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SPEAKERS

Edroy Odem, Scot McKay, David Medansky



Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host Scot McKay.



Scot McKay 00:19

How's it going, gentlemen? Welcome to yet another episode of The World Famous mountaintop podcast. I am your host Scott McKay at Scott McKay on Twitter, tick tock clubhouse and through social real Scot McKay on Instagram. You can find all the YouTube videos including video representations of these episodes by going to youtube and searching my name as Cot MC K Why the website is mountain top podcast.com. And if you are not yet on the Facebook group, here is yet another cordial invitation to join us. For a lot of fun we are on the journey to being better men and having better relationships with women search out that group by looking up the mountain top summit on Facebook. Today, I want to introduce you to a gentleman from Phoenix, Arizona named David Medan ski. Now, David Medan skis got a weight loss story, he lost 50 pounds like someone else you know and love. So we share that in common. But here's the thing. He knows you don't want to get on a diet, and he agrees with you. You shouldn't have to get on a diet. As a matter of fact, we're going to talk about all sorts of things that we as men don't do, that we probably should be doing. And in the process, either by sins of omission or commission, mind you. We're shortening our lifespans. Now, this is no good for being attractive to women. This is no good for living a long and happy life with women or leaving a legacy. We've done shows around here where we talk about getting sick before our time getting old before our time. But this is all about our stubbornness as men. And I think there's something to that. And if we had a bit different mindset and put some different actionable practicalities to good use, I think we would be better men for it. And women would love us and be more attracted, because and with all that as an introduction, here's David Medan ski from Phoenix. How're you doing, man?



David Medansky 02:17



David Medansky 02:17

Doing great, Scott, thank you for having me as a guest.



Scot McKay 02:20

Yeah, it's my pleasure. Listen, man, you have this book called break the chains of dieting, which I put at the top of my Amazon influencer queue. And what really inspired you to think so much about this and put so much energy towards it.



David Medansky 02:34

As you mentioned, I have my own weight loss journey where I shed 50 pounds. And what happened was in July of 2016, my doctor told me based on being significantly overweight, and my lab results add a 95% chance for a fatal heart attack. So he gave me two options, lose weight, or find a new doctor. And he strongly suggested to find a new doctor because he had been after me for eight years to lose the weight. Now, I wasn't always, you know, heavier and fat. Most of my life I was fit and trim. However, like most of us, life gets in the way. family obligations, work obligations. And before I knew it, the weight crept up on me. So during the next four months, I shipped 50 pounds, and I've kept it off. And I went back and started rereading some of the books from the 70s with Jacqueline lane, Paul and Patricia Bragg, Richard Simmons, people like that, we ended up the Sugar Blues. And I started reading books that were current. And I realized that a lot of the current authors were promoting their own products and services. And when you read the books, it made it feel like if you didn't buy their product or service, you're going to fail to lose weight. And I've identified nine secrets that we all know what to do, we just don't do it for weight loss. I will share that with other people. So they don't go through the experience of you know, being fearful of shortening your life and avoiding the heart attack. I've been fortunate. I avoided the heart attack. Some of my colleagues and friends were not so fortunate.



Scot McKay 04:01

Yeah, for sure. I think we all know, people who have either met an early demise because they didn't take very good care of themselves or have wound up getting a stroke and aren't their old selves anymore afterwards. It is scary stuff yet, it seems like we're not scared enough to do anything about it. We kind of keep on going through what we're doing. We are set in our ways. We have our habits, and we go hey, all that bad stuff. It's gonna happen to someone else. And with that, based on what you just said, let's hear it for honest doctors. Because sometimes yours will sugarcoat things go, Oh, you're fine, you're good. You're in the normal range after they hand you a EKG that says abnormal all over it. You know, like, Could you please describe to me what's going on here and they'll go now there's nothing to worry about here. And you're just not convinced? So I did the same thing. I fired a wimpy doctor and hired one who will tell me exactly what I need to know. And not sugarcoating. I however, wasn't told either lose this weight or die. So that was a pretty dramatic If not flat out draconian statement from your doctor, I have to ask you 50 pounds made the difference for you between imminently dying of a heart attack. And basically being back to your fighting trim. So I have to ask you, you know, how big a guy are you? Are you like six, five? Are you like five, six?

 David Medansky 05:17

I'm 5858. Okay. And so I lost 25% of my total body weight back then.

 Scot McKay 05:24

So you went from 200 to 150?

 David Medansky 05:26

Well, 225 to 175.

 Scot McKay 05:29

Okay, all right. Okay, so now, that would make a humongous difference. If you're five foot eight guy,

 David Medansky 05:34

exactly. What I found is I love to hike. And when I would go hiking, people would pass me. And I'd have to take breaks between completing the entire hike. After I lost the weight. I not only finished the hike without stopping, I was passing other people. So it made a big difference in my physical abilities made a big difference in my energy and mental clarity just felt a lot better.

 Scot McKay 05:57

Oh, yeah, I can absolutely echo that sentiment, I went pretty much from the same general dimensions you're talking about, to the ones you're currently enjoying now. And I felt 25 years younger, I didn't even realize how bad I felt. Until I realized how much better I felt it was kind of like boiling the frog for so many years. And, man, you start thinking, hey, you know what I'm getting older. This is what it feels like to be 5152 years old, it's just not true. You can feel very, very good. I mean, I'm jumping off the tailgate in my pickup truck again, you know, completely different. And it's a lie, it's just a lie that you get older and slower and your joints have to hurt, and the Restless Leg Syndrome and waking up like your chest is gonna cave and none of that's normal. None of that is healthy. So basically, I want to hear what you did. To get your life back in order. I want to hear what you did mentally and physically to make it happen.

 David Medansky 06:58

Well, what I did was I went on what they call HCG, and that's a female hormone from pregnant women. And they no longer no longer have it available, and you're on 500 calories per day. And if you were on 500 calories per day without the HCG boop burning muscle instead of fat. However, the HCG tricks the body into burning fat. The problem with doing HCG is it's not

sustainable. And if you do not change your eating habits and lifestyle, you will regain the weight. I know six friends personally who lost weight doing it, all of them have gained the weight back again, they all reverted back to their old eating habits and lifestyle. So I look at the weight loss as a marathon, as opposed to a sprint, a sprint there's a finish line. And with weight loss, there's a goal, you lose so many pounds, and you've reached your goal. And what happens is when people reach their goal, they revert back to the old eating habits. However, if you look at a lifestyle change and changing your diet, instead of being on a diet, you just lose the weight and you just keep going and going without a finish line like the Energizer bunny rabbit.



Scot McKay 08:11

Now I want to make sure we don't lose this entire audience. After what you just said about taking female hormones in order to lose weight. What does HCG stand for?



David Medansky 08:21

I don't really know anymore. To be honest. It's an injection. They sell the synthetic but the synthetic is not very healthy for you and have adverse side effects.



Scot McKay 08:31

Okay, so while you were talking just now, David, I looked up hCG. I did that in stealth mode, and it's human. chorionic gonadotropin, a hormone produced during pregnancy. Now, it says here, it's used to treat fertility issues. It's not approved for over the counter use, nor has it been proved to work for weight loss. Well, you stand in opposition to that argument. But did it mess with your testosterone? Did it do anything funky to your manhood? I mean, did you grow breasts? Did your weenie fall off or anything like that?



David Medansky 09:04

No, actually, it didn't have any adverse effect on myself. I did talk to someone who was using HCG and had some negative side effects. And when I questioned him further, he said he was getting it over the internet. And it was synthetic. So there's a big difference between you know what you can get prescription wise, again, no longer available, and what is available, which is synthetic, which I recommend you avoid. It's very dangerous.



Scot McKay 09:30

Okay, so now we know what you did to lose your weight. And we also know that you do not advocate what you did for us to lose weight the way you did. Now. Correct. All of that said this week was next week last week in the like, your URL, your website is [anti diet advocate.com](http://anti-diet-advocate.com). We're going to send guys to mount to top podcast.com front slash anti diet at the end here which as one word looks like an idiot and even adding to the humor factor. Idiot would then be spelled wrong, which makes it even funnier. So, as a man with a well developed sense of

humor, I'm going to leave it as such. So you guys can go to mountaintop podcast, that conference slash anti idiot, anti diet at the end, and we'll reiterate that at the end. But the point here being you don't advocate diets at all. So how in the heck are we supposed to do what you did? Or do what I did? And get it done without doing a diet? Because I will tell you straight up in the interest of full disclosure, I did something completely different than you to lose my 50. So speak up, man, tell me what you got going on. What do you truly say we should be doing?

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David Medansky 10:36

Well, first thing you need to do is drink more water. 72% of the US adult population is overweight, or which 42% is clinically obese, and 75% of the US population is chronically dehydrated. And what that means is that people are not drinking enough water. And there's a direct correlation between not drinking enough water and being overweight. Our bodies are 60 to 70%. Water, not soda, not diet soda, not fruit juices, not fruit flavored beverages. So the first thing I tell people is to drink more pure water, not the over the counter stuff with the flavored stuff. And when I say pure water, what I mean by that is distilled water, spring water, or reverse osmosis with a six stage filter water.



Scot McKay 11:20

Have you seen the alkaline water? Yeah, and

D

David Medansky 11:23

to me, that's a marketing gimmick. Because if you squeeze a fresh lemon into a glass of water and drink it, it has the same effect as the alkaline water, it rebalances your pH in your stomach.



Scot McKay 11:35

Now I can resonate incredibly powerfully, if you'll pardon my back to back adverbs, but that's how much I am indeed resonating with what you talked about. I have to admit here, I'm being vulnerable. I'll step on the scale every morning. And if I've drank a gallon of water, I'm going to wait 12 pounds more. So I'll trick my brain into thinking if I go out and sweat a lot and come back and step on the scale, I am losing weight, when reality I'm just dehydrating the living heck out of myself. And I'll tell you, I do believe I was chronically dehydrated, and it ended up giving me a kidney stone. Now, if anybody's ever had a kidney stone, that's the last thing you want to have happen to you, at least as far as things that won't kill you. I wouldn't wish a kidney stone on my worst enemy. And really, the consensus is when you don't drink enough water, you're just begging to get your first kidney stone. And once you start getting kidney stones, you're predisposed to getting more kidney stones in the future. So guess what? Your boys drinking more water? I'm with you 1,000% on that. And you know, over time, you do lose the weight. The water, you drink it in and you pee it out. I mean, my urine was a completely different color. I know. That's TMI. But that's how you know when you've started drinking enough water, you don't have such dark urine anymore. Right?

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David Medansky 12:58

Exactly. And you mentioned something about time. And that's the key to it. Most people if I asked them, would you like to weigh 24 to 48 pounds lighter by this time next year would say yes. And if you lose 234 pounds a month, not a week, a month, and you do that on average for 12 consecutive months, because there's gonna be some months where you lose a little bit more. In some months, you won't lose any. In a year, you're 24 to 48 pounds lighter. The problem today is people see those national brand and advertisements for the weight loss and diet. And they say guaranteed lose 1520 30 pounds your first month, you'll lose the weight diets work. However they're temporary. It's keeping the weight off 90% of people who lose weight on a diet regain it all within a year. So that's why I'm against diets because diets tend to be temporary, extreme, hard to stick with and a lot of them are potentially dangerous to your health.



Scot McKay 13:52

So to get the semantics right here, you're not into fad diets or temporary fixes to lose weight. You're into lifestyle change.

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David Medansky 14:00

Correct And that to me stands for fat and desperate,



Scot McKay 14:04

beautiful fat and desperate. That reminds me of the book die fat or get tough by my good friend Steve Siebold that's a New York Times best seller pretty click Beatty title there and really he just yells at you and calls you a posting for the whole book because you're still fat even though you know what you should be doing and aren't doing it and for the right kind of guy. That's exactly what we needed to lose weight. You know we needed someone to come kick our but Jocko willing style. And that brings us to the next question you mentioned there are nine things that pretty much all of us know we should be doing and don't and that kind of seems to fly in the face of our topic here, which is what you don't know will kill you. But I don't know if it's so much about whether we have the knowledge and don't put it into place. Or we're just stubborn about finally getting on the internet and figuring out what we should do. But the bottom Lying here is a whole lot of men are indeed stubborn, we know we should be doing things. It's just a matter of figuring out what to do this going to work, because it isn't going to be drinking more beer and pounding more pasta, that is not going to work if you need to lose weight. So you don't have to give away the whole farm here. We want some guys to pick up your book and read it. But I would love to get a random sampling of some examples of things we know we should be doing and just don't?

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David Medansky 15:26

Well, one example is we know we should eat smaller portion sizes. And what most people don't realize is our food portion sizes happen supersized, without us realizing it. What I mean by that is, in the 1900s, the average size dinner plate was nine inches in diameter. Today, it's 12

inches in diameter. And at restaurants, it's 13 to 15 inches in diameter. Yet in Europe, a dinner size plate is still nine inches, so we're consuming more food than we need to. The other thing is if you put the exact same amount of food on a salad plate as a dinner sized plate, it'll be an optical illusion that the salad plate will look like there's a lot more food on it, and the dinner plate will have a lot less food on it. So we tend to over consume and overeat. What I tell people is if you go to a restaurant, get it to go box right away, cut your meal in half, could have to go and eat the other half. That way you're getting two meals for the price of one so you're actually saving money.



Scot McKay 16:26

Fantastic. That's a practical, actionable idea. Right there. Several of them rapid fire you just gave us you know, as you were talking, I remember when I was a kid, you could go into McDonald's and I don't darken the door of a McDonald's anymore for obvious reasons. You know, they do documentaries called Supersize Me and they're about McDonald's. But to the point, the large, soft drink at McDonald's was 20 ounces. And it was huge. Nowadays, circa 2022. You walk into buches here in Texas where everything's bigger, right? And they have a 64 ounce fountain drinks. I think the smallest one is 32 ounces. It's just a foregone conclusion. You need to have a big ol freakin tank of sugary liquid. It is even real sugar anymore. For God's sakes, it's high fructose corn syrup, which is from the pit of hell. I'm sure you have something to say about that. And you're absolutely right. Everything has been supersized. Everything has been supersized and it is no darn good.



David Medansky 17:27

Now especially a diet soda I get into arguments with people. They're like how does a diet soda with zero calories cause weight gain? And I explained to him, it's because the artificial sweeteners aspartame, and aspartame has 92 known side effects. One of them is weight gain, and they're like how does something with no calories cause weight gain? I explained two reasons. Aspartame, number one will inhibit your body from absorbing vitamins, minerals and nutrients. So now your body's in starvation mode. And it feels like you're not giving it the right fuel. And so it wants more. The other thing is, aspartame increases your cravings for sweetness. So now you're craving the extra candy or sugar that you're not getting because you're drinking a diet soda. So that that's one of the things you need to avoid is the diet soda in the food manufacturers use marketing gimmicks to make it sound like you're doing one thing, but it's just the opposite.



Scot McKay 18:25

Well, aspartame is nasty stuff. And you and I are both well traveled. And I'm sure you've noticed David, you don't find aspartame overseas. It's our FDA that approved it. Almost the whole of the European Union and a whole host of other countries have banded.



David Medansky 18:41

Exactly. Not only is aspartame banned in Europe, China and Canada, there's a product called Olean, which is used for fat free products. It was started as a drug for reducing cholesterol. And

cream, which is used for fat free products. It was started as a drug for reducing cholesterol. And the food manufacturers found out they could use this fat free. And that is also banned in Europe, Canada and China. So you gotta be careful what you put into your body. Because just because it's legal doesn't mean it's safe.



Scot McKay 19:10

Now, we as men can know all this stuff. You know, like I said, You traveled like I have. It's amazing how you go overseas and drink milk and you're not lactose intolerant anymore. Magically. You eat the food and you don't feel like you're about to have a heart attack afterwards. You don't feel like you've been poisoned by something. You don't get gas attacks. You don't experience a lot of the ailments that we experienced back home by eating fake food. And you know, this is one of my soapbox is to I try to buy organic as much as I can. But man, you can't even trust the organic labels anymore.



David Medansky 19:48

Well, that's true, especially with eggs, though, put on the carton that they're range free or cage free. And there's a difference between pasture eggs and range free and cage free and the difference says, with Asterix, the hens go outside and forage for their own food. They forage for the worms, the bugs, the grass, whatever they can eat, cage free. And range free means that the hens are allowed to go outside, but not necessarily do go outside. And a lot of times the packaging the carton will say, special grain or special feed. And what that means is, the hens are being fed soy, and corn. And so that's what the hens are eating is what's going into the eggs which make it unhealthy for you. So there's a big difference. And you're right, you have to be careful on the labeling and what has been promoted out there.



Scot McKay 20:40

Now, we've been talking about the food that we eat, and in some part, the liquids that we drink. Talk to me about alcohol consumption. Because there are a lot of guys out there, we may not necessarily be raging alcoholics, but you know, we know we're consuming too much alcohol. And we know how it makes us feel both in the moment and the morning after, what is your take on alcohol consumption.



David Medansky 21:02

Personally, I avoid alcohol, I may have a glass of red wine every once in a while I may have a beer once or twice a year, because I enjoy it, I just choose not to drink it. hard alcohol is probably one of the worst things you can drink because it gets converted immediately to sugar in your body. Not to mention some of the other stuff it does to your liver. I don't oppose alcohol per se, as long as it's in moderation. And as long as it's infrequent people in the blue zones. And Blue Zones are five areas of the world where people have long lives and healthy lives. They drink glass of red wine, you know, with a meal once or twice a day. So I'm not opposed to drinking wine. I just opposed to people going out and slapping down a six pack of beer or you know drinking a lot of beer because they enjoy it or drinking a lot of hard alcohol. It's just not healthy for you.



Scot McKay 21:52

Now we as guys famously live shorter lives than the average woman. And there are a lot of thoughts on why that is. And one of the prevailing ones is that men tend to say, Hey, y'all watch this hold my beer a whole lot more than women do. We live more adventurous slash dangerous lives. A lot of the men's rights advocates talk about that and how that's kind of an unsung feature of masculine life. And for the purposes of this show, above and beyond our diet, above and beyond what we eat. Let's turn our attention more to some other ways that men really screw up our own lives for ourselves, even though we probably know better. Or maybe we're just following the crowd because we think that's what all men do, and we're resigned to it. Any thoughts there?



David Medansky 22:43

Yeah, exercise is a myth for losing weight. Exercise is important for overall health and fitness. However, people are under the illusion that they need to exercise to lose the weight. And the biggest example of why that's a myth is the Biggest Loser on TV 66% of those contestants regained all their weight, and just about 90% gain a lot of the weight back. What I tell people is exercise, like I mentioned is important for our health and fitness. And here's what happens, we set our resolutions at the beginning of the year to lose weight and get in better shape. And we go to the gym for three, four weeks at a time. And we're exercising, we're eating healthier, and the scales not moving. What's happening is our bodies are converting fat to muscle. Five pounds of muscle weighs the exact five pounds of fat, the difference being muscle is denser. So it takes up less room. So the scale is not moving. However, our clothes are fitting looser. And the reason I say that is I have a client that went through that exact same experience. He was doing everything he was supposed to for three weeks, and the scale wasn't moving. And I finally asked them I said his name is David also said, Dave, are you exercising more? Because yeah, I'm walking, you know, five miles a day and riding my bike. I said, Well, how are your clothes fitting goes, Oh, they're loose, and people are actually asked me if I'm losing weight. The scale doesn't indicate it though. So I said, don't go by the scale, go by how your clothes are fitting your clothes will tell you everything. So that's one of the fallacies. Walking is one of the best physical activities you can do. It's considered an exercise and yet it's free. We don't have to go to the gym to do it. In fact, I can get my exercise in and physical activity in about 15 or 20 minute increments. That takes people that much time to drive to and from a gym. Now again, I'm not saying hiring a trainer isn't important. It is so long as the trainer knows what he's doing. Again, it's for overall health, fitness and well being it's not to lose weight.



Scot McKay 24:46

I'll tell you after a lot of physical exertion, I'm starving.



David Medansky 24:50

And that's another thing is most people overestimate how many calories they'll burn while exercising and underestimate how many calories they're consuming. because they're hungrier. And the other thing is going back to the water. If you drink more water. you'll feel less hungry.

...and the other thing is going down to the bottom, you know, you're not eating, you'll feel more satisfied, and it's healthier for your body.



Scot McKay 25:10

And these things you're mentioning, also have an effect on giving you a more efficient metabolism, don't they?



David Medansky 25:17

Yes. And the other thing is, we tend to eat too fast. That's one of the things I tell people is to eat slower. Mark, David wrote a book called The slow down diet. And in there, he advocates if you take 10 or 15 minutes for breakfast, give yourself 15 to 20 minutes, and give yourself a minimum of 30 minutes for lunch, and 30 minutes for dinner. What happens is we're all busy. So we're eating at our desk watching TV driving. In LA Times, you look down, it's like well, where'd my sandwich go? Or where did you know, that's NACCHO. So you have to focus on the food that you're eating, and not what I call mindless eating. I mean, how many times have you opened a bag of chips or a bag of cookies, while watching TV and gone through the whole bag without realizing it?



Scot McKay 26:03

Yeah, you gotta pace yourself, Baba. You can't just sit down with a whole bag of Doritos and have at it.



David Medansky 26:09

Exactly. And I tell people don't take a handful. And that's counted out kind of 10, cashews or whatever you like, and make it a game of how slow you can eat it. And what happens is people will grab a handful, and each handful is about 100 calories. So I had some clients that were saying, I had a couple of handfuls on a couple handfuls should be you know, 10 to 12 total. So again, if you may get a little game and purposely decide what you're going to eat and how fast you're going to eat it and where you're going to eat it. It all has an effect on our, you know, weight and overall health to begin with. And the other thing is, people don't realize our food is scientifically engineered to be addicting. It's called the bliss point. It was a term coined by Howard Moskowitz. And what they do is a scientifically engineered the food to be more increase our cravings for salt, fat, sugar and texture. So when they say you're a food junkie, that's what it is. They turn you into junkies because it's addicting.



Scot McKay 27:05

Isn't that crazy? I'll tell you what, I have a couple of Jedi mind tricks, little bit of I guess, sugar free candy to throw at this parade. The first one you mentioned nuts, handfuls of nuts. If they're in the show, you got to work harder for them. And there is no not that you have to work harder for it than a sunflower seed. So if you get yourself a bag of natural sunflower seeds, which are either unsalted or very lightly, so you know, oh D on sodium. Next time you feel like you just

gotta snack on something while you're watching TV or driving or whatever. Do that. And you won't believe how few calories you'll actually be ingesting for how much work you're doing and how much time is taking. The other Jedi mind trick that I want to mention is if you're starving, and you know it's not time to eat, just go do something, go do anything, get your mind off the food and be active in some other way. I'm not saying go run a marathon or go to the gym, but just run errands to errands just get your mind off the freakin food. The other thing is if you can give yourself three blessed days to form a new habit, your digestive system will figure out okay, we're eating less. So we shouldn't expect to eat as much. I don't know if it's true if your stomach actually physically shrinks or not. But you're going to have trained your body a lot sooner than you figured it would happen to need less food and to expect less food. And listen, that goes double for alcohol. If you have the capacity to give up alcohol and you've been drinking even very moderately for most of your adult life. Give yourself a blessed 72 hours without alcohol. Wake up that third morning and just see what you feel like.

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David Medansky 28:44

Well, exactly. And another little trick is if you're hungry, drink some water. And the reason I say that is a lot of times when we think we're hungry, we're actually thirsty. So we trick our bodies to not wanting to eat by drinking more water.



Scot McKay 29:00

The other thing is man with the proliferation of media. A lot of us guys like to watch sports. They have beer commercials, pizza commercials, fast food commercials all over the place while you're watching manly stuff because they know we as men love to wolf down alcohol and we love to wolf down food. And I'll tell you what, the entertainment industry social media does not care about your health at all. They care about the almighty dollar and they want you to buy all that stuff. And man alive. It's like watching food porn. It's like porn for your gastro system. It just makes you love pizza makes you love drinking this drinking that they have whiskey commercials on and you know, it's all romanticized. And oh, this is good for you. This is going to make you feel better. It's all a big lie. It's all a big lie.

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David Medansky 29:52

Yes, it is. In fact, a lot of the actors and actresses that are portrayed in those commercials are thin and not overweight. So makes it look like it's okay to eat the stuff because you're gonna gain weight.



Scot McKay 30:03

For sure, for sure. Absolutely. And another thing, I think we would be remiss if we didn't talk about our supplements and pharmaceuticals. I don't know if you're like me, David, but the fewer pharmaceutical drugs, I put in my body on the regular, the better. So I'm on a mission to take fewer of them. As far as supplements go, man, people will tell you anything and everything about what vitamins you should be taking which ones you should be avoiding. But here's one thing I really do know, once I got my supplements in order, it made a difference, I

felt a whole lot better. And you know, I've been taking the supplements for origin labs who sponsor the show. And they're very good ones. You know, that's why I'm, I'm happy to advocate for what they do very natural, very soluble, you know, you don't pay them all out, they actually do a body good. You and I were talking briefly about COVID, which of course everybody's sick of hearing about. But when my wife and I got COVID, it was January of 2020. Yes, you heard that, right. It was before it was even supposed to have existed here. The difference between my wife and I is I was already taking zinc, and I was already taking d3. And I was practically asymptomatic, it mattered. And I had a series of symptoms when I weighed a little bit more. And part of my regimen to get back healthy was to sort out my supplements. And one of them that was a miracle for me, and for a lot of other guys I've talked to was magnesium. We're chronically short on magnesium in this country. And once I got my mag levels up, I felt better too.

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David Medansky 31:45

I agree with you wholeheartedly. Scott, I take supplements, I do take zinc, I do take the d3, I take magnesium. When I started increasing my magnesium intake, I got rid of the leg cramps and muscle spasms, right. The other thing I want to mention is protein. People get confused on protein. There's different types of protein. One is for weight gain, and one is for weight loss. What I mean by that is bodybuilders will use protein supplements, you know with whey in it, because they want to increase their body mass and build up muscles. However, if you want to lose weight, you need a plant based protein. So there's a difference in the protein you get. And the reason I mentioned as I had a client that was taking a protein drink, and they were unable to lose weight. And when I switched them over to a plant based protein, they lost 19 pounds within three weeks, just with that simple change, and just making sure they drank more water. So you have to be careful on the labels, because you go to the grocery store or health food store and you'll see the protein, you know on the shelf. Well, which one do you buy? They don't tell you if it's you know, for muscle gain or weight loss, it's sometimes they'll say muscle gain. Sometimes they'll say weight loss. But again, it gets very confusing. So you're right, you have to look into what's in your supplements and make sure that it's a high quality supplement, and not an inexpensive cheap one that won't do your body any good.



Scot McKay 33:10

Finally, you mentioned to me before we hit record on this episode, that you're in your 60s, how are you keeping your testosterone levels up?

D

David Medansky 33:18

I'm fortunate I'm 67. And my testosterone levels are in a good range. I am blessed that whatever I'm doing has maintained my testosterone at a high level. So that's what I advocate is the food, a lot of foods out there will reduce your testosterone. And we're not aware of that. So I eat healthy, I avoid highly processed foods, I avoid manufactured foods. When you hear about the plant based imitation meats, I would avoid those because they may be plant based doesn't mean it's healthy for you. They have a lot of toxic chemicals in there. And the other thing is we were talking with, you know being the frog in the boiling water. What happens is the foods that we're consuming, and they're not really foods that calm edible products, because they're

manufactured, they're made in a lab with a person with a white lab coat, as opposed to Mother Nature. And those start accumulating your body. So even though they're toxic, it won't hurt you right away. But after 1520 3040 years, it builds up body and that's why you see people having degenerative illnesses, heart issues, type two diabetes. In fact, if you're over age 50, there's an 80% probability that you're a type two diabetic or pre diabetic. And if you're a pre diabetic, what it means is if you do not change your eating habits and lifestyle, you'll be a full type two diabetic within seven years. All of this is preventable and all of it is reversible just by changing our eating habits and lifestyle.



Scot McKay 34:51

Yes, you know, you mentioned a lot of important points there. And we've talked frequently in other shows other episodes and of course the information is all over the Ethernet about how soy is detrimental to our masculinity and doesn't do wonderful things for our health. Go research, guys, if you haven't already, how many soybeans are harvested in the United States of America every year and realize you're just not, you're not directly eating soy beans. I mean, who has a bowl full of soybeans? I mean, Anna mommies are yummy, but there's soy, but you know, the amount of soy that's produced in this country is staggering, compared to how much soy we think we're eating. So you start looking for it. And you're gonna find it if you start reading labels, Manet's soybean oil, if you go and you buy, say cooking oil, and it just says quote unquote, vegetable oil, chances are you're buying soybean oil. It's insidious how much soybean is in everything. And you don't see that overseas. And other things that are conspiring to make us unhealthy are everywhere you have to read the frickin labels and know really where you stand with what you're putting in your body because like the title of this podcast says so eloquently and so elegantly, what you don't know is probably killing you. And I think this has been a fantastic conversation. David Medan ski, I want to point these guys to your book once again, by going to mountain top podcast.com front slash Amazon. And at the top of that queue if you're listening to this particular episode, within about a week of it coming out, you're going to find David Medan skis book break the chains of dieting. He also has a couple of other related books called If not now, when, and discover your thinner self. All three of those books are there for you. The one that we've been indirectly talking about the most here is indeed however break the chains of dieting. I'm also going to send you to mountain top podcast.com front slash anti diet, aka an idiot. Where you'll be able to teleport yourself to David Medan Huskies website, David, when they get there, what sort of goodies are they going to find?



David Medansky 37:01

Well, they should go read the blogs because a lot of great information out there things are written on the blogs. And there's other information for them. It's all free. They don't have to sign up for anything. I just want to share as much of my information knowledge with people to help them become healthier, and live a longer and healthier life.



Scot McKay 37:19

Fantastic. Great stuff, Mr. Medan ski, and we hope you'll come back and visit us soon. Because I know there's a whole lot more to talk about where this came from.

D

David Medansky 37:28

I would love to and one of the things you mentioned, just as a final thought is read the labels. People read nutritional fact panels wrong. They don't look at the ingredients, which is the small fine print, and they make it small intentionally. They usually look at the calories, the protein, the sugars, the sodium, very few people look at the ingredients. The other thing is, be careful what's on the front of a package. For example, Canna tuna says packed in water. If you look on the back, it'll say tuna water, vegetable broth, and salt. The question is what's in the vegetable broth. And there can be up to 168 different compounds in that vegetable broth. So as you were saying what you don't know will kill you. And that's one of the things so I always get the tuna. If you read the labels, say tuna water and occasional say sea salt. So again, read the ingredients, as Scott mentioned, because that's key.



Scot McKay 38:20

Now not to go on a late breaking tangent here. But about 20 years ago, I made myself so sick that they were trying to figure out whether I had ALS or not. And that's scary. And I had been on a diet. And I was eating tons of tuna just because it's protein, low calorie, and I was folding up way too much of it and I poisoned myself with mercury is what I did. And it was until a couple of years later that I put two and two together and realized that's why I felt sick. So I guess the lesson to be learned there while we're talking about tuna is not to OD on any one ingredients at all ever when you're trying to lose weight or form a much better diet. It's much better to give yourself some variety in terms of things that are good for you. So I think that's pretty much a good way to punctuate this entire conversation because hey, that's yet another thing that I didn't know was killing me. But certainly I pulled the plug on eating tuna seven or eight times a week after that started happening. Oh, man, it could go on and on, couldn't it? Yes. Anyway. David Medan ski from Phoenix, Arizona. Thank you once again for joining us today, man. Thank you, Scott. I appreciate it. And gentlemen, please head on over to mountaintop podcast.com Check it out. We've been running masterclasses, we did one on flirting. We did another one on assertiveness that gains respect. Guys are loving these master classes. I'm bringing my A game. I'm treating you with respect when we do those master classes and making sure it is absolutely fluff free. And as life changing as I know how to make it, you can have access to the two previous master classes we've already done. And you can see what's up for the upcoming one by going to mountaintop podcast.com and clicking on the banner that says masterclass or if you want the shortcut go to mountaintop podcast.com front slash masterclass. And as always, gentlemen, if you believe now is the right time to get a coach who's going to be in your corner with you and you resonate with the messages that you are hearing in this podcast? Click on the red button in the upper right hand corner at mountaintop podcast.com Let's talk and I also want to give a shout out to our sponsors origin and main Yep, they have great soluble natural supplements. They are approved by Jocko willing himself and you know how healthy that guy is? He's doing a lot right? You can check out everything from origin labs by going to mountaintop podcast.com front slash origin. Key port is once again supporting this show and I couldn't be more pleased. This is not your grandpa's Swiss Army Knife man. It is modern. It is cool. You can put any number of faceplates to dress them up and fit your own personal style go to mountaintop podcast dot conference slash keyboard Last and certainly not least Lucas really in the guys at heroes soap.com will leave you smelling good and feeling good. Check out their body wash and use it when you take a slippery shower with a member of the opposite gender sometime soon. You will thank me for that with any of our

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