# Del Jolly - Episode 836

#### **SUMMARY KEYWORDS**

people, mushrooms, psychedelics, work, talk, psilocybin, seizures, jujitsu, cbd, life, shit, day, kids, cannabis, man, find, sciences, first responders, big, move

#### **SPEAKERS**

Del Jolly, James Geering



#### James Geering 00:00

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science has spanned, but also see for yourself the incredible health impacts of this life changing software. And you can find even more information on nucalm.com Welcome to the behind the shield podcast. As always, my name is James Geering. And this week it is my absolute honor to welcome on the show, president of umbo and co founder of unlimited sciences, Dell jolly. Now in this conversation we discuss a host of topics from Dells journey into the entrepreneurial space, cannabis and CBD. His work with Charlotte's Web, drug prohibition, psychedelics, the health benefits of nutritional mushrooms, martial arts, mental health, traumatic brain injuries and so much more. Now, before we get to this incredible conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast making it easier for others to find. And this is a free library of over 800 episodes now. So all I ask in return is that you help share these incredible men and women's stories so I can get them to every single person on planet earth who needs to hear them. So with that being said, I introduce to you del jolly enjoy Well, Del, I want to start by saying Firstly, thank you to Matt for connecting us, Matt from Charlotte's Web. And secondly, I want to welcome you to the behind the shield podcast today.

### Del Jolly 05:11

Yeah, thank you so much for for having me. I'm glad that Matt has connected us. He's such a wonderful human being and a dear brother of mine. So thank you, Matt.

- James Geering 05:22
  So very first question, where on planet earth are we finding you today?
- 05:27
  I am in long Mont Colorado, just outside of Boulder, north of Denver. So I'm at my house for for once seems like I'm gone a lot.
- James Geering 05:38

I think that was a reason that we took so long to be able to sit down together as you were traveling, and I was traveling. So here we are. Speaking of homes, let's start at the very beginning of your journey then. So tell me where you were born. And tell me a little bit about your family dynamic. what your parents did? How many siblings?

# ° 05:56

Yeah, um, I was born in Denver, Colorado. In 1981. I'm 41 years old. So born here, one of the few natives that's remaining seems a lot of folks have have since moved to Colorado, but my father raised me my mother died when I was five years old. So she she had passed away in a car accident. Back in Michigan, she was in Michigan when that happened. And so that kind of absolutely shifted the dynamic of my upbringing. It was my dad and I have an older brother,

who's two years older than me. And so He raised us as best he could, with, with the tools that a single father of that era. Could and yeah, it's kind of a tumultuous upbringing, as, as a lot of people have, you know, in fantastic in a lot of ways, and kind of when I, when I married my wife kind of reflecting on, you know, telling her kind of some of the things that happened in my childhood, she's like, geez, you know, a lot different than mine, you know, so but everybody has their, their upbringing, but really, really grateful for my father and bringing my brother and I up. But lots of ups and downs as a youth.

## James Geering 07:25

With that, one of the least discussed conversations at all hands down, is our road safety and the, we lose to this day, we lose 40,000 people, let's lose it. And that's actually who dies, then there's probably hundreds of 1000s that have completely life changing injuries. And then you have you know, the traits from there. In this entire journey that you've been on and losing your mother to a traffic accident. What is your perspective on the acceptance of that? And what do you think that we need to do to stop five year olds in the future losing their parents or parents losing their 16 year olds?

## 08:09

Yeah, I mean, that's a that's a very challenging question. Because my daughter is 16. She's got her driver's permit, and she doesn't have her license because they actually shift it where you have to have your permit for a long period of time before a full year before you can get your license. And we didn't know that. And so she's, she's pretty upset with us that we didn't do that. But I'll tell you what, it terrifies me to think 16 year olds on the road in the biggest thing is the is the distractions of the phone. You know, it's, it baffles me the amount of cyclist or I just saw this morning, someone walking the crosswalk across across the street, with their face buried in their phone. And I told my kids, I said, Look at this, that is not how you cross the road that is so incredibly dangerous, that woman is just assuming everyone is paying attention. And you need to assume no one is paying attention. You know, so what are some regulations that can be imposed to make the road safer? Boy, I don't know. I mean, I think it would probably have to do something with with cell phones, but you know, there's a lot of vehicles that are have a lot of mechanisms that are making them safer driving, you know, whether it's stopping your car if you're going to do those other things, but yeah, I don't know. That's a that's a very challenging question. And I don't know the answer to it.

# James Geering 09:42

So one thing that people don't normally discuss when that comes up, you know, that we had, we had a death of this intersection that's put up more signs, you know, as put speed bumps or whatever, but there's never maybe we're not teaching people well enough. And this obviously isn't at the root cause of every death. You know, there are tragedies and, you know, weather conditions isn't all these things, but my son just turned 16. And he educated me at 15, he's like, Dad, we're going to get this permit. Because on my 16th birthday, I want to pass and be in a firefighter who cut people out of cars for, you know, 14 years. I taught him like a maniac, you know, every time I went into parking lots, you went on rows, you went on in all the different types, you know, and then again, when he passed, which was just a few weeks ago, I gave him

my old car, I'm like, I've just taught you enough how to stop yourself crash in the car. Now the big challenge is to not get hit by all these fucking idiots that are driving around you. And so you know, this, when you see it for decades, you know, like, like first responders do. One of the biggest things that I don't hear any conversation is, in a lot of countries, like the one I grew up in the driving test, it's just a lot harder a you can't start to you're 17. But be the bar is where it should be like, you're gonna be driving a death machine. So until you can show competency at this, this level, you can't have your license. And then usually in the UK, it's like two or three times before people pass. So you think now the road is full of those people, I completely shifts the dynamic. And what I'd see, the big difference in the UK is that people are considerate, and they share the road. Because here, we really just teach people how to go forward, back left, right, don't worry about the blank, you don't need that. And then put them on the road. It's this kind of me first, like it's some sort of Racing Car Game. And like you said, there's not the assumption of round the corner, there might be a cyclist that fell over, you know, and so you just fly around blindly. So that's What's always interesting when I ask this question is not to do anything other than get that conversation out there. And especially like yourself, people who have lost loved ones to this very thing. And then to see years and years go by with all these different politicians and presidents, and no one talks about the thing that claims 10s of 1000s of lives every single year.

### <u>^</u> 12:04

Yeah, absolutely. The it's really interesting. I mean, as far as how casual, we are about hurling down the road at 60 miles per hour and a couple tons of steel, you know, and that's just what I try to reiterate to my kids is no one you pretend as though everybody is on their phone, looking down the entire time, the light is green, you better look both ways before even go, you know, even when you're crossing an intersection, just be kind of aware of people speeds. You know, it's it's a dangerous place. And definitely something I mean, it's it's interesting, I one time I was driving and I was reaching down for something, I was going about five miles per hour and I hit up like a speed bump and I'm in a parking lot. And my face bounced off the steering Well, five miles per hour hard steering well, and I was thinking, holy smokes like this is a this is a traveling wrecking ball that can kill people, you know, and a lot of people have experienced that firsthand whether it's my mother or you know, a loved one or been in wrecks themselves or yourself, you know, saving people out of those scenarios.

# n 13:20

Certainly a very, you need to have some responsibility around it very serious.

# James Geering 13:26

Absolutely. Well, I just interviewed one of the members of the wolf brigade team, which is a strength conditioning gym in the Northeast, and I do their programming now too. And she lost her or hurt. She basically her father walked out when she was young, I think he ended up passing away later. But she grew up in a single parent family, and it was a mother. And so I was, you know, we have this assumption that, you know, if you know, one parents there, it's enough, but obviously the father and the mother or whatever roles those take in a same sex relationship, for example. Usually, you know, they say it takes a village, ideally at least takes

two people. So she was kind of talking about her mother was a loving, great mother, but there was still the absence of the father figure. When you look back now at your upbringing, how did that factor in reverse? You grew up with your dad, but you have the absence of your mother or at least your you know, your original mother?

#### <u>^</u> 14:24

Yeah, absolutely. It's very. It didn't become aware to me what I had missed until I got to see my wife, with our children. You know, and it's these really small moments that you kind of take for granted or don't even really realize that exist or the the softness that she has, for our kids. It's really tremendous. bums me out that I missed out on a lot of that very kind of a hard upbringing, where My dad loved us for sure. And we knew that and stuff. But you know, we weren't, we weren't telling each other, we love each other, we weren't hugging any of that kind of stuff and, but that the feminine energy and divine nature that it is, if you don't have it, when you kind of see it live in an action, it kind of takes you back about how incredibly beautiful it is, you know, and so I've got my oldest daughter 16, obviously, being a female, it's some of the first times I've ever got to spend my life with women, right? Whether it's my wife, and my oldest daughter now, but I have a middle son who's 13, and I have a seven year old daughter as well. And it's, it's really encouraging to be with them and kind of see what makes them tick, what's important to them, how you can communicate with them. So I'm very, I'm very new to that, in the sense that I didn't have a mom to kind of go back and forth on but to see my, my son with my wife, his mother is a really tremendous thing. And I am so incredibly grateful that we're going to be in our kids lives together. Because I think that there's you know, a lot of our world's ailments are probably could be solved by just having a mom and a dad having dinner with their kids every night. You know, I mean, that's, that's something that we try to do all the time, and to see my wife engage with a softness that I never had, is absolutely beautiful. And I'm incredibly grateful for what I did have, and I had some great females in my life who helped, you know, to a degree, but my grant, my father's from Michigan, so all my grandparents were in Michigan. So it was really just my dad, and he, he had married he there's a couple of wicked stepmothers in the mix there, you know, so, but to be with my wife, and my daughter, and kind of see how the feminine mind ticks, it's a really beautiful thing. And I'm grateful for the opportunity now,

# James Geering 17:15

what we were talking about as well was that I'm divorced and then remarried. And when you get to walk the walk in a healthy relationship, and the kids gets to see that in a single parent family, a daughter may not see how do we treat how you should be treated by a man and vice versa, you know how you should treat a man it's not a one way relationship. And that's kind of what I had on my first was more like, she was looking at me because of her childhood dynamic that it was Prince Charming. Well, that's not a real thing, either. And that's a very one way, you know, you're going to do stuff for me kind of thing. But it's amazing. Again, we look at this whole philosophy is Oh, the household is the problem today, you know, it should be should be the whole family together. But the reality is just isn't there's a lot of multi generational trauma out there. So for me, it's where are the mentors, then? Where are the other people that can be in that child's life that can maybe show them what you know, love is between a couple and you know what strength is to a girl or a boy. And that's the part I think that we can affect in the community, we can't make a marriage work, but we can be a mentor in you know, our jujitsu

school or our regular school or our church or whatever it is, and you know, try and kind of bolster some of those gaps that we've got in society because of the argue hundreds of years of trauma.

#### <u>^</u> 18:40

Yeah, and I really enjoy having my my son in particular bring his friends over, you know, just because I I really remember that age and kind of the the way that their minds are ticking and it's fun to learn about his friends, you know, what, what are what are their families? Like? What's that dynamic look like? How can I create a safe space for them to you know, confide in us and build those those relationships because I, I did have a lot of really great relationships with a lot of my friends, parents, you know, even when I was 18, and I, I moved out for a little bit and then after a couple years, I was having so many struggles, but I there was no way in hell I was going to move back home and in my dad's house. So a friend of mine, his folks, let me move in with them and I live with them for like three years and they were a really important mentor. They also worked on the first times I got to see a husband wife, healthy relationship, you know, be put together and displayed for me. And they were very tremendous as mentors and what they provided me the safety net to get my shit together. And then I went from their house to to buying a condo with my wife, you know, and that really kind of set the foundation and so While I've got a lot of friends who don't have kids, and I kind of tell them what I always tell people start a Gmail account for your kids right now, if they're two years old, their name@gmail.com Get that password and then write them letters all the time. You know, write them about your day, Hey, today I was on this podcast, and we talked about this and that, or I had this guest on or, and here's some books you should read. Here's some songs I'm listening to. These are the things that pissed me off. These are the things that I'm you know, I love whatever that is. And then give it to them and 20 years when they're at a rite of passage, whether it's maybe college graduation, high school, graduation, a marriage or whatever. But why I'm stating that is if you don't have kids, you could still write that damn letter, and then give it to a niece or a nephew or someone who I think everyone should be always trying to think. What is it I can do to make sure that I'm leaving this place better than I found it? And mentorship with young people's is absolutely where it's at service, you know?

# James Geering 21:07

Absolutely. Well, going back to your childhood, as you progress through the school ages, what were you playing as far as sports?

## <u>^</u> 21:16

I wrestled i, i My dad wrestled back in the day, and I played football and baseball. But wrestling was where it was at. I've always liked individual sports. I always liked the fact that it was 100% you winning or losing, there was no politicking in it. I liked how hard our wrestling room was in the sense that our coach was from lowa. He even wrestled with Dan Gable, from that from that era. And he brought that kind of grind to our wrestling room. So and I'd always remember the football players when I was in high school, they were they were the state champs and they're supposed to be big shit. And they get out of their their season, after you know, a couple months of supposed to be you know, tip top shape and we would work their ass. You know, they just

couldn't hang with us in the rest of the room because the conditioning was a lot different. So I wrestled I was I was a, you know, 5050 Whether I was gonna win or not. I started when I was a sophomore. But I always enjoyed that sport,

James Geering 22:27

that you continue martial arts because I can see you got the cauliflower ears going on.

<u>^</u> 22:33

You know, what's what's interesting? And we'll dive into it, maybe but I did not I did. I did get you a year after that. But it was in the ghee. And I did like it just was I don't know, it didn't make sense to me. And as I'm sure will progress in the in the conversation. I had a psychedelic experience and that experience. My kids, I was putting my kids in jujitsu. And I was sitting there watching them and then the kids class would be over and then all these men would come in and they'd start rolling. And then I was like, why am I not doing that? I'm not like I'm this is when I was 35 is when I started. And I said I'm still physically able. I've gotten no, she used to be sitting here watching. It's time to start rolling again. And so I started I started with the wrestling class that my now coach was he was a wrestler throughout his whole life. And I thought oh yeah, I'll wrestle. And then I kind of realized like wrestling is a young man sport, you know? And like, oh, you should go to jujitsu and go, Oh, that's too that's too soft or whatever. You don't know what I was thinking very, very new and. And then wrestling got too hard. takedowns just getting blasted, you know? And so started doing jujitsu. And now Now it's like, that's all I do. I I try to get in five days a week, you know, at least it's very important to me now.

James Geering 24:03
Do you do get on Okay, these days?

° 24:05

No, you only know you need to I've done it before. But NoGi is it's the evolution, you know, and I mean, I'm sure there's not a jujitsu folks who are your listeners and their GI and they might hate me for this. But the way I see this man, it's Japanese jujitsu was a thing. Right and a beautiful art in the beginning. And then it evolved into Brazilian jujitsu and the Brazilians the Gracies they made it a different thing and they made it better and I just believe NoGi jujitsu is that next wave it's a future deal where we'll drop the ghee and and do that and maybe never dropped the ghee that's that's whatever but for me it's a faster sport. It's a it's a more technical sport. You have to things have to work, you know, arm barring In no Gi is a lot different than armbar and a GI. You know, you don't need to be as as good, straight up. You don't need to be as good to get an armbar and a GI as you would need to win some slick and slippery on a on no use. So maybe it's because I wrestled back in the day. That's why I

25:21



#### James Geering 25:27

Well, living in Florida, my biggest thing was I only have so many days a week and my school is like 30 miles from my house. So it's like a 40 minute drive basically each way. But it's just the tribe. It's the school that I resonate with, and they do really well in all the competitions, but I don't feel like it's a murder fest every session. So they have that perfect line of technical but also enough you know, it's still a tough role, but you're not leaving with ribs dislocated and your neck hurting and all that stuff. But um, but but when you live in Florida, I'm like, Okay, I want the most bang for my buck. I walk around in a T shirt and shorts. I can't start knitting with a frickin overcoat so that eventually I tie them into a big knot you know, so that was my big thing. I mean, it just made more sense but the military if you're fighting you know a soldier in a cold area then yeah, maybe you can use that against them and the GI has more of application and Russia you know, sambo? Yeah they're not walking around in boardshorts in Russia but I think Rio and Florida it was very pertinent if I walk out my door. What is the person going to be wearing? Am I going to be grabbing a sleeve or a naked arm?



#### 26:37

Yeah, I I trained 10th planet 10th planet Denver shout out there man Madson member that as well. And I really liked that I liked the fact that I could travel anywhere I'm popping those gyms. And to your point though, to the cultures and different gyms very, very unique. It's actually quite a quite an interesting thing. The various amounts of ideologies in different schools, even even in 10th planet, sometimes planted schools are, you know, kind of more casual, where my brother chains out in San Diego with bogey and so I've popped in there a few times. And that that rooms filled with some killers, you know, and they, they go super hard in their safe though, you know, but you definitely want to have your head on a swivel, and it's very much like state champions of wrestling state champion, Colorado wrestler, you know, might not make the JV team in California, you know what I mean? Because California crowns one state champion at a weight class where Colorado has a bunch of different weight classes or school populations that define how big the school is. And so there's a two a three a four a five A state champion, and so but i i like i like the culture of the tent planet gym, you pop in a lot and you could feel welcomed and kind of know the system pretty well, anywhere you go. But it's you know, athletics are just kind of a universal language. I was I was training out in total Santos Mexico, and you know, the instruction was in Spanish is really, really good for learning Spanish too, when you kind of see some like, Oh, I know what he's saying even though you don't know all the words. But then I was seeing people out in the town that were in the jujitsu gym. And you know, one guy was renting me a surfboard. You know, another guy was a waiter at the restaurant, you know, those types of things. It's jujitsu is a very beautiful, beautiful sport, in my opinion.



#### James Geering 28:48

I was so going again to Heather, I think one of the things that we're missing is that concept of shed suffering. Now you can look at it as everyday life with air conditioning, and you know, all the things that we get to enjoy now, but also in the fire service, the law enforcement community is that departments that have allowed their bar to get lower and lower, we're

seeing less professionalism, less athleticism, and I would argue in a less camaraderie to but when you go and find these places where you artificially suffer, whether it's a jujitsu gym or a CrossFit gym, or a Spartan Race, you really that's where you find community. Again, I think those are such great kind of microcosms of the communities that we need to put back in this country.

#### <u>^</u> 29:32

Yeah, that's what I see at 10 plants in Denver. I mean, this it has very little to do with jujitsu after a while. You're not I mean, and you could kind of see that like, oh, people aren't here for jujitsu, you know, of course obviously they are. But the the connection that is being built the team, the tribe, you know, we're designed to be with other people and we've we've created this false reality where we all live in our cookie cutter homes. 15 feet from another human being, you know their name, you know, or you've never you've never had dinner with them. You know, it's it's really something that I think we're kind of feeling it. We're kind of like becoming aware of like, what are we doing? Why why do we live these ways? You know, and I think a lot of people want to get back to some level of tribalism. And I feel like jujitsu is probably a good start. CrossFit is probably a good start, you know?

- James Geering 30:28
  - Absolutely. Well, what about career aspirations? Again, when you were in school age, what were you dreaming of becoming?
- 30:35
  I wanted to be a herpetologist when I was younger.
- James Geering 30:38
  I've heard that on the podcast.

# ° 30:40

Yeah, I really enjoyed catching snakes and studying snakes. And if you know, I was in Michigan, ever for a family reunion, I'd be on the paddle boat trying to catch turtles and snakes and frogs and things of that nature. And so when I went to college, I was taking biology courses, and I had a an internship with the Department of US Department of Wildlife out on the Rocky Mountain Arsenal out here in Colorado, and we were capturing deer fawn, whitetail and mule deer. And we're doing a telemetry study, we were putting collars on them, we were taking biopsies, putting PIT tags in them. And so in we even did a burrowing owl study where I got to catch burrowing owls. And so I wanted to head into nature, whether it was reptiles or anything of that, that kind of category. But then I kind of realized the amount of schooling that was going to be necessary to basically have a really low Payne, incredibly competitive job market, you know, I cut myself out of the that now, you know, life catches up to you a little bit after, after

high school and after kind of the first couple years of college where things start to get a little bit real. And so I didn't pursue that I ended up going into construction, like a lot of people, you know, so flipping houses for a while, which was good, but that was that was the beginning of what I felt is my greater purpose.

# James Geering 32:22

So up to that point, I mean, obviously you you've been in the kind of zoology world and Hepatology had you a connection with the more holistic side of of living and the plant medicines or any of those or that that come later?

#### ° 32:38

No, that came that came much later. I I guess I guess what I would say as far as like health and wellness or or plants as medicine never was, in my foresight, but I had worked in many greenhouses, and I enjoyed working in greenhouses. My grandparents have a big farm in Michigan. And so I worked on the farms in the summers and worked in my grandma's greenhouse and then got a job out here and this was like nursery stuff, you know, selling trees and loading sod and bags of soil and things of that nature. And I've always really enjoyed plants and I could name all the flowers and I really enjoyed gardening, but I never really understood of plants as medicine until until later. And that in that kind of came into like how I got involved in Charlotte's Web my my love of nursery and food. A friend of mine kind of said hey, because I was totally against marijuana, right marijuana is, is I bought all the all the hype from there, you know, as a gold medal winner of the DARE program back in the 90s. And thought weed was losers for losers all the while drinking my ass off, you know, and I've said that a tons of times on podcasts where alcohol is it's just relationship Oh yeah, it's what you do. You know you drink that's that's like what you do if you go to college you drink if you're a guy, you drink and you fight and you talk shit and you do all the manly things. And we just were losers though we'd you sit around on a dorm and eat crackers or something, you know. But I in flipping houses, I flipped a house for myself here in Longmont, where I'm at today. And it was on three acres and had a bunch of apple trees and we are moving out of a condo and I was super excited to get back into gardening. And so I read a book, The Omnivore's Dilemma by Michael Pollan, who just so happened to write the biggest book that's kind of launched a lot of this psychedelic Renaissance, how to change your mind. But I read The Omnivore's Dilemma. And it was just kind of talking about our sources of food. And you know, the fact that a homegrown tomato is a whole lot different than a store bought tomato density, nutrition density and all the things. And the fact that you know, if you're buying a, a peach, I don't know if you ever grow fruit or you or tomato, right? You have a tomato plant in your garden, and you spend all summer growing that tomato. And if I were to pick that tomato off at the end of the summer and said, hey, I'll buy this from you for 75 cents, there's no way you would sell it. There's no way you'd sell it. You wouldn't sell it for 15 bucks, you probably wouldn't sell it for 100 Right now, I'm just I agree that all summer I'm going to enjoy that, you know, it's worth more than that. So it's always like someone's getting exploited on the food system. But someone said, Boy, Dale, you You sure do talk a lot of shit about food and how important it is and how you know you're taking your health back in your own hands and, and and all these things yet, weeds for losers. Like, how do you not understand that it's the same system, it's the same bullshit. There's there's side effects of cannabis, which are getting high. But the health repercussions that come from that are really really solid, actually, you know, and I watched a documentary called The Culture High. And The

Culture High in it was basically there's a lot of incredible stories, but there's this father who said, who was treating his son's seizures with cannabis and he said, My life's goals to hear my son say I love you. And at the time, my son was probably six years old, five, six years old. And he told me, he loved me ad nauseam. Just I love you, dad. I love you, dad. And you know, and I would be almost frustrated, like annoyed with it. I don't know why. After I saw that, never again. Never again what I ever take that for granted. And it made me think Wow, man, my mouth, in my own education on weed weed for losers. Like why are you smoking weed bla bla bla. That's the problem. I'm part of the problem. I'm stopping that man from helping his son treat his seizures. Because our culture just as accepted that this bullshit drug war, you know, and I did too. And so me mouthing off is part of the problem. You know?

# James Geering 37:43

Well, again, back to the first responders perspective, we get to see that, you know, I don't think I've ever remember a fight a murder, a traffic accident that was verified as someone being Hi. And if you were to be the world's slowest murderer, for sure. But yeah, it'd be a really, really committed victim at that point. But all the tragedy that we saw, you know, all the car accidents, all the shootings and domestic violence, you know, and all this stuff that was alcohol related. So early on, for me, it was like this, this just, it doesn't make any sense to me. But you know, there was the whole this is your brain on drugs. It's funny, we're having this conversation. I just made a wouldn't call a meme. But I found the original poster that said that and took the word out drugs and put politics like that actually fits. This is your brain on politics. That is a perfect analogy. Now the bullshit that you're all fucking arguing about, that's what's happening to your brain. But as far as drugs and prohibition, you know, we'll we'll get into that even deeper, but you realize, as a paramedic, and a firefighter 14 years in, we're not winning this war. You know, all it's doing is creating more and more and more problems, more crimes, more overdoses, more homelessness, more prostitution, all the things. So now, when when I'm seven years deep in this part of this podcast, and I have so many people that are first responders and military that have having so much success today with CBD with marijuana, you know, if the THC is helping them as well, with psychedelics, with MDMA, lo counseling, you realize that, you know, this whole thing that was on do I advocate for crystal meth? And you know, and heroin? Absolutely not. But it's a mental health crisis. It's not a substance crisis, and everything got bundled together and especially at the origin story that had Harry Anslinger that it was founded on job justification and racism initially. So now I think and I fucking pray that it we're finally there to an awakening where people are stay taking a step back and going, we were hoodwinked. It sets us that simple. We were hoodwinked and some people were in it for the right reasons and they were hoodwinked too, but the real people behind it. They knew exactly what they were doing.

# <u>39:59</u>

You Yeah, and that's just it anymore. You know, with the age of the internet, ignorance is a choice. And there's no more excuses anymore to be against these things. I mean, there's just too much information out there. You want to be back in the 90s when people can, you know, hear stories of children's lives being saved? You know, it's like, people don't understand this. You know, I'll ask you, James, do you know what the color for the? What's the ribbon for breast cancer? What's the color?

James Geering 40:33
Pink? I think, isn't it?

#### **40:35**

Yep. What's the color for epilepsy? I have no idea. It's purple and more people die from epilepsy than they do from breast cancer. And I say that because I'm showing the fact that it's just what are you aware of? What is being brought forth to your mind, that's actually educational, you know, a prospective breast cancer, they got killer marketing, dude, they've done a really good job at that in great cars. I mean, give all the money that I don't give a shit. That's a wonderful thing. But it's just kind of a point that more people die from epilepsy. And so the the idea of strong convictions loosely held, I'm all about passionate people, man, I am one I am I am frothing at the mouth when it comes to whatever my opinion is today. And right now, if you are providing me with good information, I should be able to change immediately. If someone is going to show me statistics that cannabis hurts more than it helps. I'm open to it. I haven't seen shit though. I've seen it affect young people, young people in their development in their their minds. Therefore, don't smoke weed when you're a kid. Don't do it. Don't do it long term. I've seen you know. Hyper bass basically when you it's continued vomiting from smoking weed. Okay. Can't. Yes, yes. So that's like, you know, if you're, if you're smoking a lot, geez, put it down, you know, or obviously, I think there are some issues with the way that they're concentrating these things and making them so concentrated. It's not this kind of bullshit that you'll hear these senators say where Oh, Trump, the weed we used to smoke back in the day? Well, first and foremost, I thought you never smoked weed back in the day. And now it's this really dangerous. It's not it gets you ripped, that's for sure. But I haven't seen real data that shows that it's absolutely something that we should shut it all down. And but that's what they're doing. They're throwing the baby out with the bathwater, you know. So people need to have strong convictions loosely held. And there's a book called Chasing the scream that we've talked about. And you said you had him on your on your podcast. I mean, man, you can't read that book. And and think that worked. It's worked in Portugal. Why don't we implement that here? And we don't, because there's too much money to be had. And this isn't some 10th planet conspiracy theory. This is god damn truth. You know, there's too much money to be had in the private prison system, in healthcare and pharmaceutical companies. They will not allow this stuff to unfold the way it should, because it would crush all their jobs and all the things that come from that. But things have got to change.

# James Geering 43:56

Well, you mentioned Portugal, I mean, people listen to this podcast, a lot will hear me talk about this frequently. But their minutes. It's an amazing example. They right around the end of the 90s had a really bad opioid problem. A lot of the soldiers that come back from war and one of the colonies are what used to be a colony. And they, you know, brought back I'm assuming probably an element of PTSD with them, and the opiates were their coping mechanism. And they had, I think, at least the worst addiction problem in the US in Europe, if not the world, I was forget to, to kind of look up on that one. And they went to the Portuguese people. And look, we've done this whole American War on Drugs model, and it's not working. And so they democratically put it there and they had more resistance from the right, which you would imagine same kind of thing here. But they started seeing it working. But what they did is they

took a lot of money and they put it in all the things that you would need to address it. So they put in, you know, addiction in counseling centers, they put in job creation and gave bonuses to employers that would take recovering addicts and put them back in the workforce. There was mental health counseling, there was all that stuff set up. And then they put it in. And in less than 10 years, they went from the worst to the to the lowest rate of addiction. And so I sat down with alga Lau, who's the man who spearheaded that, once in Lisbon in the second time, just a few weeks ago, over zoom. And, you know, no system is perfect. And they still have people that are addicts in Portugal, but it's such a small amount, and they have safe centers to go and get methadone or whatever it is, and you know, the the places to shoot up and all these so that they're minimizing that amount that they just can't say that it's just too far gone. But when you have that conversation here, like Oh, so now we're going to have drugs in the grocery store. No, did I ever fucking say that, that any of that came out of my mouth? No. But if you say, Well, you know, we tried it in America didn't work. No, you legalize marijuana. So every other addicts was still in the shadows under the control of the underworld decriminalization means I catch you with whatever meth heroin, you know, whatever it is, and you get educated on all these resources you have, and you're not even forced to do it, you get educated. So most people, you've removed the stigma, you remove the barrier to entry, and you've told them, we're not going to give you a criminal record for this either. So you're more employable. And most of the people then sought the help they always wanted, but they've been hiding in the shadows up to that point. Now you've freed up law enforcement resources, you made the street supportable safer, and the legal system is now free to address the real shitbags. Like the dealers, the smugglers and everyone else.

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#### 46:42

Yeah, and I mean, addicts. I mean, it's hard. I know a lot of I'm ultra conservative, which, which also kind of baffles me that, like, my party, would be the party who's wanting to regulate and put their governmental hands all over these things, like, get out of the business, let people do what they want it, you're not hurting anyone. Let them do the things the moment you start hurting people, now we get involved. But my understanding is, you know, folks who are addicts, don't want to be an addict. They don't want that life. They don't want to live on the street, they don't want to have to do the things they do to get their fix. And they don't have the resources. And they've never been told of options to help with the trauma that caused that in the first place. It's like, it's like guns, you know, let me tell you regulating guns isn't going to do shit, it's not gonna do shit. And you're still gonna have criminals doing terrible, terrible things. And instead of putting the effort towards that, why don't we put it towards mental health and well being or trying to lift up Family Services where people can have the resources so they can eat dinner with their kids at night, or whatever that is, but right now everyone's working multiple jobs are like, trauma is the beginnings of all these things. And I commend Portugal for saying what we're doing is not working. We weren't we were wrong in that approach. And now we have the mental fortitude to assess this and make change. The United States is so incredibly thick headed and stubborn. Look at look at look at our elected leaders. You know, Dianne Feinstein, Mitch McConnell, I don't know whose party, your honor and I don't give a shit. Most people don't vote for a potato, if it had the right letter after its name, you know, these people shouldn't have no right. Ushering us into a very complicated, new future. I don't I'm sorry, I was at the gym the other day with my daughter. And these young kids. I'm gonna get shit from my friends, because I bring this up so much in the last few days, but they're taking their shirts off at the Rec Center, and they're flexing in the mirror. And they're like, and I'm just like, appalled by like, you guys are little boys like what are you doing? But but I'm being told no, this is the way it is. This is the this is the wave of the future. Like, they have the confidence to do that.

And it's really hard for my 41 year old brain to understand why a 16 year old child would be doing that. I'm undated in my way of thinking, let alone a nine year old person, you know, like, they're going to somehow maintain a fluid thought pattern around things like AI, which is changing every fucking second, or a fluid thought pattern about the complexities of how to change environmental woes. Like the fact that we are okay with that. It's gonna be it's gonna be the chickens going to come home to roost on that shit. I'll just say that we've got to do something to be a little bit more fluid with the way we, we think and the drug policy can be one of them and good for Portugal for stepping up saying we got a problem we need it we did make drastic change. That's commendable.

# James Geering 50:20

Well, here's when I think of people changing their mind. The first word that jumps in my mind that comes from those fucking awful people that call themselves leaders in government buildings is wishy washy. Waddell, you said that you were against drugs, and now you're for drugs, you're wishy washy. No, I learned more stuff. And I developed more humility to go, you know what, we kind of made the decision what we've been told them, but then I realized that I was wrong. And that's okay. Because that was then and this is now and today in 2023. Having listened to Johann Hari, his work and you know, watched 14 years through first responders eyes. What I believe then is completely wrong. But I believe that because my environment allowed me to believe in but now I've got to pull behind the curtain and look behind the curtain. And I see a completely different that's not wishy washy, that's humility and growth.

#### **51:13**

Its growth, its growth. It's like, I don't have any problem with anybody who's against drugs or for the way we do it right now. But if you start receiving information and start really understanding what's happening, and you still adhere to that, now, you're just an asshole. That's all there is to it. You know, and we have to be a lot more fluid. We've got to bend before we break, you know?

# James Geering 51:40

Absolutely. Well speaking, so you're doing the gardening. There's a little girl, Charlotte, Charlotte Figi. You know, she starts having these seizures. Paige who was on the show, finds the brothers and behind Charlotte's Web, the company and they develop a formulation that stops her basically palliative care seizures, where she's gonna die any day and adds another nine years of life to this little girl. So how did you interact with that group of people and then walk me through your time there?

# **6** 52:16

Yeah, Paige started the realm of caring with Heather Jackson, Heather Jackson sons Mkhize a second person who takes Charlotte's Web. So they started that they are founders of Charlotte's Web that those women and the brothers and Matt Lindsey came together and in in moved Charlotte's Web into its own category because the brothers had THC dispensaries, and then

Charlotte's Web became its thing, but Heather Jackson is a is the co founder of the realm of caring from seeing the culture Hi, there was a friend of mine, I had a few friends who were fighting in the UFC at the time. My my business partners were wrestling coaches. For like Nate Marquardt, and our friend Jared Hammond. And so I had a few friends who were in the UFC and in their culture had brought me to the realm of caring, they mentioned it or somehow I learned about the realm of caring pages organization. And this is early 2016. And they were doing a campaign called when the bright lights fade. And this was about concussions, chronic traumatic encephalopathy, and CBD. And Jake Plummer, the quarterback for the Denver Broncos was kind of spearheading this with Ruben drones and Nate Jackson and some ballplayers and I had my friends who were fighting in the UFC. It really piqued my interest to think okay, these guys are getting punched in the head. Chronic Traumatic Encephalopathy is absolutely going to be a thing for them as well as you know, NFL players. Boy, I didn't know cannabis could help with that. That's weird. You know, that kind of blew my mind. And so I went to Colorado Springs. I met these families. And I met Heather I met these mothers and I went down there for a day to just kind of learn more because I was sponsoring their golf tournament. I was going to learn more about what they're doing and sponsor their golf tournament. And I just remember these mothers saying, tell me their stories. And again, I came back that evening it was late there in Colorado Springs was like two and a half hours from where I live now. And I came back in the evening and my kids came home Hey, Dad, what do you do today? And I just remember the first time and yours getting down on my knees and just crying and just crying because I was so grateful for their health. And I was so embarrassed of my past position, just steeped in lack of education. And so I knew I had to be part of this. I knew I had to do so because I, I was crying Shit, I don't cry, you know, right. You just don't do that. And so but I was I was moved, and I knew I needed to be part of it. And so I talked to Heather Jackson. Hey, you know, what, how do I get involved what I do, and she said, you should work with Charlotte's Web because they're closer to where I live. And so I started working at Charlotte's Web. And that's where I met Matt Lindsey, very early on, kind of the first week I worked there. And then I went to LA for some show. And that's where I met Matt Lindsay, and he had long hair back then, dude, he had hair down to his down to his butt. And he was a hippie, and he was my first hippie friend, you know, and but, you know, worked there for multiple years, and just really opened my eyes to the possibility it wasn't just cannabis, as something that can help these families, as much. And as equally as it was a complete shift in my mindset of oh my gosh, I was so adamant about this. And now look at all the new information I am getting. And that's super exciting. If you're open to it, that's the thing to like, it'd be closed off and adherent to your things. There's no growth there. You know, but if you open it up, like holy shit, like, it's exciting. And so I just learned so much and spent so much time with a lot of families and became a, you know, really important to me that there was good quality medicine out there for little kids having seizures.



#### James Geering 56:57

So talk to me about some of the kids that you saw, and what did you witness yourself because when Paige is talking, obviously, with Charlotte, I mean, literally, she's got days to live she seizing for I forget what she said, like 28 minutes, like a one and a half minute postnatal period and back into a seizure against her this poor child has literally seizing the entire time, she gives the CBD mixture, and then immediately they start subsiding. And to the point where like I said, nine years and then and then ultimately, COVID gave her a fever. She had the seizure that killed her. And then that was it. But what are some of the other miraculous stories that you witnessed through your eyes and through the storytelling of the parents?

Yeah, I mean, those stories are so incredibly common. And that was the one that really made me know, I need to be part of it, as this one was telling me, our daughter, you know, or her daughter, you know, would wake up in the morning, and I'm going to feed her as quickly as I can, because he's gonna start seizing. And this is going to have so many seizures that she's going to pass out, and go to sleep in the middle of day, and she's going to wake up for lunch. And she's going to have a little window of time that I could feed her where she's not going to choke from all the seizures he's having, and then she's going to have seizures so hard, she's going to pass out, and then we're gonna do this, and that was her life. And that's what she was up against. And it's like, I don't understand how anybody who has a frickin heart in their chest wouldn't at least step back and say, Oh, my God, what's going on? You know, and Heather Jackson would tell me stories about and Heather is a absolute Bulldog. She She is the most tenacious, wonderful human ever. She's just like, she's, she's my best friend. I love her. telling me how she would go into senators offices, and like, step in there and set a clock and I can't remember what the time was, like, like nine minutes and 38 seconds, you got I got nine minutes and 38 seconds, because in nine minutes and 30 seconds, someone's gonna die from a seizure. And I'm not here to fuck around, and, you know, try to convince you like, kids are dying, you know, and they, you know, bring kids out on the Senate floor and whatnot. And if you see a child having a seizure, I mean, this isn't this isn't a I don't know. And this is why I wish I was a little bit more intellectually capable of putting my words together in a more sophisticated way. But for me, it's just like I go into rage. I go into anger, like what are we doing? Why? Why can't in Idaho, Nebraska, South Dakota today right now? September 14, whatever it is 2023 Kids can't have CBD in those states. They can't go into a storm by it. Everyone from Idaho, Nebraska and South Dakota. should be burning down the frickin City Council whatever the fuck it is because what are you? What are you doing? You are preventing children from safe access to something that works and has not a fucking inkling of the repercussions that pharmaceuticals do. And I'm all for pharmaceuticals. I'm okay with pharmaceuticals, they shouldn't be the last line of defense. Let's do these plant medicines, hey, they didn't work. Those didn't work. I'm sorry, CBD doesn't work for your kids. Because guess what, everybody, it doesn't always work for your kids. Matter of fact, sometimes CBD will

induce seizures. Let's move on to a pharmaceutical from there, but no, we have reversed. And so seeing the moms in these family members at the lengths that they would go, that more so inspired me than even just seeing the children like that's very challenging. And I'm blessed to have spent time with those families and children. But I never did to the depth that the brothers

or Matt Lindsay did where, you know, it's very, very raw, very, very beginnings. But the inspiration that I was given by a lot of moms from the realm of caring, that is what ignites me today. That's why I do what I today I do today because I'm I'm on fire for this. And it makes me very angry to think about all the states that don't allow these simple, safe natural medicines to this day. You know, and so it's a life's it's a life's work, it's, I'll be dead before. A lot of these

# James Geering 1:01:48

idiots get it? You know,

firstly, I can relate to I always say I'm a contradiction and walking contradiction, because I'm all about peace and positivity. But if people don't get it, I want to choke him and punch him in the face. It's that torn thing. But yeah, you just what you said about the Senate having to witness a child having a seizure. You may be flashed to a video that kind of service last night or today and it was a several addicts, I think it was in New York, all unconscious that seemed like a pile of unconscious addicts. And I read, I think that the reason there's outcry is not that there's

addiction, or homelessness, or prostitution, it's the fact that people are being forced to see it. Have you seen that these bums under you know, when they're going to when they're gonna move them on when they're gonna get rid of them. So it's not like when are we going to fix this problem, just when am I going to stop seeing it, so I can go back to my sticking my fucking ostrich held back in the sand. So I think we need to pull these things out of the shadows. And we need to hold them up to these people. And we need to find the right leader. So because you said about which side I'm neither, like right now, the analogy I use is like, expecting to find a good person as a presidential campaign at the moment is like going to a turd factory and expecting a fucking cupcake. The system is broken. So we're going to keep getting the same shitbag with a different color tie every four years. And then people are going to argue on them and dinosaur about them like that was their fucking Messiah from day one. And it wasn't. So until we get real leaders and get them to address real issues whether they're in your face or not. Only then are we really going to move the needle and not these problems.

#### <u>^</u> 1:03:30

Yeah, and it's so it's so frustrating. You know, the the the talking the talking about how much you care, oh, Donald Trump, this Joe Biden that you don't give a shit. If you gave a shit, you'd go down to your own city council and get involved there. Because that's all we can control that and that's kind of like even like when COVID was popping off. I was like, what's actually what's happening? What can I see that's happening? Are people dying in the streets and all this, like, you know, bad? Are people getting sick? Yeah, okay, I've got a few friends who are sick or whatever. They're like, what is the truth? What can you control and at the end of the day, for me, it's kind of only what can happen in my four walls, you know? And then, you know, once I kind of have that honed in and I'm working with my kids, and I got them to hopefully grow up to be not a bunch of assholes. Well, maybe I'm gonna run down to the city council Boulder and ask them if they might want to consider changing their policy on the criminalization of psilocybin. You know, like I've got time for that. That's that's change I could actually implement and I could speak to a human being who actually might do something, which then could have a ripple effect. We keep thinking about these big things like, oh, whoever's president is going to make or break like we are kind of at a tipping point for sure. In our in our culture. However, it's too late. We already fucked up by being so So, you know, inherent to one party or the other that, again that that chicken is going to come home to roost. But I think you should only be focused on what can you actually do in your own neck of the woods, you know, keep your side of the street clean. That's what my dad always says, you know? So but yeah, you're right. I mean, that stuff is in our face, the homelessness in California, San Francisco, San Diego. It's like those policies, whatever they're doing out there. They're not working. You know? So, what's the tipping point? When are people gonna make okay, we need radical change. Not not just some, you know, one bill, we need to shift. Huge policy.

#### James Geering 1:05:48

Absolutely. One of the things that really inspires me is Joe Rogan, Tim Ferriss, for example, when it comes to psychedelic conversation, those ways of disseminating information without any filter. Now, of course, if you listen to, you know, left leaning podcast, or right screaming podcasts or whatever, you're gonna get the same shit. But if you listen to people that are just trying to bring people on the house solutions, and I hope that this podcast is the same kind of thing. You don't get to interrupt. So you can be driving in a truck with all your trump stickers on or driving in your Prius with all your Biden stickers on and you listen to it, and you go, I'd never thought of it that way. Because no one's interrupting, you know, and you can't interrupt. And this is what I love about these conversations. I really feel like they are the ones that are getting to the people now because the news isn't the news and I talk about all the time this fucking CNN and Fox at the same exact show, screened divided into for four decades answering arguing with each other, hold us hold on a second, we got a drug commercial Coming up, we'll be right back. That's that's our quote unquote, news. So the way that we're actually hearing real people, and this is how I got answers psychedelics was through Tim and Joe. And then you're like, Wow, this would help the fire service, this would help the military, this will help, you know, the patients that I ran on, and we watched, take all kinds of benzos for their seizures, and I kept running on and running on and running on. Wow. And I know that one of my frequent fliers, she ended up finding the CBD and or THC. And it changed her life, you know, all because not someone you know, in DC, or even someone wearing a white coat with a stethoscope. But, you know, a comedian, or a dude that wrote, you know, entrepreneurial books had people on and that was how people started learning. So I find this method of communication. And documentaries as well, is like the new kind of, you know, shift in how people actually get actually get their information. And if you make sure you're listening on the right platform, and then obviously, do your own due diligence after that. There's so much for us to absorb and so much for us to question now. And there's so much hope, there is hope that you don't need to have surgery for your back injury, you don't need to take pills for your arthritis or whatever it is. There are so many other ways and and we're circling around to the ancient wisdom that survived 1000s of years that was rebuked by modern quote unquote science, literally in the last 60 or 70.

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#### 1:08:25

Yeah, and that's what the promise of psychedelics are, I mean, these are these are we say, psychedelic Renaissance for us in the Western world. But this is not a renaissance for many, many indigenous people who never stopped who died for this. And, you know, I always feel embarrassed speaking about psychedelics as though if it's this, you know, great new thing and, and I think of all the people who died for for as a medicine carrier, you know, and so, yeah, there's a lot of, there's a lot of good and I, you know, I'm a walking contradiction as well, where I'm saying, you know, do do, do your local thing, you know, do your local thing, do what you can control within your four walls, and also, like, we need so much fucking change, nothing's gonna help you know, like these. So it's, it's it's very challenging. There's, there's so much but I think, I think the, the biggest thing is to be fluid in the way you think and receive information. And to your point on these podcasts, you have to shut up and listen, and that's just it, you know, two ears, one mouth, right? So, but the future's bright, too, and that's the thing too, and everyone's always so down and out about whatever. I always I don't know who said or whatever, but the idea of, okay, well, if it's so shitty today, and you are reborn at any time of the world, anytime, and you could pick any time in the world, but you didn't know what you're going to come back as You're gonna choose today, you're always going to choose today. Because if you say, Oh, the 19, the roaring 20s That's where I want to go. Cool. You're born here, but you got polio. Sorry, enjoy. There's no medical health care for you, or, Oh, the 70s were rad. Okay, fantastic. You're black in the civil rights movement, you know,

#### James Geering 1:10:19

and you got transferred to Vietnam. Right. And you got drafted that too,

### n 1:10:23

you know, so whenever you're down and out about the way things are, you're not gonna pick a better day than what we have today, right now. Or it's even just the idea of like, I can give you \$10 million for tomorrow. Right? Or like, How's it go? It's like, I give you \$10 million right now. But all I want is the rest of your life. Right? And so no one would trade tomorrow for \$10 million. So what does that mean that the value of today is? Right? It's worth all the money in the world, because you wouldn't take all the money in the world to never have more than just a day. Right? So we're lucky. We should have a lot of gratitude for where we're at. Is there a lot of problems? Hell yeah. Is there a lot of ways to fix it and change it? Yep. And let's do it. You know,

# James Geering 1:11:22

I agree. 100%, I think the the gratitude piece is missing. And this is the problem is that again, when you have whoever if you expose yourself to negativity, and oh, this, this person does this, and this person is in 1986, this person said that you're missing now, which is and I was talking about this, you know, like people every once in a while people like well, I've you know, I'm like America winning go back to England, because I love America. That's why I'm trying to be part of the change. That's what you do as a you know, as a patriot Is that you, you know, you dig in and you force change. But that doesn't mean that you forget how good it already is. At this, I think it's when you can see how good it actually is. That's what makes you want to fight to keep it as good or if not go back to when it was even better, like local farming, that we can affect about the farms in this country, we can go back on that we kind of fucked up mental health a little bit, we can go back on that obesity crisis with can get back to where fitness isn't something that you get from protein shakes and gym visits is just being a human being we can go back to that. So that's what you know, advocation for that's very different than bitching and whining. But I think the difference between those two is gratitude. Someone who loves this country and sees how beautiful it is will fucking fight for clean water and clean air and not all the trees being cut down.

## n 1:12:45

Absolutely, I mean, it's it's hands down the best country in the world. There's no better there is no better i and i i haven't traveled every country. But I'm pretty goddamn sure that we've got it good here. The fact that we can have these conversations. Now, that doesn't mean that there's not a shitload of change, but that's just it here, you can actually do it, you can actually implement that change other countries. No, you're not you're not changing shit, you know. So I'm incredibly grateful to be here trying to make change.

# James Geering 1:13:21

Well, speaking of change, you find yourself working in Charlotte's Web. So now you're you're kind of involved with the CBD mainly, obviously, as you said, the brothers have the THC arm as well. Walk me through your journey into mushrooms and psychedelics.

#### **1:13:35**

So when I was at Charlotte's Web, Matt Lindsay and I had become very, very tight. And he's obviously very involved in the corporate social responsibility aspect of Charlotte's Web, they went public, and it just shifted the dynamic a bit, you know, from kids having seizures to a bottom line. And that's the way it is when you go public. And, you know, the, the thing that gave me solace about is like, Okay, well, if we go public, we'll have more money to help more people. Okay, fine. So that's good, but very much a struggle. You know, there's there's a heart centered group of folks there. And Matt is one of them, and a really special dude. And he knew that I was frustrated and hurt and on some things and we talked about, I'm like, Man, I just need some change. I need I need something to change and you know, maybe maybe we should go out deer hunting and bring some mushrooms or something and and eat those and see what that's like or whatever. And long story short, Matt invited me to a experience where I had an experience and that experience, psychedelic experience. showed me what I had been searching for for, at the time. 35 years. 34 years. And all it was was just a deep profound knowing of what and who I am, you know, and what and who I am is everything and nothing all at once just, you know, people who if you know, you know. But that psychedelic experience absolutely shifted everything in my mindset about what I need to do to move forward, and how do I get more people to come into their own scene of themselves. And I think the only way we can do it is through psychedelics, we are in deep meditation, but unfortunately, United States and most people don't have a profound meditation practice, because we don't we don't cater to that. We don't encourage that. So psychedelics are the way. So I had this profound experience in 2017. And very quickly, I found out that Kevin Matthews was running the D cram Denver initiative to decriminalize psilocybin in the in the city of Denver. And I reached out to him and I said, Hey, man, I need to help you. What can I do to help you this is I know, this is super important. How do we get this on the ballot? You know, that's what I wanted to do. I wanted to see it get on the ballot. And I thought if it got on the ballot, we will have seen success. Well as the Outreach Director for that initiative, and you know, we hosted weekly or bi weekly meetings where we were just doing whatever we could to collect signatures, we had a bunch of volunteers who were collecting signatures and getting this thing on the ballot, and we collected enough to get on the ballot. And I was super excited about that. And then it came closer and closer to the actual election. And we we kind of flew low under the radar because it was a very, very small team of people who are trying to push this forward and not too many people knew about it and and the idea of like, well, if we make too big of a stink, someone will come up with some opposition who has time, money and resources to squash us so flew under the radar, but about three weeks before the election, I started reaching out to everybody I knew who had any sort of Instagram following and we're sharing our, our poster or it was a really beautiful it's an image of a woman and butterflies and decriminalize them are kind of in the obey Obama kind of look that Shepard Fairey kind of deal but anyway, I reached out to all my people. Rashad was a friend of mine at the time and he shared it and then I reached out to Duncan Trussell. You know, Duncan Trussell is medium. Yeah. Yeah. And he has a really killer show, too. And, and he's good friends with Rogen and dunk as a Yeah, man. I'll share that. So he shared it. And then Joe Rogan reposted it. And then a lot of people just started reposting Joe Rogan's, you know, and so there was this, this palpable energy, like holy shit, like people are starting to know about it. And then on election night for the decrypt Denver deal, we're at the election party, and I brought my whole family, they're super important for me to have them there. had worked on this thing for like, a year. And the numbers were coming in and we're getting smoked. Like, oh, shit, you know, well, we had a good run, you know, like, that was a really, that was, you know, is pretty exciting. And, you know, hopefully, Oakland, California will be able to do it in a

month or so. Wow. So I went home and then the next day, I was talking to Kevin, he's like, yeah, it's not over and I'm like, okay, you know, it probably is or whatever, and he wouldn't let it go. And then I was on the phone with him. He's like, no doubt you don't get it. Like we're actually this could come in, like, we could still win this or whatever. And he's like, Oh, my God, this is the club away for I gotta go and he hangs up. He calls back like 30 minutes later, they we fucking won. We won did, we won and they won by like 1900 votes. 1900 votes. Got that, you know, popular vote to decriminalize psilocybin in the city of Denver, and it was the first municipality to do it. And it was followed by Oakland, about a month and a half later, where they decriminalized all entheogens naturally occurring at the region's ayahuasca, mescaline containing plants all the things and for me though, that was like, holy shit you It's on like, this is this is gonna be a thing. Like, people are going to finally start understanding that this is just like cannabis in the sense that it's a it's something you were told was one thing yet, we're actually finding out it's another, you know, and so I say it all the time cannabis is absolutely the gateway drug. You know, it's the gateway to all the bullshit that you've been fed, and understanding that it's all lies, you know. So now it's led to us understanding that mushrooms aren't the bullshit, you know, that's the thing about these people. Believing in these things so hard and dying on that hill, there's still people who think marijuana is unsafe, you know, compared to shit like alcohol, you know, and that's like my post after, after we won the election. My post was a me cheers in my wife with a, you know, shot a whiskey, the world's most statistically dangerous drug ever more more dangerous than heroin, more dangerous than methamphetamine. And here it is, in my hand, in my liquor cabinet, easily accessible for all and not only just that, it's encouraged by our culture. Here I am choosing the statistically safest drug in the world. Psilocybin, just to be decriminalized is not even legalized, you know. So that was the decrypt Denver campaign, which is something that I'm, I'm always going to be very proud of, and something that I will be able to look at my kids in their eyes and say, not only was on the right side of history, but I fucking work my ass off to try to make it happen, you know, and, like, have something like that. I don't care what it is, have something you're passionate about, and you in effect change, you know, working at a pet shelter, or a homeless shelter or a food bank or cleaning up sidewalks. I don't know what like just love something and do it and be proud of it, you know, but that was the DRM Denver campaign that popped off may 7 2019.



#### James Geering 1:22:14

I don't know if you're familiar with American history, but there was a time where they made alcohol illegal. There was a gentleman, Alan Capone, that became guite famous because of that. Yeah, this is what's so ridiculous. That was an epic failure. And then immediately after that, the reefer madness and all that stuff. And we went into criminal, we went and criminalized all the drugs. And it just got worse and worse and worse. And so this is the crazy thing is that we literally had a longitudinal study on prohibition. That was a huge failure that, again, created gangs and all that stuff. And we were like, well, that was shit. Let's not do it again. Fast forward a couple of years, they do it. And then we wonder why we have Crips and Bloods and lanais and, you know, all the issues at the border now, you know, I mean, it's, and then we're going to build a wall already. If we ever said, Hey, we're the largest consumer of illicit drugs. And we're getting it from those guys. And we're just going to put a wall up because those damn Mexicans keep coming in fleeing their own country, because we made it a fucking war zone. This is what blows my mind again, that that kind compassionate slash angry. Part of me is like, when the fuck are we going to wake up? And I think now we finally are but the irony, the nauseating, lack of common sense is just, you know, everything was there for us to see now when we were born into the 70s, or the 80s. I get it. We didn't have that. But now we're all grown up and become

an adult. It's just like, Jesus Christ talk about history repeating itself. Capone was the Crips and the Bloods there was that simple when you decriminalized when you criminalize something? You create so many more problems in the world? And here we are.

#### <u>^</u> 1:24:00

Well, yeah, and then you give people felony charges for selling weed. And they can't get a job. Fuck you think they're gonna go do I can't get a job. I can't get a normal job because of my my drug charges for selling some weed. You know? Or hell, let's just say even selling crack. You like look at the community that's that's been built based on these regulations. You don't have an option to or options are limited. So you sell drugs, you get popped, you get a felony, you can't get a job because you're a felony drug dealer. So you need to make money so you start selling drugs and you just repeat the thing over and over like, Are we are we fucking surprised? are we sitting back on? I just don't get it. I just don't understand how this is like why can't you just get a regular job? You know, scratches his

James Geering 1:24:57 head like Stan Laurel.

#### n 1:24:59

Yeah, It's, it's baffling. But but that's the hope, though, too, is that younger people are more educated. They are, you know, my children are way more educated than I am at what they know right now. And they will be when they're older. And that's okay. That's the one thing that we, you know, we're not producing elders, in the United States, we're producing olders, just older, and kind of dumber, and not like stepping into, like, wisdom. And part of wisdom is recognizing that there's a new error coming. And there's a new way of thinking that I don't think that way. And so I'll hear to my wisdom and impart it in the ways that I can, but my time is over, you know, and it's not over. It's not it doesn't have to be over. It's just, there's a next, you know, and so, I'm hopeful that the younger folks, and we are those younger folks, now, you know, 40s are starting to starting to be of an age to have the resources to implement change the money and power, you know, but we see these other these other folks that, you know, Dianne Feinstein, Mitch McConnell, Nancy Pelosi, all these dinosaurs moving on, and they need to, they can't, they can't move on fast enough. It's a it's a real problem. And if anybody is a fan of them, you need to look in the mirror, because they're not doing shit. They're not doing anything for you. They're doing nothing that is moving forward. They're they're adhering to the same practices that don't work. And the only constant is change.

# James Geering 1:26:51

was speaking of change. One thing I've witnessed, especially I guess, initially in the seal community of people that came on was this finding of psychedelic specialty for the PTS PTSD element that so many of us have. And again, a real aha moment over and over again, is actually it was the childhood pre service pre uniform that a lot of us really were unpacking

when it came to it. I know you and I talked a little while ago, talk to me about the success that that you've seen with psychedelics in the military community, but also in the fire and you know, first responder community as well.

#### n 1:27:29

Both of those, you know, we've talked about Charlotte for so long, and children having seizures and that visual of a child having a seizure, and you give them cannabis and they stop having seizures. And I've mentioned it to you and I say it all the time. There's there's no Charlet for the psychedelic movement, the closest thing is The American Veteran, or the American first responder, if we can't see eye to eye to the pain and suffering that first responders, veterans, you know, people of this caliber police, police, men, that and women who are we are asking them to be our guardians and our protectors and our servants in a really challenging way. And then we also say, when you're done with that, we're not going to allow you the things that are necessary to heal from what we asked you to do. That's really challenging. And so I see my dear brother, Marcus Capone, who runs vets veterans exploring treatment solutions. 13 year combat veteran, him and his wife Amber are just absolutely on fire. They are on fire and they are they're making massive change. They're doing it with Dan Crenshaw, and AOC This is a beautiful thing I don't give a shit who or what you think they have done on their own outside of it them coming together to help champion some of the stuff that Marcus Capone is putting together with bats and Amber components putting together Capone isn't that just such a fitting, then talk to

James Geering 1:29:14 someone and prohibition ending prohibition.

# <u>^</u> 1:29:19

They're doing really tremendous things. And they're, and they have a voice that I think we need to convince conservatives of this and again, as a conservative, I am baffled when we stop allowing people do you know you do your thing? Let's downsize the government. Let's not build government to stop that, you know, but it Marcus says it all the time and it's really interesting that he goes over to foreign countries to fight a war he's been asked to participate in to serve his country, and when he comes back, he has to travel to Mexico, another foreign country to heal himself. What kind of sick and twisted world is that? That we're not educated enough to understand that this is actually an option that we should, we should allow these guys to do? Like when? When do we So honestly, admit to our stupidity, because that's what it is, is like, we're just too stupid to understand this. So you're gonna have to go to Mexico, you know. But there's a lot of groups are coming out Jesse Gould who's a friend of mine and you've had him on as well from heroic hearts, they're making great change marks funds making great change, there's there's a group called heroic path to light. And these are first responders, police officers and firefighters and paramedics mostly so it's not veterans, they are starting to kind of step into their own and make some change as well. But it's that collective of humans, who I think are uniquely positioned to carry this voice because at the end of the day, it's probably their peers, who are the ones who have that dare mentality, or that more conservative drugs are bad mentality, drugs are evil. And if they could know someone, such as yourself, Oh, I know, James,

he freakin is dedicated over a decade of his life serving human beings and the stories that he's had the lives he's changed the, the things he's had to endure. He's a good guy, I want him to have whatever it might be, to heal. You know, especially when the safety profile is better than fucking vitamin C. on you know, psilocybin in particular, you know, so I'm, I'm a big fan of those groups. I'm always trying to find you on a podcast, I do what I can to, to mention the hard work they're doing, even even before my nonprofit unlimited sciences, which hopefully we'll get a moment to chat about. But when it comes to this issue, and kind of the status of the world, we don't have much time, I don't think to get this shit, right, and to make some radical change. And so I'm always trying to say, Hey, don't take me or some dirty hippies word for it. Go talk to Marcus Capone. You know, like, if I'm if I'm not resonating with you, because I am a little bit too lacks with my drug policy, go talk to Marcus Capone or amber Capone, Amber, who's a wife of a Navy Seal, who's had to deal with not only her husband being where he was at, but their community killing themselves. And all these things. She's never done any of these psychedelics. She's a devout Christian woman, and she is wise. She understands the power of these things. And she understands how it's helped and firsthand. What it's done for her. Way, whatever I could do to pour gasoline on there, cause I'm all about it. You know. So that's, that's what holds the key to this kingdom, I think. Yeah, Marcus

## James Geering 1:33:37

is on the show. And then I've had so many other people that, you know, like, Ryan, parent, one of my good friends is a seal that I know we're struggling and then they came out the other side Dang, Dan Cirilo, who sadly passed away from something completely unrelated. Earlier this year I think it was you know, Ibogaine was the absolute key and it was alcoholism of that particular one. But that I've underlined the same irony that Marcus talks about these men and women's serve, lose limbs see horrible shit have to do horrible shit for this country. And they come back and now you saying they've got to go overseas through a really dangerous border, by the way, where there's Mexicans trying to get down and we built a wall and all that shit. If you get past that you can go get help. Right? It's insanity. But we I asked you this question with the CBD side. Talk to me about some of the success stories or, you know, maybe one or two that really, really resonated with you about veterans, first responders that were right there, and this psychedelic experience, pulled them back and put them on the healing journey.

## <u>^</u> 1:34:41

Yeah, I mean, I've got I've seen it in rooms that I've sat in. I have an old high school friend who was a Marine who just lost student just a shell of a guy and quiet desperation, you know, just struggling relating with his kids struggling relating with his wife seeing any sort of glow on anything, I think we all kind of get to that point after a certain age, but it was thick with this guy, and former Marine and in I talked to him about mushrooms and using mushrooms in particular. And him using them absolutely shifted everything for him. And his, his business is thriving his recreational life is absolutely thriving. He's finding joy, he's, he's seen that childlike wonderment, it's kind of like, Look, man, if you have young kids, or under the age of seven, in particular, who you are really like, intrigued by and just smiling and like in awe of because children under seven are on another plane, they're in a different world. And if you are not really seeing that, it's time to ask yourself, you know, maybe you need to get back into that spirit. And again, psychedelics been one of those things that that has done it for me, I think you can do for others, but this marine friend of mine who has young kids, he just sees it now. And

it's really beautiful to see. You know, these big strong men, he's a big dude, you know, and to become super sensitive and in heartfelt boy like the new masculinity I see is a special if and it's it's unique. There's not a lot of people who carry it. There's some some hatred on masculinity right now, but there's ways to do it in a way that you can still be really firm and aggressive. And yes, even violent, and still be healthy. You know, and, but that's one that's one dear close friend of mine. I know other folks who are helping out hurl carts, friend of mine who's a marine Raider, who, listening to him in circles, not talk about anything that happened in when he was overseas, nothing. And I know he saw and experienced lots and lots of pain there. But when we sit in these circles, and to hear him speak about his childhood, holy shit, my mother dying, and my father being an alcoholic, and kind of a single parent home. Thank God for that. I'm so blessed. I'm so lucky that that was my upbringing compared to his shit. Like, how do we inflict this type of trauma on our loved ones, you know, and so it happens a lot. And so trauma is not a no one has a monopoly on it. No veteran does. You know, everybody, if you're born, you got trauma. But the stories that that I see, quite honestly, James, I mean, for me, it's like, I don't really see what it is you do, or what inflicted that trauma. And I just see people healing and overcoming and analyzing challenging parts of their lives. And stepping into the new, you know, and really recognizing a past and a future, you know, but paramedics I you know, we talked about briefly and I don't know when to go too deep into it. But I was in Mexico a couple months ago and I was telling you this story where Long story short, a gentleman was struggling in the Riptide and I, I raced out into the water and I tried to save him, I was giving him CPR on the beach, and he died. And I remember doing that and there was a former paramedic with me, and an anesthesiologist, and I was I was pumping his chest and I'd done CPR a long time ago, but they were trying to find a vein and for IV and all these things. I didn't know what was going on. But I remember looking up and seeing, you know, 100 people standing around. I was thinking everyone here is taking on trauma. And then the guy was nationally as a former paramedic for like 20 years. I'm like, This is what this dude did every fucking day. And I'm I was upset. I was like, you know, I was like, keep your shit together and do the pace and listen to what they say. Don't start crying because I was getting supremos because I knew he was gonna die. You know? And I was just thinking like, I cannot believe what paramedics in particular have to go through a firefighters have to go through as their job. It is absolutely tremendous. Listen to all your listeners, my God, thank you, I love all of you I love, I love your human spirit, your, your essence, that puts aside all of you, and all of this shit that you are about to take on to help another human being that is the most beautiful thing. And in the chaos of what's going on, it's hard to see or understand that, but God damn, that is so absolutely beautiful. And to choose that as your profession, and do it day in and day out. Holy shit, I only hope my daily work can be as passionate and convincing people that you should have the opportunity to heal the way that you choose to. You know, so while first responders and firefighters in the folks of that category that you're talking about and asking, you know, well, what about those stories in particular, they have no monopoly on trauma definitely are exposed to it a whole lot more than the majority of us. But at the end of the day, what I see the most and what hits me the most in any of those rooms is is all those traumas being melted away, and people coming together and embracing whether it's a professional athlete or a paramedic, a dad, a stay at home mother, a Coonan, Dara, all these people coming together just to experience a little bit of humaneness and a little shared suffering in those in those rooms. And just ultimately, what looks a lot like love to me, you know? So it's a pretty tremendous thing.

## James Geering 1:41:58

You made a comment earlier about your seven year old telling you he loved you all the time, almost to the point of irritation. And then I didn't jump in. But I was thinking well, when you

were raised in a family where you weren't told you love each other. That's where that came from. When I look back at the conversation about what it is to be a man, I think the word toxic masculinity is used completely inappropriately. I don't think there's really very many chauvinists in the world. I don't at least not under the men that I've ever interacted with most of my life. Where I think it actually is toxic is the facade of masculinity that most of us were taught. You don't cry, rub some dirt in a manner like John Wayne was Jemaine never fucking served. He was an actor. You know what I mean? And from what I understand, not even a great human being, if I mean, what do I know, but that's what I've heard. But yeah, a real man. And I always point to the show, then God they made it otherwise wouldn't have a good analogy, the band of brothers. When the obviously you got the dramatize bit at the beginning of the end, the real man of Easy Company speak. And by this point, they're in their 80s. And every single time they're tearing up, and these are some of the most Fearless warriors that we've ever seen in American uniforms in a long, long time. And this is the part of the conversation we're missing. And in this perfect analogy is the yin and the yang, like, you know, walk softly, but carry a big stick, a man should be able to cry, a man should be able to embrace another man, when they've just seen some horrible shit. But like you said, someone then you know, walks towards a school with a gun, you then don't start picking flowers, you have to put your big boy pants on and hope to God that you're going to make it out the other side. So then you bring that into the fact that then you've got a first responder, a military profession that when mental health has finally got some sort of acceptance, they're like, Well, it's because you're in Volusia. Well, it's because you saw that kid that capitate whatever it was, and we're missing your formative years before you ever put the uniform on. So one of the things that I think is so powerful about psychedelics about MDMA led therapy is we have boxes and some of our boxes are so tight that we didn't even know they were even there. And one of my friends is a Green Beret, just had a psychedelic experience and unpacked childhood sexual abuse from a relative. And this is a guy that I know is in touch with the motions and he writes and all kinds of stuff. It took a psychedelic experience with counseling because that's the other thing you just opened the box. Now, you know, the Charmin hopefully is going to help or whoever's leading it, but then you've obviously got work to do as well. But I think for a lot of people that are hesitant. It's, it's like given you a flashlight in a dark room, and you finally go well, fuck, I didn't realize this thing was here. No wonder I've been struggling with things A, B and C. So again, that word hope. What I love about this is it's not that you just got to you know, have that kind of seeing feeling good. other experiences so many have, and then you're gonna walk out the, you know, Costa Rican jungle and be fine again. But it's really about, we've pointed everyone pointing to that thing, your military service, your first responder profession, the fact that you are a coroner, your whole life or a dispatcher or whatever it was. But if you didn't really understand the fact that your adoption at three years old left you with a sense of why was I not good enough. And my parents, were missing a large part of this conversation. I think psychedelics and MDMA are the solutions to so many of those problems.



#### <u>^</u> 1:45:34

Yeah, and you, you give the analogy of a flashlight and a dark room and even better one is lantern, right? spread light on everything, all around that what's behind you, you know, and that's, that's the thing. I mean, very interestingly enough, on on Monday, some first responders came, came to my house to have a mushroom experience. And I had a pre meeting with the guys and there was a group of them, and one of them big, strong guy, right? Physically, physically imposing dude. And he's asking all that, all the questions and I'm like, This dude is not going to show up. He's not going to come. Because he's saying shit, like, you know, you know, my life has been pretty good. I don't really have any traumas or anything, you know, like, anybody who says that immediate, like, oh, okay, you got some shit buried under there. And as you were born, if you're born, that's a trauma. You know, I mean, that you just don't, you just don't come in here without having some, some some challenges in all of that, you know, and so everyone's got it. And that's just it to like, with, with my nonprofit, unlimited sciences, where we're working with Johns Hopkins on how people use these in natural settings. We talk about healing, learning, expanding, in, as this western Renaissance happens around psychedelics, we're going to always be learning and healing, and everybody will always be learning and healing. But then there's this, there's this moment that we will hopefully see, and hopefully everyone has in their own journey, where they've spent a lot of time working on the learning and healing aspect. But then they start to expand, and they start finding that, you know, more beautiful world, our hearts knows as possible, you know. But right now, there's a lot of trauma and a lot of people in there, and they're not even aware of the things that are getting in their way. And that's where it's like, that's the beauty of these things, is they open the doors, and they and they shut down sections of your brain, the default mode network to allow you to look at things that you didn't even know were in the room, you know, and when you can address those things, the potential to expand into a more loving human being, or, you know, whatever it is, that's good, but then, you know, you've got to have that, that community surrounding you post experience, to ensure that you can continue to grow and it doesn't just become an experience, and that's why jujitsu is where it's at. That's why CrossFit is where it's at. That's why, you know, maybe it's singing circle for my wife, you know, she never sang in her life. And now she goes to singing circle and she's singing more often now. But the community the real thing, the Tuesday what's happening on Tuesday, because that weekend was really expansive and really, really cool. But what do you have set up for Tuesday when no one gives a shit about your losco circle? No one even knows what losco is, you know? How are you going to move forward in a in a container that can cultivate whatever it is you learned on the weekend? You know,

#### James Geering 1:49:05

well, you mentioned unlimited sciences. I actually had the Emily Kuma Kaplan on who's working with Greg Glassman at the moment, they've got a thing called the broken Science Initiative. And it's kind of interesting, because again, all the gospel that we were fed when it comes to foods, you know, the health of certain foods or exercise or whatever it was, they're basically breaking it down and going. A lot of the science is shit, actually, you know, and it's it's fascinating to watch that we're getting so many levels up now. When it comes to psychedelics, someone again I would argue with humility with look at a cult, multiple cultures that have used them for 1000s of years and go okay, that's a pretty solid longitudinal study, but we're in 2023. People want to quote see the research I have people ask me, Can you show me the research? Why are firefighters weak 42 hour work week would be healthier than 56 Somebody, did you just fuckin ask me? Or show me the research? So I mean, there's common sense. But I mean, there are a lot of organizations where that science and the safety and efficacy obviously need to be proven. So talk to me about the nonprofit and what you're doing there to kind of bolster the movement on the psychedelic side.



#### **1:50:19**

Yeah, we're doing that Heather Jackson is my co founder and unlimited sciences. And look, all we are doing when Heather Jackson son was having seizures. And there was no doctor that was going to help her. What'd she have to do? She didn't do this on her own. And so she leaned on

page. And Paige said, Well, this is what I'm giving Charlotte. Okay, well, I'll give us a chi that and then and then it snowballed into a community of moms who had to take this into their own hands, and they started collecting data amongst themselves around the kitchen table. What are you giving your child how many milligrams? What time of the day? What pharmaceuticals? Are they on? Are you including THC, just CBD? What are you doing, collecting that data, and it got so robust, and they started having such success. They called on who else but Johns Hopkins, Johns Hopkins took on their registry now the realm of caring. The rock.org They have the largest repository of information on how people use cannabis. Over 70,000 people have gone through their their deal, and they are able to so if your child has a seizure right now, today, and you don't know anything about cannabis, you call the realm of caring and say, child just had a seizure? What do I do? Well, how old are they? What were they diagnosed with? What are they, you know, what are the pharmaceuticals they on? Okay, from our data points of the 1000s and 1000s of people have gone through our study. Start here, start here, and see, see, you know, what happens, and it's better than zero, it's better than what Heather had. It's better than what Paige had, you know. And so we knew when I was on the decrypt Denver deal, we need to have something in place like that, for all the naysayers who make all psilocybin is a bunch of bullshit or whatever, you know, like you need that white coat to tell you it's okay, you need permission, because you don't have the mental fortitude to think for yourself. So you have to have someone some letters behind their name to tell them. So I knew we had to do that. And the Albert Garcia de Mayo is our principal investigator on this study. My understanding was looking at the Cannabis data for realm of caring, and was saying, Wow, this is really good data. This is really good information, it's super important to have, what people are really doing, you know, and all these studies that we hear of all this progress, we hear clinical studies at Johns Hopkins, super important, we need to do it. But let me tell you this, there's only a few 100 People who are ever lucky enough to go through a clinical study, to get to get through all the checks and balances to be part of that. And they only take a few you know, the studies like smoking cessation, there's an n of 19 people. It's not very many people. Now, super important, really, really relevant work, and we need to continue that. But that's not how I'm tripping psilocybin. That's not how anybody I know has ever sat on a couch at Johns Hopkins. I know one person who's done it because I interviewed them and they're a friend of mine now. No one gets to sit in a clinical trial and use psilocybin. They're taking it camping with their friends. They're taking it before a concert, they're doing their own work, there may be working with an underground therapist. That is really important data. That's super important. And so just like the cannabis study, we're just did that for psilocybin. How are you using psilocybin? So it's a prospective, longitude, longitudinal registry where that means basically, two weeks before you use psilocybin, you go through some pretty intense surveys about an hour plus of validated measures. This is you know, childhood, upbringing, childhood trauma type stuff all the way to depression, and we even have head trauma things now sexual satisfaction stuff, two weeks before, then you take a survey hours before you use the medicine, one to three days after use the medicine, two weeks, and then three months and that gives us a really wide look at Okay, what are people doing? What are they? What are their successes? What's the average amount of psilocybin they're using? How many people are they with? Are they with a therapist? Are there are their health outcomes positive or negative. And so we started that. We started unlimited sciences in 2018. We are going to publish our very first paper, September 19. Next week, it's been like four plus years in the making of collecting this data and putting it together in the first paper. She kicked myself for not knowing it off the top my head, but it's something it's something crazy like psilocybin. People use psilocybin have persisting better mental health and well being. Right, and it's like, no shit, no shit. You say, people use psilocybin are better have better health and well being and mental health, no shit. And I knew that I knew that we're not going to now that we are finding some really super interesting stuff. So I'm not, I'm not gonna downplay our study that I spent so much time on,

but it's kind of like, I don't need Johns Hopkins to tell me anything about our study, or psilocybin being safe, or effective, or I know, I know. However, I also know that there's a huge magnitude of people who need to be told what to think, or what to do, you know, and so they've got to read it in a research paper and look, look, I, I shouldn't sound so ignorant. I know how important these things are. It is very validating. But I do find myself getting a little angry and taken aback about why we are taking so long to implement natural medicine back into our lives. Like we're validating nature, we're asking for permission to use something that we've used for 1000s of years. And now we're like, well, let's just see what the studies say, let's just make sure everything's okay. You know, like, it's guite baffling to me. And, and even even on like a recreational thing. Like, all these studies are depression and smoking cessation, and end of life anxiety in and that's what we need to use these for. I think using psilocybin recreationally is a pretty good god damn safe way to recreate. I'd rather have people do that than drink alcohol. Because alcohol is really quite dangerous. And look, I got nothing against alcohol, I think it should be illegal, I think it should be illegal, I think people should be able to do whatever they want. Within the confines of keeping each other safe, you're gonna drink, don't get in your car. But if you want to drink, go for it don't care. That's your that's your choice. And the same should be for for psilocybin. But going on a rant there. Long story short, our study is validating the communities use showing that they know what they're doing, that they're having consistent. Well being post psilocybin trips, they're doing it safely, very small, it's there, but a small amount of people are needing psychological help post experience. So this is not without its its warnings and caution. But overall, it's seemingly what we kind of know it's, it's pretty safe, and pretty damn effective. So that's what unlimited sciences do. And that's one study, we're also doing a Ayahuasca study with. mostly female Saudi Arabian, or I'm sorry, Arab refugees. And that's a really interesting study that we're putting together. We're doing more community based studies, how are people using these? How to psilocybin effect? The other thing we're trying to put together with my business partners in umbo, Jake Plummer, and Rashad Evans, NFL players using psilocybin, UFC fighters using psilocybin. What are those communities look like when they use it? Is it different than a women's group? Is it different than a first responders group? Is it different than that, you know, in what are the goods and Bad's that we could kind of come together with some sort of harm reduction to say, hey, if you're going to do this, we've studied this, you know, leave the pan Tara music out, leave the alcohol out, like bringing the acoustic guitar. I don't know.

#### James Geering 1:59:57

There's a phrase that someone said a long time ago now that I absolutely love. Don't wait for science to prove what you already know. And I think that applies to so many applies to what we're talking about. Now it applies to a smaller work week being more beneficial for rest and recovery and responders, etc, etc. The other thing is I focus a lot on the psilocybin with the mental health side, but I agree 100% When I was in Japan, mushrooms were legal at that time, there was Hawaiian there was Mexican. And I can remember all the evenings that I was on it, because it was so much fun. And I laugh me and my mate went and watched the planet of the apes and Mark Wahlberg one and then the lights came up and everyone was a monkey and everyone on the tube on the ride home was a monkey It was fucking awesome. So didn't get into a fight didn't stab anyone it we laughed, we went home. So you know, there is an element and even with MDMA, I mean, you know, again, at the same time, a few of the ecstasy experiences danced a lot hugged a lot of people didn't get into a fight didn't stab anyone. So the recreational conversation needs to happen as well. And I think whether regulation as we're talking about with CBD, that just needs to become on purity and efficacy, because I think it was page I think it was page talking about that. You know, when you are growing hemp, for

example, the example she used was hemp is used for for cleanup. So you know, you have a massive oil spill, you grow hemp? Well, you want to make sure that's not the hemp that you're getting in the gas station, CBD. That's why you go to Charlotte's Web, for example. But um, you know, so now you apply that to the psilocybin mushrooms, whatever it is, and you go into these trusted farms that are growing it the right way, and, you know, having the right amounts in there. But I think that also needs to be in the conversation, how many people would drink alcohol, if they had access to marijuana or psychedelics? And that was their preferred thing? Because I just want to laugh. I don't ever drink to get drunk. Never have never will. And the times I've got drunk, I fucking hated it. You know, it was embarrassing. It was you know, it was awful. Hangover. I get migraines, everything. But I just want to laugh. And if mushrooms I think it was the Mexican mushrooms. Who made me giggle like a five year old boy all night. Give me those all day long. And I'm probably not going to touch a drop of alcohol.

#### ° 2:02:15

Yeah, well, that's a that's a big thing we're seeing is that a lot of people are giving up alcohol. And it's, that's a that's a good thing. I mean, I think alcohol is a it's been very detrimental in my life. Whether it was, you know, my dad using it, my brother using it, and me using it. extensively, and real problem with it, and tons of embarrassing moments, and I had no problem getting drunk, you know. And psilocybin has shifted something in me where it just does not appeal to me. And honestly, it's having, you know, once I had my kids, I shut down my drinking big time, you know, I'd still maybe on a weekend drink and drink to a point where maybe I'm slurring my words, okay, which is embarrassing in itself when you're an adult doing that. And look, man, it's a problem. It's a it's a genetic disease. But I remember I had a glass of wine at Thanksgiving, and I'm like, You know what I'm like, so mentally fragile right now. And like, I cannot do anything to jeopardize where I'm at. So I'm like, done with alcohol. I'm just fucking done. And I haven't drank since then. And it's, it doesn't sit the way I used to, and maybe that's just age too, you know, but I also feel like, you know, these plants have a have a essence these fungus have an essence and energy that kind of like, hey, once this is in your body, you don't want these other toxic things in your body. Rashad Evans and I'll say it because he said it. And he's he's a very dear friend of mine and my business partner number of students, a former light heavyweight champion of the world, UFC Hall of Famer, just an absolute G. Well known, and he had a heavy mushroom trip in my yard. And he was talking to me while he was on he's like, I'm not I'm not going to eat meat again. I'm like, okay, you know, like, yeah, right. There's no fucking way you're not eating meat again. And I said, Well, why? Why is that reshot and he said, the mushrooms Tell me. Why would you put dead meat inside of a living body? And I was like, whoa, okay, that's pretty heavy. And he hasn't eaten meat since then. It was like five years ago. I

#### James Geering 2:04:44

saw him in an interview recently because I love the UFC says the only sport I'd watch. And I was like, Damn, he looks slim now. You know, and it's not that he was fat before but like you said middleweight, I would assume he was probably having to work to get up to that way. And it looks like now Actually, tell me if I'm wrong. I mean, if he for today be fined 170 or 155



2:05:06

No, no, no, he's still big dude. He's still he's still pride 215 walking around, but he he looks

# James Geering 2:05:16

different. So, I mean, he probably cut to 170 but even so yeah, I mean he looks just doesn't look like the Russia that was fighting a few years ago.

#### ° 2:05:25

Yeah, no, it's very interesting when you see, because I remember when Rashad had his last fight with Anthony Anthony Smith. And I was talking to him about connecting before that because he had posted something and we we had been friends or acquaintances. And he posted something I hit him up and like yo, Rashad, look. I know you don't know me super well, I know we only I was helping him with his sister had some health issues and we're using CBD for it. And Trevor Whitman, who is the striking coach for gay Qi and Rosemount Luna is just, he's a G, he and I are really good friends. I'm like, yo, just talk to Trevor, make sure I'm not some weird or whatever, you know, but like, Look, you need to come out here, bro. Like, I could see it in your post, and you're in when we talk, like, you need something and you're looking and I think I got it, you know, the, the shift in people's faces, post psychedelics. I've seen it on weekends, where people will come for an extended weekend. And when they get in, they look one way. And when they walk out, they look another, you know, and so Rushabh still a big dude. And he's training constantly. He's out in Florida, and he's as physical as ever getting after it daily. But he looks he looks different in I think it's just it's really it's really quite interesting. Where, like, you might think he's lost, or he's really, really thin. And he's not he's still jacked, but he's just gotta gotta look to Him. That's a little bit healthier.

# James Geering 2:07:09

Yeah, and it's not thin. I don't want to kind of, you know, say that's what it was like, it was just lean and healthy. You know what I mean? What's his name? Daniel Cormier? You know, he stopped fighting. And he's obviously his body composition has changed at the moment, it was almost like the opposite. You know, like now he became more svelte after he stopped fighting, and I'm sure it was the diet change. Now, what is he reported about his performance? Because I know there's a lot of anti anti veganism or plant based rhetoric out there. I personally think that plant dense diet with occasional meat, if that's what you want, is the ultimate thing. But, you know, or no meat at all of you if that works for you. But I mean, you know, we're all different types of backgrounds and you have people that know Aboriginal Inuit, you know, they've been eating very, very definitely for a long, long time. He was eating meat for all that time. What does he report as far as energy strength etc.

## 2:08:10

Yeah, and he switched he switched a lot to fruitarian where he just eats a ton of fruit. And he does a lot of see moss and obviously umbo are functional mushroom company. He takes a lot of functional mushrooms. He eats a lot of mushrooms. But he says he feels great he says he feels physically better than he ever has. He had a he had a comeback fight in cubs Eagle fight

thing his promotion he had a comeback fight maybe it's been a couple years now but he said he training in that he felt great using micro rise which is basically quarter steps mushrooms quarter steps is kind of known as the athletes mushrooms. So he was using a lot of those for training but see moss, no meat, no alcohol. tons of fruit. Mushrooms is better than then he ever really has. So yeah, he's looks good, feels good. And he's, he's a G.

# James Geering 2:09:17

So you've been talking about on Bo, let's talk about the different types of mushrooms. Obviously, we got the psychedelic side, but talk about all the other, you know the range that you have now for people listening?

#### 2:09:29

Yeah, so when I talk about mushrooms, especially when we're talking about umbo, our functional mushroom company and working with Jake Plummer, who's a former quarterback for the Broncos and one of my best friends now and Rashad. It's, it's really challenging because whenever you talk about mushrooms, people are like, Oh, it's just gonna give me high right so I always tell people there's three categories of mushrooms. You know, this is this is an oversimplification. Gourmet mushrooms, functional mushrooms. and medicinal mushrooms. When I say medicinal, I'm talking about psychedelic psilocybin containing mushrooms. I say that medicinally because as laws change, that's what that's what the terminology is going to be for that functional mushrooms are 100% legal there in all all, you know, Whole Foods, sprouts all the stores, natural grocers, all these grocery stores. These are like Lion's Mane, cordyceps reishi, Turkey Tail. And then gourmet mushrooms are what we're used to, right. But mushrooms on pizza, right? That's what I think are portabellas. And not all those mushrooms have to live in one of those categories. Lion's Mane in particular, delicious mushroom, really good gourmet mushroom, also incredibly functional for your cognitive health, and therefore it's medicinal. Right. So but for a little bit ease to kind of understand where we're talking, you have your gourmet mushrooms, which aren't really thought of as health and wellness, or I'm trying to help my gut health. So I'm going to eat you know, this. Functional mushrooms do that. You want to talk about gut health, Turkey tails are really solid mushroom for gut health. You want to talk about lung health, respiratory health, corte SEPs is a really good mushroom for that cognitive health, I believe that there's going to be big changes to the way we treat Alzheimer's and dementia. With the diterpenes inside Lion's Mane mushroom. So lion's mane is one of those functional mushrooms 1% 100% legal that you can buy anywhere and mushrooms that we sell at umbo get mo.com Those are a category in its own right, and we're where we're headed with our company. And then again, medicinal mushrooms are psilocybin containing mushrooms.

# James Geering 2:11:58

So, again, you talk about respiratory health, for example, you know, two plus two or three years ago now something swept through our nation that affected respiratory drive. And, you know, firstly, the underlying health of the nation is something as a drum, I've been beating for three plus years now, but also learning about some of these plant medicines that could have helped, you know, and on top of, you know, the respiratory trainers, I mean, just simple exercise so that people were able to move, you know, infection off their lungs. So when you hear about a yet

another option, a plant based option, I forget what the name is. I mean, there's another one sweeping through now my son just had it and I kind of I think I fought it off at the moment. But it's so encouraging again, to hear that, okay, I was a combat martial artist myself for a long time, my brain has been linked quite a bit, you know, what is going to help that what is going to help gut health I mean, we destroy our gut biome with alcohol with caffeine with the processed foods. So it's encouraging to hear now that ancient medicine I'm sure a lot of the mushrooms, I'm assuming probably came from the Chinese, especially because they're known for their herbal medicine, that again, as an arrogant, modern society, we're finally dropping some of that and going back and saying, okay, humans that were existed before us, since the beginning of time. What are we missing here?

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#### 2:13:18

Yeah, that's what I try to tell people to especially to talk about, I'm sure you're you're very physically fit, you're maintaining your your body, you're probably not really seeing a lot of issues, you know, maybe aches and pains here and there a little bit. But for me, the reason why I take mushrooms every single day, is because I'm thinking about when I'm 90, I'm 95 I want to be as you know, aware and cognizant and physically fit as I possibly can. I'd love to, I'd love to beat the shit out of my grandchildren on the jujitsu mats, right? My great grandchildren, too, right? Like, that would be a really enjoyable thing. So when I think of mushrooms to look, your audience needs to start looking at them as a food group. This is like vegetables. And when you're thinking about, well, what mushrooms Should I take or what does this do for that? While I can I can, you know work with you like they're all adaptogens and an adaptogen is not specific to one thing again, we even on our packaging, we simplify it will have you know, a brain for Lion's Mane, and we know it's good for that we know it's good for you. It's also good for your gut health though, too. It's an adaptogen. It's adapting to your body to kind of meet you where you need to be and so there's some overly oversimplifications that are happening. But if your audience can look at mushrooms as an entire food group, like vegetables, it's very much like Well, why do you eat vegetables? I don't know. Like, well, I had vegetables once and I don't have a six pack, and I really didn't feel shit when I ate that salad. You know, sure, it's like consistency over time equals results. So for mushrooms, it's a food group that has compounds and polysaccharides and minerals and things you cannot get from any other source in the world. I want that in my body. I want to be eating that and ingesting that and having it be a consistent thing. And so therefore I take I eat a lot of mushrooms. And I take our tinctures mostly and we've got some new things that we're going to be coming out with here soon. It's been challenging being kind of an athletic company trying to sell mushrooms because mushrooms are very, very complicated and athletes don't fully yet understand mushrooms yet. And so we're going to shift it up into basically like performance and recovery. And again, use these mushrooms for everything but we're gonna simplify you know if you want to if you want to, you know, be on fire cognitively before jujitsu match. We're going to have Chaga lion's mane and quarter steps in a tincture form. You know, you want to get good rest. We have Miko rest right now this is Lion's Mane Reishi and I theanine we add some other adaptogens and some compounds to to make these things go further. Energy like I said for Rashad, when he was wanting to train with younger dudes in the gym for his comeback. Michael Ries, this is this our best and best seller. It's a it's a really phenomenal product. It's got nicotine riboside in it Rodial prime, which is a complex form of Rhodiola. And then quarter steps, big amount of quarter steps. And these are capsules, you know, but just the concept of if you're an athlete, and you're you know, on the razor's edge of peak performance and whatnot, what if I told you there's an entire food group that you can eat that's like vegetables, that, sure it's not like taking steroids where you're going to gain you know, 60 pounds of muscle and all that. But you

will be better. You are going to be better if you if you get these into your diet, you know, and so I'm a huge believer in mushrooms. Jake is too he's he's frothing at the mouth of mushrooms. We've got a mushroom farm that he's taken over. He grows mushrooms every day. Rashad is obviously big advocate course and Hagen's on our team as well. He's exploring mushrooms as well, he'll be a world champ here soon, too. So mushrooms are definitely a category that gets underlooked in ammos gonna hopefully change that with some of the products that we're going to offer. Well, that's

# James Geering 2:17:51

exciting as well, because I mean, you have performance, but also a lot of the people listening, are trying to perform but they're sleep deprived. They're overworked. So for me, it's not about hacking at all. I hate that word hacking, but it's it's like what are the tools available? Whether you're still working in uniform or like myself, you're trying to unfuck yourself after 14 years of not sleeping every third day? How can I stop putting that back? Because I refuse to believe that 49 years old, that's bullshit. Like you said, I want to be choking out people when I'm 90. You know what I mean? Walk in the walk. And you see that you see you see videos of these amazing I just posted one today, I think it was last night of 102 year old British veteran who just did a 12 not 12k at the half marathon. He had some kind of stabilizing him, but he walked half marathon. That's who I want to be I want to be the dude on Instagram before I die. So so we're trying to put the pieces back together again. So this is another entire like you said group of things. And if people listen them and like the CBDs Charlotte's Web is amazing. And they have the zero THC line. Now they're working with Major League Baseball, absolutely a CBD range. But I think mushrooms are something that I haven't even put in my my my diet yet apart from an occasional supplement maybe that I've come across. So I'm excited to try it myself too.

## ° 2:19:10

Yeah, they're good. We tried to make it in a few different ways to you know, like we have a we have a energy bar and they their hands down the best bar you've ever had. And they have two and a half grams of mushrooms in it. And so two different types of dairy free in our original bar, and it's a good way to just start introducing it. I'm a big fan of tinctures because of Charlotte's Web. It's very concentrated it's directly under the tongue. I really believe that that's a good way to supplement but folks understand capsules, you know, and so are Miko rise and Miko rest are in capsule form. But again, I mean it's like find something that that works for you and again consistency over time, I believe in like our rest product that if you take a couple of them and you and you slow down before bad, you, you know, take your three deep breaths and enjoy it with some tea and shut down all the media and, and have a conscious practice when you're ingesting anything really. But these capsules and slowing down I mean I'm a big believer I don't have a problem sleeping. But when I do in the sense that I went to Michigan and I for some reason I was waking up super early. And with the time change and staying up late because I wanted to be with my family at this family reunion. One day I just like wiped out and I took to Mike arrest and I slept so well. I really believe in their ability to help you just kind of slow down and there's there's tons of studies if you study if you look at Lion's Mane for cognitive health, University of Queensland just put something out where it shows that lion's mane is helping with neuronal projection. So here are your neurons there, they're a fist, and then the projections you pour lion's mane on it and these projections start to come out and tendrils that start connecting. They they are proving that lion's mane can help create new neuronal projections

which as we age, as we participate in sports that are separating neuronal projections, it's really important to have a shield of mushrooms covering your your brain. So huge believer, I supplement with them every day. And I do think it's the wave of the future for a lot of supplements. But also, let me just be crystal clear. Go eat some mushrooms, go to your farmers market and buy lion's mane and get some cocoa aminos and slice it up, put it in a frying pan make Lion's Mane tacos, there's so many good recipes. It's like, it's like lobster. It's a poor man's lobster tastes really kind of. It's tremendous. But eating mushrooms is the best. But if you can't get on mo.com is where you could go to to check out what we offer. And if we're not offering what you want, go find somewhere else. But get mushrooms in your diet. It's a whole food group you've been missing and consistency over time equals results. You don't see something the first two three days. Keep at it. Just be consistent. pan out

James Geering 2:22:39

when you're doing the tendril thing. I watched The Last of Us series of my son Do you know what that is? Yeah, I've ever mushroom well, but like Oh, fuck really? Mushrooms crazy zombies ever gonna do this now?

<u>^ 2:22:51</u>

Yeah, we we saw that coming in. We tried to do a little mitigation beforehand. But you know, people who would adhere to that you're not going to sell them shit. Any?

James Geering 2:23:01

No, exactly. They're going to be drinking monsters and gaming all night. So you're fine. All right. Well, I want to throw some very quick closing questions at you so I can let you go. The very first one, I love to ask is there a book? Or are there books that you love to recommend? It can be related to our discussion today? Or completely unrelated?

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Yes, because I'm here, let me Oh, I might have moved in day ideas on the side of my bed, I was gonna say the lost art of dying. the lost art of dying is a really good book on my next step after after Ombo. And I'm already starting on is a little bit around planning for for your death. And honestly like green burials, things of that nature, if you want to talk about a industry that is ripe for disruption. It's the it's the burial process. And we die like cowards here in the United States. Most people have no plan. They're leaving it on their their loved ones to do and about one hour of work would mitigate 100 hours when you die and I'm putting some stuff together to offer that to people. Just a really quick planning thing where people kind of have an idea about how to go about their their death. So the lost art of dying is a good book.

James Geering 2:24:30

I have a guest on BJ Miller and as you heard him on Tim Ferriss first he yep, yep. So he lost a

getting on a tram and one leg i believe so he was basically electrocuted both legs, okay. Inrough getting on a tram and got through his watch and blew all his limbs off. Amazing guy. The second time he came on. I think his book was called How to die. I think I might be wrong. But if people Google his name, and all of that and even Even so let's say you are older and you listen to this or god forbid, you've got you know some diagnosis where you know, you're not going to be around for forever. It was like cleaning out your house getting your paperwork in order the burden that some of us leave the next generation by dying you don't think about and even like with with the the actual mechanical processing of my body, I want to be cremated. And I'm not just fling me over in the Atlantic halfway between England and America. And we're good to go. No skeletons. No, no holes need to be dug. I don't need to a tombstone. But it is interesting because we do hide from it all of us. And I would wonder if you actually I don't wonder I've heard a lot of people say that they realized that there was more through in their psychedelic experience. And that gave them a lot of peace. And I've heard even, you know, terminally ill patients that are at the end of life, doing psychedelics and finding peace with their own mortality. So it kind of circles around to our earlier conversation.

### <u>^</u> 2:25:58

There's an incredible group in Canada called Thera cyl that's working with end of life patients and changing legislation out there to help them use psilocybin so Yeah,

James Geering 2:26:08 amazing. All right, well then what about a movie and or documentary?

#### <u>ဂိ</u> 2:26:15

You know, I don't watch a lot of TV man i i I just don't The Culture High was one I watched quite a few years ago. That's something that I talked about. I think that's an important documentary that doesn't get talked about but yeah, man movies for me are an escape there should be an escape like Avenger type fake stuff. You know, there's too much heavy shit in the world. I don't need that in a in a movie as well. Man, I'll I'll live my nightmare every day.

James Geering 2:26:53

All right. Well, then the next question, is there a person that you recommend to come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

# 2:27:04

Yeah, I mean, let's see. I've got you've had some of them on already, you know, I mean, Marcus Capone, Jesse gold, Kate pay, you know, you run a you're on a tight ship here. But I would suggest maybe Heather Jackson has always got such a tremendous story. Similar to pages, and obviously yet so different. For some reason, what came to my mind is my friend Drew

McManus, who has a band called sat saying and they're the heroic path the light guys are humongous fans of his and he's got a particular song called I Am, that has been really moving for them. And I know I know quite a few people who that's like their their anthem after they hear it. But Drew is an incredibly unique human being who is actually a jujitsu brown belt. Has a touring band played Red Rocks, dope, dope human being. He's a good friend of mine and incredibly relatable. Person who, first responders and firefighters everybody likes Drew. He's a good dude.

James Geering 2:28:23

Brilliant. Yeah. Well, I'd love to get him on if you can help make that happen.

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I can put you guys in a thread today. Yes. Painting right there. Behind me. He's he's an artist. He's a he's a dynamic human human being his songs are so incredibly touching. And then he's such an asshole on the mats. I mean, it's such a beautiful dynamic of just being a thug leg locking, you know, career ending. He'll Hooker and then he puts out songs like I am. You know, I am. He is. He's dope.

James Geering 2:29:04

Brilliant. All right, within the last question before we make sure everyone knows where to find you and umbo and all the things we talked about today. What do you do to decompress

2:29:14

jujitsu all day long at 6am. Monday, Wednesday, Friday, I go to Open mats Friday nights. And then I hit the mats again on Sunday. 9am. jujitsu has been real really important to me to physically move things through my body, to sweat out trauma, you know what I mean? And to have a community of brothers and sisters who are there for it, and I like people who have the mentality of like, My joy is is physical pain. You know what I mean? So, for me, the company Question absolutely looks like jujitsu and or elk hunting in the woods by myself. That's that's something I do and it's September and to be honest and honest the moment I'm off at this I'm racing up to the mountains to go elk hunting with some friends and as we talked just got back with Matt after he was successful in killing a bowl last week. jujitsu and Al cunning are my go twos for calming down

James Geering 2:30:30

brilliant I was just having a conversation with some of the guys I trained with and I'm like you realize it's the only sport where your partner will turn around and maybe you happen to be you know tapping them out at that point they're like, let me show you how to make it worse for me

no one else does that then boxer says let me show you how to hit me harder you know but in jujitsu like yeah you choke me but I was more of a crank than a choke so you know if you move over here a little bit more of a clock but yeah, that's it

#### <u>^</u> 2:30:57

now it's it's it's a beautiful art. The more I see it striking striking is so interesting to me being being friends with Trevor Whitman, and you know, seeing something like quarry sand Hagen. When you start to fully understand this aren't just two dudes in the cage throwing haymakers but they have, they're setting things up. It is so incredibly beautiful to watch the dance. But yeah, it's very, it's very interesting that my favorite hobby is trying to kill people and trying not to be killed. Yeah, you know?

# James Geering 2:31:34

Yeah, absolutely. All right. Well, the last thing then where can people find umbo? Where can they find the nonprofit? And then where can they find you on social media?

#### <u>^</u> 2:31:45

Yeah, you go to get umbo.com is our website and then get a mo on Instagram. That's where we kind of have our biggest audience. Unlimited sciences.org We are going to be popping a call center next year for people who want to better understand how to safely use psilocybin we reference data we're not giving medical advice, but unlimited sciences dot Oregon, unlimited sciences on Instagram as our other larger audience. Yeah, and then just Dell jolly on Instagram is my thing. I think I've got an underscore there or something. But yeah, I'm, I'm grateful to get those plugs out there. And I hope that we can be of service whether it's through functional mushrooms or yes, even psilocybin containing mushrooms.

# James Geering 2:32:40

Beautiful. Well, now I want to thank you so much. You've been chatting for two and a half hours. And it's been an amazing conversation. We've gone all over the place. And I think we share the same passion and the same kind of contradiction as we said before, but I want to thank you so so much for being so generous and coming on the behind the shield podcast today.

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Thank you so much, James. It was an absolute pleasure. I'm humbled to be here. Thank you