




### CAN YOU TELL ME WHAT THE RENEGADE HEALTH SHOW IS AND WHAT TOPICS YOU COVER?

 **K** The Renegade Health Show is a fun and educational way to get health information. Before we first started the show, we kind of looked around and realized there were a ton of stiff experts and a decent number of know-it-alls in the industry. I think the public just didn't resonate with the information these people were providing – they needed something that was maybe a little more true to life. So we went out and decided that we would create something real, almost like an exploration of health instead of a “you should do this” or “you shouldn't do that” kind of message. We decided to present information that people could really understand much better than all the scientific garble that had been coming out.


### SO, IS NUTRITION THE MAIN TOPIC?

 **K** Actually, nutrition isn't the main topic. As well as nutrition, the show also involves fitness, stress management, relationships, as well as sleep, water, and a whole bunch of other different things. We cover so much because health comes in a whole range of categories, and you have to kind of master a bunch of them, which is a whole lifetime process. I don't know if anyone ever masters all the categories, or gets an A plus in all of the categories. But, the more that I can introduce to people, the more well-rounded they're going to be.

### VERY COOL! SO, WHO WATCHES THE SHOW?

 **K** We have people from over 100 different countries who watch the show. It's mainly people who have an interest in attaining better health. Most of our viewers are people who have had some sort of health challenge, or are working through some sort of health challenge right now. These people are tired of the same old information, and the health protocol they are on just hasn't worked for them. So, they watch this show to get a little piece of mind, some knowledge, and some tools to go out and be able to find the right people to help them change their situation. Maybe that right person is even themselves; it all depends on their situation. Regardless, we definitely give people options to help them optimize their health.

### WHAT'S THE NUMBER ONE QUESTION PEOPLE ASK YOU?


 **K** The number one question people ask me is, “How do you stick with a plan?” That's pretty much the number one question because that's the thing that people struggle with the most. People will usually be doing really great – eating right and exercising – then, suddenly they'll hit a bump in the road and get knocked off track. They can't seem to get back on. What I think usually occurs in that situation is that once they get knocked off track, they feel like they've completely failed. People will say, “I can't do this. I might as well just have a piece of cake.” So, then that sense of failure becomes overwhelming feelings of guilt. This cycle has happened to me before too. But the thing is this – there's really no such thing as failure. I say, “If you get off track, no big deal. Just get back on.”

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When you have permission to fail like that, your mind doesn't react energetically or emotionally anymore. It instead says, "All right, I just got off track; so, let's hop back on. It wouldn't be that difficult, would it?" The reality is that it isn't. So, basically the answer to, "How do you stay on a plan?" is, "Lighten up. Relax. Don't worry too much. And know that if you fail, you can always get back up again." The message is so easy and even calming when said aloud. When people don't get too crazed about sticking to a plan, they really can create their own personal success.

## THE RENEGADE HEALTH SHOW HAS NEW, UPCOMING VENTURE; YOU'RE TAKING THE SHOW ON THE ROAD.


 Yes! The idea of The Renegade Health Show on the Road is to explore the general health of America, as well as to explore natural health in America, and to show people that there are more options than maybe just the paradigm that they're familiar with, which is usually a western-type paradigm. Now, I'm not necessarily against western medicine because there are times when that type of treatment is needed. I think it can be beneficial when dealing with acute conditions – either infections, illnesses, injuries, or other things of that nature. But we've found that there's a lot of myths about our natural health world that need either to be busted or need to be proven. There are quite a few people who are actually sharing this information about natural health, and we think there so many others out there who need to hear about it. So, we want to really hit the pavement and introduce our fans to these experts, if-you-will, who can explain what works and what doesn't. We want to help our listeners and viewers build a better base of knowledge and to gather information from trusted resources, rather than from random tidbits on the internet.

And, there are no TV shows about this stuff – absolutely none. There's nothing besides books, and no one really reads nutrition or health books anyway, except for health nuts like us. So, because there's neither literally nor figuratively a clear channel which gives this information to the public, the goal of The Renegade Health Show on the Road is to create something that presents, in a fun and exciting way, correct and valid information about natural health.

## SO, ARE YOU ACTUALLY GOING TO BE DRIVING ACROSS THE COUNTRY?

 Yes. We bought a big ol' green RV – not green the color, but actually an RV that's eco-friendly. It runs on vegetable fuel! So, basically we are going to be stopping at the back of Chinese restaurants and Japanese restaurants, sucking up their grease and using it to power us around the country as we do the show. Because the RV runs on used vegetable oil – stuff that's already been used and that was going to be thrown out anyway – we can motor around in an environmentally friendly vehicle as we spread our message of health.

## THAT'S GREAT! AND, ON THE TRIP WHOM WILL YOU BE INTERVIEWING?

 We want to interview a whole spectrum of different people; people who are health authors, as well as those who've done research on various health topics. We're also interested in exploring the scientific labs so we can actually see, for instance, if supplements are being absorbed, how our food is being treated, and how pesticides really do affect us. As well, because knowing who's growing your food is so important, we are going to be

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interviewing farmers, those who actually make the food or grow the food. We will also be speaking with politicians and policy makers who are fighting for or are against our natural health freedom. But, no matter whom we interview, we're not really here to sway the information in one particular direction. Of course we have our opinions, but we want to hear different sides of the story and to explore what the issues are. That way, we can kind of come to a clear, better understanding of what's going on. So that's what we're going to be doing; we're going to be talking to these people and just see what we learn. One of the cool things about this is that we just don't know what's going to happen.

## THAT'S EXCITING! SO, WHEN ARE YOU STARTING THE ROADSHOW AND WHERE ARE SOME PLACES YOU'RE HEADED?



**K** We're starting in March, and we're going to be headed around the country, zigzagging back and forth, probably about four or five times. You can log on to the website to find out exactly where we'll be stopping... We're going to be going to trade shows. We're going to be going to California, which is a hot bed for natural health information. We're going to be going up into Canada – Toronto and Vancouver. We're going to be going to some sustainable farms. We're going to meet with Raw Food, Vegetarian, and Health and Fitness Meet-Up Groups around the U.S. The whole time we're on the road, we're going to meet a lot of great people and find out about the state of natural health in this country!