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WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



[Elliott Hulse](#) Interviews BP Walsh

EH: Hey, guys, Elliott Hulse here and I've got a guest on the line. I am incredibly excited and I'm not just saying that because I'm always freaking excited and my wife makes fun of me because every video that I make I'm, "Elliott Hulse, the Excited Guy." I am literally, from the bottom of my heart, really excited to talk to the gentleman that I have on the on call here. And I want you to listen to this conversation; I want you to listen to our candid call and conversation intently. Pick up a pad and pen. If you don't have one right now, go grab one.

The gentleman that we'll be speaking with is brilliant with regard to helping your reach your absolute potential in health, fitness and in becoming the best version of yourself. But, the way he does it, and you know me, I'm always digging deeper. He's

not a superficial guy. He's not going to tell you how many reps and sets to do. He's not going to tell you what the latest diet is.

The way he does it is he digs very deep into the physiology and the physiological reasons why you're not losing fat or your testosterone's low. Why you're just not cranking the way you should be cranking, why you're not feeling the way you should, why your sex drive is low, why you have no energy and you have to drink coffee five times a day, anything that you're dealing with that is less than the maximum you, less than your potential. He knows why it's happening and he works on straightening all that crap out before you're worried about how many bicep curls you can do.

This is what gets me excited; this is what gets me fired up, because this is the truth. This is the foundation. This is the bottom line; this is the etiology, the roots. It is where everything that you want and your unable to get comes from. And when you understand what he's going to teach us tonight, what we're going to talk about tonight, you're not only going to have a head full of cool stuff that you might be able to try out, you're going to be empowered. He's literally giving you the steering wheel to drive the direction of your life, to change the direction of your health and your fitness, your happiness. And that's why I'm so excited.

I often make reference to Paul Chek and some of my other mentors. He and I come from very similar schools of thought with that regard. He's a good friend of Paul's as well, and we'll talk a little bit about that.

We're just going to let loose. I've got a couple of questions for him, but essentially I just want you to be able to get a good feeling for what he's doing. Without further ranting, I want to introduce Dr. Bryan Walsh to the call. Bryan, thanks for getting on the call with us.

BW: Dude, thanks. That was a hell of an introduction there. Hopefully I can live up to all that. That was good. I appreciate that.

EH: No, absolutely. I know what you've got and that's why I'm so excited about it. I'm actually staring at a copy of your Fat is Not Your Fault ebook right now. I've read it already, but I'm still skimming through just to make sure I didn't leave anything out when we have this conversation.

If you could just do us a quick favor, for those of us who haven't heard of you, and you can learn more about Bryand by... Fat is Not Your Fault is the website for your book, but what is your blog?

BW: The Fat Loss Doc. All this is kind of in the process of being built and created as I go, but yeah, TheFatLossDoc.com is my blog. I try to... Well, my son was just born, so

I've taken this week off. But, I usually do a short, 200 word plus or minus blog every day on some aspects as it pertains to health. From there you can actually get to the rest of my sites, too.

EH: Right, and that's what I just want to make clear to everyone. Go and check out his website Fat Loss Doc and don't let Brain's modesty fool you. The guy knows what he's talking about. He's pretty brilliant and what I want to do is, if you don't mind, give us a little bit about your background and tell us a little bit about yourself.

BW: Yeah, sure. I'll give you like the 30 second version. I was in the fitness industry for a long time, actually. I was a personal trainer, NASM, CSCS, all those different certifications that you can get. I worked with Paul Chek and some of his stuff and I did a lot with orthopedic rehab for a while. I sort of shifted gears, I became a massage therapist so I could add that as a component to my services that I gave my clients. And then, I really got deeply into nutrition.

My frustration was that as a trainer and a massage therapist that there's only so much that I could really do with good conscience in terms of telling people what they should do with nutrition or lifestyle or whatever. So, I went to school to become a naturopathic physician which is really a doctor of natural medicine. It's a four year medical school degree. That, to me, was the umbrella for which I could do all this stuff.

We can do blood work and lab testing and diet and in certain states, we actually have prescriptive rights. So, we can prescribe medications if we need to, or a variety of different things. So, in some states it's a primary care physician. Where I am right now, I'm not unfortunately.

So, yeah, I went to school to be a naturopathic physician. So, I take a lot of stuff. I take all my time in the fitness industry knowing about exercise and fat loss and muscle building and strength gain and all those types of things. But, I have a very sort of natural viewpoint on things. Not the tree-hugging type, but rather very much in biochemistry, very much in physiology and I could spend hours and days and months just reading this stuff and seeing patients and life is good. So, that's about 30 seconds on me.

EH: Bryan, being a physician and being highly interested in this physiology and this deep breakdown of the human body and how it functions, could you tell us why it would be important for us... Let's say I'm trying to look fit, I want to have a little bit more energy, and that's about it. I don't need to know all the names of all the hormones, why do you think it's important for me to know about my physiology and how is that going to empower me to have more energy or to lose fat or anything like that?

BW: So, before I answer that question, this is why, again, I'm doing this interview with you and I don't interview with everybody. I really like what you're doing because it's not just about physiology. As much as I like that stuff, and it's so fun, it's linear, it's tangible, you can read it. It's kind of like a guy thing, you can read...it's like you can fix a car. It's nuts and bolts. It's biochemistry. It's fun.

But, we exist in this physical, emotional, mental, spiritual realm, all those things play exquisitely important roles. So, I will say that I definitely exist in that area, very much so. But, what we're talking about today is just physiology, because it does play a role and it's grossly misunderstood, especially in the areas of fat loss, muscle gain, athletic performance, strength training or any of those things.

So, that being said, if there was one thing that I could say that people fully understood, like understood deep inside of them, it's that your physiology, your inner workings, your hormones, your liver, your thyroid, your guts, your nervous system, they dictate your body's response to diet and exercise. I cannot say that enough.

If I had 30 seconds on the air for the whole world to hear, I'd talk about world peace and loving each other, but I'd want to make that part really clear, too, that your inner workings... We all hear about you have to diet and exercise to be healthy, but I'm going to put a twist on this and I'm going to say, you have to be healthy for diet and exercise to even work for you.

And to put it another way... Let's just think of a couple of examples. Now, one, let's actually just take it away from the body for a second. Let's say you have the world's premiere racecar driver and he's driving a Toyota Corolla. Let's say you're right next to him, Elliott Hulse, in a Ferrari. You may not have any kind of racing experience at all. Who's going to win the race? You will. You have a Ferrari! I don't care how good you are at driving. You have a Ferrari.

So, to put it back on us, you can have two people, even twins if you want, entering in a Strongman competition or a body transformation competition or whatever you want, exact same diet, calorie for calorie, exact same exercise program, exact same intensity for which they do it. But, one person has a dysfunctional thyroid gland, dysfunctional gastrointestinal system and maybe some hormone issues. Who's going to do better? Period! It's an easy answer.

So, that just proves that in the case of the racecar, the driver has very little to do with if they win the race or not. The professional racecar driver is limited by the quality and the performance of their vehicle. Our response to diet and exercise is dictated by how well our physiology's working.

To put it in the most blunt way possible, if your physiology works great, your response to diet and exercise, whatever program you're following, will be great. If your physiology sucks, your response and results are going to suck, period. The problem with our society right now is that we're told, well, if you didn't do well with the Tabada method, it's because you weren't using kettlebells. Or, if you didn't get any results using kettlebells, it's because you weren't doing farmer walks or whatever.

All these things work, period. It happens with diet. You're not losing weight or gaining muscle because you're following The Zone. You need to be following Atkins. Come on, seriously? Or, the Mediterranean Diet. I'm not saying that there aren't subtle differences with those, because there are.

The Tabada is different from kettlebells and it is different from farmer walks and it is different from all these different things. Zone is different from Atkins is different from Priticin. But, how much are they different? Is it different to the degree that you will get no results on one and tons on the other? Not necessarily.

We have so much information about good diet. What really are all the diet books telling you today? Whole food, organic when possible, drink water, fiber, fruits and vegetables, lean protein. Do we really need 3,000 diet books all telling us the same things with some deviation? One will say eat a rainbow of vegetables, the other one says eat a slightly different ratio of proteins or carbohydrates, or whatever. But, at the end of the day, there's people out there that are not getting results from their diet and exercise program. And what they're told is, "You're doing the wrong diet and exercise program."

What I'm saying is, it's your physiology. Nobody is looking at the physiology and again, getting back to the racecar driver, getting back to the twins performing in a competition, the person with the better physiology will get better results whether you're trying to win an athletic competition, whether you're trying to lift more weights than anybody else, trying to lose fat, trying to build muscle, or whatever.

So, it's not all about physiology, but that's the missing piece that nobody's really paying attention to today.

EH: Well, how do I know if my physiology is screwed up?

BW: Symptoms are a good one. I mean, to be honest with you and I don't mean this to sound silly. But, if you have gas, gas and bloating, that's a GI issue. You should not be able to fart on command. That's not normal. If you are able to do that, you have a GI issue, that's one. Low energy, I'll be honest with you. From a guy's point of view, again, not to be smart about it, but you should wake up with an erection every morning.

You should do that well into your 50's or 60's, that's just normal, human, male physiology.

You should have a very strong sex drive well into your later years. You should not have low motivation. Low motivation, you're looking at probably hormonal issues. Low energy, same thing. Will power, same thing. If you have any of these things, something's amiss. Besides symptoms, which are good, but they won't tell you exactly what's going on. For example, what is really low energy? It could be thyroid, it could be anemia, could be gut, could be adrenals, could be blood sugar, is to do lab testing.

I believe that everybody needs to get a blood chemistry at least once a year, at least once a year, and a good one. And, have it read by somebody who knows what they're talking about. That's a huge problem today. I don't know if you want me to get into all that.

EH: Yeah, absolutely. I do want you to talk about that, because I do have a question with regard to that. So, now you're telling us, obviously I can go and buy a book and start a diet tomorrow. I can go and buy a BowFlex and start doing the BowFlex workout tomorrow. But, what I hear you saying is that I need to go and get a lab test to tell me what's going on inside my body before I start manipulating the variables outside of my body, basically exercising efficiently.

BW: Totally, totally. I'll tell you what...

EH: Yeah, with that being said... A lot of us have this...at least I've know through the experience that I've had with doctors, and I say this not about naturopathic doctors, which hopefully you can enlighten us a little bit about what you do. But, for example, I had gas...I had gas in high school, really bad gas in high school and college, so bad that it was...I started a martial arts class, I had to quit because I farted so much during that class that no one wanted to work out with me. I'm not even joking, it was horrendous, horrible gas.

I go to my doctor and I ask him what's going on. I think he ran a test and he gives me a prescription for Prilosec. Now, first of all, I don't want to take any pills and second of all, I'm like, I watch TV. I think Prilosec is on every single NFL game commercial. So, I know that it's for heartburn, not the farting that I'm doing.

Luckily I had a friend that is of the same knowledge...I have a really good friend that understands what you understood. He said, "Hey, Elliott, your gastrointestinal...you have a gastrointestinal problem. You are probably gluten intolerant. Why don' you remove these foods from your diet." So, I was lucky with that regard.

But now, if some of the things that you just described, if I don't have an erection when I wake up in the morning, if I have low motivation and I'm farting all the time, well, what am I going to do? Am I going to go to my doctor and have him give me a pill for my head, like Prozac or something? What's going to happen?

BW: Well, you know, we talked a little bit before the call. I mean, we could talk for hours about this stuff, because the state of doctors and medicine right now, it's horrible. I cannot tell you...I cannot tell you how many people are not getting adequate care. You go in with these symptoms, they run a horrible blood chemistry. The insurance companies really dictate what is run now days, and they don't cover everything. So, you get this... It's like finding a needle in a haystack. They run a horrible blood chemistry and the doctors don't know how to interpret it and we'll talk about that in a sec. And then all they do is just give you drugs.

If you have some lack of motivation issues they'll put you on Prozac or something. Or, if you have testosterone issues, if you showed it on a blood chemistry, maybe they'll put you on Androgel, but there are so many different defects in the male body that can all result in not low testosterone, but low testosterone symptoms, that will actually be made worse if you go on testosterone.

Again, remind me later if you want to talk about where these defects could lie, but from the top down, you can have neurotransmitter imbalances. Neurotransmitters, like dopamine, and acetylcholine, for guys, is responsible for the initial series of events that makes testosterone.

So, if you have low dopamine or low acetylcholine, they're in your brain, neurotransmitter. Your hypothalamus doesn't work well or your pituitary doesn't work well. Your testes don't work well. You'll have low testosterone due to something going on in your brain, which is fixable, generally speaking.

You can have a hypothalamus issue. You could have a pituitary issue. Your cortisol could be too high. You could be converting to DHT or estradiol. You can have too high of androstenedione. The point is, you can have ten guys all in front of each other, all lined up, having the exact same symptoms, low testosterone symptoms that we just talked about, and it's all from a different reason and therefore it all has a different correction. It had a different treatment to it.

Like the guy with the low dopamine and acetylcholine, Androgel's is not going to do anything for them. If it is, it's short term and he'll just be stuck forever going to doctors back and forth.

Anyways, so getting back to blood chemistries, here's the problem with blood chemistries, and I really feel bad for most people out there, because you're not getting

help and you're fortunate to have guys tell you to stay off gluten and do these things. Here's just a little tidbit about... You say you rant, I have a few things that are real triggers for me.

One of the problems with blood chemistries today that I think everybody needs to know, actually, I'll ask you. We'll just do a little quiz. So, when you get your blood chemistry run, you have your results and it's compared to a reference range, right?

EH: Right.

BW: Do you know where that reference range comes from?

EH: I have always wondered. I'm like, who is this perfect guy that has this reference range. Who are they comparing me to?

BW: You want to know? Here's the truth. The reference range comes from people that go to the doctor. Laboratories don't go out to do research as to what healthy reference ranges are. It costs money. Rather, what they do is they take the blood that's being given to them and they use that to create the reference range.

Now, if you've ever gone to go get your blood drawn, and like I said, I do mine every, like, six months. Other people in the waiting room are diabetics, they're on oxygen, they're sitting in a wheelchair, they're elderly, they've had flu for the past however many years. They have hepatitis, they may have cancer, congestive heart failure. Who goes to the doctors? People that don't feel well. Nobody who feels great, wakes up and is like, dude, I'm going to go get my blood drawn today. Right? You wait until you feel like utter crap then you go to the doctor. That's where the reference ranges are coming from.

But, here's the other kicker. And you're, I think, down in Florida. The reference ranges in Florida will differ from where I am in Maryland because when I said it's people that go to the doctor, it's per geographical location. So, you could technically have diabetes in one state, move states and then not be diabetic anymore because the reference ranges are different.

My question is, how does that pertain to health at all? It doesn't. If laboratory ranges can vary by state and by lab within the same state, and if it's based on a sick, diseased population of people who are going to the doctor, what that's saying is... Seriously, if you went to the doctor tomorrow and you got your blood drawn and your values were all within the reference range, here's what they're saying. You are as healthy as 95% of the people who goes to the doctor today.

EH: Oh, my God!

BW: It's a bell shaped curve. So, you're as healthy as 95% of the people who go to the doctor.

Anyways, you asked the question about it, do people go to their doctor. Yes and no. Yes, because you have to go. No, because A, the blood chemistry's that they run now days suck, B, doctors don't know how to interpret them well, and C, even if they did, and spent some time on your blood chemistry, the reference ranges are so broad and that's the only ones that they use, they don't know how to interpret it.

Basically, they're saying that you're either really, really sick, or you're not really, really sick. It has nothing to do with health. So, you ask a really good question, but I don't have a definitive answer because the help is not out there today. You have to find somebody good, who runs a good blood chemistry, who knows how to interpret it and who uses a tighter set of reference ranges that's based on health and not the reference ranges that the lab provides.

So, you ask a great question, and I don't have a great answer because it's sucks out there right now. But, what people who have symptoms need to do is research. Find somebody that can help you. Find somebody that can run these tests that knows how to interpret them, who will listen to you and will actually help you out.

EH: Okay. Well, the very first thing is, you described the person who's having symptoms. That sounded like everybody I know, pretty much. I mean, all the things that you described, yeah, that sounds pretty normal.

So, I think it's safe to say that anyone listening to this call is probably a good candidate for what you're talking about. And hopefully we'll talk about it again later and there's other resources the Bryan has that you can check out. But, those symptoms that he described, if you happen to rewind this and listen to it, if you have one of those or if you're suffering from multiple of those, you are who he's talking about.

I know if the guys are listening to this and Bryand mentioned this earlier that you're not going to go to the doctor. Yeah, I haven't gotten a hard-on in three months, but it's like, who cares? I'm not going to go to the doctor, my wife, we've already got enough kids. Whatever it is, we dismiss it. We don't think about these things.

Now, I'm going to venture out and I guess answer my question, because I wanted to hear you say that all the information, everything that you're talking about, we can learn more about and in in depth ways and even do something about through a book that you wrote. Is this correct?

BW: Yeah, kind of, kind of. So, I call it Fat is Not Your Fault. I mean, honestly, it's a catchy title. It definitely gets people's attention because some people say...when they

first hear it they're like, oh, geez, here goes another guys just saying we don't have to be responsible for anything. And honestly, that couldn't be further from the truth. I think one of the biggest issues in our society today is a lack of accountability and responsibility.

We design our life. We design our thoughts. We're responsible for all these things. If you're fat and unhealthy, you had something to do with it. So then, the question is, why is fat not your fault? The thing is, like you, Elliott, you might have a thyroid issue and not know it. That's not your fault. If you think that you do and you've been to the doctor, and they don't know how to interpret tests and still tell you that your thyroid's fine, when in fact it's not, that's not your fault. That's my whole point. I hope that that's clear.

We need to take responsibility for our health our life and everything else. If we figure something out, it's our responsibility to fix it. But, if you haven't figured out what your problem is yet, it's not your fault. So, that's the whole reason for the title.

So, what it is currently is Fat is Not Your Fault is a...if you go to that website, it's a manual that covers the top ten physiological reasons why you might not lose weight. There's a questionnaire that can help people figure out what system in them may be causing them the biggest issue, different neurotransmitters, gastrointestinal issues, adrenal gland, thyroid gland, hormones, all these different things.

Then, there's an associated video that walks you through a little bit more about that system, like thyroid, about what tests to ask your doctor for and that's it. So, it was really designed as kind of this educational piece.

Now, the feedback that I've gotten from people was, I'd like to know how to fix these things. So, that's what I'm doing. In the next few months...the manual that you're reading through is the updated manual. What I'm telling people right now is if they buy the current Fat is Not Your Fault program, I send them the manual... It's not anywhere online yet, I just send it to them PDF via email. So, they have that. And then, if somebody orders now, in the next few months when everything's done, then they get all the updated information as well.

But, the updated information will have how to interpret your own tests, where to get your own tests, and what to do about them. So, it's a pretty big project, but...

EH: I just wanted to let anyone listen to the call realize how powerful what you just said is. Let me tell you a quick story and how it relates to what Bryan is talking about.

A few years back I was having some real like bad stomach problems. I would have normally ignored it if I didn't know some of the things that Bryan's talking about,

but I recognized my poop, looking in the toilet, it was like damn, my shit doesn't look right. This went on for about a year and I was like, I've got to do something. I was flat broke at the time. I had a credit card, and that's kind of where I was living.

What I had to do...I knew what I had to do and it was inevitable, because I'm all about living to my fullest potential. And like Brain describes, your physiology being screwed up, everything on the outside of your life is going to materialize based on that. If you're shitty on the inside, you're life's going to be shitty on the outside, some way, shape or form. So, I knew something had to be done.

What I had to do, and I'm very grateful that I did, was I hired a doctor just like Bryan. He was a naturopath. Through our consultations, which cost me thousands of dollars when the whole thing was done, through our consultations he asked me to do some of the lab tests that Bryan's talking about. He sent me some vials and I had to take a crap in the vials. I sent the vials back to the lab. He got them from the lab. He read them to me and told me what I needed to do to rid myself of what happened to be a stomach infection, called H pylori.

He gave me exactly what I needed to do. Three months later I was like, just awesome again. I mean, my energy was back. I was sleeping better. My poop looked normal. I mean, I was where I needed to be. I felt very good.

What Bryan is describing, that was the process that I had to go through three or four years ago. What Bryan is doing is he's essentially cutting out...and mind you, I'm not saying that we don't need doctors. We absolutely need them. But, he's giving you, he's empowering you to do everything that I had to do through the naturopath on your own. He's going to show you how to take the right...assess yourself, find out what the hell is wrong, what tests you need to take, how to have them read or how to read them on your own and then what to do on your own.

Bryan, I'm sorry I had to cut you off, but the reason why I'm so psyched and excited and shocked that this is even available to you, is because this is what everybody needs to do. Like, you're literally handing us the keys to our health. I really believe that.

BW: Yeah, I mean, it's a big project. But see, people need this. Like some people don't have thousands of dollars. So, if you buy the course, you can get the tests yourself, kind of figure things out for a lot less. And people just don't have access to some of these doctors. So, I'm just trying to bring it to the public and like I said, to my knowledge it's never been done before, big picture like this. It's a pretty big undertaking.

Regarding your H pylori, you bring up a really good point, and that's just one example. You probably didn't even know this. H pylori infections are the number one cause of gastric cancer. H pylori infections have been shown to increase the cardiovascular risk markers like homocysteine CRP, cholesterol, by the way.

And yeah, you not only helped yourself feel better, but you might have saved...you might have saved your life, dude. I mean, H pylori...and that's the thing. Actually, it's the number one infection in the world, by the World Health Organization.

EH: Really?

BW: And, if you have an H pylori infection, I mean, you just hit it on the head. What you said was, "I had more energy, I felt better," all this other stuff. If you have a... And this is just one example. That's why I did this course. If you have a thyroid issue, that will just totally screw you up all over the place. If you have neurotransmitter imbalances, that will screw you up all over the place. If you have a gut infection, that will totally screw you up.

If you have an H pylori infection, you cannot be healthy. You will have cardiovascular risk markers go up. You will have poor digestion. You can't breakdown protein to even absorb it to even build back your muscles after you're done working out. You can't use amino acids to make neurotransmitters. You'll impact your hormones in a negative way. It's a stress, so H pylori can actually increase cortisol, increase cortisol, causes blood sugar imbalances, causes more hormonal imbalances.

I mean, I could weave this web for you, this neuro-endocrine-immune system web just from and H pylori infection, how it impacts all these other systems of your body, simply because you have one lousy bug sitting there. If you miss that, if you don't catch that, you will...you said it. You'll suck. Your energy will suck, your ability to work, to make good decisions, to be a happy, healthy, productive individual in society, let alone things like muscle building or strength gain or athletic performance.

Here's the thing. Some people sit around and say, "You know what? I'm doing fine in the gym. I'm getting stronger." Could you be getting even stronger? Or, if you're trying to lose weight or burn fat. Maybe you lost five pounds, that's great. Maybe if everything was working well you would have lost fifteen. So, these issues are very real. They are very present in many, many people today and anyhow...

I think it's interesting that you found that H pylori infection. And you said it, you didn't say, my farting went away or my heartburn went away. What you said was like, I felt great, I had more energy, I woke up early feeling ready to go. That just tells you, these things are systemic. They're all over the whole body and they impact everything

else like this huge web. It's not just a hormone issue. It's not just a gut issue. If you have one of these, it impacts everything else.

EH: Well, you said some things that shed some light on my situation at the time. I had lost a lot of weight when I had this infection, and granted it was during a very stressful time of my life. We had just started a family, I had started a new business and we were pretty broke and depressed at the time. For me to weigh 180-something pounds like 185 pounds is pretty weird. I typically walk around well over 200 pounds. And I got really, really skinny and as soon as I had that bug removed, you just made me think of it, I started gaining weight again. I started getting back to my college weight. I went up to like 205 and 215 and then all of a sudden I'm pro Strongman.

I kind of contribute it to yeah, of course I was training harder, but it's interesting that it almost took the eradication of that bug to build my strength back up, almost automatically.

BW: Yeah. I mean, I will tell you I'm not surprised, because that's how it works. Like I said, if you have a gut infection, it's a stress to your body. You were probably increasing your cortisol, you were definitely impacting your immune system. You were definitely impacting your digestion. If you don't have hydrochloric acid, H pylori, the way it survives is it burrows into your stomach and it stops hydrochloric acid production. That's how it survives. Hydrochloric acid is supposed to kill anything that goes in your stomach, including H pylori. Basically, it survives because it shuts down your own hydrochloric acid.

If you don't have hydrochloric acid, you can't digest anything. You can't digest, breakdown proteins, you can't absorb things as well. hydrochloric acid tells the rest of your digestive tract to work. Hydrochloric acid tells your pancreas to release digestive enzymes. It tells your gall bladder to release bile to help emulsify and absorb fat.

So, if you have an H pylori infection, you can't digest, absorb fats, fat soluble vitamins, and some cases like hormones like vitamin D, protein, which become muscle, proteins become...well, virtually any tissue of your body, including neurotransmitters. Sometimes when people have an H pylori infection they talk about brain fog. How the hell is that?

EH: Oh, absolutely, yep.

BW: So, this is what I'm saying. Here you are, big dude, strong dude, doing your thing. People can relate to you on the internet and you had an H pylori infection. I'll tell you what, there are tons of your listeners, people that follow you, that have an H pylori infection, or that have a parasitic infection, or have some kind of fungus or yeast growing in their gut. And all we're talking about right now is your gut. There's thyroid

impacts, there's hormone impacts, there's neurotransmitter imbalances. There's immune system imbalances. There are all these things.

And what really gets me is none of this is being talked about in the fitness industry, the diet industry, the exercise industry. People are just...like we started out, it's all diet and exercise, and that's crap.

You need those things to be healthy. But, you cannot achieve optimal levels of health if you're walking around with a dysfunctional physiology, period! You can't. You can't even enjoy your life to its fullest.

So, that's why I just...I'm trying to get that info out there because here you are, what would appear to be Joe-average guy. I mean, above strength and good looks, too, and all that stuff, of course, right? But, just some average schmoe on the internet that you might find. But, here you are, and you had this thing. It's so common today, but nobody's talking about it. And I was just kidding, you know there's nothing average about you, but you know what I'm saying.

EH: I appreciate it. You know, you're really opening up a can of worms here for me, and I just want to ask you another question with regard to just this one bug that I had in my stomach.

Now, thinking back I'm like, boy, my life was a wreck when I had that fucking bug in my belly. Shortly after having it taken care of, because I did the things that you're talking about, I had it tested and went through protocol, there were some rashes. I had like rashes on my leg, they were just nasty rashes that I had to scratch all the time.

I had that and then prior to having it eradicated I also had like a lot of anxiety. I thought it was stress because of money, but I'm wondering if the rashes or just the feeling of anxiety like butterflies in my stomach 24 hours a day had anything to do with having the bug.

BW: I'll tell you, it was poor digestion, part of it. It was 80% of your immune system is in your gut. So, if you ever have a skin issue, a skin issue is an immune system issue. Period! It's not a skin issue. Anybody that tells you otherwise doesn't know what they're talking about. Your immune system is regulated, for some reason and it shows up on your skin, psoriasis, eczema, rashes, you name it, that's pretty much what it is.

Eighty percent of your immune system is in your gut. Your infection was in your gut. So, you can see the correlation that this infection was impacting your immune system which was causing these rashes. It was basically an immune system that was going a little bit crazy at the time because you had this infection.

Yeah, butterflies in your stomach...and I already told you that an infection in your body is a stress. So, you will have a certain amount of sympathetic tone, if you will, or dominance, if you will, maybe cortisol, maybe epinephrine, everybody's a little bit different. But, the anxiety could definitely have been coming from there as well.

And, you know the enteric nervous system is the nervous system of your gut. There are very strong connections between your gut and your brain, very strong connections in fact. Basically, if you have gut issues, you have brain issues. And I'm not talking about severe brain damage type stuff, but if you have gut dysfunction, you have some degree of brain dysfunction. Period.

EH: You mentioned like foggy brains and stuff.

BW: Oh, whatever you want to call it. Some people call it senior moments when they get older, but it can be just a gut infection. And I don't mean to be just talking about gut the whole time, but yeah, brain fog is a great one. Memory issues can be one, too. That can be a consequence of gut, or consequence of adrenal dysfunction like cortisol.

Cortisol damages a part of your brain called your hippocampus that is what converts short term to long term memory. So, if you can remember what you wore at your wedding, but you can't remember what you had for lunch two days ago, that's short term to long term memory. Hippocampus gets damaged by cortisol.

There's all these different correlations. That's the thing. If you talk to...let's see, how do I put it? Let's say...I don't know, just come up with like a condition, like diabetes. It's not common for your readers or listeners, but... If you talk to a neurologist about diabetes, they think diabetes is a certain thing. If you talk to an endocrinologist or a guy that knows about hormones, he thinks diabetes is something totally different. If you talk to an immunologist, they think diabetes is something totally different.

The things is, all these things interact and that's the point that I'm trying to make. We're talking about gut right now, but if you have unhealthy guts, you will have hormonal imbalances. You will have immune system issues, 80% of it is in your immune system. You will have brain issues. Maybe it's motivation or willpower, maybe it's food cravings, honestly, when you have certain neurotransmitter imbalances. As we talked about earlier, neurotransmitters are key in telling certain aspects of your brain to tell the rest of your body to even make hormones in the first place.

So, it all works together in this really awesome kind of web. But, you can't just touch one thing without touching everything else.

EH: Yeah, the approach that I hear you describing is like holistic or integrated. It's like...like you described if you were having like depression or a problem with your brain and you go to like a brain doctor or neurologist or a psychologist. They're just going to look at your brain. They're going to look at your thinking and say, "Okay, well, you've got some screwed up thoughts, why don't we give you a pill to fix that?" Meanwhile, what I think I hear you saying is like, it could be that you've got a problem with your intestinal system.

BW: Yeah, and these pathways, and this is what I was talking about at the beginning, these pathways are so fun to try to figure out. I'm just trying to think of a good example. Well, gut infections...okay, gut infections are a big one. But, your gut is parasympathetically driven. Let's just say that. So, let's say somebody has some kind of infection, and I'm just talking about theoretical here. I know you like this stuff, too.

But, let's say somebody has some kind of infection and they have like slow motility. Maybe they have tendencies towards constipation. Your thyroid gland is one of the things that dictates gut motility. If you have low thyroid function, you will be more prone to constipation. So, maybe this gut issue now is actually a thyroid issue.

Your thyroid, as I was saying before, too, your thyroid requires proper pituitary stimulation. Maybe the pituitary wasn't working well because you had high cortisol. Maybe you have high cortisol because you have like sympathetic dominance and maybe you have sympathetic dominance because of something going on in your brain.

But, maybe, and this is where it gets fun and I realize people are probably like, what the hell, at this point. But, maybe the issues with the brain was due to a food sensitivity in the gut in the first place, like gluten for example. So, gluten causes some brain issues, brain causes sympathetic overload, causes cortisol to be high, suppresses the pituitary, suppresses thyroid function and that suppresses GI motility.

You end up with slow bowel movement or transit time, stuff hangs out there longer and then you end up with some kind of dysbiosis and how does it present? You go to the doctor, you're like, dude, I fart all the time. You know what I'm saying? It's not just farting, it's gut, thyroid, brain, cortisol, all this stuff. These things, there's some really awesome pathways that all work together and you have to look at those things.

What if you go in for constipation? What are they going to give you? Some kind of laxative. What does that do for that whole pathway that I just showed you? Nothing!

What if someone goes in for thyroid issues? What do they put you on? Synthroid. Well, that does fix the whole thing anyways because it was cortisol that was suppressing the pituitary to get the thyroid to even work in the first place. I realize this is really advanced, but all I'm trying to do is paint a picture that all these things interact

very close together and it's not just about gas. It's not just about depression or lack of motivation or can't get an erection in the morning or whatever it is.

And this is why I like what you're doing, because big picture, this is what you're teaching people. You're teaching people how to eat, how to think, how to be from a holistic perspective. And ultimately, if you want to be everything that you can, you have to take all those things into consideration, including physiology.

Everybody's familiar with Tony Robins. Tony Robins says, hop out of the bed in the morning and tell the world that you love it. You know what? If you have thyroid issues or gut issues or neurotransmitter imbalances, you don't even have the horsepower to do that. You can't. It is without...you physiologically cannot support getting out of bed energetically in the morning. It's not about that.

But, at the same time, you need healthy physiology to have healthy thoughts and back and forth. So, it's really this big picture thing that people really need to be doing if they want to fully enjoy every day. Not only enjoy it from a psychic point of view, but from an energy point of view, to get excited about your family and your wife and your kids and working out and eating healthy becomes natural. You want to eat healthy because that's just where you are.

Anyways, so, it's this whole big picture and again, what we're really focusing on is physiology. But, it's because it's one piece that's missing. We have people telling us to diet and exercise. We have people like Anthony Robins telling us to think healthy thoughts. But, the underlying factor that people aren't talking about is you need healthy physiology to be able to do all these things and have it work for you.

EH: Wow! I'm just absorbing everything that you're saying. It makes me think of...and obviously you're speaking of a much more detailed picture than what I'm about to describe. Actually, I could use your analogy of the car, your vehicle, your body being your vehicle. It really doesn't matter how good the driver is, so you're all amped up and excited because you saw Tony Robins and you want to do what he just told you to do, but you just sat in a Pinto. You're in a slow moving, sluggish car that doesn't have its pistons firing properly.

So, it's like, I don't care how fired up you are, how good of a driver you are, or how great your intentions are, what you would like to see, have, be and do. If you're driving a Pinto going against someone who's got a Ferrari, like you described earlier, you're not going anywhere. So, we're got to deal with those issues.

Your body is... Your body is like the mirror reflection of...it acts like a mirror that reflects your intention. But, if your mirror is all foggy and has like mud on it and it's like

old and cracked, I don't care how bright the sun is shining on your mirror, it's not going to reflect your true essence. You're all cracked, broken and you have spit on it.

So, what I think I hear you saying is like, let's wipe the mirror clean. Let's balance the firing of the pistons. Let's get out of the Pinto and build ourselves a Ferrari.

BW: Yeah, and just to expound on your analogy, that you can go to an Anthony Robins or a Tony Robins seminar and be pumped up and be a great driver. You can go to the doctor and get put on Adrogel and that's like having a Pinto with really kick-ass tires, for example. But, it's still a Pinto. Or, maybe you go and then maybe you go to some great personal trainer who has you doing some awesome workouts, some great nutrition, and that might be a Ferrari chassis. But, you still have the Pinto engine.

The thing is, if you want to get high performance out of your vehicle, out of the entire picture, if you have bad tires, you're not going to get good performance. If you have a bad engine, if you have a bad steering column, if you have poor alignment, if you have an ugly chassis, if you yourself suck at driving, if your mirrors don't work... You know what I'm saying?

When you look at high performance and not just to make this about cars, but it's a great metaphor. When looking at high performance vehicles and these guys that are...where one tenth of a second or even one tenth of a degree when they're turning, can be the difference between wiping out or winning a race, they have to have everything perfect. If any one thing, the slightest thing is off, then it can end up disastrous or as victory.

It's the same with us. That's why I'm saying, it's not diet and exercise. Yes, those are important. It's not just your mental capacities and your thoughts. That's totally important. It's not just hormones, which is where most guys are, to be honest with you. It's all testosterone. No, it's not. You have to look at, like you talked about, food sensitivities, gluten, gut, brain function, happy thoughts. I don't know if we're going to have time to talk about...tonight I just watches that autonomic nervous system video of balancing your sympathetic and parasympathetic nervous systems.

It has to do with all these things. If you want to win the race, you have to have everything working perfectly. If it's not now, you at least have to focus on it and try to get it all working well.

So, anyhow, yeah, you don't want a Pinto engine in a Ferrari chassis with nice tires and motivational tapes playing, because it's still a Pinto engine.

EH: Yeah, absolutely, you're right. Nothing else you do means anything. I don't care if you're on the best diet and you're following the latest, greatest workout or using

kettlebells like you described before. None of that means anything. It's all useless if you're screwed up on the inside.

That's why...just to bring light to the Six Principles that I talk about all the time. You've got your character, you've got a strong physical body and you've got your physiology, which I call a strong heart. I almost feel bad separating the two. I feel bad separating all of them, because the six are really all one.

But, your character piston has to be firing, but if you're physiology's not firing properly, your character piston is not going to fire properly. The whole engine is going to be off. And then, you're not going to have a strong Tribe, you're not going to be able to serve strong. It's going to be difficult to have a strong faith. Your body's going to be weak and ugly. So, each one of those Six Principles have to be firing.

But, what Bryan's talking about, and I refer to this as strong heart in the Six Principle model, is I would venture to say that it's the foundation or very close to that. They all mean something. But, this is a pretty God damn important one.

If your physiology's screwed up, your physical strength, your character, your faith, your relationships and your service to the world is useless. I don't care what kind of effort you put in any one of those directions. If you've got something as simple as an H pylori infection like I described earlier, I could not...there's no way I could have maximized my potential in my...even my marriage was having problems at that time.

I'm thinking back to that time in my life when I had this infection that you described. And my life was like pretty much in shambles. I don't know if it was like the egg or the chicken that came first, but it's like...there was no way I could be the character that would be my potential. There's no way that I could have the relationship. My body was not strong and my service wasn't strong, which was part of the reason why my business wasn't good.

We can take a look and we can consider that the fact that my physiology was screwed up, like Bryan just described, is the root issue, was the problem to begin with.

BW: Yeah, it's funny what you talked about. It's really easy to find somebody that's all about the mindset, that that's everything. Or, it's all about the spiritual aspect and that's where you should put all your eggs. I appreciate what you're saying because to be honest with you, I don't agree with that. I think that the spirit is vastly important and the whole spiritual aspect, and our mind and our emotions and the way we perceive things and your character and all these different things. But, all of them, ultimately, feed into each other. It truly is like this web where if you pull one string, the rest of them are all going to be impacted.

So, I think it's easy and it's attractive to just say, well, I have the answer. It's all spiritual. But, you know what? You knew where you were. You would not have prayed your way out of, I believe, and I'm very spiritual. I'm a very spiritual person. You would not have thought your way out of an H pylori infection, you wouldn't have prayed your way out of an H pylori infection, you couldn't have balanced your chakras and made that infection go away, in my opinion.

So, it's not about just one egg in one basket. It's about all these things and how they all work together. If you truly want holism, then you have to look at all of them. You have to give credence to some. Some people say the physical body is the lowest energy vibration. And indeed, it is. But, you know what? On a piano, if the lowest vibrating note isn't playing right, your song is not going to sound good. You really need to have everything working well together.

EH: Absolutely, 100% correct. You speak my sentiments clearly. I believe in everything that you're saying. I believe in everything that you're doing and I'm psyched to get on board with everything that you have projected for the future.

The things that you're talking about with regard to empowering us with the ability to test and even if you're just curious, even if what we're talking about here tonight, you're kind of not too sure about. Here's what I would invite you to do first. Bryan wrote an ebook, which is brilliant, which is great. It's the greatest form of service that he could have possibly come up with, is to take all of the ideas that he has in his head and jot it down on paper for us.

So, listening to this call is a great introduction into what he's doing, but get his book. Absolutely, 100%, if you want to be the strongest version of you, if you believe in what I tell you about the Six Principles, you need to understand the things that he's talking about, at least to have a good idea of what's going on.

Not everybody needs to be a doctor, not everybody needs to be physiologist, not everybody has to be fluent in what he's talking about. But, you need to have sort of an understanding, be able to grasp what's going on and then form a curiosity as to why you may not be performing in certain areas of your life. And it could possibly be to a physiology imbalance.

So, definitely go and grab that. And then the next thing I would invite you to do is to follow and watch what he's going. I'm going to be watching very closely to what Bryan's doing and you're going to hear a lot more from him on this website and some of the things that we're doing. I'm psyched up.

I mean, as I'm listening to you, and I don't want to interject my personal life too much into this conversation, but I am curious, and maybe other people are curious as

well, letting the cat out of the bag, I don't go to the doctor. And pretty much, my family doesn't go to the doctor. We don't go to the doctor.

In fact, my daughter got really sick one day and we just...we had our hands tied and we were like, she needs antibiotics. Against all of our, my wife and my, will we took her to get antibiotics and we knew there was going to be a problem. But, we're like, she needs this. So, she had a really bad infection.

She took the antibiotics. I recognized that her poop was all screwed-up for weeks. It wasn't getting better, her appetite was going down and her character started changing. She was acting funny; she was acting weird.

I was like, "Colleen, she's got something funny in her gut. Her stomach's screwed up, take her to the doctor and have them test her for yeast or parasites, because I'm pretty sure that's what she's got." She started getting like little things on her skin, too. I'm like, yeah, she's screwed up, the antibiotics screwed her up, just take her to the doctor.

Colleen takes her to the doctor, the doctor's like, "No, there's absolutely no way that the antibiotics have done anything to her. That doesn't make any sense." I was like, just ask her, please. "Could you do us a favor. I know we're silly, just do us a favor, appease us by doing these test, could you please?" She did the tests and to her astonishment, my daughter came back having I believe it was a yeast infection. Yeah, well, great. She thought we were brilliant and we were like, yeah, you're an idiot and we just had to use you as a tool to get our tests done.

So, that's our experience with doctors. We've used them as tools to get what we believe needs to be done, done, even if we have to manipulate and steer them. What I would like to do, and I don't know if you're even available or how you do it, we haven't spoken to this in this direction much lately. But, I want to use you as my resource for the health of my family.

BW: Yeah, yeah, yeah.

EH: Do you do consultations? I know that you're in Maryland, but if I come up with things like this and your product's about being able to test ourselves is not out yet. Can we hire you, can we talk to you? How can we get in touch with you?

BW: Yeah. A lot of my practice is done consulting long distance, yeah. There's only a couple of states I can't order tests in, and it's because of the laws of that state. But, yeah, I do blood chemistries, adrenal tests, gut tests, hormone tests, I'll ship you supplements, all that stuff. So, yeah, that's a big part of my practice. My wife's a

naturopath, too. She sees a lot of people locally, here for female hormone issues. But, I do a lot of my stuff online.

EH: Well, that's beautiful because you're my man from here on out. Your website, now correct me if I'm wrong, the website for your practice is DrBryanPWalsh.com.

BW: Yeah, it's DrBryanPWalsh.com and my wife and I, we're sort of rebranding our business a bit. So, we have some other things coming up the pipe sometimes soon. But, yeah, so you go there and that's my email and I'm pretty easy to contact. So, if people are interested in that stuff they can do that, too.

EH: Okay, good. So, we can work with you over the phone and via online.

BW: Oh, yeah, yeah.

EH: You guys hear me saying it right now. This is my true sentiment. You guys hear me, I'm as transparent as it comes. You know me, I tell you everything about what's going on in my life. I trust Bryan with the health of my family, and I'm telling you right now, he is my go-to guy. If you ever wonder, what the hell does Elliott do? He's just a freaking rebel. Well, this is what I do. He's the guy that I'm going to be talking to when my family is in need of health guidance. I would encourage you to at least check out his information and if you have any questions, concerns, he's telling you right now, feel free to email him. He can do a consultation and obviously work it out with him.

But, this is definitely the direction that I'm going in. I encourage you, if you're interested in anything that I've been talking about with regard to maximizing your potential, becoming the strongest version of yourself, developing the strong heart, which represents physiology and the Six Principles, get in touch with Bryan.

Anyway, Bryan, you've got a brand new baby, and I know sleep is a commodity in your home right now. I feel pretty much the same way. We've got another one on the way. So, I'm not going to hold you much longer. I appreciate you getting on the call. Before I let you go, is there one or two other things you want to relay to us, otherwise I'll let you get off.

BW: No, no, I appreciate that. But, no, it's... Life's too short to blow smoke or to say anything else that's anything other than the truth. There is a physical, mental, emotional, spiritual aspect and maybe more, to all of us, to our existence. The physical is very real and again, I sort of started out the call saying this, but your physiology dictates as much as your mindset, as much as your emotions and these other things. It dictates your response, your results from diet, from exercise and ultimately your life.

I mean, just to use one other organ, your brain's function dictates your perception of the world. So, the better your brain functions, the better decisions you make, the

different ways that you can see things, your response to things. So, never discount it. It's not just about...if you can't have happy thoughts, if you're having a hard time with that, maybe it's brain issues. I'm not talking about big issues, but like neurotransmitter imbalances, really subtle things that you can really address nutritionally.

So, just don't discount the body, don't discount symptoms. If you have symptoms and if you're getting frustrated with exercise performance, diets not working for you, self-help books don't seem to be working, then really consider that it might be your physiology that's driving some of these things. That's it.

EH: Absolutely. Bryan, thank you once again and we'll be talking again soon, my man. I wish you a good night and we'll link-up again soon.

BW: Perfect.

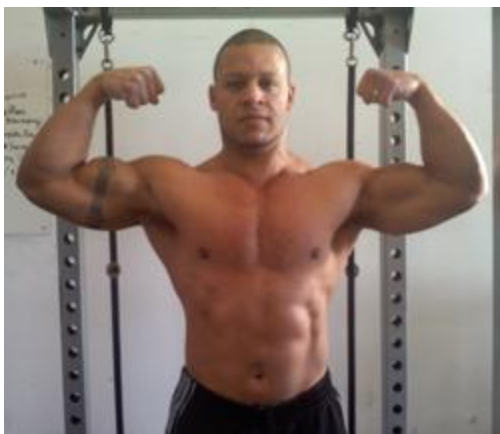
EH: Thanks buddy. Goodnight Buddy.

BW: All right, Elliott.

About The Interviewer Elliott Hulse

Elliott Hulse is a certified strength and conditioning specialist. He is a professional strongman and owner of Strength Camp Sports Training facility in St. Petersburg, FL. Coach Hulse is also a featured columnist for Men's Fitness Magazine.

Elliott is co-creator of The [Lean Hybrid Muscle RELOADED system](#).



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