks do it and the way that you're doing it before.

Tyler Minton: Absolutely.

Robb Wolf: I think that's one of the biggest difficulties that people are wrapping their head around. They're like this just needs to be like a crucifixion and it doesn't.

Tyler Minton: Yeah and I mean and you would never think will come back like well how are you in so much better shape now? Like why do you – how do you look better, how are you performing better? Well I'm sleeping about two or three times what I'm used to. I'm working a lot less. You know, which actually I make more money now than when I worked all the time. But that's listening to you in business, not you know, but anyway.

Robb Wolf: [Laughs]

Tyler Minton: It's you've helped me many, many ways. But you know, I'm sleeping a lot more. I'm eating a lot more, I'm not freaking out about my food as much because I know that it's helped me perform. You know, a side effect of that good performance is you know, I look better cosmetically and you know, I'll always even I'm always hard on myself. Fighters, we always want more and more and more and even then you're always kind of like hey chill out man. You're dialed back a little bit, it will be okay. But my training has improved because my outside of MMA gym training has slowed down. I was working out five, six days a week just this high intensity and you know, healing. I'm talking an hour, hour and a half workout. I mean I remember workouts like fight gone bad just being breeze for me. I was getting really good at that kind of stuff. But then I would walk in an MMA gym. I'm like oh my gosh, I hope I don't do kickboxing until someone kicks me in the leg I'm going to cry. You know, because I was so sore. You know, now I'm working out depending on I think it's fight camp or boxing me to a fight. I'm working out two to four times a week strength work, gymnastic work. You know, I'm never really

gassed after a workout now but then I go into the MMA gym, I'm a lot stronger than I used to be. I'm a lot faster than I used to be. I'm in a lot better shape and I can train in a hundred miles per hour because I have a full effort to give. I have 100% of me to give whereas I used to –you know, I was going into the gym with about 50% of my max ability because I was so tired and fatigued you know.

So it's changed a lot and the cool thing about it is it's led to me being able to help other people. You know, I would never have thought that I would be able to turn that around and now help people not make the same mistakes. You know, that's really awesome to me.

Robb Wolf:

Yeah. You know, and it's a good instinct that you had early on that when these folks approach you that you've got to – and it's not even that you're like trying to keep the goods for yourself. Like I've found an interesting thing is that people are such knuckleheads and they're so unwilling to believe that the basics are really worked at. This is true whether you're talking about fighting or nutrition or whatever. It's like sleep, good food in the appropriate amounts, good timing, you know, strength and conditioning that supports your activity, doesn't degrade your activity and then get in and do really smart progressive fight camps.

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And be analytical about you know, where your strengths and weaknesses are in the past. If we had an idealized schedule, we would get up in the morning and do a really easy session in the morning whether it was grappling or standup or clinch or whatever. We would kind of rotate through that and then based off of the morning's activities and we would usually film that stuff and then we kind of look at well what do we like, what do we not like, and then in the evening session which was the harder training session, we would really drill and progressively you know try to improve on whatever it was that we didn't like in that AM session.

And you know, if I can get folks to listen to that shit then they tend to do breakaway and it's just --

Tyler Minton:

Yeah.

Robb Wolf:

It's just a matter of getting him to listen to have some faith that every single workout doesn't not only doesn't need to be but can't be white buffalo in the sky you know, just complete puke fest. You know, there's definitely times for that. There's times for testing but more often than not like 90% of your stuff needs to be training. It needs to be getting efficient. It needs to be you know developing the out of the gym attributes, explosiveness, mobility kind of armor you know development

so that you're as bulletproof as you can be going in the fight. But then you know focusing on your fight training, you know, technique and efficiency because you can only build so much energy. You know they talk about people being cardio monsters and stuff like that. But really at the end of the day there's not a massive difference from one person to another on the ability for them to just develop "cardio" what it is as efficiency.

Tyler Minton: Right.

Robb Wolf: And take some work to do that and more often than not, like my job when I'm working with someone like you guys never need motivation. What you need is a tranquilizer dart and a cajole to the back of the head to calm you guys down. [Laughs] Which again is ironic. It's pretty ironic.

Tyler Minton: Yeah. But I mean it's – I tell people all the time you need to look at who you want to be. You need to look at the people that are where you're at, that are where you want to be and you need to live that lifestyle. A lot of that, you know, that goes – I've talked before in interviews and things and talked about how there's a severe lack of accountability in the fitness industry and in the athletic performance industry. It's just it's horrible. I mean as fitness experts and gurus and all that, I mean you know I feel like we have a responsibility to be honest with people and too often industries aren't. You know we're seeing these magazines published. You know our favorite one is workouts and they're just killing it. It's like well yeah am I really doing that or did they get paid to write that up there.

You know, and that's a big thing and when we look at guys like Anderson Silva, you know Anderson Silva is I'm not a big fan but he's one of the greatest fighters in the history of combat sports. Is that guy's cardio great? Who knows? We never really had to know because he never used it. You know, Anderson Silva was famous for the –just he relaxed, he stayed back. He didn't really- he never pushed the pace so he never had to use it and that goes to say if you fought efficiently, you don't always even have to the best gas tank. You just have to have the best gas tank for your style.

Robb Wolf: Yeah and it's a great point and I would suspect that Anderson probably always conditioned well and did plenty of stuff that would build that engine. But you know part of his longevity in the sport is that he managed to take the very, very little impact over the course of it.

Tyler Minton: Yeah.

Robb Wolf:

And that will keep you in the game a lot longer for sure. So yeah, yeah. Hey Tyler, how is all this stuff like you run a strength and conditioning facility also the coliseum, how has the changes that have occurred in your training like how has that influenced the way that you run your gym? Like what's your gym like today versus what it was say like three years ago or something?

Tyler Minton:

Man it's changed so much and that's what's so cool is you know, not only has all this changed my life. It's allowed me to change the lives of others. I used to just kill clots. You know they're not – if there's not someone puke in and regretting they showed up, I wasn't doing my job. You know it was –and there's a lot of like I said, there's –some of us have a problem with accountability in the fitness industry and we think we have to do that. You know, I would wake up on Sunday and design that week's workouts and you know, that was programming. You know, there's no coaches who do that. You know we wake up on Sunday and we have the workouts for the week and that's we're going to call that programming. But no, you're not programming you idiot, you're prethinking the five days out.

So now man, I have a complete different philosophy with it. I'm actually you know, really well known especially my area for my programming and if people knew that all I'm doing is finding that perfect balance of giving them a good workout without overtraining them you know, that's really what I'm doing. We're spreading things out correctly. I'm looking at things on a you know, three months, six month, year plan rather than completely just random what can we do, what can we put in our workout to wear these people out. You know, I'm stressing things like recovery where I used to not stress so much. I didn't think it mattered to me so why did it matter to them. I'm stressing things like I can't tell you how many clients I've been able to help through nutrition by adding food to their diet, you know they were starving themselves. Or how many clients I've been able to help get past that plateau just by simply hey you know, it's simple black out your windows, read a book, turn your TV off, get to bed two hours earlier. I mean it's insane. You know, I'm changing people's lifestyle a lot more now and rather than worrying about how bad I'm killing them in the gym and I'm seeing crazy improvements.

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I've had before and afters that I would challenge about any gym. I mean I'm having amazing before and afters with people and it's just the people that are willing to listen to everything I say kind of like I've been with you. You know it changed my life and now I'm able to change theirs. I'm working with some of the UFC's greatest with their weight cuts and I know we keep my weight cut secrets on a pretty good lockdown. It's not

to – we know we kind of keep it quiet but I mean really the basics of it is helping these guys chill out, not stress, make sure they're eating enough. Most of my weight cut clients especially my more high profile guys the biggest thing I've changed with them is we're now feeding them all the way up into weigh ins. These guys were going days without eating. They're –you know, weeks without eating good and I mean I'm having to eat plenty. I mean they're not starving at all. They're eating the day of weigh ins. You know, I've had clients eating when they're in the hot tub cutting weight. I mean it's not a – we're really just improving their overall health and it's allowing their body to cut weight.

You know cutting weight still sucks. It's never fun but we've managed to make it suck for an hour now rather than two weeks.

Robb Wolf: Right.

Tyler Minton: And that's huge. You know, I've seen guys some of my UFC guys we've seen them cut 20 pounds in two days without flinching, I mean eating the entire time, you know, wake up, go cut some weight, go back, eat breakfast then go cut a little bit more weight, completely happy joke around. It doesn't matter. You can go out and perform great not bloated, not fatigued nothing like that. You know, it's just –it's changed everything man. And the thing is just understanding that, understanding health. You know, you're understanding that your job as a coach of a group, especially when we see it bad in group finish gyms, we try to give a one-size-fits-all program to everybody and our job as coaches is to kill these people then let them figure the thing out. you know, that's [0:33:16] [Indiscernible] job is to give these people goals. You know, and it's up to you to be educated enough to give them what they need. Sadly there's not enough education as coaches but --

Robb Wolf: So this more moderate planned approach has been good for your clients and it's actually improved your financial bottom line is that right?

Tyler Minton: Yeah, absolutely man. I would have never thought that I was –you know, I'll be traveling to Ireland this weekend with Zach Cummings. He's fighting on the co-main event in UFC Ireland. You know, just to help this guy make weight. I never thought I'd have that opportunity before and it's just changed everything. I'm actually doing nutrition consults for people all around the globe now. It blows my mind. It always just kind of makes me laugh when they get my recommendation or when I send it to them. I can tell when people question it. It's like wait a second you know. Some of the people I just can't believe how many cards I'm allowing them to have or things like wait I can eat, dependent on what their goals are

and how they need to lose weight. Some people just can't believe that I'm allowing them something like bacon, some people can't believe that I'm allowing them you know, some higher core bottoms and starchy items. It blows their mind.

And then the weight starts falling off. They –you know, they just can't wrap their head around that because they were still stuck in the same mind frame that I was. The sad thing is man it's not overall the – it's not changing. There's really not a whole lot of change in the sport. There's a few guys trying to be trailblazers but there's still so many fighters. I mean I would care to say 98% of them are still doing it wrong that need people. You know, they need guys like us telling them hey man, you got to slow down, idiot. Let's do this. Let's do this intelligently.

[0:35:00]

Robb Wolf:

Right, right. So Tyler where can folks track you down online if they want to do some nutrition consulting or check out some other stuff and follow your career?

Tyler Minton:

We have the – I have my street conditioning website. It's JCCFit.com. And we're actually putting up. we're working on it right now. Our new website is solely for the nutrition side of things. They can start reaching me through JCC Fit. But we're working on the nutrition side of things to where I can actually do consults. You know I had several clients run out. I'm talking more. I'm actually trying to get more busy with that. You know, so I can travel more and things like that. Yeah we discussed me moving and all of that. So they can track me down through that. They can email me at MeleeMMA@Gmail right now. You know, like I said I'm trying to get as many as I can, you know, nutrition consults. I don't just work with fighters. In fact majority of the people I work with are moms and dads and super busy, super stressed people and the vast majority of my people are normal people. I work with very few fighters in comparison to how many normal people I work with.

Robb Wolf:

Very cool. Well dude, it's been fantastic having you on the show. It's been very cool getting to know you better over the years. It's pretty funny in the evenings I tend to get a lot of text messages and Nicki will say so which boyfriend is it. It's either Jim Laird or it's Tyler typically that's blowing me so.

Tyler Minton:

Yeah. Gosh, I'm jealous that you also get to text Jim Laird so.

Robb Wolf: Yeah it's always a treat interacting with that guy. It's always a treat interacting with you too. We got to bust each other's ball pretty good these days.

Tyler Minton: Yeah.

Robb Wolf: So very excited to see how this Ireland trip goes. I think this show will actually go up the weekend after that fight so folks will have already seen how all that stuff goes. But great having you on man and it's going to be very interesting seeing how things go forward in the future. Excited for you.

Tyler Minton: Awesome man. I appreciate it.

Robb Wolf: Awesome. All right Tyler, take care, man. We'll talk to you soon. See you buddy. Bye-bye.

[0:37:25] End of Audio