

Paleo Solution - 277

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Hi folks, Robb Wolf here, another edition of the PaleoSolution Podcast, I am very excited for our guest today. Whitney Miller is a fitness competitor, a former or I get is it former or does it just continue being that you are Miss United States 2012? I'm always confused by that. What's the story with that?

Whitney Miller: Yeah. I'd say both. I'd say former Ms. United States 2012 but then I am Ms. United States 2012 so.

Robb Wolf: So it's kind of redundant yeah, yeah.

Whitney Miller: Right, right.

Robb Wolf: It's like yeah look in the dictionary for redundant and see redundant and then you are also as aspiring MMA athlete. Whitney how are you doing?

Whitney Miller: I am doing so well. Thank you. I'm pumped to be on the show.

Robb Wolf: Cool. We tried to do this about three months ago and between you and myself, we actually have about six people's worth of scheduling between the two of us. So we ended up two ships passing in the night that time. I think you were like sitting in an airplane in Chicago or something so.

Whitney Miller: Yes.

Robb Wolf: Yeah.

Whitney Miller: Exactly. Something like that, somewhere around but we were making it happen now.

Robb Wolf: Awesome. Awesome. Whitney tell folks about yourself? You know going from the fitness and kind of modeling stuff and then working our way up into your current aspirations into MMA.

Whitney Miller: Yes. So I was an athlete my entire life. I've just been competing in basically anything I could get my hands on. I was really big in the track and field into soccer, cheerleading, sailing, surfing whatever it was. For me I was always kind of a tomboy. When I decided to do my first pageant, my parents thought I was a complete nutcase. They had no idea what I was saying to them. Because I mean I'm this girl that walks around in overalls and has two older brothers and plays football with them in the front yard. It doesn't put sparkly dress and heels and whatever else that entails.

But I figured it was a new experience for me so I gave it a go and I actually ended up winning that and didn't do. So I won Ms. Corpus Christy Teen USA and then I didn't do anything for six or seven years in the pageant industry at all. It was just kind of not my thing. I started competitively surfing and competitively wake surfing during that time. So that was my life. I was in the lake. I didn't care about anything else.

A girlfriend of mine gave me a call one day and said hey, Ms. Texas it's coming up and I think you would be great for it and right off the bat I told her no. I'm not interested. It's just not a part of my life anymore. I got better things to do. [Laughs]

But it turns out for some reason I thought I should do it in the pageant was the following weekend so it's five days from the day that she called me. I said okay fine, I borrowed a dress, I borrowed shoes, I borrowed

everything and went in there completely myself with no you know, former training under my belt like the other girls.

Robb Wolf: Uh-hum.

Whitney Miller: It totally worked out. I think the judges saw that I was being completely genuine. I'm not sitting there giving them the answers that they wanted to hear.

Robb Wolf: Right that's awesome and just basically cold off the couch, although cold off the couch for you is basically competing at a high level in like six different sports at the same time.

Whitney Miller: Yeah.

Robb Wolf: So it's a different type of cold than my type of cold so.

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Whitney Miller: A little bit. [Laughs] Yeah. But that's how I like to do it. I like to keep myself busy and trying new things and always experiencing new things. And I think that's what life is all about for me at least.

Robb Wolf: Absolutely yeah. I'm muddling along an old dude jujitsu and just generally getting the dog piss beat out of me so you know, --

Whitney Miller: Ah, yeah.

Robb Wolf: That's my ideal. So which kind of leads into this next piece. What on earth you know, got you interested in a sport that encompasses boxing, kickboxing, Greco freestyle wrestling, Brazilian jujitsu, Thai boxing. It's all kind of rough stuff and may be not the best thing for our body or ears or nose and things like that.

Whitney Miller: That's right.

Robb Wolf: If you have any thought towards your aesthetic presentation. What on earth possessed you to get into MMA?

Whitney Miller: Just me being a psychopath I think.

Robb Wolf: Okay. Okay.

Whitney Miller: I don't know. I started watching the UFC you know, a few years back because it wasn't something I grew up around. But I've always been a super competitive person and like I said always wanting to try new things.

I realized that there was this whole ground game to UFC, to MMA fighting basically. It was jujitsu and I was like okay maybe I can do this because then I'm not getting hit in the face.

Robb Wolf: Right, right.

Whitney Miller: I'll try it out and then on top of that I'll be able to defend myself as god forbid anything came up. So I started doing jujitsu, started competing in jujitsu and then started training kind of for fitness reasons kickboxing and really started to like it. Because it was so challenging. Because I was challenged mentally and physically, emotionally and the whole thing. I'm just never been in a sport to where I had been that you know, broken down to the core where everything was hard.

So that's kind of what brought me into this was that challenge. So I started training kickboxing, Muay Thai, and then just wrestling and MMA in general. So now you know, I'm still at it somehow.

Robb Wolf: Awesome. What do you feel like you know because you have – essentially from cheerleading like an applied gymnastics background. Clearly, you have great movement, great balance from doing the surfing and the wakeboarding and whatnot. What parts of the MMA game do you feel like are comparatively easy for you and then what's more difficult? Is it more movement stuff, conceptual stuff? Like what are the easy things and what are the hard things for you.

Whitney Miller: So the easy things for me. My strengths are the fact that I'm very strong for my size. So I would fight at 105 where in my jujitsu tournaments I fight under 119. I'm very strong for how little I am. I'm also very quick and I think that comes from you know, years of track and field where I was a sprinter. SO that just kind of comes naturally for me.

The hard part for me I would say is watching the other person, being able to like analyze exactly what they're going to do and what's going to come next. So I can pick up the movements pretty quick. But it's really kind of reading and analyzing where that person is going because that's just as important. I mean you watch all of these profighters and they will read their opponent and know exactly when they're going to throw their jab or if they set up their punch combo with hook or a kick or. So that's like that's probably difficult for me and really taking the time to study that is necessary.

Robb Wolf: You know, I really like the straight plus gym guys and they talk a lot about attributes like strength power, explosiveness, cardio and all of that. But

then there's this other part to the game which is you know, just what comes about from doing 10,000 hours of the activity. You know that almost ESP type ability to pick up on okay is that really a punch or is that actually a fake trying to set something else up. That seems to come with a lot of time.

You know, jujitsu is kind of cool for me in that particularly ghee jujitsu you have so much tactile contact with folks that if you relax a little bit then it's not just a visual input but also the kind of tactile input so you can start feeling people when they're fainting or or when they're trying to set you up for a sweep or something like that. So I feel like that comes a little bit you know, quicker a little bit more easy. I did Thai boxing a long, long time ago and oddly enough had very bad eye sight. So I was always a counter puncher and just generally got the crap kicked out of me all the time with that.

But you know what – out of the different disciplines which one have you kind of gravitating towards the most? It seems like you're really enjoying the Thai boxing right now? But what's kind of the main one that you're gravitating towards?

Whitney Miller: I mean I still really love jujitsu, it is a chess game kind of what you're saying. You know, you get to learn to read the other person and you're getting to the point to where closing your eyes and not even using your eyesight just really reading the other person's body and memorizing kind of where they want to go and if they put their arm here or you put your arm here, or your leg here.

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So I'm really still loving the jujitsu. I love the Thai boxing. It's super intense but I do enjoy the challenge of that. Because I was entirely actually and actually last summer entrained for a month the tiger Muay Thai.

Robb Wolf: Nice.

Whitney Miller: That was the most ass kicking, [Laughs] I've ever experienced.

Robb Wolf: They are gentle with clients there. [Laughs]

Whitney Miller: Oh, no. They don't even know what that word means, it's crazy.

Robb Wolf: No. Yeah.

Whitney Miller: Oh, but it was good . I enjoyed it.

Robb Wolf: That's awesome. I love Thailand and I got in Chiang Mai and a few other places back in the early '90s when I was mucking around with this stuff. So you're a really competitive person which I think definitely lends itself well to doing these types of things. But I'm interested, I was watching one of your YouTube videos and there was a situation where a gal that I believe you were rolling against in a tournament dislocated an elbow, broke an arm, something like that? It really rattled you.

Whitney Miller: Sure.

Robb Wolf: Could you talk a little bit about that?

Whitney Miller: Sure, sure, yeah, yeah. That was intense and just about everybody I talked to that's the one thing that they bring up. I got so much flock for that because I broke this girl's arm, not on purpose. I took her down and she posted her arm out and all my weight came down. So technically she you know, didn't have the proper technique and ended up injuring herself. But I just felt so bad and I think it was I just freaked out because I had never had anything like that happen. You know, I've played these other sports and I am super competitive but I've never caused an injury to someone.

Robb Wolf: Uh-hum.

Whitney Miller: Especially like that. You know, I took her down, she posted her arm out. I heard her elbow completely pop in my ear and then she's screaming at the top of her lungs. So I just get up and walk away and that's when all the tears started to come. I'm bawling and I really don't even know why. I just it was like my first reaction.

People after that were saying oh there's no crying in jujitsu. You just suck it up. There's no crying. It's like oh my god. Just chill out okay. But it was pretty intense and you know, what was crazy about that is my dad has never been really on board with this whole fighting, jujitsu, MMA, thing at all. I'm his only daughter. I was Ms. United States, it just doesn't really make sense.

I said you know what, why don't I just fly you in for a jujitsu tournament so you can come see that it's safe and it's not a big deal. You know it will be fun for you to be in town. You can see what I'm doing and understand a little bit. First I mean first match right out of the gate this happens to that girl. I'm thinking you got to be kidding me.

Robb Wolf: [Laughs]

Whitney Miller: This never happens.

Robb Wolf: Right, right.

Whitney Miller: And then somebody else is throwing up off the mat. Another guy like completely blows out his knee. It was just like it was crazy. I've never seen anything like that and of course it's the one time that my father comes into town to watch for the very first time.

Robb Wolf: And he's like yeah this looks totally reasonable. I'm throwing you in the back of the car and driving you home. We're not even getting on an airplane.

Whitney Miller: Exactly. [Laughs] Exactly. Oh poor dad.

Robb Wolf: So you know, it's funny. Like I know a lot of people go into particularly MMA. I think even different than jujitsu specifically but there's may be they've had like a broken home. Like there's something that they've got to like prove to somebody. And I'm still a little bit stunned by the inability for folks to put the two things together that you can be very competitive, you can be in this moment of like I'm going to try to beat this person and you know within the rules of the game. I'm going to do everything that I can to do that but at the same time does that mean that you have no empathy, that you have no human side? Like all this bullshit about you don't cry jujitsu or whatever, I mean and this may be gets a little esoteric but if you don't have a partner, you don't improve. So if your partner gets broke and even if it's just a partner for that tournament where you're testing yourself, there's still some connectivity there. It seems ridiculous that there wouldn't be some concern and potentially some emotionality around somebody getting pretty significantly injured in that process. Like it's kind of ridiculous.

Whitney Miller: Yeah I agree. You know I think people just see it as why, why do humans want to go beat up other humans? They want to cause harm to other humans when that's not the case. It's –you know, this is a game and we – you and your partner have entered this game and that's just what it is.

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You feel for your partner even when your training partners come into work with you. You don't want to injure them at all. That's not the point of it but it is a game to where you are going to win. What I've noticed a lot in jujitsu and in MMA and just this whole sport in general is that the sportsmanship is beyond anything I've ever seen, in any other sport. I

mean in soccer, I played soccer and you go and you high five the team after the game but you really don't want do that. Everybody is talking shit the whole time. Nobody wants to go high five them or whatever.

But when you put everything out on the line and it's just you have no room for hiding your emotions. I mean you – it's just raw. You're open, you're putting everything you have and then there's nothing left to be angry at the person about. Unless of course they cheat or they do something out of the ordinary.

Robb Wolf: Right.

Whitney Miller: But the sportsmanship is amazing. Any time let's say I lose, if there's always a hug, it's always like oh that was a great match. I hope to see you again, I hope we get to fight again or whatever. But I think you see that in a lot of MMA sports and that's something people need to understand. That's something I try to tell my parents so they can see that we're not just going out there to beat each other in the face and that's it.

Robb Wolf: It's a hard sell for folks. You don't do it though. I did both team sports and I did some individual sports. I did some wrestling in high school. I've done some jujitsu and it's such a different gut check. Winning or losing it's just you and there's no excuses, no bullshit, like it's just it's pretty raw and it's really a very interesting kind of psychological experience. Like if you're not okay with being exposed as a fraud, you know and fraud being kind of a harsh term but it's like so what game do you have? You know it's kind of like the ability to dance or speak a language or something like you can't fake your way through it. Like you get exposed immediately and so it's an interesting process for me because I have some success in like power lifting, some Olympic lifting. I have written a New York Times bestselling book. So I can kind of sit back and just kind of carve out my little section of the world and be happy in that.

Instead I go get the dog piss beat out of me by these 22 -year-old kids at jujitsu all the time and I'm just like why am I doing this. But in some way it makes me a little bit better of a person. It's really interesting.

Whitney Miller: It does. I always say that training jujitsu and MMA entering this sport has made me a better person. Because the lessons that you learn on the mat you take into everyday life. I mean even when it comes to just relaxing in certain situations. I mean you know in jujitsu if you are forcing it and you are giving all that you have, you're clenching your muscles and your jaw you're going to get worked. You're going to get tapped out real fast or you're going to get super tired.

So even just some small lessons like that you find yourself in a situation outside of the gym that irritates you or stresses you out. It's like let's take a deep breath and just move through this.

Robb Wolf: Right, right yeah and you definitely pick up on the energies of folks very, very quickly. There's a kid that I was rolling with a few days ago. He's getting ready to go to medical school, super sharp kid and most people when I hear that they're thinking about medical school, I'm like oh I don't know man, that seems like a shit show. I don't know that I would recommend that at this point but --

Whitney Miller: Right.

Robb Wolf: -- in rolling with him, like good dude but like he was starting to do some of the knuckle grinders in my ribs. I was like are you kidding me man? Like it's uncomfortable but it's just kind of a prick move. When we got down, I'm like you know what you should be a neurosurgeon. You should do the hardest, nastiest most competitive thing on the planet because I definitely...He's wired up that way. He would be great in that environment. Like when you're feisty enough that you start doing knuckle grinders in folk's ribs, I'm like yeah you should either be a Seal or a neurosurgeon or something you know?

Whitney Miller: Right. Specially in training too.

Robb Wolf: Right.

Whitney Miller: I mean I can understand if you're in an actual fight because I mean if you're in a fight either you're going to do it or your opponent is going to do it. I'm certainly going to be the first one to do it. But when I'm training with my training partners at my home gym, no way am I going to be like digging my elbow into you know, their thigh or their face or that's just no cool.

Robb Wolf: Right, right. Even in a tournament setting, that stuff just never really occurs to me. I'm just kind of I don't know it's just kind of funny. It's never really occurring to me but so Whitney what are you doing? So I'm interested because you have kind more of a power athletics background. How did that transfer to combative as far as like having a cardio base? Have you had to really focus on building a more aerobic capacity? Did you find that you burned out a lot because you had done these more burst rest type activities in the past? How has that gone?

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Whitney Miller: Yeah. It's definitely something that I had to focus on and train but I have a pretty good tank on me.

Robb Wolf: Okay.

Whitney Miller: So it's not something I rely need to focus on whereas I think that's actually one of my strengths whereas just training the actual combo is making sure my form is perfect to something more so that I would focus on.

So yeah that hasn't been too big of an issue but I mean I get worn out that's for sure. Worn out.

Robb Wolf: Shocker. Shocker. Do you do any type of heartrate variability monitoring or any of that, anything like that? What do you for restoration?

Whitney Miller: You know, I haven't done that yet and I've been wanting to explore it recently for like the past two months. I just haven't had a chance to do it. But I'm really interested in the heart rate variability because I keep hearing about it.

Robb Wolf: It's definitely interesting. I mean the idea being that you might be a couple of days ahead of seeing that overreaching, over training process occurring. You start seeing the heart rate variability change and you move from having green lights into amber lights into red lights. And then it can really provide a good intervention that shuts the ego down in it's like okay you've had three red light training days in a row. Like you are benched for today. [Laughs] You know you're going to foam roll, stretch, go jump in the hot tub and that's the extent of your training. I've found the little bit of coaching that I've done with jujitsu and MMA athletes it's never an issue of needing to motivate these people. It's always an issue of preventing them from destroying themselves.

Whitney Miller: Absolutely.

Robb Wolf: Yeah. Yeah.

Whitney Miller: I can understand that. That's my big weakness is not knowing when to stop or not stopping when I know I should stop.

Robb Wolf: Right. I would definitely check out the HRV stuff. Like it provides a really nice objective mechanism. So it's not you pussing out or you know being stubborn. It's not your coach trying to undermine you. It's just this iPhone

app that's like yeah you need to calm the fuck down or you're going to burn out you know?

Whitney Miller: Haha, yeah, chill out.

Robb Wolf: Yeah, yeah. So I've definitely found that to be really valuable. How are you breaking up your training? Like how many days a week are you grappling versus doing stand up and clench work and then also how is your peripheral strength and conditioning dropping in on all that.

Whitney Miller: Right. So at the moment as I was in a jujitsu tournament back in I guess it was December. I decided to be too stubborn and didn't tap soon enough on an arm bar and popped my elbow.

Robb Wolf: Uh-hum.

Whitney Miller: So I've been kind of rehabbing that. So I haven't been doing a whole lot of work. And then my lower back was kind of messed up for a bit. So I've been kind of rehabbing doing a lot of like active release, a lot of cryotherapy So right now I'm actually training for my first fitness competition which is next week and then right after that it's the Adella Garcia class for NPC. Right after that is when I'm going to get back into my full on schedule which is usually grappling three times a week paired with standup two times a week, and conditioning as well. So there's definitely probably two to three two a days in a week.

Robb Wolf: Wow. Wow. You know, because you have a great gymnastics and strength background, do you feel like you need to do any weights, Olympic, lifting, kettle bells anything like that or are you mainly relying on the combative for the bulk of your training?

Whitney Miller: No I'm still absolutely doing kettlebells and bowel ropes and I do a lot of unconventional training. So a lot of maze work.

Robb Wolf: Okay.

Whitney Miller: Which is awesome. The good thing about maze which I have found is it helps a lot with my shoulder girdle and so it really strengthens that. So when I do get into a clench with somebody where I am taking them you know, down and wrestling or something it really helps me out.

Robb Wolf: So now what are you doing for your food?

Whitney Miller: Food. I'm just all about earth grown nutrients. If it comes from the earth, I'm going to eat it. So I don't have like a strict diet when it comes to that but I mean I do eat a lot of protein, a lot of leafy greens, but I just try to stay with earth grown nutrients and keep it easy and simple because I feel like so many people have oh you need to go this way, you need to go this way and this rule is better than that rule.

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And for me this is something that totally works and it keeps it really simple.

Robb Wolf: Right, right. What about post work out nutrition? Like are you doing any type of shakes or some specific foods like bananas or rice or something that you find really puts the fuel back in the tank quickly?

Whitney Miller: Yeah I've been doing some protein shakes right after I work out which consists of the Onnit Hemp Force.

Robb Wolf: Okay.

Whitney Miller: But also we're coming out with an Onnit Whey, so it's a mixture. So I do like a scoop of Hemp Force and a scoop of whey. There's usually like a banana in there as well and some EGN, earth grown nutrients, green powder that I put in there. And I mean I'm just back in the game.

Robb Wolf: Nice, nice.

Whitney Miller: Yeah.

Robb Wolf: Awesome. Awesome.

Whitney Miller: Yeah.

Robb Wolf: Whitney what else do you have going on? Now you I know you're going to do some kind of a social activism work here pretty soon. Do you want to tell folks a little bit about that?

Whitney Miller: Yeah, absolutely. So I'm heading out to South Dakota coming up actually tomorrow. I'm going to be there for over the weekend at an Indian reservation because they're having a lot of teen suicides. There's four times the national average of teen suicides because of Facebook bullying. And so I'm going to go up there and visit the kids and kind of you know, talk to them just bring in as much positivity as I can and really just be of support in any way. I don't really exactly know what that looks like. I don't know if you know, the team that I'm going up there knows exactly what that looks like but trying to put a smile on these people's face and

focus on you know, the light and the good instead of all of this Facebook bullying just drives me crazy. I just can't. I can't wrap my head around it.

Robb Wolf: People think I joke. Like I've said tons of times that at some point they're going to show up at the website and there's going to be a sign that says fishing and I'm going to be in Nicaragua farming coconuts. They think I'm kidding but absolutely telling the truth and a big --

Whitney Miller: I may come with you.

Robb Wolf: We'll put out a palapa for you guys. You guys are invited any time. You know it's funny the social media is such an interesting way to connect to share ideas, to try different things. To see you doing your jujitsu tournaments and all that. So it's so amazing in those regards but the completely unempathic prick element of humanity comes out in this way that's just staggering. Like people would never interact with other folks and the way that they do online if there was the opportunity that you could just get punched in the face for the shit that you're pulling you know?

Whitney Miller: [Laughs] Exactly.

Robb Wolf: And so this anonymity piece is maddening and how ugly folks can be is really fascinating. I do the best job I can to try to get things right. Try to help people and I still have people that literally they have like Robb Wolf hate websites. Like they just do a daily post on what a complete cock sucker I am, you know, and I'm like okay that's awesome that feels amazing. But you just kind of --

Whitney Miller: Yeah.

Robb Wolf: --rinse lather, repeat and keep going so yeah. Yeah.

Whitney Miller: Yeah. I mean what do you do to get over that? Like how do you overcome those feelings? Are you kind of totally past it?

Robb Wolf: I never passed it. I think anybody that says that it doesn't affect them is either a liar or they're much, much better at it than I am. I really try to ignore it. My staff does a really nice thing and they did this completely unprompted and they figured it out. Like they forward things to me that like hey my kid has type 1 diabetes, we saw your post on it. His blood glucose is now amazing. His A1c is amazing. He feels way better and he's able to compete in sports and just you know huge thank you. So they kind of just marinade me in as much positivity and being like hey dude

what you're doing is actually benefiting people. So I really try to focus on that, really try to minimize my exposure of the negative stuff because it's... I don't know if you really have like a you know part in your body that's beating and you have a soul connected to it that you can't not take some of that negativity on if you really allow yourself to get exposed to it.

So it's I just try to minimize and then my staff does a really good job of kind of feeding me the positivity and that's a huge benefit and why I love those guys. I'm super lucky with Squatchy who you've interacted with and Amber my web gal.

Whitney Miller: Yeah.

Robb Wolf: Like they do an amazing job of kind of providing a little shell of positivity around me and protecting me from a lot of that.

Whitney Miller: Yeah that's great and again I had to deal with a bunch of that when we posted the YouTube videos and a little bit before but the YouTube family out there they're just they're wild ones. [Laughs]

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Robb Wolf: They're insane. I mean that's kind of my gold standard for when say like even comments on my blog when things have gone bad, then it looks indistinguishable from anything that you would see on any YouTube post. You know there could be like a cat running across a lawn and like people will figure out something horrific to say about it. So it's kind of hilarious. But yeah, yeah.

Whitney Miller: Right. Yeah I think I've gotten to the point to where I try to not to just even look at it.

Robb Wolf: Right yeah.

Whitney Miller: Just not going to go there.

Robb Wolf: Yeah because nothing good comes of anything else. So.

Whitney Miller: Nuh-unh. But we're so I mean it's natural for us to pinpoint all of the negativity instead of focusing on like the positive. I mean you'll have like 20 positive reviews or comments or posts and then there's that one and that's like it ruins all the other ones.

Robb Wolf: Right, right and you know what again I think from if you get a little bit hunter/gatherer/ancestral I think that we had to be really in tuned to negativity when we lived in group settings and when we work in group

settings. Because that was the person that you really you know, you needed to figure out some way of dealing with them whether it was like a club to the head or may be they were going to club your head or you know whatever the deal was. So I think somewhat hardwired into us kind of evolutionary deal is that we really do focus on negative energy more because that was more of a threat. But now in this online environment like you said you could have thousands of positive commentary you know to a post or a video or something and then the one or two negative ones that's where your brain immediately goes to. I think there's just some hard wiring for that that's not well matched for social media.

Whitney Miller: Yeah that makes sense. I haven't thought of it that way but yeah then negative is a threat, so for survival you would automatically go after that.

Robb Wolf: Focus right on it yeah, yeah.

Whitney Miller: Yeah.

Robb Wolf: Well it's just a pet theory. I don't know it could be complete bonk who knows? So.

Whitney Miller: No, I like it.

Robb Wolf: All I do is pedal pseudo-science so I don't know any of this stuff. But --

Whitney Miller: Yeah.

Robb Wolf: Whitney where can folks track you down on the interwebs and see what you're up to?

Whitney Miller: Yeah. So I'm pretty active on my Instagram and I like just to post everything on there and it's Miss2JITS. Basically everything is underneath that. So Facebook is Miss2JITS, Instagram, Twitter is Miss2JITS and I'm coming out with a website but that's probably going to be WhitneyMiller.com.

Robb Wolf: Okay.

Whitney Miller: That's still in the works at the moment. And I'm also putting on a women's retreat and all women's empowerment retreat in Sedona Arizona in October. We're just going to be absolutely phenomenal. It's going to be killer.

Robb Wolf: Awesome. Awesome. Well when you get that details about that definitely link me up on Instagram and Twitter and I'll push that around. It would be great to let folks know that that's going on.

Whitney Miller: Yeah that will be awesome. I would love that.

Robb Wolf: Cool. Well Whitney it was great finally connecting with you. I get to Austin pretty frequently so hopefully the next time I get out there I'll get you some NorCal Margaritas and some barbeque.

Whitney Miller: Yes, please. That sounds awesome.

Robb Wolf: Awesome and you can beat the dog piss out of me doing some jits.

Whitney Miller: [Laughs]

Robb Wolf: Everybody else does so you might as well dogpile on that so.

Whitney Miller: We'll do that and then we'll go get some margaritas.

Robb Wolf: Perfect, perfect. I love it. I love it.

Whitney Miller: I'm in.

Robb Wolf: Awesome. Whitney, well safe travels to you. Really interested to see how your gig in South Dakota goes and it was really a pleasure having you on the show.

Whitney Miller: Yeah I agree thanks so much for having me.

Robb Wolf: Awesome. Whitney, take care.

Whitney Miller: Uh-hum. You too.

Robb Wolf: Bye-bye.

Whitney Miller: Bye.

[0:33:43] End of Audio