

Paleo Solution - 286

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Hi folks. Robb Wolf here, another edition of the Paleo Solution podcast. Very excited for today's guest. Aaron Alexander has a really interesting eclectic background. He is an NSCA certified personal trainer, a high-level body worker and has founded a body working in integrative movement system up in Bend, Oregon called The Line Therapy. Aaron, how are you doing, man?

Aaron: I'm doing fantastic Robb. Thank you so much. I so greatly appreciate you having me on here because I love everything that you've put out there. I love your attitude. I love all you're talking about before we were chatting in regards to kind of like bringing life back to Paleo, bringing life back to movement, bringing life back to what where doing, getting out of just biceps and abs and eating the perfect imaginary diet. Thanks.

Robb: Thank you.

Aaron: Before we start. Thank you.

Robb: Thank you. It's oftentimes not well received because I think people just want five quick tips to Paleo abs and stuff like that and I trying to convey new ones and there is different ways to skin the cat and whatnot, not always super well received. New ones require some thinking and some thought about how folks integrate things into their own lives. So thank you. I really appreciate that.

Aaron: Yeah, yeah. Absolutely.

Robb: Hey man. So that was a poultry introduction as to your background. Flesh out your background significantly for folks so they know who they're listening to.

Aaron: Yeah. I'll try to be as expedited as possible because I can be kind of boring I know.

Robb: Be verbose. Electrons are free so no worries.

Aaron: Yeah. So I started off in the personal training realm. So I started off figuring out how to make myself be better at athletics, that translated into making feel better athletics. That was about 12 years ago that I kind of really got into the journey and got certified through ACE and whatever and then from there, I got really interest in helping people that were in pain or helping people that were structurally funny. So it wasn't just about I want abs or it's like, what about the person that has back pain and this knee joint bicep curls isn't really doing anything, but just growing them out in this mutated form.

So I got into body work and so from there, I studied massage therapy. I studied at Rolf Institute. I got into rolfing, which we can get into that if you want to. I don't know if a lot of people know exactly what that is and then just studied all over the place, very vocational with my education. I studied Psychology at the University of Hawaii for a while and just really intrigued by what the heck this human experience is exactly.

I think that it's very easy to wrap it up into this nutshell, this model. We relate it's like well, it's like a steam engine or it's like a computer or whatever. It's like what about deeper than that? So it's like everytime you think you know what's going on, you get to the point, you realize holy heck, I don't know what is happening here.

Robb: Right.

Aaron: So that kind of continues the education with that and since from there, I realized that I have been doing a lot of really similar techniques with people and this techniques are techniques that they can do themselves. So now it becomes somewhat of a self-care aficionado in teaching people how to utilize balls and bands and foam rollers or anything in order to take care of themselves and then combining that with integrating practice, which again, what the heck does that mean. We can get into this as we go, but that's kind of ballpark, round about what I do.

(00:05:10)

Robb: Awesome man. I'm curious. When folks go into coaching, I'm always intrigued by what they gravitate towards. So like you have some people that they really – it seems like the end all deal of their existence is to work with like a professional athlete or something like that.

Aaron: Right.

Robb: They're dealing with this high functioning people, which I think is great. It's great, but then, I've had some brushes with that stuff and it's intriguing, but I have a very concrete sense that I could be there or I could not be there and this person was going to succeed. They were going to go to the NFL or go to the UFC or whatever and it really didn't matter whether I was there, like it literally a cardboard cutout of me could have done about as good a job as what I did. I'm being a little facetious, but people who are broken, people who have metabolic issues, they have GI problems, they have shoulder impingement and they think that they maybe are facing a knee replacement or something like that, but really what we have are some misplaced movements, elements and scar tissue and stuff, I really feel like those people with a good coach literally their life can be saved and transformed and so I'm always curious why people pick up a particular route and what spins the dials in their brain. Like why did you grab -- you're a good looking guy and full of energy and you're youthful and smart and excited. Why did you pick to work with broken people, like where is the fun in that?

Aaron: We're all broken Robb Wolf!

Robb: And really broken people, yeah.

Aaron: Yeah right. The thing is like every wants -- the body is this brilliant compensation machine and so it's able to hold on to so much stuff. When you roll your ankle, when you pull your shoulder, when you sleep in that crooked position, your body immediately needs to reassemble

itself, reorganize itself, so that it can hold you up in an upright posture so you can make it at a job interview or that date or whatever is it that you want to do.

So it's not like – it's kind of like craziness. It's like, well that person, he is depressed or he is crazy. It's like, it's just a different realm on the spectrum. This is a different point on the spectrum. Some people are more broken. Some people are less broken, but we're all dealing with the same thing. We're working with this with like yoga for thousands of years. We've been working on trying to crack how to live effectively in our body for thousands of years, millions of years, documented for thousands.

So I think it's an interesting thing to work with high-level athletes. I've done a bit of that as well. Because you get to kind of see like the disk breaks that originally came from. I believe it was like NASCARs, like Formula 1 car, high-level race cars, right. So we get to learn like, okay, we used this disk breaks. They work well for these professional athletes. That translates well to the standard human being as well and it's like I think it's not so much it's like the broken person. You're looking a lot of high-level athletes and their bodies are – they're broken, like professional bicyclists. If you're hunched over in a bike all day long and just contracting your musculature and forming into that shape, I would call that fixed.

Robb: I guess you could say they're quite well adapted for that particular modality and then horribly adapted for everything off of the bike, yeah.

Aaron: Right, yeah, but then it gets really exciting working with every other person because it's so relevant to the world.

Robb: Right.

Aaron: It's like giving back to the 1%. It's like the 1% that had a million dollars like we need to give them another couple of million. It's like, what if we give back to the 99%.

Robb: Right.

Aaron: It might have a larger global impact on our species as a whole. Getting into the people and as well, just from like a business model. If you're working with people that are, the 99%, you're going to have more people coming in your door. [Laughs]

Robb: Right. I get pings all the time from folks that are asking how do I crack into this market, how do I do this stuff, and usually if I see they want to work with professional athletes, I'm like be comfortable with probably starving for a very long time possibly forever, because to your point, there just aren't that many of them around. So yeah, yeah.

Aaron: Right, totally. And then it's fun getting into working with like the normal Joe as well because the interesting thing with the body is it's a manifestation of what's happening, how we're feeling in a deeper level.

So everybody have seen the study where it's like when you're standing on upright position, your testosterone increases and your cortisol levels decrease and then when you come into that hunched over defeated position, all of a sudden, testosterone decreases, cortisol goes up. It's like our bodies have integrated all of these different movement patterns over the years and you're telling ourselves what's happening in our world. Is there a sabre tooth together out there, should I hunch over and that's what we're end up doing with people that are working on computers all day, people that are sitting on the bus, sitting in the car, sitting in the place, hunching over, looking at their notepad and literally, that ends up telling your physiology that something is wrong.

(00:10:29)

Robb: Right.

Aaron: And that to me is the most exciting thing, bringing life into movement, bringing life into body work, into personal training in the yoga. It's more than just fitting into this model. It's about how well do you operate with your family, how well do you operate in your relationships, how well do you operate in your business, all that relates to how you move in your physical bodies. Is that like way too out there Robb?

Robb: No, no, no. Given that the universe is infinite, I don't know that it's outside any balance. So I think that's fine. I've had something I've noodled on for a while and maybe you have some insight on this. A lot of folks – I know you tackle everything soup to nuts, movements, nutrition, lifestyle, like very integrated approach. I've noticed that I will get a lot of pushback on nutrition suggestions. Nutrition can be like religion. There can be a lot of fear around nutritional changes.

So lifestyle recommendations that I make like sleep more. I can have people just aghast to that, but I found usually a reasonably open group of folks when I make some suggestions about like hey buy a foam roller, get a tennis ball, hang a pull of bar in all of your doors and as you walk through the doors, just hanging from these bars to stretch out your lots

and get that kyphosis that you have going on, try to start remedying that, but do you agree with that? Like do you feel like folks are a little more willing to tackle some of the movements stuff and really make it part of their person or do I have some selection bias there?

Aaron: So generally speaking with the folks that I work with, it ends up starting off with you end up coming to me, it's usually because you've gone to every chiro and PT and whatever it maybe and you still have pain in your hamstring or your butt or your back or whatever it is. Then so I get people often times that are kind of like end of the line. I'll do anything, but, yeah...

Robb: Desperation is a good motivator. That's awesome. [Laughs]

Aaron: Yeah man. Pain causes people to change. It's a really interesting thing that it's like everything is fine. If we slowly move off the cliff, people just keep on marching their on their ways. As soon as this disaster painful experience, we got to change.

Robb: Right.

Aaron: It's like I get a lot of these people. So they're willing to listen to me, which is fantastic, but yeah, as far as adapting your lifestyle to fit a more upright strong stable integrated position, that's the whole thing. So like hanging, that's something that – unless you're a gymnast or a rock climber or an ape like you don't really get to utilize that aspect of ourselves. These shoulders are built to hang and that's one of the reasons that things like Olympic lifting is pretty cool because it's opening up that overhead flexion, that full integrated to reach your hands down all the way into your feet and there's a lot of different models that can help people out with this. No but just as simple as that, just hanging ,playing with scapular retraction. So your scapula a little butterfly wings in your back there, just playing with integrating those guys developing, I describe it as a conversation.

As we're moving around in the world, we are in this little 2 x 2 bubble in front of our face. We're looking forward, looking down at the sidewalk. We're looking down on our cell phones. And like does anyone know what their back looks like. Does anyone ever really felt into their feet? Has anyone felt the back of their leg? What is that? And that's the thing that I think there's a lot of room for improvement with that of just starting a movement practice and really looking at your exercise or whatever it is. It's not just I'm working out. It's I'm practicing my movement. I'm getting intrigued by how well I can move in this system, my full range of

motion. So that's kind of the path that I end up taking people, is getting excited about doing things like hanging, doing things like picking something off the ground well.

Sometimes people just need to take a dance class. Sometimes, like that's going to be the most impactful thing for that person to be way better than any band exercise I can give them is then finding a partner and do some tango. You know? [Laughs]

Robb: Right. I could not agree more. Given all that stuff, so like the tango example would be some pretty specific customization like looking what the person psychology and their physiology and kind of where they're at, maybe it's a good social piece that they need and that's part of their overall package that maybe is lacking. Given all that stuff though, are there a few movement musts that you have? Like I kind of feel like hanging and back bends are kind of like if yet the one stop shop to get the most bang for your back for undoing what we experience today.. It's like some sort of heat bridge back bend plus hanging if you had a program minimum like that, that would be pretty legit, like what are your thoughts around that?

(00:15:50)

Aaron: Back bends are interesting because a lot of people lack what's called thoracic extension. I know you know what that is. Lot of people end up being stuck in this forward flexed position, hyperkyphosis, and so you need to move those facet joints, the disks, the plates, that there is spine, their vertebra are sliding on. A lot of people are stuck in this hunch over caveman position. So if you tell that individual, you got to do 10 minutes back bend a day, very likely they're going to end up stressing out their lumbar spine and so where that extension would have been more of a global curve, now all of a sudden, it's hyperdrastic curve in their lumbar disks and everything else is not moving still.

So it's figuring out first how do we develop the axial skeleton, the vertebrae, the spine and all that, so that it has that full range of motion, that full range of potential movement and then from there, then we add on movement practice. So some technique for just because we're talking about that and I'll get into some archetypal position that I think everyone should be doing as well, but folks on the thoracic spine. You can get yourself a foam roller or a ball or whatever it may be, place that ball in the middle of your spine there, like right in the middle of back behind your heart. Often times, we are going to be kind of stuck up in there and you could lay on that and start contracting backward, right.

So start really activating the musculature in that space, developing the conversations. In analogy, I always use with that, right. If you're speaking friendship here and that your spine speaks Spanish, you're going to have a really awkward way of moving and it's going to show up in your sports or in whatever it is that you do. So first, can we move that space, right, and then from there, can we add complex movements on top of that. And so it's developing that really strong foundation first and then layers, layers, layers, and eventually, your movement practice, it just looks like play. If you're playing -- if you look at monkeys or bonobos or whatever, their bodies move pretty well.

Robb: Right.

Aaron: They're moving with nature all the time and has to and so they don't have dumbbells or kettle bells, but they're in phenomenal shape. They play, but what we've done is we've gotten so far away from our sophistication with being able to just play dynamically in our body. Now, we need to slow things down and kind of really, almost like reverse engineer what we've done to ourselves through sitting at desks, through wearing high-heeled shoes, through sitting in buses and just like our whole life gets brought to us as opposed to us going to it and so then from there, squats, lifts, hangs.

Robb: That's -- man, I like it. I like it, yeah, yeah.

Aaron: Hangs and pulls.

Robb: Hangs and pulls for sure.

Aaron: Yeah.

Robb: For sure. I like it. That's been something that's has been hard for me to really come to terms with and I talked with Katie Bowman a little bit about this. So I try to do some old dude Brazilian jujitsu, which is a lot of play if it's done well and lots and lots of movement. All kinds of interesting opportunities for movement there, but I find that I need to do like some mono structural cardio to just have that aerobic base. I don't push a wheel barrel or swing a hammer or anything with enough frequency to build that aerobic base. I do a lot of computer-based work and so I find myself that I need to -- my best stuff I figured out for that, the most enjoyable is put on a weight vest and go for a walk around my house. Weather there is an always accommodate, timing doesn't always.

So every once in a while, I will find myself at the global gym on a treadmill set at 15 and just kind of hump it long and it is soul sucking and I'm like do I really like -- it definitely gives me a great performance boost at jits like I don't get tired. I don't get burned out. I don't go totally anaerobic and then I'm blown out after a couple of rounds. I have some good wind, but I got to tell you that the cost/benefit deal just from a psychological perspective, the complete lack of play in building that aerobic base is almost worth completely sucking at jits to forgo that. Does that makes sense?

(00:20:13)

Aaron:

Oh yeah.

Robb:

I mean, what do you think about that and I mean what would be some better options for me versus getting -- so for me again, like I'm pretty fast twitched, pretty explosive. I don't have problems there, but definitely building that aerobic engine, that's something that I need to do and need to maintain. How do I do that in a way that I don't want to kill myself?

Aaron:

Yeah. Well, since you're the quintessential Paleo guy Robb, it's like on Thursday, you are out for a 2-day adventure with your buddies and you track down a woolly mammoth and you sprinted after it and you had jump up on top of it and you've stab it down and then you carry it back. And then you came back and you made some love with your wife because you're a hero and then you passed out and ate meat for a day. Like there is so much diversity that happened in that 3-day experience and that adaptation, that's what our body craves.

Robb:

Right.

Aaron:

Right. So you're probably not going to hunt a big woolly mammoth down, but if you might have a big hill in your neighborhood, in around your city, whatever it is. So I think it's adapting to your environment and if your environment sucks, move.

Robb:

Absolutely.

Aaron:

You become your environment. So if you live in a city and you don't have -- it's just a flat city and nothing but skyscrapers and business and money and like that's what we do, we wear suits and we wear high heels, if that's what you want to become fit for, kudos, perfect. You're in the perfect spot, right, but if it's not, you're developing roots into that space. You're becoming more and more that person. So I think that's one of the things we get stuck on complacency. It's like I need to be in this spot because why, sometimes maybe we need to make bigger shifts if we feel

like we need to change our practice like that, but then beyond that, like I said, run up a hill, jump in a cold river, oh.

Before I came on with you, that was what I did. I was on the way here, I was like I realized I had a little bit or later night last night and I was like I am going to jump in the cold river. I am going to go for a swim. I'm going to swim up against the current. I'm going to do that for 10 minutes and then ride my bike to my office and then when I get to my office, I'm going to do some overhead presses because I have a barbell in my office, thank God. And then it's just all those little things, how do we start implementing little tools that we enjoy, we genuinely enjoy doing the stuff in every aspect of the day.

So I can tell you what I do and suggest to starting people, I try to meet them and know their personality, but as far as a global thing like everyone needs to break dance and jump in cold rivers, like that doesn't apply to everybody.

Robb: Right, although that would be amazing. I mean, we would have a pretty amazing world if everybody did that, yeah.

Aaron: Right.

Robb: So yeah I mean run us through maybe a day or two of your movement and your training and you know I have a somewhat related question in that regard. I have found that I really enjoy just doing movement or workout snacks versus main courses particularly now that we've added kids to the mix.

Aaron: Right.

Robb: Carving out an hour to just go do something is really hard and it's just annoying like it's one more thing I need to schedule in. Whereas like even if I have a very busy work day, I have multiple five and ten minute-breaks and if I've got a bar loaded and a pull up bar and some gymnastics rings and the ability--We now live it out on a 2-1/2 acre farm and so I can go sprint in my back forty and come back in and lift some weights real quick and do some pseudo planche pushups and stuff. I do find that I enjoy that a lot more. How do you break that stuff up and where do you see the efficacy with all that type of stuff?

Aaron: As far as nutritioners, as far as movement.

Robb: As far as movement.

Aaron: Movement. Yeah. So I was talking about Erwan Le Corre from MovNat. I'm sure you're familiar with Erwan, right?

Robb: A very good friend of mine, yeah.

Aaron: Awesome. And one of the things that we were chatting about was that I call this objective-based fitness where it's everything--it's not about the experience of what I'm doing. It's about getting to rip 10. It's about losing 4500 calories. It's about whatever that number is which ends up disassociating ourselves from that experience of being there. It's like you've finally kissed the girl, you know? And you're right at the head of the ship and it's like the sun is coming and the breeze is coming through and the mist and you're in love and you kiss the girl and then you pull out your iPhone and you take a picture of it.

Robb: [Laughs].

Aaron: Don't do that, right? You know like you can't capture that moment with your freaking iPhone like just be in the moment. And so what ends up looking up is I like do things like slack climbing. I like to do things like rock climbing. I like to do things like jujitsu. I like to do things like dance. Where it's not you get to the end of it and your gear is just drenched or whatever it is. And you don't even realize that you exercised and then you look down and you got a six pack and you're like ready to do a back flip. It's like that's not relate to everyone by any means but it's like that's the thing that we're going to thinking about is how can we be letting go of the objective and getting more into a balance is a great example of this. When you're focusing on balance, there is no 10 wraps come on. It's just 100% integration that how am I balancing up on this foot right now.

Robb: Right.

[0:25:47]

Aaron: There's so many great examples of that where it's like you have to be focused on the moment but most cardio machines or whatever it's like when you go to a gym and you have these \$10,000 hunks of metal lying around, they're all objective based. It's like it's so hard to not be objective base with that. So I would suggest getting out of that and do exactly what you're saying. Go for a run, get a dog, make a baby, whatever. Hang out with friends that are active and actually genuinely challenge you and that's a big thing. It's like if a fish is in a toxic pool, a toxic fishbowl and you're like okay how do we make this fish healthier? Do we feed it

better? Hmm, that might work but not work because he's covered in sludge. Sometimes I think what we need to do is we need to think about what's happening in our greater environment. So you're in Align Therapy, you're in my office here right now. You see I have a gymnastics ring hanging down. I have a stall bar I have mirrors also. I have a climbing rope. I have TRX bands. So we have all this stuff that is there so we use it. So when clients come in it's like, oh what are our options? If we're in a blank room, what are options? We do blank room stuff. If we're in a room with a bunch of stuff, if you have a pull up bar in your living room or you have gymnastics rings in your garage or whatever, you'll use it. So that's kind of my suggestion to people is recognize what is the fishbowl that you're living in? How do you adjust the water that you're living in as opposed just trying to make these finite switches in your daily life. Does that make sense?

Robb: It makes a ton of sense and you know it's interesting and I know there are some people that legitimately like going to the gym or at least they put on the air that they like going to the gym and lift some weight and going on the cardio machines and everything and if you do god love you, I guess. But I think what I was thinking about or feeling as you were describing this kind of external focus of training is it's probably very poor modality for kind of feeding your soul and for engagement whereas like dancing is very engaging, speaking a language with a native speaker and learning that is very engaging. It just spins a little dopamine receptors in your brain and you're excited and all that. Jujitsu and snowboarding and stuff like that for me is I'm fully in the moment. Like I really don't want to do a Sonny Bono into a tree so when I'm snowboarding I really pay attention to what I'm doing and when you're doing jujitsu you know you can't be thinking oh man I have that blog post I need to do or whatever. Like you're in that moment or your absolutely getting the snot beat out of you and even when I am in that moment, I usually get the snot beat out of me. But you're right like an hour ago is by a blink of an eye and it's pretty incredible.

Aaron: Yeah.

Robb: Yeah. I totally get it.

Aaron: So with that it like there's experiment where they had mice running in a wheel, right? So there's one mice where they force those freaking mice for running that wheel. It's stressing the heck out. They're like I don't have much or have a capacity or my VO2 max blah, blah, blah. I'm like my stress hormones are through the roof because I don't want to run in this wheel. You're forcing me to. And then there're the mice that are just

feeling it and they get into the wheel. That's what we need to figure out. Are you forcing yourself to run in a wheel because of some extra outside source that thing that makes you think because you saw the corvette commercial with the pretty girl and the abs and they go up to the mansion and the Labrador. Like are you trying to fit into some model that's separate from yourself or did you genuinely enjoy doing the stuff that you're doing? I think that's the crucial thing is getting down to joie de vivre.

Robb: Right.

Aaron: And that's the thing. It's like were all these especially you go to any health conference whatever it's all--self-quantification and the heart rate variability and you got the electrodes connected to your brain. It's like we have all this stuff quantifying this experience. The experience is infinitely bigger than that. And I think that's the thing that we need to really tap into. It's like what happens if I let go of all the quantification and if it feels good, it's working. If it feels like I'm stressing myself out like I'm got to be at the gym, there's probably a better avenue to go.

[0:30:27]

Robb: Right.

Aaron: But it's like--Have you ever heard of Asch conformity?

Robb: No I have not.

Aaron: Oh my god. Asch conformity is such a cool thing. It's Asch conformity experiment. So what it was, I think it was like the late 80s and they had an individual there's one person that was not a part of the experiment and then they had a teacher and they had three other people. And so the fourth--

Robb: Oh yeah, yeah. Okay, yeah. Keep going. Keep going.

Aaron: So it was like four or five, I think it may have actually been six people. But they're looking up at this projector screen and there's a line, line A and there's three other lines beside that. One line is obviously the same size and then the other two lines are obviously different sizes, right? So everyone's a part of the group expect for the one guy they're doing the experiment and what they found was about two-thirds of the time everyone preceding the fellow that wasn't a part of the experiment said that the obviously line was a different size. So it's like obviously A equals

A but it's actually they're all saying like nope, nope A and C are the same size. He's like no, it's not. Two-thirds of the time, the guy you see him cringing. He says, oh see.

Robb: Right, right.

Aaron: And he's with everybody else. That's what we're doing. We're going to the gym and we're believing that this is the thing that we need to do. We're trying to fit into this model but maybe, maybe there're some outliers out there that are okay with being judged. And that's the thing because we need as individuals to be okay with people not accepting you but that's really, really a struggle for people in our society.

Robb: Oh, it's huge and I mean this is some of the benefit of things like CrossFit and jujitsu and dance and stuff like that that there is a strong social component to it. So it's challenging to maintain self and then also get all the good feels that comes from that that social environment. That's a great point. So talk to folks a little about clearly being one dude in a clinic, you only have so many hours in a day, you only have two hands, two feet, one mouth, you can only do so much. What are you doing to reach more people at this point?

Aaron: Thanks for asking. So after I'd mention so I've doing after like, I don't know how many sessions, definitely over a thousand of sessions of working with people, I realize that I was saying the same thing a lot and I'm sure you've noticed this a ton in your business.

Robb: Yeah.

Aaron: And so what I was noticed was that and so I started first creating videos and it was still focused on clients saying like great I showed you this seven techniques today. I'm going to go put these all on YouTube tonight and so you just go back and bam! There you go. No big deal. And then from there that started to go into you got to figure out how to work with yourself at home. We're paying people 140 bucks to come in and work with this professional blah, blah and crack them in place or give you a couple of rotator cuff exercises or whatever it is and then you leave and you do exactly what you had been doing to put you in that situation in the first place and then you come back in a two weeks. That's a fraction of the potential progress that could be. It's like fighting a tidal wave versus like a little Super Soaker.

Robb: Right.

Aaron:

And so like my practice here is the Super Soaker. I'm like getting people wet. But it means nothing if I don't connect with people at a, you can call it philosophical level, in the perspective of their selves, their self-worth, they're view of the world, their of their movement practice, their view of the value of how they move to the world. And so what that turned into was working with creating the self-care kit which is foam roller, a couple of different size balls, bands, door anchor. You can attach that to different levels at a door and so you can use that to decompress the joints, use that as an exercise band if you want, do myofascial release and all that stuff. So what it turned into being is when people come in now I'm more of a coach like a movement coach and I do hands on work as well still. But everything that I do, anytime I elbow into somebody's back and they like oh! I say okay this is ball, right? And on your floor and you're doing thoracic extension and now you're doing some side bending and you're teaching people how to relate with their bodies. That's the thing.

[0:35:08]

Some people especially dancers. Dancers are great with this. If you give them a ball or whatever and say okay I want to get a little bit of movement in your rib cage here. I want you to start to work on anterior serratus and kind of like unglue all that stuff because I promise you if you dig your hand into the back of the scapula with most people, it's just crud in there. Because were held into this forward flexed position. So if you give someone that knows how to work well in their body, a ball and say do this, do that, do that. They get into it and they're like oh right, yeah, I got this. They show amazing results quick. Someone that just sits in place and stagnates all day long and is doing everything they can to separate from their body because it hurts when they think about. That person does not have the sophistication to guide their ship to a better place, right?

So now what I'm really intrigued by is more of like a compass. So when people come and see me, I touch people a whole lot less and I talk a whole lot more and it's more about this is what you can do for the rest of the week. You're going to do this for 30 minutes a day or whatever it is and then when you pick up your baby, this is how you're going to pick your baby up. When you chop your carrots, this is how you going to chop your carrots. When you sit in your car, you're going to have this lumbar support thing, you're going to--one of the things that I say--Is it okay if I swear? I don't need to swear?

Robb:

Absolutely.

Aaron: Oh cool.

Robb: No, were explicit. Yeah.

Aaron: Oh fantastic. Yeah. So one of the things that I say is like when you're driving your car, make your car your bitch like dominate that thing, raise your rearview mirror up to a higher level, raise it up an inch more than what you normally have it, right? Open up your chest, bring your shoulders back, occupy that whole entire space, get a manual car why not. Like have more connection with that system, more movement as you're driving that car. Crank your music up. Have fun.

Robb: Right.

Aaron: Like make that experience not just this trudge. I've heard so many people say that it feels like my car drives me to work. That's unacceptable. That's your life. So it's like we need to figure out how do we make every moment, I occupy this space. This space does not occupy me. And you can see when people with the text neck and all that stuff we call it. It's like upper cross syndrome is a fancier term for it where your head is jetting forward and all sorts of ridiculous statistics where it's like every inch your head goes forward it's an extra 10 pounds or whatever. It's like we have all this unnecessary stress on our body because our bodies are fit to a system that isn't natural to our species. Do you know what I'm saying?

Robb: Absolutely, yeah, yeah. it's interesting because I'm working on this risk assessment program where we're trying to figure out we take what we do in the clinic with sleep, food, exercise, gut microbiota and everything and figure out how to scale that up and take it to the masses and so it sounds like we're probably on very parallel courses with that. It's one thing to have a brick and mortar setting and have some efficacy in what you're doing and it's a whole other thing to be able to reach some folks that maybe don't have someone like you immediately available so how do we provide resources so that they can start peeling the onion of better food, better sleep, better movement and take better care of themselves but then also having some sort of practitioner network. It seems very, very valuable on that. It seems like you're heading down that road too because you have a certification as well.

Aaron: Yeah, absolutely, yes. That's what I'm doing--oh, you mean with teaching people how to do what I'm doing?

Robb: Yeah.

Aaron: So teaching people about how to teach people that's how we start working exponentially. The certification that I'm doing with that now, right now I'm actually focusing on more just teaching people how to work with themselves. So the next certification course that I have is until next year.

Robb: Okay.

Aaron: So right I'm going out to London. We're going to Health Unplugged. Are you familiar with that? There's a paleo thing out there.

Robb: I've heard of it, yeah, yeah.

Aaron: And just doing a ton of workshops with people and we're really working with communicating to masses about that. But as of now with the actual certification program, I don't really want to get into it because it's not something that's like people can go and grab up right now.

Robb: I got you. Okay.

Aaron: But what I am doing is creating a ton of content.

Robb: Nice.

Aaron: A ton of free content and creating these tools and creating these videos and really just giving people opportunity that if you're sitting at your house and you don't have a 140 bucks to go down and see whoever, you can jump on whatever--My website is a great resource. MobilityWOD, Kelly Starrett is great with this. Kate Bowman is great with this. There're so many people that are great with this. And that's the beautiful thing with the internet. It's like you're not dependent--If you live in a Podunk town, all you have is like one yoga instructor that got their certification on YouTube or whatever like they're the source. It's like we have the internet now. So we could literally bring the best minds literally around earth together into one place and I kind of felt like you were getting into something like almost creating a network of professionals to help people with that. I think that will be a really fantastic thing.

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Robb: That's the goal. We would like to have a soup to nuts practitioner network that ranges from movement and strength and conditioning and integrates with healthcare providers in and doctors. And the goal is that

most--and the process of this certification that instead a client or patient going to their coach and the coach is saying the doctor doesn't know what they're doing or the doctor is saying the coach doesn't know what they're doing. If we're all kind of on the same evolutionary template clearly folks are going to have different ways of going about doing specific things but more than not we're on the same page and there's more cohesive action versus territorial pissing and stuff like. So that's the goal we'll see how it rolls out.

Aaron: Imagine how cool it would be if every time you go to see your MD, you also have a PT there, you also have an acupuncturist, you also have a structural body worker, you also have a nutritionist, you also have all these specialists of sorts in the same room and not only do you have them in the same but they'll be talking to each other. And that's the thing when you go see a knee specialist. He knows everything about that knee, right? But does he know about the foot and the relationship of the knee? Does he know how to do a functional squat? Does he know how to functionally pick something off the ground? Hopefully, but it's not necessarily his job. His job is to be amazing at the surgery. But beyond that, it's like what do I do? There's so many people that I get and you know whatever; they roll an ankle or break an ankle or something like. They're wearing the boot for six weeks and they come out of that. They go to see a PT. They get a couple of band exercises and then that's it. And that's my background. I dislocated my ankle when I was like 16 playing basketball. It was horrendous. And there's something that I'm still dealing with my body today because I have the worst guidance. I wore the boot way too long. All these things and if I can go back and talk to myself, I would have so much to say. And that's a big part. It's like you don't meet a lot of psychologists that are a little crazy or physical therapists that haven't dealt with some of your body stuff. For me, it's like been about this journey figuring out how to work with myself and how do we integrate all of these minds together. I think that's the really crucial component. That sounds awesome.

Robb: Yeah. It's exciting and we'd love to see you in that. So we'll see how all these stuff goes.

Aaron: We can talk about it tomorrow.

Robb: Yeah, yeah. Aaron, speaking of the internet, where can folks track you down on the interweb, Facebook, Twitter, main website all that stuff?

Aaron: The best place is AlignTherapy.com.

Robb: Okay.

Aaron: And then from there the Align podcast. That's my favorite thing to do in the world. And you were on my podcast.

Robb: I brought down property values on the Align podcast. That'll be going up.

Aaron: You ruined the neighborhood. I actually haven't released your episode yet so let me know when you're going to release this and then I can release that at the same if people want to hear what you have to say which I would rather listen to you talk than me talk any day.

Robb: I've heard me talk a lot. I like listening to you talk that's why I try to figure out questions that are as succinct and is leading as possible so I get a lot out of you.

Aaron: Right, absolutely. So AlignTherapy.com. That's the website. From there, I have the Twitter and the Facebook and all that stuff and I have links to--I have over 300 videos on how to move and do--

Robb: Nice.

Aaron: And kind of go a little bit beyond movement and self-care utilizing balls, bands, foam rollers, stuff that you can go down to any pet store and grab or you can jump on my website and I have all these stuff for sale as well as the self-care kit. So with that and then the Align podcast. Those are the two best places I got.

Robb: Awesome, man. Well we'll have all that stuff on the show notes. It was great having you on the Paleo Solution podcast and it was only maybe like three weeks, four weeks ago that we recorded with you show? So yeah, yeah.

Aaron: Yeah. So let me when you're going to put this out and we can put them out the same so people can hopefully hop over.

Robb: We'll do it. Well Aaron, really fun having you on the show. I'm going to start thinking on how to modify my day to day regimen and to try to emulate talking a mastodon so that I get my cardio for jits but do it in a way that doesn't make me want to blow my brains out at the same time so.

Aaron: Absolutely. Yeah, cool. Thank you so, man. I'll see you soon.

Robb: Awesome, man. We'll talk to you soon. Buh-bye.

[0:45:20] **End of Audio**