

Wendy Myers: Hello, everyone. My name is Wendy Myers of Myersdetox.com.

Welcome to the Live to 110 podcast. Thank you so much for joining us today. I'm so excited to have my friend Josh Trent of Wellness Force on this show today. He has so much energy, I just love his attitude. He's so much fun, and he's going to be talking to us today about the role emotional intelligence plays in a weight loss, and it's a huge factor for preventing some from weight loss.

We'll also talk about the beliefs you have to let go of to be your best, how to do an emotional inventory to create the life we truly want, and Josh's six pillars of wellness that he really believes make up your quality of life. I was really excited to talk to him because we delve into a lot of subjects, you know, our emotional life; I don't really touch on too much. I'm usually busy geeking out on bio-hacking or science or detox or something. So, I really like this show a lot.

Josh Trent is the founder of Wellness Force, a wellness industry influencer, and a consultant specializing in health technology. As a top-ranked iTunes podcast host of Wellness Force Radio, with over 13 years in the Health and Wellness industry, Josh leads the Wellness Force community in discovering physical and emotional intelligence to help men and women live life well. His work has been featured in major Health and Wellness publications such as Wellness Effects and the SM, previously hosted the Fitness Plus Technology podcast, and is a speaker for FitTalk CFS. You can learn more about Josh Trent at WellnessForce.com.

Josh, thank you so much for joining us on the show.

Josh Trent: Thank you for having me.

Wendy Myers: Why don't you tell the listeners a little bit about yourself and how you got into the health field?

Josh Trent: Well, I'm a Taurus and I love long walks on the beach. That's what you should know about me. I got into the wellness industry, I was a trainer for 10 years, actually. So I worked in fitness clubs and I ran teams and then of course, before that, we all have a story, right? That leads us to being a healer or being somebody that's interested in our health and wellness space. So for me, I was a really overweight kid that didn't have the tools, either the psychological tools or even like the physiological knowledge of how to live my life well. Because when I grew up, there was a construct of my dad was gone, and there wasn't the right things in place.

There wasn't this healthy framework where it was a home base of safety. So, you know, I had these beliefs and I had all these things that happened to me, for me, when I was a kid. To no surprise, without these tools that I needed, I'm like 21 years old and I'm 280 pounds, I'm in this job that I hate, I'm in a relationship I don't like. So I just thought to myself, "There's got to be more to life than this." I'll actually never forget this. I was at a party, you know those red party cups

where people drink beer out of the red party cups? I was at a party and I was drinking beer because I just kind of wanted to numb out. This is what happens before we kind of get what the young people call "#woke".

So before he got "#woke", I slammed the party cup down and I just felt this message come through me and it was like, "There's more to life than this." And I ran home, three miles, three miles, drunk. I opened my computer at the time, this is like 2002, and I'm typing in "How do I be healthy? How do I live well? How do I lose weight?" And the next 18 months, Wendy, were like trial by fire. I did low-carb, I did Atkins, I did low-fat, I did all these different diets. So finally, I got so frustrated that I just sold everything I owned and moved to Hawaii.

In Hawaii, I started working out at a 24 Hour Fitness and actually getting results because I took my health very seriously and the fitness manager came up to me and he was like, "Hey. I've seen you working out. You should think about being a trainer." I was like, "What's a trainer?" I didn't even know what training was, and that was the catalyst. That was the thing that led me to becoming a fitness pro and then formulating Wellness Force a decade later.

So, my journey kind of started with, when I was young, I didn't get what I needed and I had to figure it out as an adult. Which is kind of what I think a lot of people watching or listening also go through.

Wendy Myers: Now, are you still in Hawaii?

Josh Trent: No. I'm in Encinitas, which some people consider to be maybe a fraction of Hawaii, but there's not as many palm trees out here as there is in Hawaii.

Wendy Myers: Encinitas is really, really nice. I used to live in San Diego.

Josh Trent: Yeah, it's gorgeous, it's a gorgeous place.

Wendy Myers: Yeah, so let's talk about physical and emotional wellbeing. So when it comes to living a life of true wellness, what focus is missing in the health and fitness industry?

Josh Trent: When you look across the majority of marketing out there right now, it's typically on a goal focus. "Lose 20 pounds in 20 days. Get a six-pack and then you're worthy." Whatever it is, it's all goal focused. It's all, "When you get to the end, then you'll actually be happy and then you'll get whatever it is that allows you to be worthy." But I-

Wendy Myers: A lot of people are in that mindset. I can't even tell ... I can't even tell you how many times I've said, "If I lose five pounds, then ..."

Josh Trent: Yes.

Wendy Myers: Or if I lose 10 pounds, then I'll feel good or whatever. That message is fed to us so much.

Josh Trent: From multiple sources, right? And it makes sense, because, let's be honest. Money is a tool, money is energy. So a lot of things that sell money are immediate results. So we look at how the brain works and immediate gratification is such a big deal for so many people, because that's what drives immediate revenue, but real long-tail revenue is driven by people that actually feel their worthiness along the process.

So for me, I think when we look at what's missing right now, and the things that are in place that is blocking the mist, what's missing is a narrative around self-love, a narrative around emotional intelligence and how that relates of letting go of a little weight and how that relates to a life of true wellness. Without that, you may get something short-term, but it's coming back with interest, and I've gone through that myself.

Wendy Myers: So, you talk about something in your work called "decision fatigue". So, how do we use technology to beat decision fatigue?

Josh Trent: Yeah. Decision fatigue. There's a reason that Steve Jobs wore the same outfit every day. It's because he knew ... And actually, Mark Zuckerberg, you look at a lot of these CEOs. They typically wear the same thing. We have, in our bank of ... Think of it like a financial exchange. We have a bank, and there's only so many decisions we can spend each day. So if we have 150, and this is what the research is showing. We have around 150 high-tension, high-quality decisions we can make every day. So if you're wasting a decision on what you're going to eat or if you're going to work out, or what clothes you're going to wear; the more decisions you add into your day, the more tension you're going to be. The more you're going to be shifted over to that sympathetic nervous system branch, because when we're constantly trying to figure out what we're going to do instead of being in the relaxing in the flow of what we're doing, that's what leads to more tension.

So decision fatigue, for people that don't know, we only have so many decisions and if we spend all of them, then we're going to make the wrong decisions when it matters the most, like 8 PM at Sprouts when you grab the chips because you're tired. Well, if you told yourself that you're going to lead your day differently, a day that's based on health, then it's going to work out a lot different when you're by the chips because there won't be a decision you've already promised yourself those chips won't be a part of your decision making process.

Wendy Myers: Yeah, that's a really, really good point. We're all faced with so many decisions every day, and it's really those small decisions, those hundreds of small decisions that we make every day that add up to big changes. It's not this big thing that we do.

Josh Trent: It doesn't seem like it in the moment though, right? Because in the moment, it's like "It's a little tiny decision. What does this matter?"

Wendy Myers: Yeah. "I'm going to give this to myself, because I worked out this morning." Or whatever.

Josh Trent: This is my treat.

Wendy Myers: Whatever it was, and you rationalize, but it's those little decisions that add up to big changes. That's why you can't just discount the little cookie you ate or the little chocolate. It adds up. So, what beliefs do you have to let go of that allow you to be your best?

Josh Trent: I mean, this is a big one. I almost feel like for most people, and I'm sure you see this in some of the work, in the spaces that you run in. I believe it really comes down to keeping a promise to yourself and below that is a belief of, "Am I actually worthy of keeping this promise?" I think the number one reason why people don't keep that promise in regards to health and wellness behaviors like "Am I going to eat the foods I told myself I wanted to eat?"

It's because it really boils down to, "Do I actually believe that I love myself and I'm worthy of this?" And at the very core of our being, "Do I care so deeply about me that I'm willing to make this promise be real? Am I willing to make that promise be real?" I think that's the missing part. I learned that the hard way, for a lot of time in the fitness industry, it was really about exercise, even if you're tired. I pushed myself into adrenal fatigue, I regained a bunch of weight, and the journey still continues.

This journey of self-love? I'll tell you, my gremlins come up all the time. There's always little voices throughout the day where it's like, "Take a nap. Eat this chocolate. Do this thing." But I've taught myself through breathing and just through being on so many different podcasts and interviews with really smart people like yourself. It's like we constantly fortify this narrative of what we actually love about ourselves and what we're committed to creating and the promises we want to keep. It's through that repetitive dialogue, Wendy, that really makes the beauty of true health happen, true wellness happen. It has to be fortified on a daily basis.

Wendy Myers: Yeah, you've got to really control that monkey mind, that tape loop that can keep playing. Like, "You're not good enough, you're never going to do this. What's wrong with you? You're stupid, you're fat." People say these horrible things to themselves, and I definitely can get in that mode as well, I definitely have suffered from that in the past. These ruminating thoughts that just keep playing over and over and over, and you have to retrain that.

Josh Trent: Let me say one more thing on that, if I may, about the monkey mind. This is fascinating, Tim Ferriss talks about this a lot. The monkey mind is just based on

old software. So we have this really old amygdala that's hardwired into our nervous system, and it makes us go into fight or flight or sex and attraction, without us even knowing it. I mean, it happens in a fraction of a fraction of a second. So when the negative thought comes up, we have to train ourselves. We get to train ourselves, so that we're not just a victim to our biology.

If we let it go unchecked, our biology will just take us anywhere. It can literally ... You'd be like, "Why am I surrounded by these bags of Cheetos right now? I don't actually want this." Right? But it happens because we stop being mindful, we stop forgetting that we're half of a beast and half of a spirit. We're both of those things. So, it's the understanding and the learning of that.

Wendy Myers:

Yeah, there's a really good book called, "The Other 90%", that talks about this. You know, you have your mind, and our mind is trained to look for threats in our environment and to focus on threats in our environment because it's a survival mechanism. If you aren't paying attention to threats in your environment, you die. So, the people that have survived focus on threats. In your train ... That's why we love news. We're like, "Squirrel!" Bad news item, you're just kind of drawn to that.

You really have to retrain your brain to be thinking positive thoughts, thinking about gratitude and doing that on a habitual basis, like every morning or going to bed, or before you go to bed, writing in a gratitude journal and just retraining your brain to think positive thoughts instead of negative ones.

Josh Trent:

I don't know if it always boils down to positive thinking, because I know from a logical perspective, you and I might be able to have that narrative and have that dialogue, but when someone ... I don't know if we can curse on your show or not, but when the blank hits the fan, all the theory and all the logic and all the lessons we've learned, they exit the current moment. None of that matters when we're feeling the trigger. So long-term behavior change is based on conscious repetition.

Even if you look at the work of BJ Fogg and the Tiny Habits model. You know, flossing one tooth is a goal for a reason. It's because flossing one tooth, doing a two-minute walk, doing something tiny on a regular basis, that's what leads to sustainable behavior change. It's because of what you and I are talking about, which is, we're fortifying our environment through conversations like this, through putting gym memberships in our experience, through having programs that we purchase. It's all these little things, all these little bricks in the wall that actually get us there, and I'm speaking from my own experience.

Wendy Myers:

Yeah, or maybe it's not even trying to have positive thoughts, but more trying to think about positive things in your life or focusing on having gratitude for the things that we are thankful for rather than focusing all the negative things and the stress and the this, and the that, and all the stuff you have to do.

Josh Trent: Totally.

Wendy Myers: If you focus on that, the biology of belief, you release all these stress hormones. If you're thinking about happy things, things that you really enjoy that you're thankful for, you can release more calming hormones, just ... You know, for example.

So let's talk about, how do we take an emotional inventory to create the life that we truly want?

Josh Trent: You know, any business has a warehouse, right? So we sell things, we have a business, we have to track what we're doing. I think this is what people forget, Wendy. I think people forget about taking a real inventory of their emotions, what's actually there, because it's kind of scary. I mean, let's be honest. When was the last time that you truly meditated on the things that you get to let go of or the things that are holding you back?

What I believe a real emotional inventory is, is creating a space. Whether it's two hours, whether it's a weekend, I've done a Vipassana retreat, I'm sure you've heard of these. It's like a ten day silent retreat meditation?

Wendy Myers: Yes, yes.

Josh Trent: Okay, so you could do something like that. It doesn't have to be that big. But a real emotional inventory is something that is probably the most important for people that have intelligence around how they're showing up. Like, who actually are you? Do you like the person you are in a moment? Do you enjoy being across from a stranger? Do you feel nervous, do you sweat? Do you love the person you are when you're interacting with others? If not, it's probably a clue that there gets to be an emotional inventory.

Here's how I think people can do it, it's really simple. You get a journal or a piece of paper, you get a good workout in, you get a great night's sleep, you hydrate yourself, and you just turn off all electronics. You do a four hour technology fast, you go out to a park or just somewhere quiet and you do box breathing. I don't know if you talked about box breathing on your show before?

Wendy Myers: No.

Josh Trent: Okay, so box breathing probably ... I have on my arm right here, [foreign language 00:14:38] which means in Italian, "If I can breathe, I can choose." Because for me, if I don't have consciousness over my breath, then I tend to go towards those deleterious health habits. So it's just a reminder for me to breath, because breath unlocks everything. If people can go to take this emotional inventory in a quiet space and just remember to do a five-cycle breathing.

So you inhale for five, you hold for five at the top, you exhale slowly through your teeth for five, and then you pause at the bottom for five. This has been the most powerful thing. A lot of people right now are very interested in the Wim Hof method, all these other breathing techniques, but getting yourself to that space where you can do five cycles of five, and then be in a space where you can write on one side of the paper.

These are all the things that I believe are serving me, these are the things that I love about my life, I have ten minimum. Then on the other side of the paper, after you've done the breath, you've cleared out your physiology lens, you're in a good space to now admit to yourself what's truly going on. The real inventory is, "I might be in the wrong marriage. I might be in the wrong relationship. I might be in the wrong job. I don't like how I look in the mirror. I don't think I actually love myself. I haven't loved myself since 2014 or whatever it is."

Take that inventory! That's the big one, because without that, you can get PDF guide or pay for any program and none of that is going to matter. I mean, people are here because they trust you. They want information from you that really matters. At our deepest core, we know the truth. If we're not taking the inventory on a bi-yearly basis, or maybe even three times a year, shoot. Especially how fast the world runs right now.

Wendy Myers: Yeah, and it's important to take an inventory of the people around you as well. Like you said, your relationship or your friends or your business partner, whatever it is. A lot of people aren't happy in their relationships, they have to cut people out of their life and it may be very, very difficult. I had to do that last try, to cut a business partner out of my life that-

Josh Trent: How hard was that?

Wendy Myers: It was so hard and so scary.

Josh Trent: So hard.

Wendy Myers: But I knew I had to do it for over a year, over a year and a half. I didn't want to do it, but now that I did it, it was so scary and so difficult. I was nauseated for about a week after I did it. I was just terrified, but I did it, and I feel amazing today because of it, because I knew that it was right even though change is scary.

We don't really want to change as people. Change is very, very difficult. We're habitual creatures.

Josh Trent: Did you do kind of an inventory? Or was it your own version of an inventory?

Wendy Myers: Yeah, I did do an inventory. I just thought, "Is this person serving me or not?" Do I feel good when I'm around this person? You have to do that with friends as

well, there's people ... I've had people in my life that I loved for 20, 25 years but then you reach a point where you just don't feel good with them or after, and it's just ... They have such a history with you and you care about them, but sometimes people just have to go. It's sad.

Josh Trent: Oh my gosh, you bring up such a ... Wendy, this is such a great point! Everything you're saying here, because typically, it's our friends and our closest family members that unconsciously or consciously block us. They're the ones, because they have this old relationship with us, they just stand in the way. Knowing or not knowingly they do this, and I think it's a way for us to flex our power. I think the reason why we're not in the space we want to be with our physical health or in relationships because that's the universe putting that threshold in there to allow us to become strong enough to push through it.

A lot of times, it's more like, deafening to our nervous system because we're just so upset and we can't believe this person did this to us or a family member treats us this way. That's the universe giving you the deepest, darkest contrast possible so that you can rise to the occasion. I still get nervous public speaking, right? But I just did this event in Las Vegas because I knew that I had to do it. If we don't do these things that scare us, then no inventory needs to be taken, because if you're not willing to do the work, then why even take the inventory?

Wendy Myers: Yeah, you're not growing unless you're doing things that scare the hell out of you.

Josh Trent: Totally. Even like make you pee a little bit.

Wendy Myers: That's my kind of barometer is. I try to do things that scare me, and I know that I'm doing the right thing if I'm a little bit nervous about certain things.

Josh Trent: You're so on point. There's this one last piece too, where I'm thinking about the inventory. So we talked about the inventory. At the end of the inventory, there has to be somewhat of a bridge to accountability. So, someone's done the intelligence and they've scoured and they've figured it out. "Okay. I'm willing to do these three things this year." Well, set up your environment so that you actually do them. It could be purchasing counseling sessions, purchasing a program. But literally, do the one thing. Tell people you're going to do it.

The number one thing for men, especially, and this has been a really hot topic right now, is a lot of men are being kind of pushed to the side with this "#MeToo" movement, right? You have women's liberation coming up, which has been so needed because of the paying body. But on the other side of it, there's a lot of men that don't know what the heck to do. So it's really important right now for people to be as open as possible about what's important to them, what they want to create, because otherwise, we can become a victim to social contagion. This is for goal setting or masculine-feminine balance.

Wendy Myers: Yeah, I think it's also important to ... I really like a phrase, I forget who said it, but, "You're the average of the five people you hang out with the most."

Josh Trent: It might be Steven Covey or Zig Ziglar. We know, we know that's true.

Wendy Myers: Yeah. I forget who said it exactly, but people repeated it, like Tony Robbins has repeated that a lot.

Josh Trent: Sure, sure.

Wendy Myers: But it's so true, and you really have to think about the five people you spend the most time with and take an inventory of those people and think, "If I met this person today, would I still want to be in a relationship with them?" You know, because I think people give ... They just get caught up in that history and they enjoy spending time with them in the past, but you really have to cut some people out of your life to ascend.

People can be holding you back, like you said, and when you cut those ties with some people, energetically, the universe opens new doors for you and provides for you and improves your life dramatically. That's been a real theme for 2017. My 2017 was really difficult, but I made a ton of changes and made a lot of cuts in my life. I just feel so much lighter and freer in 2018 as a result.

Josh Trent: In the moment, it doesn't feel like that, because in the moment, it's like "Oh my gosh. It's so heavy to make the change, but what we don't realize is the paradox is, if we make the change, it'll be so much lighter.

Wendy Myers: Yeah. Yeah, exactly. You've just got to walk through, walk through the fire to get to the other side. So let's talk about ... What are the six pillars of wellness that you believe make up our quality of life?

Josh Trent: Well, it really is a framework of ancestral health. So, I'm sure you've been to the Paleo conference and you probably have a lot of people on your show that are in this paleo world. Well, way before we even knew what the term "paleo" was, we all knew what it was to breathe, to sleep, to eat, and to move.

So, the three pillars that I believe are the most important for every single human, are eating, moving, and sleeping. If we do those things, and we do them well, and we just stay curious, Wendy, we all get to stay curious about this too. That's kind of like maybe a hidden pillar. We have to stay curious about these eating, moving, and sleeping pieces because they're always evolving, aren't they? We're in this new age of technology where these devices are distracting us and there's all this crazy stuff going on. It's pulling us away from eating, moving, and sleeping.

So those are the basal three. Now, because we're half beast and half spirit, we also get to know that the other three pillars of how we think, how we feel, and

how we act, those are really big as well, because that's catering to the spirit inside of us. So, the beast needs to eat, move, and sleep, and the spirit needs to think, feel, and act. Those have so many different digressions inside of them, whole programs are created from just one of those pillars, right?

But those are the six that I think all humans must thrive in, not just do, but every human must thrive in each of those categories. That's why I'm so fascinated, I know you are, with this physical and emotional intelligence. That's what Wellness Force is all about.

Wendy Myers: Yeah, so, talk to us about that. Your website is WellnessForce.com. So what kind of things do you provide for people, programs and ... What do you do?

Josh Trent: In those six pillars, we give people trusted content for each one of them, because, like, I'm sure you can relate to people out there. There's so much, we're swimming in an ocean of information, and so, I've actually walked the fire myself. I've been 280, I know what it's like to be lost and not have the answers. I've done the work and continue to do the work and so, I give people through podcasts, through video, through blog, through email, the tools they can actually use so they can live their life well.

I found that it's just like ... You asked me at the beginning, it's not about getting the six-pack or getting to a certain amount of weight, it's about being curious and enjoying the freaking journey along the way. That's the major deal. That's what so many health programs and wellness programs and honestly, even podcasts are not focusing on. They're focused on the goal and the end result.

I'm trying to say, "Hey guys. We're in this for the long haul, until we die. So, let's get some information out there, from people that I trust that I think are doing a great job. Let me share that with you, let me make sure that I've done the work to vet them out." But I think it's needed. I think it's really needed in our world right now, because it's so easy for anyone to go online and say, "I'm an expert. I know exactly what I'm doing." But eight times out of ten, it might not be the case.

Wendy Myers: Yeah, I think that's a really important point too. To really send that message out to people, to enjoy the journey.

Josh Trent: Doesn't that feel good?

Wendy Myers: Yes. It really-

Josh Trent: Can't we just enjoy this journey? You know?

Wendy Myers: It's very important, because I think some people ... And I've been in this space before also, where I felt like I was working all day long on my health, and sometimes I'd feel frustrated because I'm like, "Oh my god. I have to go to

grocery store, I have to go to the farmer's market. I have to do this, and then I have to cook it and I have to go work out." I felt like it was this full-time job to get healthy and then throw in my detox stuff, and coffee enemas and saunas and supplements for that-

Josh Trent: That actually, the coffee enemas and saunas sound kind of fun.

Wendy Myers: Yeah, that is a little bit of work, it's not so glamorous. But they were very effective detox method, but it can feel like a full-time job getting healthy, but I think it's really important to kind of change the messaging, change the perception of what you're telling yourself, the voices in your head, that you're really loving yourself and taking care of yourself and that you're making this choice to live a long, healthy life, disease free and try to just change that messaging around a little bit.

That it's not work, it's not all ... You know, it's not this job that you have to do, it's something that you're doing because you love yourself.

Josh Trent: I'll never forget this. I interviewed Brett Hoebel, he was one of the trainers on the Biggest Loser, and whether or not someone listening or watching agrees with the Biggest Loser, we still have to know that these trainers, they really do care in their deepest core. That was what he said, the majority of people that would be able to keep the weight off, Wendy, were the ones that became health and wellness and fitness pros themselves.

They were the ones that actually kept it off. When people stopped doing the Biggest Loser, and they regained all the weight with interest, it's because they weren't doing it because they wanted to enjoy it. They were doing it because they wanted to win the contest or they wanted to look good naked, or they wanted to wear their outfit for their high school reunion. That's cool in the short-term, but if you really want long-term health, you have to love it. You have to be curious and you have to love what you're doing as you discover more of it, because if not, then you're going to get to the top of the mountain and it's not going to be that sexy.

You know, the high school reunion is going to be done, and you're like, "What next?"

Wendy Myers: Yeah, exactly. Yeah, you have to get up every morning and go, "Yeah. I'm going to go for my walk. I'm going to go do Pilates or go to the gym." You just make that a habit for life, it's not something you're doing for two months to go to the high school reunion.

Josh Trent: Can you love the process? Can you actually love the process? Which, by the way, is that mirror of loving ourselves. I don't mean to sound so [inaudible 00:26:32] right now, but it's the truth, it really is the truth.

Wendy Myers: Yeah. Can you love that coffee enema and doing it?

Josh Trent: I mean, I personally ... I like how I feel when I'm done. I've done coffee enemas and like, I enjoy my day after the coffee enema, it's a good feeling.

Wendy Myers: You feel a lot better! You feel like a million bucks!

Josh Trent: It's a really good feeling.

Wendy Myers: Yeah, exactly. So, I have a question I like to ask all of my guests. What do you think is the most pressing health issue in the world today?

Josh Trent: I think relationship with food and behind that, our emotions. So, our relationship with food, number one, and then our emotions right behind that. When I say, "Our emotions", I mean the ones we're allowing ourself to feel, or the ones that we're mashing down. Which is really what comes out sideways and that's what makes people eat food that they don't want, then that kind of deteriorates their relationship with food.

It's not sexy, it's the real hard work. People want immediate right now, people want 30 day, 60 day. It's not going to happen in 30 or 60 days. You're going to scratch the surface, you're going to do a great job of starting the discovery process, but I think what really kind of triggers me and honestly, what still makes me angry is that people that are out there; especially we see, you know smart marketers that are out there that know exactly what to say to people to get them to buy some 27 dollar guide.

Then they know in their deepest heart that these people aren't going to make any changes, that they just knew exactly what to say to them to buy the guide. We don't need that in our country anymore, we don't need that anymore. What we need is people who are willing to take individuals through a long term process, months of training, months of coaching, months of life change. That's what I believe this industry needs the most right now.

Unfortunately, it's not as sexy and it doesn't sell as much.

Wendy Myers: Yeah, yeah. I 100% agree with you. That's why I'm always telling people, "If you want to detox your body, it takes two to three years. It's not an overnight process, and I don't have a-"

Josh Trent: Can you take that long?

Wendy Myers: It does, yeah.

Josh Trent: Talk about permanent process.

Wendy Myers: Even you don't want to hear it.

Josh Trent: I don't want to hear that it takes two to three years to detox, but if that's the truth, I want to know the truth.

Wendy Myers: That's the truth, yeah. That's why it's important to say the truth and not to try to sell people 30 day type program or 10 day detox in a box, because that's ... You might like to hear that more, and you might want to buy that, but it's not going to get you where you want to go. So, I love your message about really enjoying the journey and staying committed to health for a lifetime. You have to enjoy the journey.

Josh Trent: Yeah, because why are we here then? Like, what are we actually ... Who do I want to look good for? Why am I ... Why do I want to be healthy and sexy, and why do I want to feel good? Don't we want to just do that so we show up for other people around us in the best way possible? Isn't that really what it's all about? At least, that's what it is for me and the people that I know. It's like, we just want to have the best health and wellness possible so that we can have relationships with other people and feel great about ourselves.

It's this goal versus the enjoyment, I think that's the big catalyst that we're going to see change in the industry over the next five to ten years.

Wendy Myers: Yeah. Well, why don't we tell the listeners more about where they can find you and how they can engage with you?

Josh Trent: Yes. I would love to have people engage with me, and I'm single, so I'm looking to get engaged.

Wendy Myers: Taking applications?

Josh Trent: Yeah, taking applications. Wellness Force is all over the internet. So, it's Wellness Force Radio, and we do explore ... I'm really excited to have this detoxification episode with you, because it's something we have not dove into yet. I was very shocked that it takes two years. For the physical and the emotional intelligence in this process, so that men and women can discover it. That's what I'm committed to. I'm committed to ...

If you're listening right now, and if this sparks you, that's the process that I'm actually learning myself. I'm just sharing what I learned from an authentic place, and if you're interested in that dialogue and conversation, it's Wellness Force everywhere. You know, Twitter, Facebook, Instagram and everything else.

Wendy Myers: Fantastic. Well, thank you so much for coming on the show. I know that everyone listening that's ... You know, that's kind of a departure from what I normally talk about, the emotional wellness, emotional aspect of taking care of your health, but I need to do more shows like this. Because all my ladies that are listening really like to talk about subjects like this.

Josh Trent: And your ladies are the ones, let's be honest, they make 80% of the purchasing decisions, and they make the majority of decisions when it comes to wellness. The wellness is a female focused and female driven market, please, we need you to tell our men what's up.

Wendy Myers: We are dedicated! We have to take care of our men.

Josh Trent: We need you women to tell the men what's up!

Wendy Myers: Well, thanks so much for coming on the show, and everyone, I'm Wendy Myers. You can learn more about me at MyersDetox.com, and please take a couple of minutes to go rate the podcast on iTunes. Search for Live to 110 podcast, and please leave a review so we get higher up in the ratings when people search for us, and we can help more people. Thanks so much for tuning in today.