

FIT 4 MOM
WHAT'S IN YOUR VITAMIN? (FEATURING PAUL SCHULICK)
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[Theme Music]

Do you think you are eating healthy? I bet you are still missing some vital nutrients that your body needs. But it's not enough to just pop a multi vitamin. Many of those are filled with artificial preservatives, coloring and are toxic in their own right. How can eating vitamins that are from whole foods, non GMO and organic help you achieve new levels of health? Join me today as we chat with New Chapter vitamin founder, Paul Schulick, about how to rev up your health. This is Motivating Mom

[Theme Music/ Intro]

We believe in raising healthy children, empowering women, cultivate healthy homes, supporting each other, motivating transformation, positive energy. We believe in the power of moms. We believe in you. This is the Motivation Mom podcast. Here is your host Lisa Druxman.

[Theme Music]

LISA DRUXMAN: Welcome back to the Motivating Mom podcast, I am so excited to be here because we are coming back after hiatus and I missed you, I miss doing this podcast. If this is your first time join us my name is Lisa Druxman and who am I? I am mom to Jacob and Rachel. I am married to Jason for 19 years, amazing, and I am an entrepreneur. I am the founder of FIT4MOM, I am an author and I am a writer and those are all things that I do but my why is the give you the strength for motherhood and that is why we do the show.

We are going to talk about fitness, we are going to talk about food, we are going to talk about life balance, we are going to talk about how you can live as you want your kids to live, because I think that is the best gift you can give them.

One of the reasons I am excited about coming back if I have a new producer [Woohoo]. I know I am so excite, I am not alone speaking now when I am podcasting and I want to introduce you to Sunny Gault who is the founder of New Mommy Media and she is going to help us make this show even better than it was before. So Sunny, welcome to the Motivating Mom podcast.

SUNNY GAULT: I am so excited and you guys should know that I am a listener, I listen to Motivating Moms. I feel like I have a front row seat to all things Lisa.

LISA DRUXMAN: Well I just thought it was a great partnership because you are doing such great things with New Mommy Media. So this is your chance Sunny, tell everybody about some of your shows.

SUNNY GAULT: So first of all I am a mommy, I have 4 kids of my own . . .

LISA DRUXMAN: 4 . . .

SUNNY GAULT: 4 kids, my oldest is 5 . . . So 5, 3 and then I have twins that are 2 years old. I am a busy mamma and yes New Mommy Media is my company and we produce audio podcast just like this one for new and expecting parents. So obviously we are really good fit there, we cover everything from pregnancy to you just had a baby now what do you do with your baby because they don't come with instruction manuals, right. Do you have an infant and a toddler; we have a whole show focused on twins and the whole show focused on breastfeeding.

LISA DRUXMAN: Well I am so, so glad because I cannot answer most of those questions so I am going to be sending my momma's on over the New Mommy Media. That is great. So we have a little new format with this show. So you want to tell our listeners about that.

SUNNY GAULT: Yes, so obviously you are going to get all the great content that Lisa has been providing you over the last year. So that is not going anywhere and Lisa at times will be interviewing different guest on our show, so we are still going to have that. I want to incorporate more input from you guys though. I want you guys to be a big portion of the show and so one of the things that we are going to start to do perhaps a little bit more frequently is to read iTunes reviews that you guys leave for us.

We also have a special segment called "Ask Lisa" where Lisa is going to answer the questions that you guys submit and we will talk a little bit more about that as the show goes along. But if you guys have any question for us in the process or if you have an idea for the show, we are all ears. So the best way to reach out to me is through our email and that is podcast@fit4mom.com and then of course you can check out all the great episodes on the FIT4MOM website which is at www.fit4mom.com/podcast.

So lot of good stuff coming up and we will just kind of go with the flow, you know we will see what the listeners want and we will start to add in different segments and I want this to be a collaborative experience you know where it turns into a conversation with not just me and Lisa but with you guys as well.

LISA DRUXMAN: Definitely this is your show, tell us what you want so email us, and let us know what you liked what you want more of and we will make it happen.

SUNNY GAULT: So I want to read some of the reviews that you guys have left for Lisa because they are so awesome. Lisa I don't think you have any reviews that isn't 5 stars which is so sweet.

LISA DRUXMAN: I have got an awesome village.

SUNNY GAULT: Yes absolutely, so there is a couple that I want to share with you guys in today's episode. So this one comes from, I may not pronounce this right but Darcy O'Shea and she says, the title of it is "my mom me time" and she gave you 5 stars of course . . .

LISA DRUXMAN: Thank you Darcy!

SUNNY GAULT: She says "*I love, love, love, Lisa's Motivating Mom podcast. It is inspiring and my go to run listening material because it gets me thinking and makes me feel strong. Thank you, thank you*

for the free and invaluable content delivered by mom and an entrepreneur and someone with a ton of heart". Isn't that sweet.

LISA DRUXMAN: I do, I love reading the reviews. You guys got to keep writing reviews because it's my fuel, I love it.

SUNNY GAULT: Here is another one and this is from daddy 1 and . . .

LISA DRUXMAN: A daddy?

SUNNY GAULT: I am not sure, I am not sure if it actually says but that's the account right it's written from. So the title is "life changing" again 5 stars and this person writes "*I know that, that is a bold statement but many ideas and strategies presented in this podcast has been life changing. I have adopted Lisa's MIT strategy and my daily planning has become so much more efficient and effective. I just listen to the episode on "changing your thoughts" and I'm excited to start implementing the strategy into my life and I am excited to hear part 2".* Isn't that great?

LISA DRUXMAN: Yes, Goosebumps!

SUNNY GAULT: So MIT, explain for people that don't know what is MIT?

LISA DRUXMAN: Well we talked about it in one of our beginning episodes; we can put that in show notes. So MIT stands for Most Important Thing, because I believe this is everyone and not just moms that you can do anything you want but you can't do everything. So it is really focused on every single day what is the most important thing you need to accomplish.

SUNNY GAULT: Awesome! The last comment we are going to read from iTunes is from Jessica Peralta. Jessica writes "*Lisa makes it very clear that she is just like the rest of us. In the trenches of motherhood, trying to figure out the daily balance of life, family, health, fitness and work. I love that her podcast is so relatable and I am appreciative of her insight and advice which help me get that extra strength I need for motherhood".*

LISA DRUXMAN: I love it and I am in trenches with you ladies, like I don't know it all. Like when I bring guest on it is usually because I need more support . . .

SUNNY GAULT: You need more help.

LISA DRUXMAN: Yes I need more help.

SUNNY GAULT: Alright we are going to take a quick break and when we come back Lisa is going to give us our focus on food for 2016.

[Theme Music]

LISA DRUXMAN: You know so many people knows me as a fitness expert and fit4mom, gosh fitness is in the name. But I really don't think you can achieve optimum health without food. So I want to talk a little bit about my focus on food for 2016.

For me personally it is not about the special diet, it is not about paleo or gluten free, it is not about a detox or a fix. By the way you are not broken, it is just about eating food that is close to nature as

possible. Real food is the ingredient, it doesn't have ingredients. So last week and I realize that it depends on when you are listening to this podcast but you can always go to PBS. I watched Michael Pollan's PBS special called "In Defence of Food". Watch it I will put a link to it in the show notes at www.fit4mom.com/podcast but I am telling you I loved it.

He talked about how wrong and I mean wrong nutritional science has been really since its inception. You know we always trust what these scientists say or what the research says. Over the course for the last hundred years every major nutrient has been vilified by both scientist and by public opinion. Think about it, you remember the days when fat was bad or protein was bad or carbs were bad and you guys this is not just in the last couple of decades, these goes way back to 1894.

Do you know John Harvey Kellogg, he is actually the founder, he is the man behind Kellogg's, like the cereal company, he started all of this . . . he started this. He was one of the first nutritional scientists if you want to call it that; he actually created these Sanatoriums where his focus was to get people off of animal protein. They did all kinds of crazy stuff like yoga animus.

SUNNY GAULT: I know it sounds really weird.

LISA DRUXMAN: It sounds really weird, yes nowadays if some Gurus said that you needed to do it you know . . .

SUNNY GAULT: You do it right.

LISA DRUXMAN: Like if someone told you that you could lose weight by doing yoga anima, most people would do it.

SUNNY GAULT: I might consider it.

LISA DRUXMAN: It is a possibility and so now yes will laugh at it and now we call it crazy but it continued then they started to . . . I like literally if you watch the show they talk about that they added vitamins to pastries and said that they were healthy because vitamins were added and then in my own generation I remembered going to college and there was the fat free craze. Now you are a bit younger than me Sunny but you remember that like everything is fat free . . .

SUNNY GAULT: Yes everything was yeah and Entenmanns, do you remember Entenmanns?

LISA DRUXMAN: This is exactly what I was thinking about, I was thinking about that I felt like I can have that entire box of fat free Entenmanns cake because it was fat free, like fat was the demon and now we look at that we are like oh my gosh that is crazy. Then there is the high protein craze where everybody was eating you know bacon was okay to eat as snack you know then it is just everything and now what you know now with the nutritional scientist are saying is that cholesterol doesn't make you fat. They are also saying that fat does not make you fat.

I really wish I knew that before.

SUNNY GAULT: Would have been helpful.

LISA DRUXMAN: So my thought in 2016 as inspired by Michael Pollan is to forget all these crazzers, forget all these diets, eat food mainly from plants and not too much of it. So I encourage

you my listeners, my village to consider making this not a year of diet, not a year of craze, not a detox but a year that gets you back to food as nature intended. Eat food as it comes from the ground or it appears in its whole form. So I am not here to preach been a vegan or vegetarian and there is a lot about that, like if you eat meat consider getting it from more sustainable sources that don't need GMOs, that doesn't need hormones and antibiotics and honestly it isn't brought up in a factory.

Like when I think of a cow, like when you taught your kids about a cow like I think of a cow roaming in a green pasture not pinned next to each other in this metal factory where they can't move and they are living in their feces, sorry but it's true. Honestly I do know that the world cannot produce the amount of meat that we eat right now if we did all grass raised animals.

So maybe eat a little bit less, maybe do a meatless Monday or maybe have you meat as more of a continent or maybe you do choose not to eat it is at all. Let's eat out less that's what one of my goal is, I go out to eat way too much been a busy mom and entrepreneur and it is just easy but it is not good. Eat out less, make more food with your family, I am really working on getting my kids to cook with me more like get those toddlers cooking Sunny, get them doing that and let's grow veggies like in your own garden even if it is just on your windows of your apartment.

So I really hope that you consider your body as the most precious gift that you have, I really think that. If I gave you Sunny, what would your dream car be like anything? Any kind of car, it is more of a dude question like anything? Would you want a Porsche or a Ferrari, like what would your dream car be?

SUNNY GAULT: Just like the top of the line crazy minivan I could find . . .

LISA DRUXMAN: Seriously that is very sad, that is so sad.

SUNNY GAULT: Do you know how much easier that would make my life, like seriously like . . .

LISA DRUXMAN: This is a dream, pretend you don't have to tow all the kids, take the Porsche or something like that?

SUNNY GAULT: I want to plane . . .

LISA DRUXMAN: So imagine the jet, the personal jet and I said I could give it to you but that is the only jet you are going to have for the rest of your life. You could not replace it. How good of care would you take of that Posh BMW jet? You would be so careful with it, you would change the oil, you would put the best gas in it, you would be careful where you put it, your body is the same amazing thing and guess what you are not going to get to replace it.

So I think now, I am 45 at the time of this recording, how do I want to feel when I am 65 - 75 - 85. My mom is listener, "Hi Barney" and she is my biggest fan, I love my mom, like my mom she is almost 70. I once said 70 on the show and she was like "I am not 70 yet", she is almost 70 but I am saying this mom because I think you are so awesome and like she is playing tennis and she plays with her grandkids and like she can fully keep up with them. Like I want to do that when I am 70, like I want to be active, you got to take care of your body now and every single day you have to invest in it.

You can't neglect it, you can't cheat help, again so please stop going for magic pills, a fast fix, this is the year to tap into nature. Your body is naturally intended so I am excited to share that with.

So if you want to be one of the few who does avoid cancer, avoid Alzheimer's, avoid osteoporosis, diabetes, heart disease, you can - you can do that and it is through this thing called food and exercise and maybe a little bit of meditation.

I know that you don't really like fish Sunny?

SUNNY GAULT: No, not really.

LISA DRUXMAN: Do you know that you are supposed eat fish 3 times a week?

SUNNY GAULT: Oh my goodness, no.

LISA DRUXMAN: I actually like fish but I don't eat it 3 times a week. So we know the incredible benefits of eating fish 3 times a week, of eating things like cinnamon and actually turmeric. So what you might be missing a food you can get through amazing quality nutritional supplements vitamins and that is what we are going to talk about in today's episode.

So when we come back I am going to introduce you to one of my favorite new entrepreneurs, he is not new but he is new to me as a new friend and he is amazing Paul Schulick from New Chapter.

[Theme Music]

LISA DRUXMAN: In this episode I am so excited to introduce you to Paul Schulick who is the founder of New Chapter Vitamins. Now Paul's passion for healing began as a young child, I love here this story, he actually a company in his pediatrician dad on house calls, I wish that still existed and so on carrying his dad's doctor bag he really understood that it wasn't simply the medicine that en-lived healing but the loving care that his father showed to his patience. So by the early 1970's Paul embarked on this formal study of alternative health and he just developed this incredible love of herbs which eventually let him into the natural foods retail business in 1977.

Soon after that he formalized his Master Herbalist Training through the school of natural healing. His early formulations, they were recognized by people as New Chapters, which I am guessing is how the name New Chapter came about.

In 1986 Paul formulated the products that we now know as New Chapter Dietary Supplements, which were the first line of whole-food probiotic nutrients integrated with holistic herbal extracts. So today Paul helps to direct the course of New Chapter and he expand his knowledge of healing to deeper levels.

I just want to say, part of the reason why I'm excited to introduce you to Paul is I have been on a hunt personally for a nutritional supplement that I would take and that I would believe in. So I knew I wasn't getting everything from food but most are just not good and I am so in love with these products, these are all what I take. This morning I take the multi vitamins for 40 +, I took their cinnamon, I took their turmeric, I did the mushrooms for anti-inflammatory like I feel so good as this is an additive to my healthy diet. So I am really excited to introduce you to Paul Schulick.

Hi Paul welcome to the Motivating Mom podcast.

PAUL SCHULICK: Hello Lisa it is wonderful to be welcomed. Thank You.

LISA DRUXMAN: When you and I started chatting before the show started and I could tell that we are going to have nothing short to talk about because you and I are both very passionate entrepreneurs possibly more causes than we are companies.

So I started by asking you what you are passionate about, what you want to talk about and you said it is the same thing for the last 40 years so why don't we start with that.

PAUL SCHULICK: So Lisa first let me just thank you for inviting me on this show and I also would like to always begin as I always do with thanking and I want to thank you for your remarkable work. I have the joy of reviewing your web work and listening to downloads from people who are with your group out in California. I felt the wave coming from California of connection and community and the love that you have spread. I want to begin with thanking you and then I also always like to thank the people that I work with, the people in the education area, New Chapter, and the people that have helped bring our products and make our product so beautiful for the world.

So the answer I think to the question is this what am I most passionate about has been this as you said the most beautiful piece of what attracts I think anybody to the herbal kingdom is what I refer to as the "Wisdom Of Nature". Any plant you study you begin to realize that there is immense wisdom and almost a sense of deep caring. My first herbal teacher or former herbal teacher was Dr John Christopher and he would always say that wherever you are there was a herb that could help whatever condition you are dealing with. I have come to learn through the years that, that is absolutely the case.

So each day that I have gone out for the 40 + years I have come to appreciate that the herbal kingdom has an immense amount to share with us if we can only listen.

LISA DRUXMAN: I love that, this passion of yours has been around for a really long time. How did you get into this?

PAUL SCHULICK: It started even longer Lisa, I actually went to my memory and I went on my first house call when I was about 4 years old. . .

LISA DRUXMAN: 4?

PAUL SCHULICK: 4 years old, I was blessed with an amazing father who was a pediatrician and he would take me on house calls and I remember my first house call because I loved my dad so much. I remember the feeling of going into the house, I am looking at the parents faces and seeing the amazing look of love that they had for him and also the amazing sense of relief that they had when they saw the doctor knock on the door and come in.

So that inspired me from my earliest memory to be just like dad, except that when I was in college I took a slightly different route, I was planning on being a doctor like dad but I actually fell in love with herbs and I did not fall in love with Aspirin. Not to say that Aspirin isn't wonderful but Aspirin gave me an upset stomach and ginger helped my stomach and also helped my headache. So I went in the direction of ginger.

I actually wrote a book about ginger 20 years ago.

LISA DRUXMAN: A whole book on ginger?

PAUL SCHULICK: I did, it is called “Ginger: Common Spice and Wonder Drug”, I think you can probably still find it.

LISA DRUXMAN: I love it.

PAUL SCHULICK: So that was what got me started, it was just the love of my father and the love of healing. I just really wanted to make my contribution.

LISA DRUXMAN: Well it has been 14 years that I have been searching for a company that I would be proud to call a partner and nutrition for storage diets and FIT4MOM and I have this huge responsibility, at least I feel this huge responsibility that anything that I recommend to these moms are what I would take and what I would feed my kids and New Chapter is truly the first company that I can say that in fact I was on your site last night and I bought so many different things and in fact you have to educate me because I need a little bit more education like can I take all of it.

Like I have for the multi vitamins for over 40, I bought the turmeric, I bought the cinnamon, I got the fish oil, how does a mom know when she is shopping even when it is an amazing product like yours that is non GMOs and organic and I love that it is whole-food base. How does she know what she needs and what is the right amount?

PAUL SCHULICK: What a great question Lisa. The best answer I can give you is that, that answers truly and allies within the person themselves. Although not many people yet know how to listen to that voice, but what I always tell people Lisa is to begin very slowly, what you just described as far as your program, turmeric and Wholemega and the multi . . . that is a wonderful way to start. We have what we often refer to is a core for our most significant products and I would say what you just described our 3 or 4 of the top 10 products, we have about 60 products that we work with, those would be the top 3 or 4.

Some of the ones are more specific for particular situations like one is looking to have healthy blood pressure or you are looking for particular vitamins, want more vitamin C, those are areas that one can work with but in general I would begin with the top 3 or 4 products. If for young mother you would want use our product like our Perfect Postnatal and that could be your multi and then virtually every government organization recommends that everybody should have the equivalent of two servings of fatty fish per week.

Essentially when you take 2 Wholemega per day you are getting the essential fatty acids of those 2 serving of fatty fish per week. Then you chose Lisa and I think very wisely . . .

LISA DRUXMAN: Oh I did good.

PAUL SCHULICK: Well the herbs that you chose about 10 years ago, we declared here in New Chapter that the single most important herb for the Western World is Turmeric. All one need to do is to do a little bit of homework and you will see thousands and thousands of references that details the health benefits of taking turmeric.

When I was in India about 10 or 15 years ago, they informed me that they are born with turmeric, they are married with turmeric, they give birth with turmeric and they die with turmeric. It is so revered because essentially what it is doing Lisa it is helping to manage I would say healthy cellular response and turmeric is just a really, really important herb for as a restorative and health benefits to the body.

LISA DRUXMAN: I love it. I was so impressed on your website. You have an entire section dedicated to moms and education moms, so what are some of the products that, let's face it before we become a mom, our prenatal needs. What should moms make sure that they are taking then?

PAUL SCHULICK: As far as prenatal is concerned, it is a very, very delicate area in terms of supplementation and I say that the most important product that our young women can take in preparation for a delivery would be the "Perfect Prenatal". We basically design that product just for that purpose. Virtually every doctor and even many holistic practitioners' believe that a young woman who is preparing to deliver should basically eat as Wholesome a diet as one can eat and you absolutely don't need me to lecture you about the benefits of staying active.

There is absolutely no question, everything that I have ever read is so interestingly . . . I think far more important than any supplementation would be to stay active both in body and actually in mind. Barbi and I, Barbi is the co-founder of New Chapter, we started our company together a little over as I said 35 years ago. I met Barbi as a meditation teacher, so we both believe first that the power of the mind comes first or the beauty of the mind I should say comes first.

So young woman who is about to deliver should be paying close attention to her thoughts and her energy and her inner state and from that she would get the wisdom that she needs but I clearly would steer one towards this amazing . . . When my teacher Dr. John Christopher used to say that every fruit, every vegetables is a herb and so I would just be conservative and just really recommend the "Perfect Prenatal". I really can't tell you the number of young mothers who have said this is a perfect prenatal baby and beautiful.

That is about as good as I can get on that for now. Postnatal; we have another supplement that we designed and well researched and it covers many, many different areas. That supplement I think is a more refined supplement for women after they deliver and then I would say in that area and I would definitely at least check with their doctors but one can then start expanding one's diet and maybe experiment with a few more of your culinary herbs like rosemary and ginger and turmeric and you know most grocery stores today you can find fresh turmeric and clearly fresher ginger and those things can often be a great boom to a young mother.

LISA DRUXMAN: I love it. So I thought I was doing the right thing by taking fish oils before I started taking New Chapter. Then I realized until I became a little more educated that the fish oil I was taking was not wild and was farm raised. Can you talk a little bit about why that should be a concern and why you are so proud to have that wild Alaska Salmon?

PAUL SCHULICK: Yes, great question thank you Lisa. I like many health students I would say has been long familiar with the benefits of the fatty acids, the Omega 3 fatty acids almost every day and other scientific articles published on the health benefits of EPA and DHA. Unfortunately the vast majority of supplements that are on the market are highly refined products that are derived from anchovy sardines, menhaden and those products are created through a process because the oils are a byproduct that are used for farming animals essentially.

What happens are those oils need to be highly refined because their purity is off question. So they have to winterize it, deodorize it, bleach it, molecularly distilled it and those steps remove many of the or greatly diminish many of the potentially valuable nutrients. Like for example Vitamin D or Salmon oil you have a nutrient like astaxanthin and there are many other fatty acids I learned for example I didn't even know until we started doing studies on wild Alaskan Salmon oil that there were oils like palmitoleic acid which is also called Omega 7.

There are many different Omegas which are very, very valuable for our health and so when I got a call about 5 years ago Lisa from an Alaskan fisherman who told me that he had this fresh essentially extra virgin wild Alaskan Salmon oil that was created right on the boat after the flay of the salmon essentially had been created. They pressed this oil and it was as precious in oil as one could find and when I experimented myself . . . and when you mentioned something earlier that I would have liked to have caught at the moment because it was such a beautiful comment you said something to the effect that you embraced so much for yourself that you feel an immense responsibility for what you recommend to other people.

LISA DRUXMAN: I do.

PAUL SCHULICK: I just want you and whoever is listening to this in the future to understand that the single most important message that I always feel I need to tell people is I am making and I am taking these products myself. I have never in my 30 + years ever made a product because it was going to be a profitable venture. I have always made the product because either I wanted it for myself, for my family and friends. So there is an immense just like you Lisa an immense responsibility I feel and when I discovered this wild Alaskan Salmon oil, I realize that it was for me and my family and much better in my judgment than the highly refined purified oils.

But I even took it one step further because I knew that these kinds of oils are potentially unstable. So with about few months worth of study in different botanical systems that might be able to stabilize better the fish oil, the wild Alaskan Salmon oil and we with the chemist in Germany able to discover a combination of regenal and rosemary. That was able to effectively stabilized oil even for a longer period of time.

So we are very, very proud of this and we feel like it is probably one of the most important contributions that one can make and then from an ecological perspective this is a real side note but I am reading this book called "Sapiens". In there you start realizing my goodness the Homo Sapiens is really potentially ravage in the planet. One of the beauties of Omega is no incremental fish are been sacrificed for production of this product. It is all been created from the trim that is left over from the flare and it is all part from the very highly sustainable practice that is being done in Alaska. It is a model actually for the world.

LISA DRUXMAN: That means one of the reasons we are so proud to be partnered with you is I know your commitment to high quality whole-food products that you and your family take but also your commitment to the environment. So there are so many ways that there is just great synergy between our company's and very, very proud to be working with you.

So we have some moms who have approached me when I said okay New Chapters is the vitamins that I am taking now and what I recommend who said you know what Lisa I eat so healthy, I eat a really great whole diet, I don't think I need supplements. What do you say to that because I worried that we have ravaged our earth so much that even if you eat whole foods you are not getting all the nutrients that you need?

PAUL SCHULICK: I don't know these are all the best questions.

LISA DRUXMAN: Oh good you are great at massaging my ego.

PAUL SCHULICK: It is an interesting point, I heard recently from one of our consultants that in our culture for the feedback that we get that are possible if we get 17 negatives. We all need a little bit more love in our lives. Let me see as far as your most recent question is that I think there is great wisdom in our food and I think that there may be a number of the young mothers who may not need to supplement.

But I must tell you Lisa that I felt quite sobered when I saw a recent research from the United States Department of Agriculture that demonstrated for example if one looks to get calcium from broccoli that you have to consume 4 times more or at least two or three times more broccoli today than you did 50 years ago to get the same kind of level of calcium. Something to the effect you have to consume like 30 or 40 apples to get the same level of one apple 50 years ago.

LISA DRUXMAN: That is crazy.

PAUL SCHULICK: So there is no question that our food is getting less nutrient dense and the other aspect is many, many people have in my judgment, forgive me if I am being judgmental here but many people have different definition of a good diet. When I started I was a vegan about 45 years ago I started a vegan diet. What I thought was a healthy diet was pasta and I don't know, I was on a vegan diet but now what I know is I didn't eat enough of the dark green leafy vegetables and the nutrient dense fruits.

For example even things like apples as I mentioned earlier, the skin of apple is so much more nutrient dense. Whenever sometimes I see my daughter making an applesauce which you would think would be healthy, she is peeling the apple, and I would say you know Rosie I wouldn't peel the apple because what you're doing is you are depleting significantly whatever is left in that food.

I think it is a combination of what our knowledge is about nutrient density and also the quality of the food and then there is also the last factor which I'm sure your exercise routines would greatly enhance. But what happens is under stress as you know the digestive system is greatly reduced in its efficacy and we don't get the value of the food, we don't chew as well, we don't digest our food as well and the foods transit time is either too slow or too fast and we don't get the benefits that we need.

LISA DRUXMAN: Alright! So normally when I start the show I realized . . . I usually ask . . . because I usually have women on the show who they are mom to. I should have asked you who are you a dad to.

PAUL SCHULICK: I am a dad to a beautiful daughter who is 30 years old, Rosie and I am a father to my son Jeremy who is 35 years old. They are both just spectacular human beings. Barbi and I are both very, very blessed, I don't know this is probably . . . haven't been a support to Barbi through both of the deliveries, it gave me such an immense respect for what I have started out this conversation with Lisa was the Wisdom Of Nature. How to witness Barbi's body going through this amazing transition and watching her . . . Charlotte who I'm sitting here with referred to the process of pregnancy is somewhat although beautiful, somewhat traumatic on the body that the body has to go into such a state of metabolic shift.

But during that time the importance of super nutrition cannot be more valuable and what I also learnt if we were creating our Perfect Postnatal product is that just literally in the first 4 months is it Charlotte, 4 months of postnatal, the energy requirements are equivalent to the entire process of pregnancy for breastfeeding. So it is really a combination of immense respect but as a father I am profoundly grateful to the Wisdom Of Nature but thank you for ask me that question.

LISA DRUXMAN: You are welcome. You mentioned that you used . . . I am all over the place, that is pretty much how I am, you mentioned that you use to be a vegan. Are you a vegetarian now or do you eat meat? What is your personal nutrition now?

PAUL SCHULICK: What I do is, I essential what I refer to is a nutrient dense diet. I eat the most nutrient dense food I can find. Dr. Joel Fuhrman wrote the book “Eat For Life”, I believe and I have read his book a couple of years ago and was profoundly influenced by it. I have always kind of eaten like that, but I have gotten even more focused on that so. I eat probably at least 2 pounds of fruits and vegetables each day. Probably somewhere about 10 to 15 servings of fruits and vegetables and I would say at least 30 or 40% of that is raw.

I blender and I blend up a fair amount of my greens and I do love to eat more mostly fruits and vegetables. I eat some keenwah or I would have some greens. What you do find is and again referring back to your mission, the most important thing is to make sure that you digest your food and that the food is nutrient dense. If you are not exercising the food is simply not going to be properly metabolized.

You get the nutrients your muscles and to your cells when you are exercising. So basically after I eat a meal, as important as my meal is, it is as just that important at 15 minutes to half an hour after I finish my meal I am out exercising. I am out as fast as I can walk every time I finish eating and I usually eat about 4 meals a day. So I exercise 10 to 15 minutes at least at least each time afterwards so it turns to my personal life style and this is being well supported in the science, that is one of the most important thing we can do.

LISA DRUXMAN: That is such a great piece of advice. I am so taking that one. I love it that is great. As we are getting ready to wrap up if there was only one thing you could leave these moms with what do you want them to know?

PAUL SCHULICK: This is going to sound super corny Lisa.

LISA DRUXMAN: I love corny, go for it.

PAUL SCHULICK: And I am not as the new age guys I may sound . . .

LISA DRUXMAN: I think it is okay don't apologies for it.

PAUL SCHULICK: But I would say is just smile. I would say a smile and exercise and find as much love in your life as you can. Give as much as you can, love as much as you can and care as much as you can. That is the most important piece of advice I can give you or anybody. Barbi and I do tieche every day together, cheegon that's our other form of spiritual exercise. As far as diet is concerned which is I know probably my greatest area of experience, I would say . . . one of my teachers Dr. John Christopher would say “ it is better to sit down to a burger that is if you eating in peace than it is to sit down to a bowl of broccoli if you're not in peace.

So I would say to eat that bowl of broccoli in peace and to have a little bit of ginger on top.

LISA DRUXMAN: I love it. Well I am smiling ear to ear, you can't see me but I am because I love everything that you shared and I am so full of gratitude and appreciation that we are getting a chance to get to know you and to work with you at FIT4MOM and to introduce you to our Motivating Mom listeners. One last thing and I didn't give you any preparation for this; do you have a favorite quote that you want to leave us with?

PAUL SCHULICK: I love that, I have so many of them. . .

LISA DRUXMAN: I know.

PAUL SCHULICK: You know what is interesting on my wall Lisa, I have got a wall with Mother Teresa, Martin Luther King, Albert Einstein, Helen Keller, Thich Nhat Hanh, Abraham Lincoln, Anne Frank, Mahatma Gandhi . . .

LISA DRUXMAN: All of these are on your wall?

PAUL SCHULICK: They are all on the wall and they are all with a quotation, asking me this is ultimate question and each day I have a favorite depending upon what my spiritual a quest is. I don't know I am being called right now to Eleanor and her quotation is “you must do that thing you think you cannot do”.

LISA DRUXMAN: I love it, I love it. Paul thank you so much for being our friend, our partner and thank you for being on the Motivating Mom podcast.

PAUL SCHULICK: Lisa thank you for all the love and joy and the health you are spreading around the world.

LISA DRUXMAN: That is a pretty great way to end. I hope you enjoyed meeting Paul. I am just taking a back by his passion for health and living. I don't know about you but I felt happier and healthier just talking to this man. So if you want to check out any other products go to www.fit4mom.newchapter.com and as always if you go to our show notes which are at www.fit4mom.com/podcast . We would always give you the links to everything mentioned in the show.

Sunny we just finished our first episode together.

SUNNY GAULT: We did, that was fun.

LISA DRUXMAN: That was so fun and I am so excited we have so many great, great segments coming up, so I can't wait to release them all.

SUNNY GAULT: Yes and we do want to hear from all of you guys, again this is your show. So if you want to get in touch with me and about any ideas you have, or if you want to submit the “Ask Lisa” segment that we were talking about earlier in the show, send us an email it is podcast@fit4mom.com and then again be sure to check out the website at www.fit4mom.com/podcast and then of course all our show notes will be up there as well.

LISA DRUXMAN: Thank you so much for joining us. Your time is so precious so we hope we gave you a little bit of strength, a little bit of inspiration and definitely a whole lot of support.

We believe in the power of moms - we believe in you.

This is Motivating Mom - Strength For Motherhood.

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