

THE LIFE STYLIST PODCAST

WITH LUKE STOREY

EPISODE UPGRADE

EPISODE #002

FARMING AND THE FALL OF MAN

WITH DANIEL VITALIS



THIS WEEK'S GUEST



ABOUT DANIEL

In today's show we are talking to Daniel Vitalis about human domestication. What happened when we started farming. What happened when we started living in homes and got cut off from the elements and from our true wild nature. We will discuss where we came from, where we are, and where we're going. Take this episode and unplug from the matrix with me and today's guest, Daniel Vitalis.

Daniel Vitalis is a writer, podcaster, public speaker and lifestyle pioneer in the sphere of human health, personal development and strategic living. He's the host of the podcast Rewind Yourself as well as the founder of Surthrival - a fresh, unique, high-end natural supplement boutique.

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EPISODE BREAKDOWN

- Becoming Daniel Vitalis
- Seeking a deeper understanding: getting to the root issue and what makes us tick as a species
- Looking through the glass of domestication & evolution
- Human timeline: who we are, acquainting with the werewolf
- Farming renaissance: looking at today's farming techniques
- Hunter-gatherers: tracing the evolution, the domesticators, discussing class & social structures
- Civilization explained
- Modern agriculture and the impact on animal life
- Industrial foods, commodity & overpopulation
- Plant & animal farming, human rationalization of food, vegan vs paleo
- Life feeds on life: all eating is killing something
- Interrupting the imperative of nature: going deeper down the domestication path
- Looking deeper into the big picture: all food practices causes suffering to life

[CLICK FOR MORE](#)

EPISODE REFERENCES

- Hunter-gatherers - Wikipedia
- Botany of desire - Book by Michael Pollan
- How Speaking English Impacts our Relationship with Nature - Article by Daniel
- The Teacher Plants- Daniel's podcast with Arthur Haines
- Sleep is a Nutrient- Daniel's podcast with Arthur Haines

[CLICK FOR MORE](#)

DANIEL'S 3 LIFESTYLE RECOMMENDATIONS

Ishmael: An Adventure of the Mind and Spirit - Book by Daniel Quinn
Nutrition and Physical Degeneration - Book by Dr. Weston Price
Arthur Haines

RELATED SHOWS

- {Launches June 9} Episode 003: Dr Jack Kruse - Surviving the City with Spiritual Science
- {Launches June 10} Episode 004: Evan Brand - The Zen of Stress

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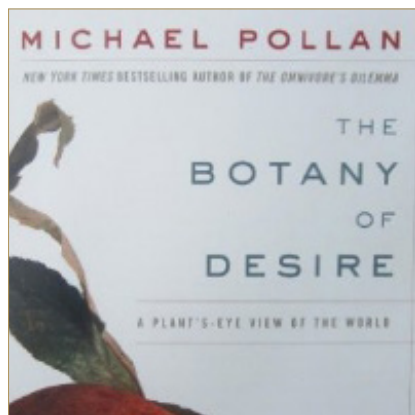
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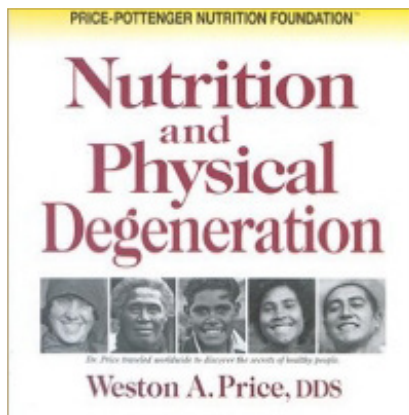
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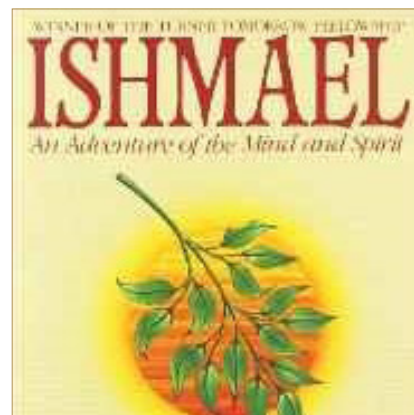
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ABOUT LUKE STOREY

Luke Storey, a former Hollywood Celebrity Stylist, has spent the past 20 years developing and refining a robust way of life based on the principles of nature and spirituality, while embracing technology and modern convenience.

Using himself as a human research lab, Luke has explored a broad and sometimes extreme variety of measures to obtain optimal health, performance, and well-being. From being injected with poisonous frog venom, to enduring weeks of neurofeedback meditation in an isolation chamber, Luke has scoured the earth for the most cutting edge as well as ancient technologies and used them to transform his life and the lives of countless others.

Luke is a Life Stylist, public speaker, and entrepreneur, who continues to share his strategies for healing and happiness through his private and corporate coaching services.

Since 2008 Luke has also served as Founder and CEO at School of Style, the nation's most prominent fashion school for stylists.

CONNECT WITH LUKE



LUKE'S LIFESTYLE TIPS

- Detox Your Home: Trash all chemical food, cleaning, and personal care products. Filter shower and bath water. Use organic bedding.
- Optimize your soul. Learn to meditate, and then do it daily. Guided meditations are a great way to start. Read some spiritual literature every morning.
- Move your body every day. If you workout hard-recover harder. Focus on mobility and range of motion over cosmetics.
- Only drink and cook with spring water in glass, whenever possible.
- Treat sleep as the sacred practice it is. Sleep in a cold, dark room, and remove electronics from the bedroom. Avoid blue light after dark. Save up for a Samina Sleep System.
- Only eat organic food. Lots of healthy fats, moderate protein, and tons of veggies. Green smoothies are an easy way to get greens into you. Limit sugar and carbs.
- Avoid all negative thoughts as your primary purpose every day. Think of complaining as smoking, and do your best to quit. Be of service to your fellow man in some way each day. Focus your attention on other people, as the highest expression of your self-love.



BADDASS BONE BROTH RECIPE

- 1 QT Arizona Grass Raised Beef Bone Broth
- 2 Pasture Raised Eggs
- 2 T Collagen Protein
- Sea Salt
- 3 drops Living Intentions pure Liquid Smoke
- 2-3 droppers full of Omica Organic Turmeric Extract
- 2 T Twin Star Cultured Brown Butter
- 6 Desiccated Liver Capsules

TOOLS TO USE

- Ceramic/Cast Iron Pot
- Vitamix Blender

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ABOUT THE PODCAST

The Life Stylist Podcast is a show for people who are dedicated to living life at the highest level of human potential. Our host Luke Storey brings you the most thought-provoking interviews with the biggest experts in the fields of health, spirituality, and personal development. Past guests have included relationship guru John Gray, natural living expert Daniel Vitalis, biohacking super-genius Dr. Jack Kruse, and fitness master Ben Greenfield.

The show covers an ever-expanding range of topics including sex and relationships, yoga, meditation, smart drugs, health myths and medical conspiracies, spirituality, mindfulness, health food and supplementation, herbs and alternative medicine, and digs deep into biohacking technologies and tactics.

Luke Storey is a former celebrity fashion stylist- turned public speaker, thought leader and entrepreneur, who has spent the past 20 years relentlessly searching the world over to design the ultimate lifestyle through his extensive, and sometimes even dangerous, personal research and development. Using The Life Stylist Podcast as his delivery platform, Luke continues to share his strategies for healing, happiness, and high-performance living each week so that you the listener can use this knowledge to design YOUR ultimate lifestyle.

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