

The Paleo Solution

Episode 90

Robb Wolf: Hey everybody, Robb Wolf here, Greg Everett and then we found a bunch of gypsies for Episode 90. We're Episode 90, right Greg?

Greg Everett: I believe so, yes.

Robb Wolf: Okay, we've got the Modern Gypsies here. Guys, introduce yourself. Eric start off and then we'll go John and Taylor, eventhough I've just kind of introduced you, but cute yeah.

Eric: I'm Eric, gypsy number 1, the biggest and most mustache.

Robb Wolf: Sweet.

Greg Everett: John, you're up. Oh, oh.

Robb Wolf: John is breaking up. We'll shift to Taylor.

Taylor: Yeah. Okay, I'm Taylor, the best looking gypsy but the least mustache of the gypsies. [Laughter]

Robb Wolf: And, is John rolling in or – okay, I like that though. I would prefer being shockingly good looking but kind of skinny on the mustache side, although we've had some – we've had some friends who...

Taylor: Those things we spent to go well together.

Eric: Taylor was never going to have a problem with his mustache when he couldn't even grow eyebrows properly so.

Robb Wolf: [Laughter]. Oh low-blow buddy. You could go to the Lee Press On Mustache or eyebrow option, but I don't know, that's kind of incursive move in Might Chief when you're running through the desert, so.

Eric: I see it more of an evolution of man. We don't really need of that much hair so I just feel like I'm ahead of everyone else.

Robb Wolf: Okay, okay. Everybody else is at the shallow end of the gym pool and you're kind of leading the whole thing up. So guys, the folks don't know,

you guys are the Modern Gypsies. You guys have been the fanny-kicking crew on Expedition Impossible, ABCs Wildly Popular Reality Show.

Guys, tell us a little bit about just kind of your background. Eric – we'll just kind of go – Eric, John, Taylor, just so that we got a little continuity with this stuff. Tell us a little bit about your fitness background first and then we deal in these some other stuff.

Eric: Yeah, fitness background, I mean for me really started through high school, we've just playing basketball. I was always kind of the big goofy dude on the court [Laughter]. I never was really great at team-sports, I just couldn't get it.

And then, I really got going in college. Everyone in college had the mentality of getting huge, especially at the Florida, the Big Florida State School that I just wasn't with that man, like it didn't really make sense some.

So I found this little crew in the back of the Clyman Gym in this tiny room that was doing this thing called CrossFit and I started participating in that and I have been doing it pretty continuously ever since 2006 even through travel. So that CrossFit mainly what I do but also some yoga and climbing.

Robb Wolf: Nice, right on. Is John back in or did we lose on for this?

Taylor: Yeah, Eric was in CrossFit before I've been – yeah, can you hear me?

Robb Wolf: Yeah, you're in and out a little bit. You're good.

Taylor: Okay cool. Yeah, Eric is first person I've ever knew who did CrossFit, I've never heard it before. I remember we were living in Greece on summer and we've climbed up to this top of this mountain and he would want to lift his boulders.

We got – with these huge boulders over our heads doing like squats with like this huge boulders and I'm like, "Dude, what are we doing?" He's like, "It's CrossFit."

Robb Wolf: About time. All over me.

Taylor: My first introduction to CrossFit. My first introduction to CrossFit though.

Robb Wolf: Where in Greece were you guys living?

Taylor: We're living on Eos, what of the great isles. We were bartending and doing CrossFit and just having a good time. That was one of our first real adventures that let us into being kind of gypsies.

We went out there and having such a great time. We realized how open and accessible the world was and we want to see more of it. So and we graduated from Uni, we just took and travelled.

Robb Wolf: Nice. Why did you guys come back?

Eric: I don't know.

Greg Everett: You were bartending and hanging out in Greece and you came back to the states. I'm kind of shock here.

Eric: In Greece we mainly specialized in serving Swedish girls drink on the beach. At least that was my profession.

Greg Everett: Exactly. So why did you come back?

Robb Wolf: Wow. And again you came back or what?

Eric: I'm still asking myself the same question. I guess to compete on reality shows.

Robb Wolf: Dude, I would have burnt my passport and just about all knowledge, I would have forgotten English at that point. So Taylor, tell us about your background and all this stuff.

Taylor: Yeah okay. Well, I've never really known of CrossFit until Eric got introduced it to me. I've seen him do some workouts and I'm like that's the stupidest thing I've ever seen. Like, why would anybody want to do that up to themselves and I was completely against it first.

But then after doing a couple of workouts, it's just really gets addicting. It's pushing yourself everyday of the workout and I became addicted and it was a great experience, it's a great workout.

Robb Wolf: Greg and I are going to start a 12-step program at some point but we're just waiting for a little more critical mass on that.

Greg Everett: [Laughter].

Eric: I've seen it, yeah.

Robb Wolf: Yeah, I think it's definitely a growth industry on that, so totally. So guys, tell the folks a little bit about how you initially got exposed to the show. Like, who put you in contact with the show? What was the kind of the casting experience and all that stuff and again we'll go Eric, John and then Taylor.

Eric: Yeah, none of us really had any desire to be on television at all. But I was bartending, just kind of on the side on weekends in Sand Diego and this really cute girl name Charlene Charbruno **[0:05:50] [Phonetic]** came up to me one day.

She was actually on Survivor Simba **[0:05:56] [Phonetic]** a while ago and she was like, "You know there's a show coming out with friends of Cassie and director, I think guys it would be awesome." So, I kind of like checked it out. I said, "Yeah, yeah whatever." But I checked it out and it was just Expedition Impossible. It just sounded like exactly what we've been kind of preparing for indirectly our whole lives and...

Robb Wolf: Especially if there was a bartending functioning involved in that.

Greg Everett: [Laughter]

Eric: Oh my God. We would have killed or willing Swedish -- but we formed a group with John, Taylor and I. John was just getting back to Cambodia. Taylor's a producer in Sand Diego.

We are able to make a quick casting video and put it together, send it out and then all the sudden the Cast making these cuts. Like, "You guys be in the cut, be in next cut." We never thought we'd be on the show but the next thing we knew we're up in the finals and did physical and mental testing and meeting Mark Burnett and then we're in Morocco, so it's just kind of how it all went down.

Robb Wolf: Is it the mental testing kind of wacky where you do like 15 hundred question asking like in as many ways as they can? "Do you want to commit suicide? Does a spiritual guide lead your life?" And you're kind of like, "Really?"

Eric: [Laughter]

Robb Wolf: So that was crazy.

Taylor: They do and they get pretty mind, I mean after like 1,000 questions. So I'm pretty stress somewhere that you like slipped up and said you did some ridiculous and then you like, "Oh, way a second, I didn't that."
[Laughter]

Robb Wolf: Dude, so did that kind of covered all your experience into the show? Did Eric kind of, can you give us a highlight on that?

John: This is John. I was actually living in Cambodia when I got an email from Eric, and all he said was, "Hey, there's this new show called Expedition Impossible and I think that we should go for it." And I saw the title Expedition Impossible and I was like, "Yeah, that sounds right up at alley, that's something that we want to do."

You asked why we stopped travelling and really we didn't. I was – we've lived in Australia and New Zealand for a couple of years and we travelled through Asia and Eric just happened to be in San Diego at the time, still kind of travelling, and I was in Cambodia and we all came together and shot a video over Christmas when I came home for holiday and I never went back.

Taylor: Yeah, the casting experience was pretty interesting. Like Eric was saying, we get pass all these cuts. I remember what the last one for the – right before we got to the finals for casting. They said, "If we call you – we're going to call you on Friday. If you don't hear from us, you didn't make it, so don't bother calling."

So it's Friday, me and Eric and John were kind of texting each other like did you hear, did you hear, did you hear and none of us had read. 5:00 passes for like, "Damn man, I guess we just didn't make the show." About 7:00 that night, we get a call from Casting saying, "Hey, we want to meet you up in L.A. and we're like, "Oh yes, we made it."

Robb Wolf: You guys were already pissed from commiserating over your failure by that point.

Taylor: Yeah, exactly.

John: We have really time for that. I had already texted Eric and I said, "Hey man, he was punching this video and I had a great time doing with you guys. Too bad we didn't make it but who cares." And then like 30 minutes later we get this call like, "Hey, you guys made it." But like I don't know.

Robb Wolf: Awesome, awesome. So now because of the CrossFit background, I'm kind of assuming that's where you guys kind of got exposed to some kind of paleo primal eating. Like, how did the food go with this? Obviously, this stuff seems to travel as package deal. We're seeing more and more people even outside the CrossFit seem like if they're concerned about a lead performance, then they're doing something that sniffs a whole lot like paleo eating, like how did that get on you all's radar? How far the field was it from the way that you were eating prior to doing all these stuff?

Taylor: Yeah, before we got on the show, I have to admit, I was the least in shape of the group. Eric was definitely super athlete from CrossFit and even paleo and I just adapted to that lifestyle and it really come like transform me.

I mean I lost 15 pounds for the show and I've just got cut and I can see abs now and I was never really out of shape but I think Eric used to like to call me "frumpy." [Laughter]

Robb Wolf: [Laughter]

Taylor: And that got – that went away pretty quick once I changed to the CrossFit paleo lifestyle.

Robb Wolf: So when the Swedish girls took you home basically they flipped the light off, is what you're saying?

Eric: He would go on the dark area.

Taylor: Oh.

Eric: He got **[0:10:40] [Inaudible]**

Taylor: Yeah.

Robb Wolf: So Eric a little like, you were the early adaptor on the CrossFit, seeing and all that. Like, how did the paleo concept get on your radar, paleo primal and you know all that stuff?

Eric: Yeah, you know I was on the CrossFit in like 2005, 2006 and then I kind of to travel and I lost a bit in touch. We popped in gyms every once in a while but I didn't really learn about the whole paleo lifestyle until I was training at CrossFit Invictus in Sand Diego about a year and half ago.

And then as soon as I joined up with them, it was such a tight community and they would always have – they have this like paleo parties and challenges and it just was – everyone was kind of driving each other and I read into it.

I was looking around on the different blogs and online and then eventually when your book came, I got your book, and it just made sense to me, it really did.

And I saw the change that it made in people's lives and their energy and they were all fitness and how it – it really contributed and played extremely well with CrossFit. So I probably started that about a year ago or so.

Robb Wolf: Cool. Yeah and if folks aren't familiar -- I just want to throw something it really quick about CrossFit Invictus, like one of the best gyms around, CJ Martin runs that that operation. Phenomenal coach and we'll make – I have to sit down, this would be something for different podcast but I'm willing to bet that between CJ Martin and actually our own Greg Everett on this show.

I think these 2 coaches have probably trained more CrossFit games competitors, CrossFit game top 10 finishers than any other coaches on the planet.

Greg Everett: But in my case it was accident, so.

Robb Wolf: [Laughter]

Eric: Yeah exactly. One of my best buddies I grew up with who I got into CrossFit. David Page is out of Brick CrossFit in Los Angeles and CJ has been doing a lot of the programming for them and they just came – they came in 2nd place in the regional. So yeah he's been amazing coach and just a great gym.

Robb Wolf: Absolutely. Sorry, I didn't mean to interrupt you [Cross-talk]. What's that?

John: That's okay. This is John. I had actually heard about...

Taylor: See John is on the mountains of Virginia, so reception is poor.

Robb Wolf: Maybe when he fades out.

John: Boy, I haven't started in CrossFit. Can you guys hear me?

Eric: Yeah, I can hear now.

Greg Everett: Right now or not.

Eric: John, are you there? Okay, let's keep going. We'll get back to John.

Robb Wolf: We'll do Taylor. Whenever John fades out, we'll just dub in some banjo music as he's in West Virginia.

Taylor: That was perfect.

[Sound]

Eric: That would be awesome.

[Sound]

Robb wolf: Yeah, it looks like we fully lost John. So let's just go. He's back, he's back. Taylor, let's hear about you. Did you already try in the paleo/primal stick, how you got into this?

Taylor: Well, you know it's funny as I have my mom in town visiting and every time she comes out her she brings New York bagels 'cause that's what I grew up on just bagels and pizza.

And I had one this morning actually. I cheated and it really wasn't worth the cheap. I mean, it's a New York bagel but I have no desire. She usually brings like a dozen each for me and my brother and I didn't even bring any home with me.

I just left it at my brother's house, so I definitely adapted to the paleo lifestyle. I mean, you can't really be a 100%. Well, I mean you can but it's not really that fun if you are [Laughter]. But I definitely adapted to the paleo lifestyle and I know a huge change in my body and my energy level, and I'm definitely on board with the paleo lifestyle.

Robb Wolf: And you know it sounds like with you guys as bartending background you've hold in one of my rules to life which is "Drink enough to optimize your sex life, not so much that it damages performance," so.

Taylor: [Laughter].

Eric: I'm always be the best, best student.

Taylor: Everything in moderation including moderation.

Robb Wolf: Exactly. So if you guys want to – do you want to walk folks through maybe the first couple of episodes that you've had and kind of some highlights on that? Obviously you know, you can't give away anything about on aired episodes and stuff like that but can you walk us through maybe the first couple of episodes in any kind of drama or weirdness that happened with those?

Eric: Yeah, so we're going on Episode 5 now, which is air on this Thursday at 9:00 and we've won the first 4 episodes which are really consisted of – first episode was racing through the Sahara Desert. Racing up sand downs with the other 13 teams and repelling huge clips.

We were taming Arabian stallions which I never thought we'd do, and we actually didn't see some of the footage but I got back off the stallion and the full gallop right on my back...

Robb Wolf: Nice.

Eric: ...[Laughter] which happens. Racing camels, crossing more mountains, we did this last episode was in the Atlas Mountains which are covered in snow got up to about 10,000 feet and it's just been a hell of a ride so far.

There's a preview up for the next episode and you do see John's ankle twisting in the previous, so it kind of add some drama there. We will what happens.

Robb Wolf: Will he manage to limp as way all the way to West Virginia, so he could have been suspected, so.

Eric: [Laughter] Exactly.

Robb Wolf: Cool. So now, like one thing I think probably interesting for folks is how much film time goes in relative to like each hour of actual TV time? Do you want to comment on that, like is it kind of weird or?

Taylor: Oh my God, they have so much footage of us. They definitely overshoot because the first couple episodes we missed a lot of what happened in the first couple episodes, just because there's so many teams, there's so much going on and they couldn't really pack it all end up 42 minutes of one episode.

So I guess it's better to overshoot than undershoot but they had I mean they had like 20 cameras out there. They had a helicopter – camera on the helicopter. They had helmet cameras on each team, so ton of footage and I really don't even know how they decided to edit, how they edit it just because there's so many decisions to make with all that footage.

Robb Wolf: Cool, super cool. So what's – I guess we can't ask too much about this next up incoming event. But what were the kind of impressions of other teams as you guys went along kind of fitness regimen that you guys had, the food regimen like was it – what was their take on that and did it evolve overtime?

Eric: Yeah, I mean when – it was really strange because when you first get to Morocco, you're flying on this chartered flights with the 13 other teams in 3 and you can't talk to anyone, so you're kind of just eying them up and you're like, like where they're from, what's their background and what's their fitness level like, and yes, so that went on for like 3 days.

And then I think at one point we saw the football players doing like a CrossFit kind of style workout. I think they were just doing some circuits but for awhile I remember John and I looking at each other and we're like oh no, we're like shit, they know CrossFit.

We're like that's our secret weapon --they can't. So that's one of the things and just watching from people who eat. I mean they pretty much eat anything that came to the table. So I thought we did a pretty good advantage on that side as well.

Robb Wolf: Nice.

John: Yeah I think the other teams when we first got there. Sorry I was – it was pretty tough when we first got there to eat because we're in Morocco and we didn't have a choice on what food they were giving us and so we're picking through, trying to eat only paleo food and everybody was looking us like we're crazy and we're kind of like hard team to deal for the production crew because we wanted like – we knew what was good for us and what we wanted and they – we're having a hard time getting in the bush.

So we went hungry a lot throughout at the beginning of the episode and at the same time we went into this super fit dudes with like he's really hard creating have come out malnourished a couple of weeks racing in the desert, so I'm still recovering from that.

Taylor: Yeah to make it interesting for the viewers I guess, we weren't allowed to talk to other teams until their gun went off in the first episode. So they were – from what we've heard, they were just kind of like, who are these weird guys with mustaches and eat like rabbits and don't drink soda and I think after they saw our performance in first couple episodes, they started coming us like, what do you guys do, like how do you – how are you so good at this stuff.

And it's just we'd share with them as much as we could about you know CrossFit and paleo and even we brought a small foam roller to roll out at night after a day in the desert and we'd share out with them. So everybody was taking it back at first you know who are these weird guys but then after our performance they'd like, what are you doing, can we do it to? And we were more than willing to share.

Robb Wolf: That's awesome. Have you guys maintained some contacts with any of the other teams?

Eric: Yeah we stay in close contact with – we've contacted pretty much all of the teams but our main home that – home boys are the No Limits which is Jeff Evans, Aaron Isaacson and Erik Weihenmayer.

And Erik is he – I'm sure you're familiar with the show is he the blind climber and he's actually the only blind guy to have ever summit the Everest. But their team – they're just awesome. They were like our big brothers throughout the entire show. We'd always keep each other shit. But man, I'd never laughed so hard as when we'd hanged out with those guys after a long day.

Robb Wolf: That's awesome, that is super cool.

Eric: Yup.

Robb Wolf: So now tell the folks a little bit – I know one of you guys need to drop off here pretty quickly so I wanted to make sure that we get really quickly in to some of the that went draw-pick stuff that you guys are up to. Tell folks about that, how they can contribute to this and you've got a little bit of contest growing about what you guys are going to do next?

Eric: Yeah, John you want to get that?

John: Yeah sure man. So, basically we've partner with free to charge and we're doing a really cool thing wear. Our fans and supporters and friends can go

online and vote on where our next adventures going to be and you get this experience from like a clean water project in Ecuador, healthcare in Kenya or alternative income in India.

And so people would to go in there and whichever show – sorry, whichever project people like the most we’re actually going to go and do. And Free to Children has this incredible performance and we’re hoping to go over there and get our hands dirty and we’re going to live update people and show footages in what we’re doing and people can be really involved and we’re just trying to make so positive from this whole experience and get back to the communities that have helped shaped my life and I’m sure Eric and Taylor that also have to have a big impact on who we are today and we’re going to try and get back, so.

Eric: Yeah, just to touch on that. Yeah I mean we came up with this whole concept of compassionate, adventure. So that’s kind of what we’ve been doing for the past few years is adventuring, having this hardcore amazing adventures all well contributing back, doing different, so in **[0:23:24]** **[Inaudible]** activities.

So we’re trying to inspire the compassionate adventurer and other people. So eventually once we go these locations and do these projects and have these adventures – we’re hoping to film a small production and putting up on our website and just get our audience and fans involve as possible and really show them how they can be a part of it.

Robb Wolf: So now, where can folks track this information down?

Eric: Yup, so you just go to our website, it’s www.themoderngygies.com or you can check it where the Gypsies on Facebook and we’re also on Twitter as well. But just check us out, we’re always doing updates. We have different blogs, recapping the shows from Expedition Impossible and it’s just a great way to get involved. We’re very interactive with our fans.

Robb Wolf: Cool. So now, is there anything looking back that you guys would have done differently prepping for your show?

Taylor: I think we hit it the nail on the head with CrossFit. I mean we had some really some long day so it’s more endurance and marathon in days. But like CrossFit it really helps you out with that as -- it helps you out with the long days as well. Just the energy you get from eating Paleo and the fitness you got from CrossFit.

Robb Wolf: Definitely it's amazing from mental toughness. I mean you get some show lackings that are about the worst thing you've ever imagine. So it's hard to cook up other situations outside to some of the CrossFit burners that you end suffering more, like it's definitely amazing from mental toughness.

Eric: Yeah.

Taylor: Absolutely.

Eric: Totally and I'm just touching on that. I think mental toughness was just as important, if not more important than our physical toughness and I think CrossFit really really helped us out with that. I mean, just knowing that you can take a beating and still stand up and walk away at the end of the day.

I mean when we've had these long days in Sahara Desert, it was 110 degrees outside and you're a – stand up in the stand. Oh that's 4 football for Mike and you got to walk away that fast.

Robb Wolf: Super cool. Can you think of anything else which you think that's pretty good?

Taylor: John, your speaker is too loud or something. Exactly.

Robb Wolf: Minus. I think that's better.

John: Yeah sorry guys, you call them **[0:26:01] [Inaudible]** 'cause I was – I just got a tech present hey I already broke your ankle in the next episode. You better get it together 'cause we don't get free beer at this bar when you guys win.

Robb Wolf: [Laughter]

John: I kind of was shocked when you asked me the question about our [Laughter] about what we're doing.

Robb Wolf: I can't think of anything else to pump you guys for, but remind everybody again, what your website is and how they can track you down on Facebook and Twitter.

John: Yeah check us out on gypsies.com or on facebook\themoderngypsies and you know we're trying to make a movements and just like compassion,

adventures and people and support the Gypsies and hopefully we'll get to continue being on Thursday night. So we'll have to see what happen this week but yeah.

Taylor: And I'm not sure when this airs but once we get 1,000 likes, 1,000 like on our fan page on Facebook, you actually a free mustache right from their pocket.

Robb Wolf: [Laughter]. I didn't agree to this whole campaign but now it's go come larger than life and people are going to expect unless mustaches are on it and so.

Greg Everett: I think that we should stock this thing and really load up 1,000 person.

Robb Wolf: [Laughter]. Yeah that's it, but the campaign that you didn't hear about is that every hit after 1,000, John has to give a person's to every person's after that.

John: Ah there we go. There we go.

Taylor: I've had using conditioning with this mustache. I am ready.

John: You're prepared.

Eric: Thankful, for Greg and Robb. Thank you guys so much man. We really appreciate it. This is an honor to be on you guys podcast man. We're each fans.

Taylor: Yeah it's amazing.

John: Yeah, thank you.

Robb Wolf: You got kick in the pants having you guys on here. Really just hope to see you guys doing so well. Just hope to hear this CrossFit paleo, primal message, getting out for the masses so that's super cool.

Eric: Yeah, definitely man. We'll keep it up in anyway we can give you support, we will man.

Robb Wolf: Well hopefully just being on this show doesn't destroy all of alls' careers but I guess in a scenario you go back to Greece and serve Swedish chicks and drinks. If Nikki ever divorces me I need to get my bartending license and go to Greece man. I'm...

Eric: Yeah that's it man, just grow your mustache and you can come join the crew.

Robb Wolf: I can do it in like 45 minutes, so like whippy.

Eric: I saw, I saw.

Robb Wolf: Awesome guys. Well thank you for being on the show and be sure to tune in tomorrow night and see how you all did.

Eric: All right, all right. I'll talk to you later buddy.

Taylor: Thanks Robb. Thanks Robb. Yeah.