

Ben Greenfield Fitness

“Secrets To Building Muscle & Burning Fat At The Same Time, Spiritual Enhancement Through Gardening & Music, Sleep, Superfoods & More With Drew Canole”

Published: August 22, 2019

www.bengreenfieldfitness.com/drew

Drew Canole is a nutrition and transformation specialist and national spokesperson for the benefits of juicing vegetables for health and vitality. He is the founder of [Fitlife.TV](#) where he shares "Educational, Inspirational and Entertaining" videos and articles about health, fitness, healing, and longevity.

Drew Canole's transformation clients include celebrities, entrepreneurs, CEOs, authors and personal development gurus. The success of his first book on [Juicing Recipes](#) vaulted him to national attention as a first-time author and has garnered media and television attention in the form of book deals, TV talk show hosting and national endorsements from some of the leading national companies focused on health, wellness, and athletics. [You can see a full list of Drew's books here.](#)

Drew is also the founder of [Organifi](#). After experiencing his own radical transformation, Drew Canole has dedicated his life to helping millions of others lose weight and reach optimal health through the power of juicing vegetables and superfoods. His [Organifi juices](#) make this process faster, easier, and absolutely delicious!

During our discussion, in which I delve into Drew's daily routine with some deep, deep rabbit-holing, you'll discover:

-Why a man needs his own castle and a family needs roots...5:45

- Gadgets aren't enough
- The best offense is a great defense (re: dangerous times we live in)

-A day in the life of Drew Canole...9:25

- Write/journal first thing in the morning
- Meditation for 5-10 minutes
- Conjure up as much life force as possible when waking up
- [Chilipad](#)
- [CBD](#) added 2 hours per night of deep sleep
- [Essential Oil Wizardry](#) and [Young Living Essential Oils](#)

-The best type of massage according to Ben Greenfield...16:00

- [Pulse Centers](#)PEMF table
- [Michael Tyrrell's Wholetones](#)
- [Kion Aminos](#)
- [Onnit](#)New Mood

-The importance of fellowship with like-minded people...18:30

- Wolf pack vs. alone time (there's a need for both)
- Book: [The Second Mountain](#)
- Book: [Falling Upwards](#)
- BGF podcast: [Brief Words Of Wisdom, Introspection & Insight From Ben Greenfield](#)
- Need for man talk with other men, not your woman
- BGF podcast: [Vision Quests and Rites of Passage](#)

-Drew's workout practices and regimens...27:10

- BGF article: [Why Juicing is Bad by Drew Canole](#)
- "A lot of it is mindset..."
- Track: [HRV](#), sleep, [Oura Ring](#), Apple Watch
- Lifting heavy stuff (1x/ week is sufficient)
- BGF podcast: [The Only Self-Quantification Wristband You'll Ever Need](#)
- Fast 4x/week (16 hr. intermittent fast)

-Why the two CEOs doing this interview don't have an office at their respective companies...37:25

- Drew goes into the [Organifi](#) office 3x/week, but has delegated most decision making roles to others
- Ben is at the Kion office sporadically; is out speaking, researching ingredients for future products
- [BGF podcast with Kion COO Angelo Keely](#)
- Importance of positive company culture

-How to cope with traumatic experiences...41:17

- [TRE](#)(Trauma Release Exercises)
- Book: [Trauma Through A Child's Eyes by Peter Levine](#)
- Trauma gets stored in the vagus nerve
- Tremors move trauma out of the body

-The power of water...45:30

- Water affects human physiology positively
- BGF podcast: [How To Get Started With Spearfishing and Why It's So Good For Fitness & Food: The Kimi Werner Podcast](#)
- [Anastasia book series](#)

- Learn to be comfortable underwater, along with water wildlife

-Drew's love of music and creative activities...51:00

- [Pantheon steel hand drum](#)(left and right hemispheric integration)
- Owns a baby grand piano
- [Simply Piano](#)app
- [Halo headset](#)
- [Here's a photo of a handpan drum like the one Drew played on the show](#)

-About Drew's garden...55:30

- Switched seasonally: tomatoes, leafy greens, squash
- [Orgonite](#)buried in the soil
- Compost with worm castings
- Citrus trees
- Meditate and ground with the earth in the garden
- Solfeggio and classical music can be helpful

-Technologies and biohacks Drew is experimenting with...59:30

- [NeuFit](#)
- [HyperVibe](#)
- [Bemer mat](#)
- [Pulse Centers](#)PEMF mat
- [NuCalm](#)

-How Drew gets the best possible sleep...1:04:15

- "Observe your day like an eagle watching from above. If you judge at all, do the next day. Until you can go an entire day without judging."
- BGF podcast with Peter Martone:[The Problem With Sleeping On Your Side, How To Sleep On Your Back, Little-Known Sleep Enhancement Tricks & Much More!](#)
- There's a whole different level of being "awake"
- Book: [Biology of Belief](#)
- Book: [Mind to Matter](#)

-The one thing Drew wants the BGF audience to take away from the interview...1:10:00

-And much more!

Resources mentioned in this episode:

[-ChiliPad](#)

-[Essential Oil Wizardry](#)

-[Young Living Essential Oils](#)

-[Michael Tyrrell's Whole Tones](#)

-[Kion Aminos](#)

-[Onnit](#) New Mood

-Book: [The Second Mountain](#) by David Brooks

-Book: [Falling Upwards](#) by Richard Rohr

-BGF podcast: [Brief Words Of Wisdom, Introspection & Insight From Ben Greenfield](#)

-BGF podcast: [Vision Quests and Rites of Passage with Tim Corcoran](#)

-BGF article: [Why Juicing is Bad by Drew Canole](#)

-[Oura Ring](#)

-BGF podcast: [The Only Self-Quantification Wristband You'll Ever Need with Will Ahmed](#)

-[Organifi](#)

-BGF podcast: [with Kion COO Angelo Keely](#)

-Book: [Trauma Through A Child's Eyes](#) by Peter Levine

-BGF podcast: [How To Get Started With Spearfishing and Why It's So Good For Fitness & Food: The Kimi Werner Podcast](#)

-Books: [Anastasia books series](#) by Vladimir Megre

-[Halo headset](#)

-[NeuFit](#)

-[Bemer mat](#)

-[NuCalm](#)

-BGF podcast: [The Problem With Sleeping On Your Side, How To Sleep On Your Back, Little-Known Sleep Enhancement Tricks & Much More! with Peter Martone](#)

-Book: [Biology of Belief](#) by Bruce H. Lipton

-Book: [Mind to Matter](#) by Dawson Church

-[Books by Drew Canole](#)

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Do you have questions, thoughts or feedback for Drew or me? Leave your comments below and one of us will reply!