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SPEAKERS

Edroy Odem, Scot McKay, Justin Stenstrom



Scot McKay 00:02

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Edroy Odem 00:39

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 00:52

All right, gentlemen, how's it going? My name is Scot McKay and I want to welcome you to yet another episode of The World Famous mountaintop podcast. You can find all my social media stuff at Scot McKay with the exception of Instagram, which is at real Scot McKay, the website is mountaintoppodcast.com. And if you haven't joined our thriving Facebook group, the mountaintop Summit, by all means get in here and join us. We're having a great time on Facebook at the mountaintop Summit. All right now, buckle in guys. I got a longtime friend of mine. I mean, he and I go back probably about eight years now, believe it or not. I think this is his third or fourth time he's been on this show. He's a fellow podcaster for men. And he's also got a new gig that I think he's going to be very happy to talk to you about. from Massachusetts, my good friend Justin Stenstrom. Justin, welcome back, man.



Justin Stenstrom 01:45

Scott, thanks so much, man. It's a pleasure to talk to you, as always, and I'm looking forward to

speaking to your audience as well.



Scot McKay 01:50

Yeah, man, you have been an advocate for being a better man, for being masculine in the way women define it, as we call it around here for many years. But you got something new. That is part of your purpose nowadays that you feel pretty passionate about. And that's men's nutrition. And you got a line of supplements. Now, is that true?



Justin Stenstrom 02:14

Yeah, that's right. It's called elite life nutrition as a supplement brand and elite life podcast is the new name for the podcast. It's still we're still doing all the same content we were doing over the past. I think it's almost a decade now for the podcast, and probably Yeah, eight years or so since I met you. But yeah, it's the same focus. It's health based, it's self improvement based personal development, all that stuff and becoming the best version of yourself. It's just, it just felt right to kind of switch more into the name elite life as opposed to elite man like specifically for men, because I checked our numbers, and you probably have some women to a good amount. Surprisingly, though, you know, with our name prior, it was still like 20% of the audience was women. And it's kind of surprising, but a lot of these women need the advice that men need just as much to so I just felt a little more appropriate to, to expand our especially since the supplement line was elite life already certainly left nutrition, we just kind of wanted to align it a little bit more with with the supplement brand. Yeah, you



Scot McKay 03:11

know, what's really interesting now that you brought that up, you look at the podcast rankings, and your podcast is done historically, very well, as has ours, you start looking at the demographics and realizing that a you're talking only to men, so you've cut out half the population right there. Right. And then next, you're talking mostly to guys who are looking for a relationship with women. So you've cut out all the guys who are I guess, happily married, or whatever you want to say? And on top of all that, and then you and I both pretty much talk about being a free thinker, and you know, at least a critical thinker. So you get all the easily offended people who don't want to listen to you anymore. Right. And the next thing you know, you've got a niche audience. It's very real. I don't know if I have quite as many female listeners as you do. I have lurkers. I know that. Yeah. And the good news on our front is that the women who do listen to the show approve of it greatly. They write me glowing email say, Man, I'm so glad you're telling the men this stuff. You're helping us find more great men out there. And you know, we're great women who want to treat our man right and man just keep sending that message out to those guys McCain. And I'm sure you get very similar messages from the ladies, don't you?



Justin Stenstrom 04:23

Yeah, it's funny. The the women that do listen to the show, although it's not the majority, they seem to be some of the super fans of the show, like the ones who really tune in every week and who really enjoy that the topics that we focus on because you know, as much as we were

who really enjoy that the topics that we focus on because you know, as much as we were focusing on a lot of masculine topics, a lot of these women I find these days want that as much as you know the, you know, you mentioned with free thinkers, critical thinkers. Sometimes it kind of steers, people are easily offended people the other way, but I'm noticing that a lot of women want some of those traditional values. They want some of the masculine you Men, the men to lead the relationship to lead the family dynamic to, to be in charge. And, you know, to take ownership of that. And a lot of women aren't getting that these days from a lot of the younger guys coming up, and I feel like guys like you and I are a good voice to, to help represent that and to, to show them that that's actually not a bad thing when men are still in charge. And men are still the leaders.



Scot McKay 05:23

Yeah, 100%. Man, you know what, I think a lot of these guys, once they really dial themselves up to be the man they've always wanted to be and who they indeed deserve to be. They look out into the world. And they see, they see the hard evidence of women treating them differently, treating them better. And some of the guys I mean, you know, for a lot of guys, it's really a deep hole for them to dig themselves out of Justin. But for a lot of guys who were starting to slip into that bitterness mode, where everything's women's fault, and they're all terrible, and certainly good ones. They start realizing you know why really was leading, and all of a sudden, the women who expect a good man of character into their lives start making themselves known to them. And guys come to me sometimes in hushed tones going, wow, you know why there's something to this, I'm leading, and women are following. And when I lead, like a man who's confident, knows what he's doing, and respects women, I get the women who are looking for that guy. And indeed, like men and respect men. So yeah, we're attracting those kinds of women to be kind of a fly on the wall here and listen to us. And it's no secret that there are women out there who really do want a great man. And it's also no secret that they like what they hear on my show in yours. So with that in mind, let's turn our attention to the topic of this podcast, which you brought up with great passion. By the way, it was your idea to do this. And I believe this is a topic that those very same women we were just talking about, Justin would applaud us covering, because this is something that far too few men pay any attention to let alone attend to. And that is, well, how we're doing with our health, even with our psychological health, but certainly our physical health. And I know this is right in your wheelhouse nowadays with your nutrition line. A lot of guys, just and we just don't care how we're doing there. It's almost like, hey, you know what, nothing bad will ever happened to me, I'll live forever heart attacks, strokes getting fat and ugly. That's for some other guy, not me, you know what I mean? And I've always wondered aloud, why we as guys let ourselves get into that position to begin with. And, you know, I'm a man myself, and I still don't have it figured out. But I know that I can fall prey to that myself. Maybe it has something to do with, you know, things aren't going so well. Or I take a couple hits, maybe my psychology takes a little bit of a hit along with it. And the next thing you know, I care less than I used to what's the you on all this?



Justin Stenstrom 07:58

Well, I think nutrition is the key to health. And I think health is the key to happiness. I think if you're not a lot of people take it for granted, especially men because you know, we tend to be the workers of the relationship, where we're always on the go, we always push through, you know, so it's easy to overlook your health. And it's easy to not stay in shape, it's easy to eat the wrong foods, the bad foods, and it's easy to ignore, because it's not usually a problem until this

builds up over time. So you know, when you're in your teens, you know, 18, when you're in your 20s, when you're in your 30s, even you're pretty good for a while for the most part. And it's not until you start getting a little older, maybe in your early 40s 50s. That's when the the problems accumulate. And that's when you start to have all these conditions, these chronic diseases that pop up these other illnesses that you can't figure out these mystery illnesses that you don't know what's going on, you go to, you know, the first doctor and he has no idea you go to second, third, fourth doctor, they're, they're shaking their hands and you know, given you do all kinds of different tests, and they still can't pinpoint why you feel like crap, and why you have all these weird symptoms all of a sudden. And it's because of the fact that your body has been neglected for a number of years. For some people, it's only a few years, and they start to have these symptoms to some people. It's you know, it takes 2030 years before they notice these conditions with their health but in any event, it's it's a major problem not just with men but in you know, across the across the country across the globe with you know, anyone really it's it takes a number of years before these conditions present themselves as whatever X they want to call it, they want to label it this disease, they want to label this illness, whatever they want to call it, but it's a it's a series of symptoms that they look at on a chart and then they call it up you know, they haven't named for. But yeah, I think it's I think it's a major problem with everybody. But in particular we were talking about men today. I think guys tend to have a more of a problem. because they're not looking at it as much as they're not, they're not aware of it as much as women are aware of it. And I think women are more aware of it inherently because of, you know, the fact that many of them will be your children. And, you know, they have to do with their cycle every month. And you know, they, they tend to go to the doctor a lot more than men do stay on top of their house. So it's easier for them to be aware of something that's popping up rather than a man who's probably going to overlook it for a long period of time, before it becomes a real problem. And so yeah, I think I think, you know, by talking about it on this podcast, by sharing this information, it's it makes it a lot easier for guys to get a hold of this a lot earlier in the problem, or the disease or the condition, whatever it may be, as opposed to down the road, it's a lot harder to correct the issue that pops up.



Scot McKay 10:46

I think every point you just made is rock solid. As a matter of fact, when you were at the beginning talking about how men really just don't pay attention to our health, until it's too late. The first thing that came to mind is indeed how women really are in tune with their bodies, generally speaking more than men are, you know, I know my body, you'll hear women say that more than you'll hear a man say that. And what will happen with us as guys, is we'll start experiencing a symptom or two, and we'll think I you know what, it'll resolve itself, it'll go away. And I don't know, for better or worse, Justin, they often do. Let me tell you something you're a little younger than I am, I'm getting to the point where I have little aches and pains. I can't even explain, you know, sometimes they're just fleeting. Like probably about two or three weeks ago, I just got this huge shot of pain through like, my middle toe on my left foot, and then it was gone immediately. And I'm like, I don't even know what the hell that was. I'm just gonna pretend you know, that wasn't there. And it wasn't anymore. And you know, we do age for everything you hear on the internet, all this hype about, hey, I'm 85 years old, and I feel like I'm 22. And you should be able to be 114 and not feel a day over 30. It's like, Yeah, sure. You really are aging, there is such thing as natural entropy. I can't eat certain things anymore. I can't drink certain things anymore, without paying consequences that I didn't pay 1015 years ago. The other day, Justin, my wife and I made this vegetable dish. It was fantastic. But both my wife and I were doubled over with gasp pain two hours later. And we were like, Oh my gosh, we must have caught a bug or something together. And then we looked at each other looked at

the ingredients of that dish. We had just eaten for dinner, and realized that probably the five gaseous vegetables of all time were all nestled together in one casserole dish. Well, there's your answer, Sherlock, you know what I mean? It didn't take a genius. And of course, the next day, we were all fine. But you know, when we were in our early 40s, when we first got married, we could have pounded that stuff for two days straight and probably not even felt it. And so you make great points. And I think a lot of guys are out there kind of laughing. But at the same time nodding their head, they're kind of nodding their head and raising their hand and saying yeah, *Mia culpa*, I sort of resemble that remark. I will add something to this. And you're welcome to spin this towards what we should be taken as supplements to maybe minimize all of this stuff anywhere, all of what I'm talking about. But part of not knowing our body as well as women, generally speaking, lacking that self awareness physically, is that we'll start getting these repetitive injuries, or little physical pain symptoms that come up. And we'll have no idea what happened. And there's usually, or often, I should say, a logical reason for it, that if we just had a little bit more self awareness, we would be able to fix and I'm going to be a little vulnerable here. Up until probably about two years ago, I had a chronically sprained left elbow. And what would happen is, if I moved it wrong, it would literally sprain itself. And it would not heal for like four to six weeks, and it was really awful. And sometimes I would just kind of be driving and put my elbow on the armrests on the door wrong or whatever. And it would just happen, right, lift something and it would just happen. And I'm like, Man, I don't even remember injuring this elbow. I don't know why I have this chronic condition that comes and goes, went to a doctor for it. She was shaking her head going, I have no idea. Then, one day I realized what I had been doing for probably 15 years. I use my left arm as a pillow at night. I put it under my pillow, and I sleep on my left elbow all night arm extended. Well, genius. That's probably why you've got a chronic pain condition and your left elbow. Just say, you know, but here I am being a guy lacking that self awareness. And you even chuckled yourself. Justin like, you know how in the world could have taken you that long figure it out. Dude, I have 12 Other examples of that. Like for sure. I mean, I had a situation one time where I was starting to get very scary neuropathic symptoms, almost like I had ALS or something. And I didn't put two and two together on that. I was like on a high protein crash diet, trying to lose weight. This was way back as like 20 years ago. And it turns out, I was eating like, two cans of tuna for lunch every day. Right? Once I got off the diet, I was like, Well, I must have lost enough weight. Because you know, I'm starting to feel better. Praise God. It's a miracle healing, you know. And it turns out, I was poisoning myself with mercury from the tuna. I was eating too much tuna. You just can't do that. Right? You can't eat that much tuna. And sure enough, I read an article probably four or five years later, and I just laughed out loud. And I said, Dude, that's what you do to yourself. Maybe if you're eating too much of one thing, you should probably think about stopping it. To go along with that. I mean, guys will drink a lot. Lots of beer, lots of Maker's Mark, you know, and go ha, man, I'm so tired every day and I have sleep problems. It's like, well, how much alcohol you drink. That can't be it. And then they knock it off for just 4872 hours and they go man, I'm sleeping like a baby at night. It's like, well, there you go. I mean, come on, man. We as guys do this all the time to ourselves, don't we? What's up with that? Justin? Yeah, I

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Justin Stenstrom 16:27

think I think it's part of our condition of you know, how we're wired, even, to continue the fight. And even if we're hurt, even if we're, you know, slow down, he continued to trudge forward and pretending like, everything's good, because it also historically would have been vulnerable to talk about the fact that you may be feeling bad or you may, you know, have inadvertently Mercury poisoned yourself by consuming too much tuna, or your big toe is hurting before

battle, you know, or the elbows hurting or the arms hurting. I mean, there's there's a number of things that guys can just like wake up, and they don't feel as good as they should. They don't feel optimal. And, you know, they have a lot of systemic inflammation, which leads to tendinitis, knee, tendinitis, elbow, tendonitis, wrist tendonitis, back pain, I mean, there's all kinds of conditions that can arise. But I think as guys, we tend to ignore those or pretend like they're not happening, at least share them openly or even with ourselves. Like, we're not even honest with ourselves, we want to ignore them. And pretend like, it's not actually a condition holding us back. Because we want to act like, you know, everything's fine. But you made a few good points there. One of them though, along with the tuna consumption, which is, I mean, I was another big Scott, I was another big tuna eater myself, for years, I'd have like, tuna sandwich every afternoon for like, 10 years straight. And then I got my heavy metals checked one day, and it was through the roof, it was like 10 times the amount of a normal, you know, person my age should have so and I had all these symptoms, too, you know, it was it was a big thing. But neurological symptoms, migraines, all kinds of things, sleep problems. But it's not until you actually, you know, are faced with those types of things right, right in your face, where you can ignore them, that you actually decide to make a change, like, I would have never stopped eating tuna had I not developed neurological symptoms, like major ones. And same thing with you, if you didn't have those problems, you would have never actually made that change. So it's, it's important like to stay on top of this and to feel and to see how you're feeling every day and to like, like, even if it's a small change, like you're sleeping on your arm. I mean, how easy is that to correct, you just kind of move that arm away and you sleep normally or, you know, you can change positions throughout the night or whatever. That's what I did. I just broke the habit. Exactly. You break the habit. Next thing you know that that problem has just disappeared within like a day or two?



Scot McKay 18:52

Well, it wasn't a day or two, but it disappeared. Yeah. Okay. But so



Justin Stenstrom 18:55


relatively quickly, though, that disappears. And the same thing can be said for really any of these conditions, you know, if you get these things early enough if they're very easy to correct, whereas if you ignore them, if you wait a year, you wait five years, 10 years, 20 years, you've now exacerbated the problem to the point where it's going to take probably six months to a year to two years of actually rehabbing or going on a crazy strict diet or having to do X, Y or Z to correct that problem, which initially was just a little tiny blip on the radar of a problem. And I think that's really one of the biggest takeaways is to stay on top of it before it becomes something major.



Scot McKay 19:32

You know, couple things there. First of all, you mentioned how we don't care about this, our health, our psyche, I mean, if our chi levels get too low, we get cranky. Is it any wonder then that older women are more likely to be looking for a younger man nowadays than the stereotypical version of that story where older men are looking for younger women. And it's happening more and more. You know our mutual friend Susan winter talks about that a lot,

right? And yet, they have a point. You know, I'm a 58 year old woman who does yoga, I'm looking pretty good. I'm eating healthy, I care. I'm self aware. I know my body, right? Meanwhile, all these guys my age are Fat, Sick and Nearly Dead. They just want to lay around and drink more beer and be cranky. Well, I feel the man I understand their point. And yet, it just seems like we will not ask for help. We will die literally on this hill. So you mentioned some very interesting things there. First of all, inflammation is like the devil incarnate. Okay. And we in this culture, especially us as men, do incredibly inflammatory things, alcohol, carbs, everything we eat during the big game, the whiskey all the red meat that we love to eat all the masculine foodstuffs and drinks and other comestible items that we stuffed down are going to seem to be not coincidentally, I'm sure the most inflammatory stuff we could possibly be consuming. So how do we gain some awareness on that? And what are the first steps to maybe back off of that? Because I'll tell you what, if you feel like you have a kidney stone every other moment, you have trapped gas pain, you're having a hard time going to the bathroom? You think you got prostate issues? Justin, a lot of this is inflammation. I mean, for starters, you take a couple ibuprofen for something you're not supposed to necessarily need to take ibuprofen for. And it clears it up and you're like, Well, wait a minute. What just happened there? Well, here's the deal, genius. Ibuprofen is an anti inflammatory, he just got to the root of your problem, even though he didn't have a headache. Now I'm throwing that out there rather glibly, I'm sure you've studied up on this a lot more. What should we as guys be doing to really help ourselves? Not be so inflamed in there? Because it really is rough on us, man.

 Justin Stenstrom 22:01

Yeah, so it's a great point, a lot of the a lot of the inflammation comes from the foods that we eat. And obviously the alcohol is a big one too. But you know, is a kind of a contradictory paradox alcohol, and a small portion, like one drink a night for a woman or one glass of wine, say for a woman. And one drink of alcohol for a man perhaps to for a larger size man can be it has anti inflammatory properties, believe it or not, but it's actually the it's not the alcohol itself. It's the after effects of what the alcohol does in the body. So it's really hard on the liver. That's the problem. And to that point, Ibuprofen is really hard on the liver too.

 Scot McKay 22:40

So yeah, right, exactly. It's not a long term solution.

 Justin Stenstrom 22:43

Exactly. You might feel good when you take that out. And I'm not opposed to you know, occasional ibuprofen, if you need it for a certain pain and intermittently, you know, very transiently, just for like a day or two, if you need it, it's fine. But the same thing with alcohol, it has very similar properties to ibuprofen, actually, where it can be anti inflammatory in the right dosage, but then too much is very hard in the liver. And the liver can't process all the toxins it needs to process from, you know, all the food that you're consuming throughout the day, the air quality, the

 Scot McKay 23:11

metals, and other toxicities.

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Justin Stenstrom 23:15

So anyways, the air quality is a big one the food that you're consuming the water that you're consuming the liquids, you're consuming the mold that could be in your house, the toxins from the cleaners that you're using the detergents, the hand soaps, the washes, the cleaning detergent, all these chemicals that your body is breathing in and has to process gets filtered through the liver. So now your livers overburdened because you had too many alcohol drinks. And now the inflammation really comes out because it can't process that alcohol or the ibuprofen, say if you're having too much ibuprofen properly, so then that's when the inflammation comes. But the inflammation is normally coming just in general from mostly from the food that you're consuming. Okay, so good substitute for ibuprofen, is tumeric, which is a natural herb that has the same properties as ibuprofen without the side effects, so you can actually consume and I recommend it to consume Tumeric daily, because you're lowering the systemic inflammation in your body. And also, as opposed to hurting the liver. Tumeric actually supports the livers function and can actually boost the properties of the chemicals that the liver needs to work properly. So that's one another one that's really good for the liver too, by the way is milk thistle, which is another herb, but Tumeric is the best one for inflammation that I found. And another one which is related to Tumeric is actually curcumin which is extracted specifically from the Tumeric plant because Tumeric has like 1000 different phytonutrients and and it just happens that curcumin is one of those ones that's most important for inflammation. So they substituted that out, specifically extract extract that out by itself and you can take that by itself, which is really good. So there's two schools of thought you can take either the tumeric, which has all those phytonutrients or you can take it solely as curcumin But either way, I do recommend taking something like that daily to help alleviate the systemic inflammation that's already occurring in your body and give your organs a break.



Scot McKay 25:10

Yeah, yeah, for sure. As you're talking, I had to chuckle because it's like, so many of us as men out there, Justin, I'm absolutely certain are just dutifully drinking a half a glass of red wine every other night. That's what we do. That's our outcome. Yeah. You know, halfway through a good hockey game, we're already to six packs in if you're alright, so we talked about that, let's turn our attention to some of the things we as guys should eat more of unless, and I mean, it feels painful to have to ask because a lot of this is common sense. So rather than just rehash what we know, we shouldn't eat, you know, we shouldn't eat a bunch of pizza, breakfast tacos. Why don't you give us some really actionable ideas on things we can do with our diet, that if anything, are baby steps, or at least, aren't as painful as say, going on this crash diet, where I'm only allowed to eat a Rugal off for two hours a day and have to starve the other 20 to get my drift. Give me something we can actually aspire to.

J

Justin Stenstrom 26:11

Yeah, so that's really the most important thing too, for a diet that you're going to maintain. And, and when you do these diets, you shouldn't think of them as like a short term thing, like let me just do a crash diet for a month or, you know, three months or this year, this, you know,

one year I'm going to do a diet and then that said, I'm gonna go back to eating the way it was, you should think of a diet more something you're going to adopt for the rest of your life and something that you can maintain. Because if you can maintain it, that's how it's going to be successful. And I like to recommend people take small steps, like you mentioned, just over time, like you don't have to jump in and do everything, right. I mean, you never going to have your diet perfect. And neither do I, by the way, like I still have drinks on the weekends, I'll still have hamburgers. And you know, I'll still have chicken fingers if I go out with some friends and I want to, you know, or whatever. So it's like, the biggest thing you can do is just do some simple things every day, and then start adding in some of the things that you can do to improve that and get even better. But the first thing I recommend, which is probably the best thing for your health is believe it or not celery juice, first thing in the morning when you wake up, you see you take a stalk of celery and you just grind it up in a juicer, it spits it out like this incredible hulk green color liquid. And believe it or not actually tastes pretty good. It's not it's not terrible. You drink that first thing in the morning is the best thing you can do to cleanse your body, it's cleaning out the toxins. It's improving your hydrochloric acid in your stomach so you can have better digestion for the rest of the day. It's also fighting the which we haven't mentioned yet. But what is actually the most important thing for your health or I should say the the worst thing hurting your health, which is background viruses. So the herpes Pedic family viruses, the Epstein Barr viruses, cytomegalovirus. And we all have these viruses that accumulate over the years, and they sit dormant and ourselves in the background. And that's when that's where we don't have symptoms, because our immune systems when we're younger, are so supercharged that they fight these viruses into the background, like there's kind of scared to come out. But as we get older and our bodies break down, they become stronger the viruses over time and our bodies are more susceptible. So the viruses, then start attacking us and then we start having these random symptoms, you know, these hot flashes, these sharp pains that came from nowhere, like you mentioned earlier, these, you know, over time, eczema psoriasis, these neurological problems, migraines, headaches, like CFS, chronic fatigue syndrome, that's virus that's Epstein Barr Virus presenting itself over time. So celery juice, what that does is it fights off it kills those dormant background viruses and stops them from actually being able to replicate and over time get stronger. So you're basically preventing what's going to happen later down the road when you do this every single day. And it's really nourishing for the livers really nourishing for the brain. It also allows you to still do some of those things like go out on the weekends, have a few drinks with your friend, like you mentioned have a six pack by hat, like you can still do some of these things if you're doing if you're taking other measures to mitigate the effects that some of those bad things that you know are bad for you are going to do. If you do these things every day. It's like a small little when you can have every morning, taking 16 ounces of celery juice, you're really going to help prevent yourself and build your body up to the point where you're able to face these other salts that it's going to come across.



Scot McKay 29:23

You don't hear much talk about free radicals anymore.



Justin Stenstrom 29:26

Yeah, it's I don't know why but free radicals. It's oxidative stress, which comes from the negative foods, the breakdown of the negative foods that you're eating and it causes you know, oxidative stress to your organ and so your cells so fruits, antioxidants is the opposite of that it

breaks down those free radicals it stops the oxidative damage from occurring, especially on your brain like it's the cause downstream of things like Alzheimer's and Parkinson's and neurodegenerative diseases. That's what oxidative stress does and down the road for your lungs. It's the cause of palm menari fibrosis and some of the some of the more detailed like lung disease. And for your liver, it's it's down the road, it leads to liver disease and liver failure. No. So like you look across the body, any organ, it all comes even aging itself, is it oxidative stress downstream effect. So if you look at this, you're stopping those downstream effects from happening before they even happen if you consume more antioxidants, which primarily come from fruits, herbs, leafy greens, like dark leafy greens, spinach, kale, all those, those healthy ones that you know, you should be taking, if you take those, even on a small scale, you're doing a lot to reverse the downstream effects that are going to happen eventually, you know, 510 20 years from now, but you're mitigating their effects right away, and you're stopping them from accumulating over time.



Scot McKay 30:47

You know, we as men don't really care about aging nearly as much as women do. I mean, I've gotten to the age now, I think I look pretty good for my age. But you know, I've got friends on Facebook, from high school and college. And I know guys, two years behind me at school who already look like Santa Claus, dude, they don't even care. It's like, wow. And I'll tell you what's even scarier. You watch some of these old movies, and some of these old TV shows, and you, you have your smartphone in front of you, and you just google how old this guy is now, and he's still alive and kicking. He's like, 85, and you realize the guy you're looking at on TV was like, 44, when he made this movie, and he looks like he's 70. Right? Meanwhile, you have all these women defying age, it just seems like you know, if we as guys cared more about the free radicals and getting rid of these dormant viruses in our bodies, by the way, you scare me straight about that pain, and my toe there. Now I know I have a viral infection that's killing me. Because my toe hurt, I'll probably go buy me some turmeric and make me some celery juice right after we finish recording this, at least for today. Then tomorrow back to the old habits. I have kid. But guys, you know, Justin's right here. If you take better care of your health, you're not only going to live longer, you're going to feel better, you're going to look better. And I don't understand in what universe that will help you be better with women. Right? But Justin, like you said, a lot of young guys are listening to this. And they haven't thought about that. And they're not going to think about it again until it's too late 20 years from now. Well, I mean, it creeps up on you. And I'll tell you something, if you're taking care of yourself in your 20s versus not taking care of yourself in your 20s I suspect Justin, it's easy for us, even when we're 20 Something to fool ourselves into thinking we feel our best when really, we could feel a lot better, we could look a lot better, we could be a lot more attractive. So I think this has been a great conversation. I really appreciate you coming on and telling these guys a little bit and motivating them a whole lot to do more and to do better when it comes to this area of our life. Because I don't think it's talked about nearly enough, especially on podcasts like this. And I really appreciate you what I want you to tell these guys now Justin is specifically about elite Life Nutrition and the benefits specifically of the supplements that you've decided to bring into the world.



Justin Stenstrom 33:17

Yeah, thanks, man. It's been a pleasure coming back on and talking to your audiences. It's really good. It's a topic that I think a lot of guys do need to hear about and just become a little

more aware of in their own lives. And what they can do small little changes can go a long way, especially, you know, a little change every day can over the course of a year over the course of five years, can make all the difference. But yeah, as far as elite life nutrition goes, it's a supplement line. We use, you know, the best ingredients in the world, really, we source from the best places around the world. And we have the GMP certified facilities, which are the number one facilities you can use in the world. As far as testing goes, third party testing, we test out, take out all the the Excipient all the crap found and so many other formulas, and just keep all the good stuff that you need to just really give you that nutrition to, to live that optimal life. And a lot of these companies overlook a lot of the testing like the mycotoxins, the mold, heavy metals that are found in a lot of these products that you'd have no idea about even the amounts of the ingredient that it says on the front of the label, a lot of the times they're short on that ingredient, and you're getting something a lot less than you thought. I mean, there's consumer lab tests out there where they've done like horror stories about the products you find sometimes even, you know, the big box store chains, you think it's like it's a popular brand, but they cut a lot. You'd be surprised how many corners they cut some of the big companies when it comes to profit over actual quality. So we try to just do all quality first and give the customers the best supplements they can get without cutting any corners. So it's really what it's all about and just doing the basics. doing them really well and giving people that extra boost they need to help when it comes to having that nutrition in their lives as a supplement to having a good day. It doesn't have to be perfect like I said, but as long as you're doing the right things every day, you're going to be a lot healthier and better off.



Scot McKay 35:05

Good stuff. And guys, if you want to check out elite Life Nutrition, go to mountaintop podcast.com front slash elite life, e l i t e l i f e, and you'll find out more about Justin's elite life line. And of course, as always, definitely go check out the elite life podcast, formerly known as the elite man podcast. Justin, you're a good man. Once again. Thanks for coming on board. And I hope you'll come back soon.



Justin Stenstrom 35:32

Thanks, Scott. Really appreciate it, man. Yeah,



Scot McKay 35:34

guys, if you haven't been to Matt's top podcast.com Lately, check in there. Get in on the master classes. Each one of them covers a very specific topic that affects a whole lot of guys. To check out the latest one or get your hands on all the ones we've done. What you can do is you can go to Mass top podcast.com front slash masterclass. You can shop and pick and choose the ones that you want. Or you can get a season ticket, which gets you eight masterclasses for 30% off. And yes, you can go back retroactively and choose some of the ones that have already happened and stock up with that season ticket. It's as flexible as you need it to be when you do that. Also, while you're there check out unsettled which is my program for guys who are feeling well, a little bit stuck. If you feel like you know, I'm sort of happy and content with what I got going on right now. But I'm also sort of not, or heck, you know, it may be you're completely in a state of discontent with where your life is now. unsettled. We'll help you tap into your personal

power that will help you break free from habits you would like to break free from in terms of having a boring life and unfulfilling life. It talks a lot about purpose. It talks about actually embracing your dark side which doesn't mean being evil it means doing that which is unpleasant, for the greater good of both you and those who you love all of that and more is there for you at mountaintop podcast.com including a way to get on my calendar to talk about where you are right now and where you would like to be with women. I've talked to a whole lot of you guys by now when you talk to me, I'll be exactly who you expect me to be. I don't play a fictional character on this podcast. A lot of guys comment on that when they talk to me. I'd love to talk to you next sign up get on my calendar at mountaintop podcast.com And until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas be good out there

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