

Scot McKay (00:02)

All right, how's it going, gentlemen? This is your main man, Scot McKay, coming at you again with another episode of The Mountain Top Podcast. You know, a lot of times we as guys we think, hey, sex is sex. You put the round peg in the round hole, and you know, you get off. That's basically where a lot of guys let it stand. I think this audience is probably a little bit more involved than that. I think they are probably a lot more evolved

Scot McKay (00:31)

than that. And yes, that means you who are listening are probably a lot more evolved than that. Matter of fact, talking to you guys on the daily, you're definitely more evolved than that. But what does that even mean? What should we be thinking about sex? Not that we're being told what to do, but what are some ways we can broaden our sexual horizons in ways that maybe we haven't been challenged yet? Sure. Well, there's connection and there's really exploring the feminine.

Scot McKay (01:00)

But my guest today brings a whole new angle on this that I think you're sure to enjoy. His name is Dr. Kyle Hulsebus, and he is

Scot McKay (01:10)

A health and human potential specialist, author, and third generation chiropractor. Seems like a guys who are doctors of chiropractic do these kind of side hustles because they kind of learn how the body works and it just becomes fascinating. But I'll let him speak on that. and what he has is a site called 40over40.com and you know, I'll link you to it at the end. It'll be mountaintoppodcast.com let's just make it /40over40. Why not?

Scot McKay (01:38)

And Dr. Kyle Hulsebus is coming to us from Rockford, Illinois, which is a town I actually know very well. And he wants to talk about making love like your life depends on it, especially as you're a man who matures. Dr. Kyle Hulsebus, welcome, man.

Dr Kyle Hulsebus (01:59)

Hey, thank you very much, Scot. That's great introduction. I thought Yeah,

Scot McKay (02:02)

Yeah, did I nail it? Is that pretty much what you're up to?

Dr Kyle Hulsebus (02:05)

you got it, you got it. I do a lot of international speaking too, but that's just an extra thing. Exactly. We're doing it right now. So

Scot McKay (02:10)

Yeah, that comes with the package. Yeah, usually

Scot McKay (02:14)

if you're an international speaker, it's because of something more significant than just talking that you did to create the opportunity for you to get there and talk about it. Yeah. Talk to

Dr Kyle Hulsebus (02:22)

doubts a lot of men probably have, so beautiful.

Scot McKay (02:25)

us about 40over40 first, so we know exactly what you're up to. I think that's the best

Dr Kyle Hulsebus (02:29)

Okay.

Scot McKay (02:30)

place to start.

Dr Kyle Hulsebus (02:31)

Yeah, well let's dive right in. So 40over40 is a little series, it's a video series that we created a few years ago. Kind of getting the site a hundred percent together here, but it it'll be launched, you know, everybody can go to it right now. And yeah, exactly,

Scot McKay (02:46)

Little Claude Code action over the weekend and you'll be tightened up.

Dr Kyle Hulsebus (02:50)

exactly. Yeah. Little little magic smoke and mirrors behind the scenes, right? So 40over40, and what it is is forty... Yeah.

Scot McKay (02:56)

Another town that I know well.

Dr Kyle Hulsebus (02:59)

It's 40 ways to maximize health and longevity after 40 years of age. And and my disclaimer is you don't have to be over 40 for this to benefit you. The reason that it's 40, the reason we came up with that was when when I was I was talking it out with a a few friends of mine. They said in and is I'm still a practicing chiropractor. She said, What's the average age of patients that come into your practice?

Dr Kyle Hulsebus (03:27)

Not just to to get a fix, not just to get over a a a symptom, but really want to go in and change their health and well-being and and like do some regular care and really get in and do it. And when we looked at all the data, we said, you know, it's really somewhere in their their early 40s to early 50s. And and the reason and we looked and we go, why do you think that is? And I go, you know, I think about when we get into our 40s, we're really prepared to hear it and we're actually going to listen to it. So most of the things that I've got in there,

Dr Kyle Hulsebus (03:57)

are things that eighteen year old self would have been wise to probably pay attention to. But, you know, I I knew more when I was younger. I'm I'm more fool... You know, I I'm stupider now as I'm older, so I need more advice. So that's...

Scot McKay (04:11)

I was gonna say, I think a lot of it is we knew we should have done this and now it's starting to feel like it's too late and you know, oh no, I'd better get on it. You know, like if I knew I was gonna live this long, I would have taken better care of myself, you know, as the saying goes.

Dr Kyle Hulsebus (04:26)

Yeah, no doubt, yeah.

Dr Kyle Hulsebus (04:28)

And and and I say I even just got asked that same question. I go, no, it's not too late. It's probably too late to go be like, you know, an Olympic gymnast when you're in your forties, if you're just starting out. But you know, we have certain physical limitations, but y you know, as I also pointed out it's not too late to be like a meddling Olympian. I mean, look at the guy the the Turkish guy that was on the shooting

team that you know started in his thirties or whatever.

Scot McKay (04:51)

Yeah, inspired by his anger towards his ex wife. Importantly. Yeah.

Dr Kyle Hulsebus (04:54)

I mean, yeah.

Dr Kyle Hulsebus (04:56)

Very much so. Something to thank her for, I guess. So yeah. Turk Turkiye, I was just

Scot McKay (05:00)

Gotta love Turkey, yeah. Or Turkiye, I guess they prefer to be called nowadays. Yeah. Yeah.

Dr Kyle Hulsebus (05:07)

there.

Scot McKay (05:08)

I've I love Turkey. My

Dr Kyle Hulsebus (05:10)

It was a beautiful place.

Scot McKay (05:11)

kids and I have been to Cappadocia and I've been to Istanbul

Dr Kyle Hulsebus (05:14)

Yeah.

Scot McKay (05:15)

several times now, and I just I find it's wonderful. The women are underrated in their beauty.

Dr Kyle Hulsebus (05:23)

sure.

Scot McKay (05:23)

And the food is fantastic, and the people just couldn't be more warm and wonderful. Yeah. yeah.

Dr Kyle Hulsebus (05:28)

Yeah, that's that was my experience. That was our experience.

Dr Kyle Hulsebus (05:30)

So yeah, absolutely.

Scot McKay (05:30)

For sure.

Dr Kyle Hulsebus (05:31)

It was it was lovely. So but so the the forty, so it's forty tips and it's it's a little outside the box, but it's inside the box. It starts off with with some of your basic physical stuff is in there. But I use health. See health i is an old word, is is an old Anglo Saxon word, among other things we didn't talk, Scot, is I study ancient languages. so you know, old Norse, Latin, ancient Greek, old English.

Dr Kyle Hulsebus (05:57)
And us

Scot McKay (05:57)
Yeah, well I got

Scot McKay (05:57)
put through Latin in school, you know, taught by a nun who was actually really cool. She used to

Dr Kyle Hulsebus (06:00)
one I'm gonna s very neat.

Scot McKay (06:03)
she used to give us songs to learn. And I still know them to this day. I can still conjugate

Dr Kyle Hulsebus (06:06)
Nice. Perfect. That's the best way to learn.

Scot McKay (06:09)
verbs and stuff in Latin that many years later. But yeah, I digress. Yeah. I took Greek too in college. Yeah. It is.

Dr Kyle Hulsebus (06:12)
That's hey. Yeah. Yeah, though that's it that's fascinating stuff.

Dr Kyle Hulsebus (06:19)
So if you get in Anglo Saxon to old English that formed our language, health is actually an old English word. It's relatively unchanged over fifteen hundred years. And it it literally means a state of or a condition of wholeness, of whole being. And

Scot McKay (06:34)
How about that?

Dr Kyle Hulsebus (06:35)
yeah, well and then and as an aside, wealth, wealth.

Dr Kyle Hulsebus (06:39)
doesn't have anything to do with money. It's actually a state of well-being. Though

Scot McKay (06:43)
How about that?

Dr Kyle Hulsebus (06:44)
having a certain amount of money can give you some well-being, certainly. But so I I I encompass that not as it's not just your physical being, it's also your relationship health. We have spiritual health, we have financial health, work health. We have now mental health, the the only thing... I I group some of the mental health, the psychological stuff in with physical. When I talk about mental health in this regard, it's more about your learning,

Dr Kyle Hulsebus (07:09)
what what sort of drives you to want to know more and in the things you do to enhance yourself intellectually on in our social leadership health. So, you know, I I encompass that, you know, all the way through when I did these. So when I had... And then 40 gives me a nice variety. So I hit that whole

spectrum and making love came up on that spectrum.

Scot McKay (07:28)

It sounds like an ESPN show, which gets

Dr Kyle Hulsebus (07:30)

Almost.

Scot McKay (07:31)

guys' attention.

Dr Kyle Hulsebus (07:32)

Yeah, there you go. Yeah, you know that I didn't even consider it that way 'cause I don't watch sports, but

Scot McKay (07:37)

Too busy with this stuff.

Dr Kyle Hulsebus (07:39)

Well, you know, we we do sports, but I just don't watch many.

Scot McKay (07:42)

You know, I heard somebody say something one time that stuck with me for the rest of my life to this day. He said, I would rather be a participant at the lowest level of any sport than a spectator at the highest level. I'm like, right on, man. You know that's that's

Dr Kyle Hulsebus (07:58)

Little bit, yeah.

Scot McKay (07:59)

that's the deal. Yeah.

Dr Kyle Hulsebus (08:01)

I mean I I spectate the Olympics, but as I said, I'm I'm probably not gonna be an Olympic champion anytime soon. But other than that, I'd rather be out in the field. I'd I you know, I'll cheer my friends on. But so we we do we do martial arts, we do Tai Chi, we do ballroom dance. And if you don't think ballroom dance is a sport, then please go try it.

Scot McKay (08:21)

I have a very close friend who is a national champion at it and he trains for it. For sure. Yeah.

Dr Kyle Hulsebus (08:25)

You. That's awesome. Yeah.

Dr Kyle Hulsebus (08:27)

No, as my friend said, he goes, If your wife can do that in two inch heels, then she's a hell of an athlete. But, oh yeah.

Scot McKay (08:35)

Not going to disagree. So talk

Dr Kyle Hulsebus (08:37)

Yeah.

Scot McKay (08:37)
to us about how the 40 for 40, that's 30 for 30,

Dr Kyle Hulsebus (08:42)
Already over.

Scot McKay (08:43)
40over40. You know, I'm sure there's a 30over30 somewhere. I also couldn't help but think to myself that wealthy health or healthy wealth would both be catchy names for some brand out there.

Dr Kyle Hulsebus (08:56)
No doubt.

Scot McKay (08:56)
But before we digress too far.

Scot McKay (09:00)
Talk to us about making love like your life depends on it. Because one of your key components under longevity has a very distinctly sexual component and that's this one. So go ahead and and riff on that, man.

Dr Kyle Hulsebus (09:13)
Yeah, so you know, like your life depends on it. I recently discovered this this just on a show that I was speaking on the other day. I did not know the statistics, but I I was talking on the same topic and the lady said, Did you know that statistically men in like stable, healthy relationships live longer? And

Scot McKay (09:34)
yeah.

Dr Kyle Hulsebus (09:34)
I went I went, Really? They said, Yeah, like live longer than the women and I went, Really? That seems you know, with like sexual, you know, good

Scot McKay (09:41)
Well no, I haven't

Scot McKay (09:42)
heard that angle. I haven't heard that their wives die first.

Dr Kyle Hulsebus (09:43)
That that was kinda she said, like

Dr Kyle Hulsebus (09:45)
yeah, you know, I was like I was like that's like they'll they'll live longer that and I went that that's I'd never heard anything like that. I said so you know it may be But we were but we were talking having a

Scot McKay (09:53)
Probably because they end up killing her. Yeah, it depends on the woman, you know. You get with the right

Scot McKay (09:59)
woman, you just have natural longevity. If you're with the wrong woman, you know, you'll live longer than

she does because you'll end up killing her. You know, so it leaves no trace. Like you'll poison her coffee, you know. Arsenic And Old Lace style in reverse. Yeah, well, no, you know you want to go to jail for goodness sakes. You want it...

Dr Kyle Hulsebus (10:10)

Or you you know, you you go to jail and and they take care of you in jail. that'd be good. It's one of my favorite plays.

Scot McKay (10:18)

You want to be able to have the cops show up and you just go,

Scot McKay (10:22)

What are you gonna do?

Scot McKay (10:26)

I'm giving these guys ideas I shouldn't be giving them in public. There's probably

Dr Kyle Hulsebus (10:26)

So no no we're

Scot McKay (10:30)

a YouTube video for this somewhere that got banned, but obviously these guys know by now that I try to be funny. This is probably not humorous at all for lots of guys because they're living this nightmare even as we speak, and they've actually probably ruminated on this exact thought before. But hey, for the most part, that isn't this audience. These guys are hoping to get into a relationship with a good woman or strengthen the relationship they're in with a good woman now. So

Dr Kyle Hulsebus (10:53)

Exactly.

Dr Kyle Hulsebus (10:54)

Exactly.

Scot McKay (10:55)

Yeah, talk to us about how sex plays into that. I know that a lot of doctors, people in the medical field, talk about how your sexual health is very much an indicator of your overall health. Is that kind of where you're going with this? Or someplace

Scot McKay (11:12)

else?

Dr Kyle Hulsebus (11:14)

So you know, I've never really considered it that way. As, just the way I look at it. I mean, I some people that I'm I don't think have very much of a lot of sex as they're getting older and and I see some incredibly healthy people as as we would we would build them as health, as is sort of responding to their environment and that. But they they're they're well rounded. That doesn't mean...

Dr Kyle Hulsebus (11:39)

You know, 'cause there's there's a lot of aspects and I've read enough on it where the you know, there's there's we can get into the spiritual, we can get into the, you know, almost metaphysical on the idea of it. That's why my tip is not go have sex, it's make love.

Dr Kyle Hulsebus (11:55)

It's

Scot McKay (11:55)

Well, I'm I'm here for it. I'm all

Scot McKay (11:57)

about you talking about the metaphysical and the spiritual side of this. Go for it.

Dr Kyle Hulsebus (12:02)

So we you know, you can have and and I I I would I would argue when I've when I've encountered and I've discussed with with couples and you know, my wife and I have had this discussion, when when they're having great relationships, it's not like, you know, every night that they're you know, they're not going through the Kama Sutra, you know, every six months or something and trying all the different things and and experimenting and everything.

Scot McKay (12:23)

Ain't nobody got time for that.

Dr Kyle Hulsebus (12:26)

But that doesn't mean that they're not yeah, you know, and some people some people play around. Some people you you know, they get flirty, they do you you know, I know people that do role play and I know people that that do other little things to be because they have fun with it. It's a way that they connect and and just they you know you sort of that whole refreshing. And one of my other tips is play games. That can kinda add into it. Or be you know, so so there's many different things. But when I first built it and I thought about it, I go, you know, I have some people in their eighties and nineties.

Dr Kyle Hulsebus (12:56)

That have watched my 40over40. And when I was first thinking about that, I go, I can't just say, you know, you're 92, you should be out there, you know, having sex every day. It's, you know, make love. But what is that, what can that really mean? What are the different levels in my wheel of health there that that can mean? And one of the greatest is really, can you can you connect, can you communicate with somebody deep? Can and really, and and this is a big thing I think that comes up more with men, but but I know if I interview enough women,

Dr Kyle Hulsebus (13:25)

I'd find the same thing, vulnerability. And sort of allowing yourself, you know, when you're with a partner that you just sort of bare yourself. I think that's when we're young and you sort of have your first time. You know, you you kind of it it's there's a vulnerableness to it. And that's where people kind of freak out later, like, you know, and and if you break up with that first person. So I think as we as we go through time

Dr Kyle Hulsebus (13:51)

and and we have different experiences as we go through your your life doesn't depend so much on going out, having physical sexual relations. It's more can you really get deep and connect and communicate on because there's a sexuality to that with it. I've seen this in in older people. I a couple that that I take care of that's in their nineties. And I know they're not physical with each other, but when those two hold hands in the room, you you see them connect.

Dr Kyle Hulsebus (14:20)

And and there's definitely, you know, they there's this idea of making love, of just sitting and holding and being sort of physically one being. That makes sense?

Scot McKay (14:30)

Yeah, yeah, absolutely. I don't know if it's gonna make sense to every guy who could theoretically listen to this show. I think we hear about guys who are in their eighties still dropping the hammer on their old lady and going, Yeah,

Dr Kyle Hulsebus (14:42)
There's no doubt.

Scot McKay (14:43)
dude. And you're talking about something that's meta-level from there. So there's two things I wanna dig deeper into,

Scot McKay (14:52)
regarding what you said, Kyle, because neither one of them have ever been discussed on this show. The first one is that the vulnerability you feel sexually during the very early stages of your sexual experience. You know, for some people, that's in their teens. For some guys, it's arguably a more profound vulnerability because, you know, if they're virgins into their 20s or later, man, you feel even more

Scot McKay (15:19)
kind of on the spot your first time you ever have a real sexual experience.

Scot McKay (15:24)
But that vulnerability is, I'm gonna be exposed as weak or incapable or not knowing what I'm doing or I'm gonna be rejected. And I've often said that we need two words in the English language for vulnerability.

Dr Kyle Hulsebus (15:41)
Mm-hmm.

Scot McKay (15:41)
Because I think a lot of times

Scot McKay (15:44)
the male mind in particular, we think of vulnerability as a box turtle trying to cross a major interstate. You know, you're just gonna get smashed. That's that's weak vulnerability.

Dr Kyle Hulsebus (15:52)
R Frogger.

Scot McKay (15:54)
I'm vulnerable to being injured and hurt. Whereas the kind of vulnerability I'm sure you're speaking of is a different kind of vulnerability that actually is very indicative of strength. I'm willing to, as Brene Brown would put it, you know,

Scot McKay (16:09)
Brene Brown hits and misses, but still.

Dr Kyle Hulsebus (16:10)
Yes. She can do some good ones.

Scot McKay (16:13)
the Brene Brown version is vulnerability is a sign of strength because there's a courage involved there where you're willing to take the risk not knowing the outcome and do it anyway. And that kind of

vulnerability makes you a champion with women in the bedroom, doesn't it?

Dr Kyle Hulsebus (16:29)

Yeah. That's and that's exactly where I'm at. Because the you know, vulnerability, of course, as you know from your extensive Latin studies, is a Latin word. So and it and it does it does stem from the Latin verb wound, to wound. But in in this case,

Scot McKay (16:47)

Yeah.

Dr Kyle Hulsebus (16:48)

and in the ability to be wounded is really what that is.

Dr Kyle Hulsebus (16:51)

You have opened yourself up to being wounded. And and as you say courageously, it's I I can accept that I can be wounded in order to move forward. You know, that's

Scot McKay (17:03)

So it's basically

Scot McKay (17:04)

when you're younger, the vulnerability is I'm horrified I'm gonna screw this up or get laughed at, but I'm so horny I'm gonna do it anyway. Cause good grief, I got a girl who just showed me her boobies.

Dr Kyle Hulsebus (17:13)

That that seems to be. I think that's why hormones

Dr Kyle Hulsebus (17:16)

Exactly.

Scot McKay (17:17)

Yeah, okay. So when you're older, it's like I have evolved in my sexual skill and my sexual knowledge. I know my way around women a little better. And I realize that the risk/reward ratio here is very much in my favor if I'm willing to open up and share a little at the psycho-spiritual level with a woman rather than just as you, you know, we were talking before we hit record on this, you know, getting laid is such a visceral way to put it.

Scot McKay (17:46)

You know, and it's so,

Dr Kyle Hulsebus (17:47)

Sure.

Scot McKay (17:47)

you know, indicative of not having a whole lot of depth on this stuff. And that's what this really is, is it's more depth. So yeah, absolutely. I love that you brought that up. I don't want to let the second thing that I picked up that you talked about go by the wayside, because these guys are gonna listen to this and go, McKay, you said two things. What's the other one? You know. That would be bad show hosting on my part. So indeed the second one is a lot of guys

Scot McKay (18:13)

especially when we're younger and we've been listening to red pill stuff. We think if we're not getting any sex and we're still around and we're still being nice to a woman, we must be some kind of simp.

Yeah, wait until you get to be 80, 90 years old and you still have this woman you've lived your entire life with, have a shared history, a shared legacy, children, grandchildren, and great grandchildren, probably.

Dr Kyle Hulsebus (18:40)
At that point,

Dr Kyle Hulsebus (18:41)
absolutely.

Scot McKay (18:41)
These are the same guys who watch The Notebook, you know, with James Garner and went, he's a simp, what an idiot, you know, and turned it off, and go this is a chick flick. And then all of a sudden, you're living it. And you're like, you know, that's my sweetheart in there, like James Garner said in The Notebook when his wife was quite literally in the final stages of just crippling dementia. And, you know, sex...

Scot McKay (19:10)
You know, am I getting some, am I getting laid, suddenly becomes not even part of the equation anymore. It's the intimacy, it's that connection. It's that this is my best friend who I've shared my life with, who happens to be female, who I could share the masculine, feminine dance with, who is significant and matters to me. And, you know, Kyle, where I want to go next with this is we've been doing a lot of talk on this show lately

Scot McKay (19:37)
about how people are losing the ability to even understand why they should connect, let alone

Dr Kyle Hulsebus (19:43)
Yeah.

Scot McKay (19:44)
connect. You have people estranging each other in in close families

Dr Kyle Hulsebus (19:48)
Yes.

Scot McKay (19:49)
for no apparent reason. And, you know, I kind of sort of fear for our future when it comes to this depth that you're talking about. What what say you?

Dr Kyle Hulsebus (19:58)
I I you know, I I don't think I could put it any better than kind of the way you went. You encompassed a whole bunch of my tips anyway on my 40over40 at that point. It's I'm

Scot McKay (20:07)
Well, because it's truth, isn't it?

Dr Kyle Hulsebus (20:09)
I mean that's 'cause when I say health aging and longevity, I mean, do you is it you know, life is too short. Really? You want to have this bullshit where you you're not talking to your family members over what? Over what? Like some disagreement you had ten years ago? I have a great story about that.

Dr Kyle Hulsebus (20:28)
That it's it's it's not sexual, but it was a very interesting story I had. I had a I had a gentleman at

breakfast years ago, and everybody knew me. I was always the guy, you know, I was Dr. Kyle at breakfast and he just started to chat with me. I didn't even remember his name, but he he was asking me because his son was going to the same college that I went to, the University of Iowa. And he's like, Yeah, my son's there now, and you know, and I've got to do this and this. And I said, Well, what degree is he getting? He goes, He's getting nursing, but he already wasted his life. And I go.

Dr Kyle Hulsebus (20:58)

How? He said, Well, he already went and he got a journalism degree. And as soon as he got that degree, he just decided he was going to be a male nurse instead. Now he went to another school and that and you know he's taking money. And I said, Well, what when when you talk to him? He said, I I can't talk to him. I there's no... I can't communicate with my son. He's you know, he's doing this and he's just wasting his life and he's stupid. And he said, What do you think about that? I said, I think you can't have a better degree than journalism if you're going into healthcare.

Dr Kyle Hulsebus (21:26)

Because you learn to ask questions, as you know, you've you've been doing this a while. You learn to ask questions, you learn to do that. I said, My my most important job as a doctor is to go in and ask questions and help you get to the root cause of these things so we can solve problems. I go, he's already he spent four years getting skilled at that. He's gonna be probably one of the best nurses out there. And and he just stared at me and he goes, I I haven't talked to my son in five years because of this. And

Dr Kyle Hulsebus (21:55)

you you mean to tell me that he got one of the best degrees he could? And I Yeah. I said, Do you ever even look at it that way? He goes, No. I said, You haven't talked to your son? Because of this?

Scot McKay (22:06)

Based on the story

Scot McKay (22:06)

you told me, I strongly suspect there's a piece of this missing from the conversation. Yeah.

Dr Kyle Hulsebus (22:11)

Probably. But y

Dr Kyle Hulsebus (22:13)

you know, you know, you know there are little things in there, but he just you know, and this this was like a whole fifteen, twenty minute conversation we had back and forth. But you know, the gist of it is he's kinda like, I I I haven't spoken to my son because of this. I said, Well, why don't you go call him? I go, I mean, you're you're how old? And you're really you're not talking to your son over some... I mean it's almost foolish. So yeah, the this communication thing it's it's more a matter of, you know, why?

Dr Kyle Hulsebus (22:41)

Yeah, and one of the biggest questions I think we can ask is why?

Scot McKay (22:44)

I think you bring up yet another very poignant point. This idea of people just not seeing connection as even relevant anymore has had a trickle up effect even to the highest levels of professional life. I am a divorce coach, among other things.

Scot McKay (23:07)

And every single one of the guys I've worked with over the past two years has had an incurious lawyer who doesn't ask any questions. They just go through the motions and start filing things without even

finding out what's really going on.

Scot McKay (23:23)

And I can't imagine that. I think you're first of all right on the money. This young man who's got a journalism degree and went back to become a male nurse, man, he could become a nurse practitioner on his way through medical school because the number one skill, other than sheer medical knowledge for anyone who's going to be healing people, you know, treating people, is to ask the right questions and be curious. Man, I had a doctor one time, a GP,

Scot McKay (23:52)

who I kind of sort of inherited because actually the other doctor in the practice was my guy and he was terrific but he retired and I sort of got stuck with this other schlub and I fired his ass because he would come into the examining room and never take his hand off the door. He always had his hand on the doorknob. Just, he wanted to talk to me about what he needed to and then he had to go. And I'm like, you know what, you're not my doctor anymore. You don't even care. You just want to get onto the next one and get the next billable session done.

Scot McKay (24:21)

And you know, he was giving me bad advice and rolling his eyes when I asked another question and looking at his watch and I don't know how you stay in business like that. It's just okay, well, I've got medical knowledge

Dr Kyle Hulsebus (24:31)

This especially as a doctor.

Scot McKay (24:33)

and I am God and you're a serf and I'm gonna tell you how to take care of yourself. You're gonna take these pills and come back. And

Scot McKay (24:41)

part of this to me is how we got into the whole sick care culture to begin with. People stopped asking questions about how you really feel, what's really going on, what are the depth of your symptoms, what could be the psycho-spiritual components of that? And people just

Dr Kyle Hulsebus (24:54)

You got it.

Scot McKay (24:55)

said, well, you know what? It's modern society, we got a pill for that. And people are over medicated, undereducated, and doctors don't know a lick about their patients. They just keep prescribing pills. And so is there any wonder

Scot McKay (25:11)

we as a society get into a relationship with an allegedly significant other and we don't connect with them. We we don't even see the point. It's an annoyance. You mean I gotta sit down and talk to this person and find out more about

Dr Kyle Hulsebus (25:24)

Yeah.

Scot McKay (25:25)

them? Hey, wait, I've known you twenty years and I never heard that story before or I didn't know that about you. And the person goes, yeah I don't really feel like talking about it. Can we just go get dinner or

something? And

Scot McKay (25:37)

that's, that's a squandered opportunity to build intimacy.

Dr Kyle Hulsebus (25:41)

I fully agree. One of the... I'm I'm a big movie guy, so my my undergrad degree

Scot McKay (25:47)

Me too.

Dr Kyle Hulsebus (25:47)

is actually in theater. And you know, and I've done film and and many other things. And so I've got a lot of influence from like characters and stories and different things. One of my favorite films, actually my favorite Marlon Brando role, my favorite Johnny Depp role, is Don Juan DeMarco. If you ever saw that film and Faye Dunaway's in there.

Dr Kyle Hulsebus (26:09)

And there is a scene in there where Marlon Brando sits down with his in character wife, Faye Dunaway, and then they've gone through all this stuff. And and and maybe this will spoil the movie for you, but you know, we're gonna talk about the scene. And he sits down and he takes he takes his wife's hands. And he's like the psychologist for for this crazy guy, Johnny Depp. And and he's been influenced by him. And he sits down, he takes her hands, and you know, as they're getting close to retirement, he goes,

Dr Kyle Hulsebus (26:38)

Looks her right in the eye and says, Tell me about what you would love to be doing. And she just she goes, I thought you'd never ask. And and that's what I'm talking about. That's that's a connection. It's just sitting down and going, you know, I always just kind of assumed, you know, we've known each other, we've lived together, we've coordinated this. But even if you're a single guy, even if you're a divorced guy, it's the same, you know, what do you look for? You don't, you don't just want... Sometimes you do just want, you know, a release for a night. And, you know, that's fine. There's no judgment there. But

Dr Kyle Hulsebus (27:08)

even if you only had one night with somebody, wouldn't it be nice to walk away and say, That was really cool. That was a wonderful night. We had this conversation, we connected, we had the physical thing, and I've moved on with life, and she's moved on with life, and yeah, it's not gonna be, you know, years and years. But at the same time, you end up, you know, sometimes you go out with the guys because you just want people you can talk to. And when you find a partner, a significant other that

Dr Kyle Hulsebus (27:34)

that you could just you can go off on these weird conversations or you you can feel that you're vulnerable enough to talk about even you know, honestly a sexual fear. You you know, you brought up earlier there's some guys that go a little bit longer. That vulnerability when you're not hormone driven as a teenager, where you come out and you go, Listen, this is, you know, to tell somebody, say this is gonna be my first time, that's that's opening up. But you may end up with a massively in depth long term relationship based on that.

Dr Kyle Hulsebus (28:03)

Because you you've told this partner of yours that and that's a great word is partner, is I'm I'm looking for a partnership.

Scot McKay (28:15)

You know, I'm reminded of years ago now when Wilt Chamberlain wrote his autobiography. And all people got out of it was the part where he slept with ten thousand women.

Dr Kyle Hulsebus (28:28)

Right, right.

Scot McKay (28:31)

And he was asked about it, was Wilt Chamberlain.

Scot McKay (28:35)

And he said, Hey, I feel like I had a special relationship with every one of those women. And women in particular are all rolling their eyes out there, going, oh, please! 20 years into my tenure, I'm kind of considering that's how he got to sleep with 10,000 women. Is he considered it like that. That that's how

Dr Kyle Hulsebus (28:58)

Probably.

Scot McKay (28:58)

it happened. It wasn't like, hey, I'm Wilt Chamberlain.

Scot McKay (29:02)

I'm seven feet tall. I probably got a huge schlonger. Let's go give you some. You know, it probably wasn't that. It was probably women somehow felt drawn. Like, I'm out with you and you're famous, and I'm a little starstruck, but you make me feel special. What are we waiting for? You know, it's all about how women feel. And I think Wilt probably had this ability to make women feel seen, heard, and cared about. And that can happen very, very quickly

Dr Kyle Hulsebus (29:32)

Yeah.

Scot McKay (29:32)

in a in a relationship, but it can also go years without ever happening, which is tragic.

Dr Kyle Hulsebus (29:40)

It's tragic. But people do it. People do it for society. People do it for their for their faith sometimes, their their religious community that they're in, people do it for for any number of things. For their family, you know, we can't the you know, we can't let anybody outside family reputation and stuff that goes on. I mean, there's any number of reasons. And sometimes it's just plain nobody ever taught me how to say this and I'm afraid to say it.

Scot McKay (30:03)

I'm laughing because I remember an Onion article from again years ago where a couple was so religious that even after they got married, they still didn't have sex

Dr Kyle Hulsebus (30:13)

Let's

Scot McKay (30:14)

to please Jesus, And then as you read through the article, the humor was the husband was kind of not in agreement with this, but you know, he also was trying to get in his wife's pants, so he didn't want to

Scot McKay (30:26)

make her angry or anything. So it turns out he was really a simp about this and she was being steadfast and she probably wasn't really all that attracted to him. So it was funny. You know, the more you read, the funnier it got, right?

Dr Kyle Hulsebus (30:38)

You talk about that with with Will Chamberlain and what kind of came to mind is the same thing you said about the doctor you fired. There, there's if if a doctor comes into a room with you, and we're on the same principle, but he sits down with you and and he instead of holding his hand on the door, if this man had walked in and he'd sat down, he goes, Scot, tell me what's going on. I've only got five minutes. I apologize. Let's cover it really quickly. You

Scot McKay (31:02)

I'll respect

Scot McKay (31:03)

my time and yours.

Dr Kyle Hulsebus (31:04)

You you would sit there and and he would just... He'd say, Don't worry about what's going on outside. You and I are here right now and he just connects for five it feels like five hours you just were able to spend with this man. You're going, he's a great doctor.

Scot McKay (31:16)

There's a lesson for school teachers in there. There's a lesson for salespeople in there. There's a lesson for middle managers in there.

Dr Kyle Hulsebus (31:18)

yeah, okay.

Scot McKay (31:23)

That's that's human, that's the secret of the universe when it comes to human relationships.

Dr Kyle Hulsebus (31:29)

Yeah. And if you want to practice, go go get your own relationship and 'cause that's really what it is, relationship. We're talking specifically, obviously, you know, ones that are going to connect and have a sexual component to it and and go in. but it it really at that same time, I mean, you're you you know, if you think about it from from sort of a a business sales angle, you can look and you go, Hey, listen, you're trying to sell your your your partner, your life partner here, your wife on on on continuing this thing. So

Scot McKay (31:57)

Yeah, it should

Scot McKay (31:57)

it should go double for this situation.

Dr Kyle Hulsebus (32:00)

You

Dr Kyle Hulsebus (32:00)

know, no doubt. I this is you know, I I've been I've been to I I've been to to anniversaries, wedding anniversaries of sixty five years and seeing these people that they're dancing together and they're laughing together.

Scot McKay (32:16)

I'm about to attend one in the end of September, which

Dr Kyle Hulsebus (32:18)

Yeah, and you go watch Yeah.

Scot McKay (32:22)

is about a month from now. My parents. My parents are about to have their sixty-fifth anniversary.

Dr Kyle Hulsebus (32:28)

It's awesome, you know. And now and and

Scot McKay (32:30)

And that's what it'll be like.

Dr Kyle Hulsebus (32:31)

and then to get into that idea of maybe it's too late for me, you know, if if you're like this single guy or you're divorced and you're forty or something, I got a great story. And I'm an Arthur Murray dancer. So I got told this by I got told about the lady through my Arthur Murray owners, the franchisees. But there's a lady, I can't think of her name off the top of my head. She had owned multiple Arthur Murray franchises at one point, but

Dr Kyle Hulsebus (32:56)

she she ended up she's very financially astute. She she saved money. She had like a 300 acre ranch. She she was originally one of the the Ziegfeld Folly ladies, so way back. And if you go watch Man on the Moon, you know that he's he's actually got one of those ladies in there that he uses in the in the film that that was real with Andy Kaufman at the time. But this lady she she had a guy that kept chasing her. She'd never married, she never had children.

Dr Kyle Hulsebus (33:26)

She had a guy that kept chasing her. And for like eleven years he chased her and she was like, No. And then finally, when she was like forty or forty one years old, she said, all right, come on in. Finally he he, you know, whatever, I don't know what happened, but finally he he won and and she said, all right, let's partner up. So at the age of like forty years old, she got married to this guy. And I think he was forty two at the time, if I recall the story correctly.

Dr Kyle Hulsebus (33:54)

He died, I think, when he was like ninety years old and she went on to live to be just around a hundred. So they still had fifty years together. It's not too late.

Scot McKay (34:08)

No, no, absolutely not. And there's also a lesson in there for guys who've been taught by the redpilled movement that, yeah, if a woman just says no or isn't interested, the next step for you, buddy, is you're gonna get arrested or fired for continuing to pursue her. It's all about how you make her feel. She could have all the reasons in the world for not wanting to get involved romantically right now with anybody.

Scot McKay (34:32)

Not just perhaps you in particular. But if you stand in that gap, I think the term they like to use is hold space for her,

Dr Kyle Hulsebus (34:40)

Yes.

Scot McKay (34:41)

and are respectful, and you still are charming and masculine, it's almost like you wait that out. You're not pushing, you're not being creepy, you're not acting weird. What you're doing is you've made a decision, you've chosen her, and you're simply

Scot McKay (34:59)

holding space and being patient, waiting for her to figure that out. Now, if she clearly doesn't want you, if no is an emphatic no, if she's married, if she's chosen someone else, if this has gone on too long and you're really starting to waste your life, yeah, well then maybe you're starting to be a simp. But there's a there's a calm strength. You know, these are the same guys will talk about stoicism, you know. There's

Dr Kyle Hulsebus (35:25)

Yeah.

Scot McKay (35:25)

a calm strength

Scot McKay (35:28)

in waiting a period of time with a masculine, mature, wise patience for a woman to get her head sorted. If you've ever... You're a movie guy, if you've ever seen the movie Hidden Figures, Mahershala Ali's character waits for one of the really sharp women who's working for NASA to

Scot McKay (35:52)

you know, clear her head of all the math and all the science and all the I gotta get a man on the moon stuff that's consuming her life when she says, I don't have time for a relationship. He just is still around and he waits. He doesn't wait too long. He just can read the room. He has the skill of reading the room, knowing, yeah, you know what, she wants me. She just needs to figure it out. And that room reading skill

Scot McKay (36:20)

goes along with understanding vulnerability and understanding connection because if you don't have human depth, you're not gonna be able to read the room. If you can't read people up front, you can't read the whole situation. Yeah.

Dr Kyle Hulsebus (36:33)

True. True.

Scot McKay (36:36)

This has been a fascinating conversation. Kyle, I want to send guys to your website.

Dr Kyle Hulsebus (36:41)

Okay.

Scot McKay (36:41)

Which

Scot McKay (36:42)

is 40over40.com. And when guys go to mountaintoppodcast.com/40over40... Let's make it eight characters. 4 0 O V E R. 4 0 And when they get there, obviously you've told us a little bit about what they're gonna find. What else will they find?

Dr Kyle Hulsebus (37:01)

So you go to 40 over 40.com. You're obviously able to get in there. If you'd like to purchase the the entire thing and we give the audio as complimentary when you get into it, you get access to all 40 videos on there. If you're not quite... If you want to just jump on and see what we got.

Dr Kyle Hulsebus (37:15)

I've got I've got a little freebie you can download called Seven Signs That Your Life Is Starting to Get Too Far Off Track. And you can jump on and get that. We'll give you some great information. we'll also have links so you can go to my YouTube page for some free videos that are on there where we discuss all sorts of different topics kind of on these principles.

Scot McKay (37:32)

Yeah, man. It occurs to me that you're very much a polymath, which I like to consider myself as as well. And so I'm sure, man, we could have you back and talk about something completely different. And it would take equally cool and fascinating twists and turns. I'm sure a lot of guys got a lot out of this conversation today. I did. I was challenged in ways I never had been before. Like I mentioned earlier, we've talked about some subtopics today that have never come up after twenty years.

Scot McKay (37:59)

So I appreciate you, man. Thank you for coming on board the show today. It's been great.

Dr Kyle Hulsebus (38:02)

I

Dr Kyle Hulsebus (38:03)

I I appreciate the opportunity to share about the 40over40 and just, you know, sort of connection and what making love really means in health for everybody. So thank you. And thank everybody that's listening.

Scot McKay (38:12)

Yeah.

Scot McKay (38:13)

Yeah, absolutely. Absolutely. Yeah. Thank you guys. I appreciate every one of you guys listening. And that's why when you go to mountaintoppodcast.com I have some free stuff for you too. Chief among those lately is a new downloadable report that I produced. I was giving away the same one for years and I got a new one going that is really punchy.

Scot McKay (38:36)

And we'll give you something that you can use immediately very quickly. It's called Flip the Switch: 5 Things You Can Do Right Now To Get Better With Women. Not stuff you have to learn, not stuff you have to memorize. Just you know what, just start doing this and your life will change and women will love you for it. You download that for free when you get on my newsletter at mountaintoppodcast.com. I also want to thank my sponsors. We talked about Jocko Willink's company Origin in Maine, the guys at Hero Soap, the guys at Keyport. Guys,

Scot McKay (39:05)

we do a show about masculinity here. Better men get better women. That's what it says right on the podcast art. That's what it says on the end of my microphone. That's a true statement. You may not find a truer statement anywhere. When you deserve what you want, when you do the best with what you got, you know, you're gonna raise the bar when it comes to women.

Scot McKay (39:27)

And that is the audience we have. That's who you guys are. You guys are great guys. You want to raise

the bar and get even better so you can raise the bar with the women in your life. I appreciate every one of you. That's what this show is about. And thank you for listening. And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.