



Wendy Myers: Hello everyone. Welcome to the podcast. My name is Wendy Myers of MyersDetox.com. Today we're talking to my very good friend Tyson James Lee about how exercise changes your brain and leads to better mental health. We're going to have a lot of tips and tricks on how much exercise to do, how often and talk about a lot of the latest research and bio-hacking in regards to helping your brain and your mood with exercise.

Wendy Myers: I'm super, super happy, I just moved to Huntington Beach, I moved five minutes from the beach and I have a pool in my backyard.

Tyson James Lee: Nice.

Wendy Myers: Yes, I'm so happy and my daughter Winter is super happy, too, about the pool. I just did this big move from Los Angeles; it's just kind of crowded and toxic there. A lot of smog, a lot of cars and things there, so I decided to make a move to Huntington Beach, do a big leap, about an hour from Los Angeles and I couldn't be happier. There's just a beautiful breeze and I'm getting nice tan, as you can see. I've just been really enjoying the beach life since I've moved here about a week ago.

Tyson James Lee: Nice.

Wendy Myers: Yeah, I'm moving in and getting all my stuff moved in, so this is my first podcast I've done in my new house, and so I'm really excited about that.

Tyson James Lee: That's awesome.

Wendy Myers: Yes, lots of really exciting things on the horizon. Like I said before, I launched my Meyer's Detox Supplement line, you can check that out at MitochondriaDetox.com. It's a really simple three-step system to help to detox your mitochondria and improve your energy levels, improve your fatigue and all the domino effect improvements that has on your health and your life. I've worked with thousands of clients and the number one complaint everyone has is fatigue. Or even if you have energy or feel pretty good, everyone wants more energy. So you have to address the mitochondria, address your body at the cellular level to improve energy levels.

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Wendy Myers: There are so many different metals that interfere in energy production in the body. That's why I developed the Mitochondria Detox, to help to chelate and grab on to these metals that cause fatigue, and then bind them, and take them out of the body. Check that out at MitochondriaDetox.com.

Wendy Myers: Today we have Tyson James Lee on the show. He went from being homeless to being one of the higher paid online health coaches in the world. His first year of business, he did \$240K all through organic Facebook videos without investing a dime into marketing. His company TyFit is built on providing the real truth about nutrition and fitness. That's why I liked him coming on the show; I don't really have a lot of guests talking about fitness, but I have had Tyson on several times because I like his take on fitness. I love his energy and how he works with clients to help them meet their health goals and fitness goals. And weight loss goals, also.

Wendy Myers: Tyson's goal is to impact and change the obesity epidemic. Due to his passion for others, he's taken his own life's knowledge online in hopes to educate and heal people around the world. Tyson is well-known for his anti-aging workout program, it is constantly referred to as the "action bus" as he reminds us to take a stand and be all about that action bus. Tyson welcome to the show.

Tyson James Lee: Hey Wendy, third time is a charm. It's great to be back, thank you for having me back.

Wendy Myers: Yeah, well let's tell the listeners, if they aren't familiar with you already, how you became interested in fitness. Tell us a little bit about your story.

Tyson James Lee: Yeah, yeah. I had some troubles in my early 20s like a lot of us trying to find my way in life. Fitness and the gym was something I found that really helped stabilize my life, and I was able to take a lot of the tools that I found, that I learned and created for myself in the gym as far as discipline and hard work and setting aside things for the greater purpose or the greater good, in this case, the body and health. Then I kind of didn't have any other area of my life together and I was ready to take this knowledge. I took \$600 and a backpack from Washington State to Southern California to build my life. And it turned out pretty well.

Tyson James Lee: Since, I've been on a bunch of different journeys. Well, the same journey with a bunch of different chapters in it. When I started, it was really important for me to help people improve their health and get better. Since then, since our first podcast, I've helped over 300 people achieve their health goals, which has been amazing. I can't believe that at this point.

Tyson James Lee: In turn, working with all those people, I've learned so much more about what people go through and the real challenges that people are faced with on a daily basis. I can relate to them so much more from a mental health perspective than actually physical health. I was very small, so what lead me to fitness was I was tiny. My freshman year of high school,

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I was 4'11", 82 pounds. There was no girl in my high school that was smaller than me, I was the smallest person in my high school and I was really popular and everyone was like, "Little brother, little brother." Of course, I hated it, right? Because I wanted to date the girls, not be referred to them as their brother.

Tyson James Lee: Then, I went and I packed on some muscle, so now I've got the muscle and all of those friends that were athletes are now gas station clerks somewhere, so hey it worked out.

Tyson James Lee: Anyway, I got into fitness, built the muscle, but what really, really got into fitness for me was because of the mental health issues. I really struggled early in my early 20s, going here. I've struggled with depression, struggled with anxiety, ADD, and ADHD. If you can probably tell, on this podcast you'll be able to pick up a little bit on that.

Tyson James Lee: But I struggled with that, and it was when I found exercise that I found some normalcy to life and some normalcy in my head, and I started to feel better about myself, and I stopped being so worried and stressed out. I was focused and I could sit down and accomplish something without getting up six times. It really is what changed my life, exercise changed my life so I wanted to bring it to the rest of the world with my point of view and my take.

Wendy Myers: Yes, yes. You have a great program that I've done before, I've gone through the program myself. It's a fantastic program to help people meet their fitness goals and lose some weight. I had very, very good results with it. Talk to us a little bit, you have a little bit of a new take on how you work with clients, can you talk about that?

Tyson James Lee: It's not even a new take, it's just as you continue down your career and continue down your path, you learn more and you find different methods and you expand on who you were before, and you're better able to help people. I really have since dug deep into the psychology and what people deal with, basically, thorough neuro science. I think it was about 15 years ago, we first came out with fMRI technology and it allowed us to take an in depth look into the brain. I mean, they've got tests where they tell somebody to think of a hammer and they can actually see that they're thinking of that exact object in the brain, we can pinpoint it like this. Since that has come, we've learned so much more.

Tyson James Lee: Now that I have learned this, I have basically come to a mental health approach with a lot of clients, and a productivity approach, and really trying to balance brain chemistry. With that, we have learned that specific types of exercise create what is called BDNF, which is called Brain Derived Neurotrophic Factors. But it's Miracle Grow for the brain; all your audience needs to know is it's Miracle Grow for the brain. The more of this we have present, the better our brain grows, functions, and can carry out new things.

Tyson James Lee: What happens with repetition in behavior, say a diet, after you continue to do well on a diet for a week or two weeks and you have this pattern

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where you fall off, or maybe it's late at night and you have this uncontrollable desire to snack and it's late night snacks. The more that you do this, the thicker the, what is called myofibril ... I'm probably butchering that name ... but basically it's a circuitry and it gets thicker and thicker, the more that we do a certain pattern or behavior, the easier it gets, the faster that connective tissue goes to the brain, the easier this becomes. So before you know it, you're going to the cupboard and you're grabbing the cookie without even knowing it.

Wendy Myers: And the salt and vinegar potato chips.

Tyson James Lee: Yes. So what I've learned is that through specific types of exercise, we can actually release BDNF, this Brain Derived Neurotrophic Factor, this Miracle Grow for the brain, and we can actually effectively create habits faster. They say it takes 21 days to create a habit, well I believe it only takes seven, because with BDNF present in the brain, we can actually embed these channels in the brain three times deeper than normal.

Tyson James Lee: So effectively, we can speed the process up of creating new habits using exercise and different supplements, like ashwagandha, to release Brain Derived Neurotrophic Factors, and we'll get into it later in the podcast. But basically, exercise releases this BDNF and people think, "Oh, the endorphins are what makes us feel good." We actually don't have any proof in that. It's norepinephrine, dopamine, and serotonin in concoction with the BDNF that basically balances all brain chemistry and gives us the perfect concoction for us to create new neuro pathways of behavior and decision. So behavior change with exercise is very important. When you bring the two of them together, you can create real change. Did I lose you?

Wendy Myers: Yeah, no not at all. What inspired you to start helping others to overcome their depression and anxiety at TyFit?

Tyson James Lee: Yeah, that's a great question. when I was younger, like I said, I went a different direction than up in my early 20s and I made a lot of poor decisions. I really, really struggled with ADD, anxiety, and depression, depression so bad I would just not want to get out of bed. I started to get my life back on track, and that went away. I beat depression for three years, and I was like, "This is ..." I literally did not have a trace of it in my life.

Tyson James Lee: Then about a year ago, my mother got sick with blood cancer, multiple myeloma, and it was a really, really quick, very short battle with cancer that she had. She lost that. When that happened, I basically set aside business and went and did the right thing, and was going out, flew back to Washington, was going to be with my mother. She wasn't really receptive to ... She wasn't fighting the battle herself, and I'm not going to go into it; basically, I fell back into a deep depression, okay? Then, she passes. And I had been fighting this depression; for the first time in three years, I don't want to get out of bed again. And I'm like, "What the hell is going on?" No matter what, I would tell myself, "Tomorrow

morning, I'm going to do this. I'm going to get this stuff accomplished," then I would wake up and I would just stare at the wall.

Tyson James Lee: I had been so far removed from depression, and kind of gotten in this place where it wasn't even prevalent in my life anymore, that it really took me a while to figure out, "I'm depressed." I didn't realize that I was depressed. So when I realized, I basically started going through all of my old journals and notebooks, and I couldn't figure out why my brain wasn't functioning, and I had stopped exercising the way that I was exercising when I made my move and I built my business and I had become so productive and I had removed this. I hadn't even realized because I was still going to the gym and lifting weights. We'll get into the specific types of exercise, but I wasn't training hard, I wasn't doing crossfit type workouts, I wasn't exercising the most important muscle, which is the heart, which is ultimately how we exercise the brain and get that balance that we want.

Tyson James Lee: I came across a bunch of research that showed exercise and all the latest research on the brain, and I started to dig through this research. I actually saw that we had research that basically showed that exercise, a 30 minute bout of exercise, would improve symptoms of depression. And I'm sitting here like, "This is ridiculous. I'm an exercise professional. Have I really had the answer the whole time?" It's like self-diagnosis, it's so difficult.

Tyson James Lee: Then, I put it to the test. I started to vigorously exercise. I started to wake up and sprint again. I started to get up and run again, until I couldn't run anymore. What happened it I started to become more optimistic, and I started to get my energy back, and my situation around me hadn't improved and my mother was getting any better, but here I was feeling better about life. I was like, "Holy crap!" I was like, "This really, legitimately works."

Tyson James Lee: Then I started to exercise harder and harder, and I felt better and better. Then my productivity came back, my focus came back, and I was producing business again. It was just two short weeks after I had figured this out. So I'm like, "Holy crap!" We all know that exercise makes us feel better, but people actually literally know that it cures, or got to be careful with the word cure, that it helps with depression.

Wendy Myers: Yes.

Tyson James Lee: Then I started to reach out, I was almost blessed, one of my good friends hadn't hit rent in a week, and he had lost his job, and I didn't even know this, I hadn't spoken to him in a month, and he reached out to me for help. He goes, "Dude, I don't know what I going to do. I've got three kids. The bills aren't getting paid." And he's like, "Here's the crazy thing, the walls are falling apart and I'm not doing anything about it." And I had reflected to three months prior, I was in the same situation, Wendy, when my mother got sick and I almost let everything fall down, crash to the ground. I stopped working for about six months; I ran out of money, like most people would do if they stopped working in their early 30s. I stopped working, I ran out of money, but I wasn't doing anything

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about it because I was so depressed. An every time I had gotten up against that wall before, I had produced at a very high level, and so that scared me because I was almost just like, "I don't even care."

Tyson James Lee: He was in that same position. So I said, "Dude, I really think I can help you. You have to listen to exactly everything that I say." And now I'm super excited, because me being the coach that I am, now I get to try this stuff on somebody else, right? So I got up every morning, I met him at the gym. And sure enough, within a week, he was like, "Bro," he's like, "I'm feeling so much better," and rent still hadn't been paid, and it's two weeks late now. But he was happy, and he was smiling, and it was remarkable because it was like none of his situation had actually changed.

Tyson James Lee: I get that a lot of the situation will further ... it can make depression worse, right? And obviously if you have no money to pay the bills, it's not going to be that great of a situation. It will further your depression. But the fact of the matter is, is that if you do the right types of exercise, you balance out the brain chemistry, no matter what is happening around you in your world, you're not depressed.

Wendy Myers: Yeah, I've suffered from depression for-

Tyson James Lee: That is really fascinating.

Wendy Myers: Yeah. I suffered from depression for quite some time in my 20s, for various reasons, and it's like I think my father and his mother both have a propensity for depression as well. And I figured out at some point that exercise helps you to feel better. But it can be hard when you're stuck in this kind of inertia where you're depressed, you're in bed, sometimes it can be hard to even get up to make yourself food.

Tyson James Lee: Yeah, 'cause there's physical signs of depression, and one of those is chronic ... like you help people with chronic fatigue, and people that are depressed are chronically fatigued.

Wendy Myers: Yes, uh-huh (affirmative).

Tyson James Lee: You know it's true, and that's one of the symptoms of depression. We'll get into that a little bit, about the difference of exercise versus antidepressants and how they come from two different sides of the brain. But yeah, no, it's phenomenal. That is absolutely one of them. So yeah.

Wendy Myers: Yeah, and I mean, for me, exercise was so key in relieving my depression. Any time I felt kind of anxious or a little bit depressed, I knew, "Boop, I need to exercise. That's what I need to do right now." Eventually, I just made it a major habit. But every time in my life when I've stopped exercising on a regular basis 'cause of having to work too much or with my business or whatever I'm doing, I definitely feel the effects. I had that in December, last December in 2017, I wasn't really exercising very much, I was really busy and stressed and just trying to take care of all this stuff, and I definitely suffered from a little bit of

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depression. As soon as I started exercising again and getting back to my usual routine, which involves exercise and a healthy diet, then I just started feeling better and more hopeful and just more positive.

Wendy Myers: But it can sneak up on you getting in that rut where depression begets more depression. People start getting depressed about being depressed.

Tyson James Lee: Yup. Yeah, no, and it's like it's a cycle. And when you get depressed, it's hard to do anything about it because of the symptoms. I mean, they want to keep you in bed. But I think it's important, too, as we've had a very big misconception in the fitness industry is people like, "Yeah, exercise makes you feel better because of endorphins." So when you take antidepressants, it will focus on, basically, it will help you metabolize serotonin or dopamine, one specific chemical, right? Or one specific neurotransmitter in the brain.

Tyson James Lee: Exercise, it isn't the endorphins, and this is what's so important for people to understand, is exercise can be used for any mental illness, any kind of dysfunction in the brain. Because what exercise does, is it brings everything to balance. It's not the endorphins. It balances your hormone profile, and it balances your brain chemistry, your chemical profile of your brain. And anxiety and depression, it's just a chemical imbalance in the brain. Your body is having trouble metabolizing, like I said, dopamine, maybe serotonin. So an antidepressant like Wellbutrin, now if you are severely depressed, use whatever method you can use to get undepressed. I am not a fan of medication long term, but if you are severely depressed and you are struggling to get out of bed, get on an antidepressant until you have enough energy to exercise and get your life back, and then get off of it.

Wendy Myers: Yes, yeah, and there's one doctor that has an amazing book called A Mind of Your Own. [inaudible 00:19:04] slipping my mind. But it's called A Mind of Your Own. It's a brilliant book about antidepressants. I'm pretty sure she's a psychiatrist. It's fantastic. Anyways, if you're on antidepressants, that's a good book to read as well.

Wendy Myers: I ended up taking antidepressants. I took them for about a year and a half, and didn't really notice that much of improvement, maybe like a marginal increase, and I ended up getting off of them, had a horrible withdrawal reaction, took like three weeks to get off them. I was anxious the whole time. It was really, a very, very unpleasant experience, so I do not advise starting that unless you're ready to deal with these withdrawals. But for sure, there's some people that medication is life-saving for them, so I-

Tyson James Lee: Yeah, well it's ultimately like if you're depressed, and you're not doing anything about it, and you're not going to do about it, one of the messages really quick is a lot of us get in this position when we're depressed, and I'm speaking to your audience right now. If you are depressed, I want you to understand something. You are not going to wake up tomorrow and feel better until you do something about it. We get in this space that we want to say well tomorrow, we'll be a little bit better, like, "I'll eventually start feeling better."

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Tyson James Lee: But the truth is, is that depression is real. It's clinical. You can have clinical depression. And if you do, nothing is going to change it till you get up and move. So I'm looking, you know, like do whatever you can to get yourself out of bed and start to move, and you will start to feel better within two to three days. One 30 minute bout of exercise has shown to improve symptoms of depression. One 30 minute bout. And it improves the longer that you do it.

Wendy Myers: Yes. I'm sorry, the book is by Dr. Kelly Brogan. That's the book I was talking about.

Tyson James Lee: Kelly Brogan? Another really good one is Spark. And man, I can't think of the guy who wrote that, but the book is called Spark, and it's about all the latest research on exercise and brain, and depression and ADHD.

Wendy Myers: Yeah, so let's talk about the difference between using antidepressants or any other kind of medication versus exercise, and can they be used together?

Tyson James Lee: They can. Well, one is a long term lifestyle solution, and one is an aid to get you there. But like I said, they focus on different things. So where exercise focuses ... Here's the difference between, like you know about holistic and Western medicine, it's almost polypharmacy. Polypharmacy treats, what is it, the symptom, right? It basically ... Well, that actually is not a good thing. These are not a good example.

Tyson James Lee: Exercise balances the brain chemistry. Antidepressants focus on one neurotransmitter that you may have a deficiency in. Let's say that you have a deficiency in serotonin, so you have a natural deficiency in the happy hormone, or the happy chemical in the brain. An antidepressant would basically give you the ability to metabolize that. Okay? Also, the two different things, is basically, with exercise, the symptoms start to go away before you start to feel better in your head. What I mean is the exercise will give you more energy right away. The exercise will start to improve the physical symptoms. The antidepressants will actually start to improve the mental first, and you'll start to feel less depressed. Then after a few weeks, you'll get your energy back, then you'll start to get some of your positivity back and some of your optimism for life.

Tyson James Lee: So they work in two different ways. If you're severely depressed, go talk to your doctor and see if it is the right thing for you to do. But what I would never recommend is just antidepressants, because those taken long term will create damage. They all have different side effects long term. But if you are somebody that deals with depression, exercise is going to be something that you want to take a look at incorporating in your life, and we will get into the different types of exercise and how people can do this that are short on time and things like this.

Tyson James Lee: But really, the difference is, in my opinion, one is sustainable and one isn't. One is going to actually ... Now, here's the good thing. With exercise and medication, the longer that you've been removed from depression, the longer it takes for it to creep back in, and the less removed from it, the easier it will come back in.

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Tyson James Lee: All right, so take my own story for instance. If you have recently been battling with depression, you are going to have to work more to keep yourself removed from it. If you have not been depressed, let's say if depression was something you dealt with 10 years ago, and life has been good, but then all of a sudden, you go through a divorce or you go through a death in the family, and after a couple months of dealing with that, depression starts to creep in, you start to sleep in, you don't want to get up. You're going to have to realize that you're in a battle, okay? And you're going to have to approach it as such. You're going to have to know that exercise is going to help you.

Tyson James Lee: But what I mean is that the longer that you exercise, the further it will remove you. So if you can get and you can exercise five, six days a week, and you can do that for a month or two months, you're going to balance your brain chemistry to such a level to where you can take a break, you can take a week off, and you're not going to instantly be back depressed. But if you're depressed right now, and you go exercise for three days, and then you start to feel better, and you don't exercise for the next three days, you're going to go right back to where you were at.

Tyson James Lee: So I'm just encouraging the people that are currently dealing with depression, is that it is going to be a battle. It is going to be a fight. I want you to know that it is not going to be easy. You're going to have to get up. But the second time it's going to be easier than the first. And the third time is going to be. And after you can get a consistent exercise regimen, you clean up your diet, and you remove yourself three, four, five, six months away from depression, it's been six months since you've been depressed, sure, you can take a little bit off.

Tyson James Lee: But it's important to understand that if you do not keep exercise as part of your lifestyle on a consistent basis that you have your old life to go back and look forward to. Look at, some of these problems are genetic, some of them are inherited from our parents, some of them are inherited from some of the decisions and the diet that we've had and the choices that we've made throughout our lives. But if depression is something that you deal with, I cannot recommend that you get off your butt and you move as much as possible, as often as possible.

Wendy Myers: Yeah, let's talk about some of your-

Tyson James Lee: Have you ever met an unhappy runner? Have you ever met a depressed runner?

Wendy Myers: Yeah, exactly.

Tyson James Lee: Think about it.

Wendy Myers: Yeah. Let's talk about some of your tips. How often and how much does one need to exercise to ward off depression and have really good mental health benefits?

Tyson James Lee: Okay. The type of exercise, it's so funny because you know Wendy knows this, I've never really been a fan of cardio. Well, it turns out that, it's the runner's high that we talk about. You don't necessarily get that from lifting weights. Now, if you're lifting weights in a crossfit style manner, then it will. But what we're talking about for depression and balancing the brain is more about how you work the heart muscle. That is the muscle that we want to focus on working on, and then that will help the brain.

Tyson James Lee: For minor depression ... I mean, there's severe depression and then mild depression. If you suffer from mild depression, if you get depressed once in a while when things don't pan out your way in your life, if you want to sleep in and just kinda shut the world out, then you get back on your thing, mild depression, right? You're by no means trapped inside your house laying in bed every day. But you still don't feel great about the world around you. 560 calories need to be burned with your heart rate at about 65 to 70% of your VO2 max, right?

Tyson James Lee: So basically, for most people, if you get your heart rate over above 145 or 150, and you keep it there for 25 to 30 minutes and do that five days a week, that will be enough. In an hour of basically steady state cardio, I burn about 400 to 500 calories in an hour. So for severe depression, it's a little over 1,000 calories. For severe depression, it's about two and a half hours of exercise per week, which is about 30 minutes five days a week. It's not too much. And it's about half that if you have minor depression.

Wendy Myers: Okay, great.

Tyson James Lee: That being said, high intensity ... Now, this is based off of my own experience, not the research. What I just stated to you is based off the research. Based off my own experience, I have found in my own personal life that I can get a better effect for my brain chemistry and I can feel better and get more of that endorphin feeling, more of the feel good feeling from the more intense that I go. So what I do, especially when I'm short on time, is I just up the intensity. So if you up the intensity, you can shorten the time. You can definitely do sprint intervals, you can do high intensity intervals. These will deliver some of the same effects, and it's still going to be pretty similar to the calorie ration, but basically the research states on that.

Tyson James Lee: I am a very big fan, and this is what I am teaching to my clients, is you get in and you do your cardio session, and for the very last three or four minutes, you up the intensity and you start really hitting the pace, and you get to where you're almost out of breath, and in the last 30 seconds, you do a full out sprint. And when you are done, the goal is to be gasping for air, right? Not the whole time, but finish it like that. You do that for 20 minutes a day, so it's 15 minutes of exercise, three or four minutes getting up there, and then finish it with one full sprint, do a quick cool down, you won't be depressed.

Tyson James Lee: I don't care what your life looks like, what you're going through, how many close relatives you have, what trials and tribulations in life, your

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brain chemistry will be balanced. And guess what? When your brain chemistry is balanced, it's damn near impossible to be depressed, and that's the truth. Depression is a chemical imbalance. We have proven this over and over again. All we have to do is balance your brain chemistry. The exercise that I'm talking about will balance that brain chemistry.

Wendy Myers: Fantastic. Do you have any other recommendations for how the listeners can start to really break free from anxiety, depression, and ADHD if they suffer from that?

Tyson James Lee: Yeah, absolutely. Meditation. Meditation also releases BDNF. I'm not affiliated with this company, but I probably should be. Headspace is amazing. Have you tried Headspace, Wendy?

Wendy Myers: You know, I haven't.

Tyson James Lee: It's awesome. Yeah, it's like, no homo, but there's like a really sexy Irish voice or Australian voice on the other end, and it's just very soothing. It's great. Headspace is a great way, if you guys don't meditate, all you have to do is download the app Headspace and go through it, and it'll teach you how to meditate. It's great.

Wendy Myers: Nice, nice. I'll download that right now.

Tyson James Lee: Yeah. Meditation, mindfulness, breathing exercises, [inaudible 00:30:09] it's amazing, breathing exercise. Stuff to suppress and be sympathetic and the central nervous system, that will definitely help stress on the body, that will, breathing exercises. Or surrounding yourself with people. Look, my buddy in my story, for instance, my buddy was like, "Dud look, I don't know hats wrong with me. I'm not doing anything to improve my life, and I've got kids. I've gotta do something." He reached out to somebody that he knew would take the time to get his ass in the gym, and I did. I mean, surely, he was there every single day.

Tyson James Lee: If you're dealing with something, reach out to a friend. Say, "I heard a podcast. I really think this could help me. I really think I know how I can improve my life situation." Reach out to somebody. Ask for accountability. Reach out to somebody who is already going into the gym. People give a shit. Reach out to me. Add me on Facebook, Tyson James Lee. If it's that bad, I'll give you 15 minutes of my time.

Wendy Myers: Yeah, 'cause that's a big feature of depression, people feel ashamed about it and they don't want to reach out to family members, they don't want to admit that they're depressed to other people. They definitely don't want to show that side of them on social media. So people suffer in isolation, especially in our social media environment, where people can largely be isolated and they're disconnected through social media. I think depression, actually, studies show the more social media that you engage in, the higher rates of depression people have as well.

Wendy Myers: Yeah, but it's really important to reach out to people and you don't have to suffer by yourself. People want to help you, people that care about you. There is someone out there that could listen.

Tyson James Lee: No, you know, with all the disconnection in the world, there's so much connection happening. Before social media, I didn't have a really amazing friend circle, and now I do, and I've met people like you because of social media. We've hung out in person a couple of times, and we'll probably do it again, we have a lot of mutual friends. So yeah, it could be both, but absolutely, we're all stuck in our phones. I always see these funny memes about tan lines in the future, like where people have the hands and cell phone. Have you seen that one yet?

Wendy Myers: No, I haven't, no.

Tyson James Lee: It's a meme like this, and then they get up, and they have all the tan lines of the arms and the phone.

Wendy Myers: Oh yeah, yeah. Especially in Arizona, where you are.

Tyson James Lee: Yes.

Wendy Myers: Let's talk a little bit about your program, how you work with people with your company, TyFit, and what people could expect on your program.

Tyson James Lee: Yeah. I launched a company, TyFit, in June 2015, which is right about the first time I was first on your show. TyFit was developed to really share the truth, or what I felt to be the truth about health and wellness because I feel like there's so much crappy information out there. So we have a lot of lower end courses, courses to help you drop 15 pounds in a month. We have full education courses. TyFit is much more an education company than a meal prep or a meal plan or an exercise and meal plan company. We deliver education so that you don't have to have a trainer, so that you can have the education for you and your family to take away and actually understand how to take care of yourself for yourself.

Tyson James Lee: So it's much more education based, but we have a few different programs. I am coming out with another program on depression. Then, you can follow me on Facebook, Tyson James Lee. We have automated courses. I offer group coaching and I offer personal one-on-one coaching. Right now, I don't think I have one class spot, so it's been good. And I've really been moving further away from that to get involved in some other projects, including helping more people that struggle from mental disorders.

Tyson James Lee: But yeah, so we have that, and then I also offer a range of automated courses and personal services.

Wendy Myers: Where can people find you?

Tyson James Lee: Facebook is a great way, Tyson James Lee. I checked not that long ago, I believe I'm the only one there, so Tyson James Lee, I should be the first

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one that pops up. You can find me on Instagram, @theactionboss. Those are the only two social media channels that I play around, and fortunately, I'm actually not dependent on social media for business anymore, which is great. So yeah, that's about TyFit.

Wendy Myers: So that's Facebook.com/TysonJamesLee?

Tyson James Lee: You know what? To be honest, if they search Tyson James Lee-

Wendy Myers: It will come up.

Tyson James Lee: ... because of relevancy, that's why I put my middle name in, all you have to do is search Tyson James Lee. I have people from across the world do it, and as far as I know, I'm the only one on Facebook still.

Wendy Myers: Okay, great. So what sort of changes have you seen in clients that have adopted your methods?

Tyson James Lee: You know, TyFit focuses so much on the emotional and the psychology behind it, we get a lot of long term results. But really, this is not the truth, but I have got hundreds of people out there that claim that I've changed their whole life. A lot of ... When you start learning how to take care of yourself, a lot of different things change in your life, my friends. If you are not aware of this, a lot of different things start to change in your life. Your relationships, your income, your wealth, your productivity, your peace of mind. A lot of things.

Tyson James Lee: So I've helped people lose as much as 140 pounds. I helped a guy lose 140 pounds in a little over a year. But most clients come to me still for weight loss. TyFit clients lose an average of 30 pounds of fat in 12 weeks if they have it to lose, which is remarkable. So yeah, that's pretty much it.

Wendy Myers: I know I lost 15 pounds by doing your program, also.

Tyson James Lee: Yeah.

Wendy Myers: I didn't really have that much to lose, I didn't have a ton to lose, but I lost 15 pounds. I was very dedicated to it and followed it, really enjoyed it, 'cause I love your energy, I love your sphere, I love how much you care about people. You work in small groups of people. It was just a really nice program.

Tyson James Lee: Yeah. Yeah, no, it's been great. I've met so many different people. I mean, you'll hear it from every post, but I swear, I have the best clients in the world. That's why I come on and I'm just me everywhere because I end up attracting people that love me for me, and we've built great relationships, and the better relationships I can build with my clients, the better result it's going to be.

Wendy Myers: Yeah. So tell us again where we can find you and where we can learn more about your programs.

Tyson James Lee: Yeah, www.TheActionBoss.com. Tyson James Lee on Facebook. T-Y-S-O-N, James Lee, L-E-E, like Bruce Lee. @theactionboss on Instagram. There's also, I run a free Facebook group, you can search for it on Facebook, called TyFit Elite Fitness, that is T-Y-F-I-T Elite Fitness.

Wendy Myers: Fantastic. Well, Tyson, thanks so much for coming on the show again, and blessing us with your presence. I always love interviewing you. You're very, very educated about fitness and the latest bio-hacking, and how to hack and burn fat and all that stuff, so I love having you on to talk about that stuff. So thanks for coming on.

Tyson James Lee: Thanks for having me, Wendy. It's always great to catch up with you, girl.

Wendy Myers: Yeah, so next time I go to Phoenix, I'm going to come and say hi to you. I have a girlfriend from high school who lives in Phoenix, so I get there every once in a while, when I go to like genius network meetings and whatnot.

Tyson James Lee: Nice.

Wendy Myers: I tried to hit you up last time I was there, but you were busy or something.

Tyson James Lee: Oh, I think I remember that, yeah. It's been a crazy last year, it really has. It's been nuts.

Wendy Myers: Well, everyone, thanks so much for joining in, tuning into today's podcast. I have some free goodies for you guys. You can download my free Top 10 Tips to Detox Like a Pro checklist at DetoxForEnergy.com. And like I said, I work with thousands of clients, and I've distilled my top 10 tips to detox, which you can download for free at DetoxForEnergy.com. So check that out.

Wendy Myers: And thank you so much for tuning in every week. It's such a pleasure to do this podcast. I love interviewing people, and the top experts on fitness and health, detox and nutrition from around the world. It's just really my pleasure to do this every week, and help to educate you guys. So you can learn more, lots of free information on MyersDetox.com. I have hundreds of podcasts, hundreds of articles, lots of free stuff for you guys to learn more about taking control of your health and empowering your life through detox.

Wendy Myers: Thank you so much for listening, and I will see you guys next week. I am off to the Mindshare conference tomorrow. It's JJ Virgin's event. She's got 700 influencers in health and health celebrities, and all the top names in health are going to be there, Dr. Mark Hyman, Ty Bollinger of The Truth about Cancer, JJ Virgin herself of The Virgin Diet, Pedram Shojai, you name it, David Asprey is usually there every year. Just a great group of people. I go, I meet new friends, and have drinks and sit in the pool with old friends. It's just a really great event. I'm so excited to go, and I'll be certain to tell you guys about it next week, in next week's podcast and newsletter.

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Wendy Myers: So again, thanks for joining us, and I will see you guys very soon.