

How To Build Your Confidence and Fully Commit To Your Life – Laila Ali with Dave Asprey – #831

Dave Asprey:

I've interviewed leaders in medicine, science, lifestyle, brain health, psychedelics, microbiome, and supplements all around living a lot longer than mother nature wants you to. They're all sharing important information about how you perform, your potential, and how long you can live. The wisdom from these interviews and the expertise in them is going to help you become your own kind of superhuman and live a very long kick-ass life.

Today, I'm interviewing an actual superhuman, Laila Ali Conway, who has just this incredible background in business, promoting sports, world-class athletes, and an incredible life that includes being world-class herself, being the daughter of a world-class athlete, and then moving into just dealing with her own biology. So, the point of this today is that you don't oftentimes get to talk to someone who has achieved on multiple levels like that about their path to being a better human.

And if her name is not familiar to you, Laila Ali has been a former professional boxer. She co-hosts Everyday Health on ABC and actually has her own brand. And if you watch TV, you probably know who she is, but you might not know that she's dealt with a thyroid condition and you also know if, from reading the book or from listening to my show, I also have had Hashimoto's thyroiditis since I was in my mid-twenties. I got rid of my antibodies, but I still taking thyroid meds on behalf of it.

So, here's what I want to do is ask you a few questions about what it took for you to become a superhuman athlete, first and foremost. What did you have to do to yourself, either biologically or emotionally, spiritually in order to get yourself to that level?

Laila Ali Conway:

Thanks, Dave. Well, that's not an easy answer, but I will say that when I first saw women's boxing on television, I was about 17 years old, and a lot of people would assume that I was just that girl that was like, "Oh, I want to be like my dad," and hung out with him in the gym and he's the one that got me into it. That's actually not the case at all. I wasn't even an athlete. I never participated in sports in high school.

I didn't realize I had it in me until I saw women's boxing with my own eyes and was inspired by the women that I saw, and I was like, "How did I not know that I could box, being Mohammad Ali's daughter?" So it took me about, I know, it took me about a year of contemplation to finally get the nerve to go do it because I had, of course, the fear of what would everyone think? Will I be good at it?

I had never experienced being an athlete before and it... The seed had been planted. So a year later I said, "You know what, I'm going to go to the gym and I'm just going to try. I'm going to try it. I'm going to see how it feels," because I didn't want to embarrass myself. I didn't want to embarrass my father. I understood the magnitude of coming behind his footsteps and the pressure that would be there and I knew that if I didn't believe in myself and really feel confident that I could do it, that I wasn't going to be able to do it, because there was going to be so many naysayers.

So that was something that I had already learned in my life of just my own conviction, belief and confidence needed to be there in order to withstand all of the pressure and all of the naysayers that I would be facing, including my father. So, I spent about a year of training in secrecy and that's when I realized that I had it in me to be an athlete, because first of all, I fell in love with boxing. I saw my body change. I was on a quest to figure out what is it going to take to not only be a boxer, but be one of the best. To be undefeated was my dream. And I, of course, it took years of learning and growing, but from the beginning, I got the best trainers I could find. I learned about how I needed to eat. I learned about

how I needed to rest. What would it take to be elite and be better than everyone else. And I was willing to do it all.

And obviously, I say this all the time. I was, had a different meal plan. I had a different exercise regimen. I had different thought process back then when I was in my twenties than I do now, but there was a total transformation in my body and my mind and in everything within me to become an actual athlete.

And then, we can kind of break that down, but back then it was just the basics. As an athlete, you're like, "Okay, you need your carbs and you need your protein and how many protein shakes do I need to drink? And how many hours do I need to spend in the gym? How many miles do I need to run? How much rest do I need to get?" Those are really basic things. And then of course, it's kind of evolved from there into motherhood and not being an athlete anymore, but wanting to maintain my health, my fitness level, and all that.

Dave:

A lot of pro athletes I've spoken with, towards the second half or towards the end of their careers, they're sort of saying, "Man, I've taken a lot of hits," whether actual hits in boxing or football or really, marathons, whatever it is. And they're sort of looking back, going, "I think it took something out of me. I was burning more of what I had when I was young than I knew I was burning." Do you think you pushed yourself too far when you were young and that that was a part of your thyroid condition, or do you think that you actually balanced it?

Laila Ali Conway:

So thyroid, I got when I was 15 years old.

Dave:

Okay.

Laila Ali Conway:

I started... Yeah. My mother and my grandmother both have... My grandma had Graves'. My mother had Hashimoto's. I have Graves'. So I started really showing the signs of acting like a lunatic a lot of the times. When I was younger, my mom was like, "what is going on with her and her emotions," and just... Just my adrenaline and just sweating all the time, weight loss at the time. And she took me to her thyroid specialist and I had Graves' disease. So then I had radiation treatment, which is what my mom chose for me at the time. I was a kid. Where they killed part of the thyroid and then now I'm on medication for the rest of my life, but then of course it, so then it reversed it to being underactive thyroid so I got to take this medication.

And then I gained some weight and that has been the challenge. I gained weight, so everything kind of reversed and just finding that balance. And as I've gotten older, I've had to change my medication level. I've had some adrenal issues and what happens is now, I burn myself out more than I ever did, I think. Well, let's just say, I don't really know because you can withstand more as the years go on. Your body starts getting to the point where it's like, "Okay, you've been doing this for many years now, starting to catch up with you."

But I would say as an athlete, you definitely overwork yourself. I think any elite athlete will, just with everything that goes on inside of your body, the free radicals, and all that stuff, and it's... You're pushing yourself to the limit, which isn't really natural, but it's what we need to do. So for me, I know I

overtrained. I would train smarter now. As a boxer, you literally train hard. I'm talking about six days a week, and you take that one Sunday off.

And that's real old school, but now I'm like, "It would have been nice to get a little bit more rest for my body to recover than to be running and training and weight training and having men [inaudible 00:07:29] men hitting my body, and then going and doing it the next day, whereas you can maintain..." All, because you think your fitness level needs to be high, but I remember in my, I was going through a... This is when I had a realization.

I was going through a divorce towards the end of my career, my first husband, and I was drained emotionally and I was dealing with a lot, and I remember being in training camp and missing a lot of training because I had been up all night crying or whatever the case may be, and I was like, "I just can't go to the gym today." And I remember missing a lot of running, missing a lot of training, and still being in shape, still going and fighting, still being in shape.

And that told me. I was like, "You know what? You actually don't need to run that much." And I remember even then I tried to change my training. I started taking two days off, and it was just kind of like I still had to deal with the emotion and being drained in other ways, so I didn't really see the benefit of it that time, but that's when I learned, I really don't need to push myself quite so hard. I need to spend more time on recovery.

So, thyroid has been there before boxing, and I definitely think that as athletes, we need to spend more time letting our bodies heal and recover because it's not normal to be, obviously, hitting the body, hitting the head, and on top of that, do all the training that we do, plus all the stress of preparing for a fight.

Dave:

There's definitely data that shows that people who push themselves really, really hard, whether it's emotionally because of a breakup, or because of an emotional trauma, or because of a car accident, or a virus, or because of overtraining, or because they're just type A and like, "I'm going to be the best at whatever I do," they're the ones most likely to get an autoimmune condition, so.

Laila Ali Conway:

Yeah, well. That makes sense. I'm definitely that person, so that is the story of my life, and trying to find balance because I'm very ambitious. I'm very dedicated, and I'm a little bit of a perfectionist. I'm a little OCD. So it's like the... My husband now, he always is saying to me, "You need to just, can you just sit down? Can you just." Literally from the time I get home with my kids to the time I go to sleep, I'm on my feet and doing something. I'm like, "Well, something always needs to be done."

Dave:

Yeah.

Laila Ali Conway:

So it's just, for me, I always have to remind myself that you do need to take some time because I'm like, "I'm not going to be able to keep going like this when I'm 60. When are you going to stop?" You got to learn to find balance, for sure. And that's an athlete or just anyone, anybody.

Dave:

Why aren't you going to be able to keep going like this when you're 60?

Laila Ali Conway:

Because it's not healthy. It's not healthy to keep going to the point of being stressed out and feeling like there's always something to do and feeling like you can't sit down and relax. That's just not good to do at any age.

Dave:

[Inaudible 00:10:18].

Laila Ali Conway:

So I don't mean, "Oh my life is going to change when I'm 60 because you just get old and can't do anything." That's the whole point of why we're trying to be our healthiest, trying to nurture our body.

Dave:

Right, right.

Laila Ali Conway:

No, I get it. I'm just talking about, I'm not going to be able to keep-

Dave:

The stress.

Laila Ali Conway:

Running around the house and doing everything for everybody. Yeah.

Dave:

Which is harder, becoming a mother or becoming a world-class athlete?

Laila Ali Conway:

A mother, for sure.

Dave:

Yeah.

Laila Ali Conway:

Yeah.

Dave:

I thought you were going to say that. It is more work to be a parent than I think anyone who's not a parent couldn't possibly put words to, and it takes more energy and more dedication and you actually get a rest day when you're training in the gym. You don't get a rest day when you're a mom.

Laila Ali Conway:

Absolutely not. You, I mean, any mom knows and there's different levels of parenting, of course, on how hands-on you are with your kids and how emotionally attached you are to your kids. And it's like, with me being that I grew up with a lot of nannies and my parents being absent, I kind of overcompensate in that area with my kids. But it's like we all have an idea of what you're going to get and you get what you get, and you have to work with it, in terms of your child.

My son is nothing like me, in terms of one, he doesn't want to be a fighter, which is great. I don't have to worry about that. He has a totally different temperament. I wish he would be... I would say, "Oh, I wish he could just be a little tougher," in terms of... But he's so gentle and kind, and which is good.

Dave:

Yeah.

Laila Ali Conway:

But I'm saying to the point where I worry about people taking advantage of him. So it's like, I'm like, "Whoa, God sure knows how to work on it." This my lesson for me. So that was just an example of... But just letting them kind of... Nurture them, but let them be who they are. And that's my parents had to do, because trust me, my dad didn't want me to be a fighter, but look what he got, so.

Dave:

Well, at least you held off for a while, so he felt good about that. And same thing, my kids are pretty kind, and I dealt with a lot of bullying when I was a kid, and finally, I was like, "Look, the teacher's not doing her job." So I'm telling my daughter like, "This one, uppercut it."

Laila Ali Conway:

Exactly.

Dave:

Sometimes you just got to, you should run away if you can, but if you're backed into a corner and someone's hitting you, this is what you do.

Laila Ali Conway:

Look, you don't want to get into that conversation with me. My thing is, is that I'm, I don't ever want my kids to hit anybody or start anything, but I tell them, "If somebody messes with you, you hit them as hard as you can because people pick on people they know they can get away with it with." And it's the same thing as an adult. People bully and pick on certain people. Nobody picks on me. I don't have that problem.

Dave:

You're not a good target.

Laila Ali Conway:

No, I'm just saying. It's extreme. [inaudible 00:12:57]. It's extreme, because you know I can kick somebody's butt, but I'm saying, in general, I never had that problem growing up because I have a confidence about me. I have a... I carry myself a certain way, and people who want to bully people try to

pick the weakest. So it's like, if you... You need to be strong that first time and show them and then they're going to move on. So, it's sad that we have to teach people this, but unfortunately, we do.

Dave:

Yeah. And it's like, it's how to not be a victim, but I... It's a conversation I didn't want to have, but as well as you don't throw a first punch.

Laila Ali Conway:

Right.

Dave:

And you avoid it if you at all can, but if you're, if there's no choice, you do it.

Laila Ali Conway:

Exactly.

Dave:

So there's a certain toughness and I think you've carried that toughness through into your own health quest, as well, because I mean, if you can be tough and stand up to someone else in the ring or just someone who's being a bully in life, even at work or whatever. I don't mean physically stand up, but emotionally stand up. How do you take that energy and turn it around for yourself. So when you're saying, "All right, I'm not going to eat the pie," or whatever would be a challenging thing for you, does that discipline and that toughness, is it a tool for you in your own, I'm going to be healthy. I'm going to live a long time.

Laila Ali Conway:

Definitely. I'm not a fanatic, I will say.

Dave:

Okay.

Laila Ali Conway:

But I definitely... For me, it's 80% of the time. When I'm on, I'm on and when I'm off, I'm off. So I'm, I know how bad a donut is for you. In fact, I just found out that I'm allergic to wheat. It does, I don't feel it, but I know from food testing, and I know when I have too much, that's when I will start having stomach aches, but every once in a while I'll still have a donut. You know why? Because I feel like... When I say every once in a while, I'm talking about every few months.

Dave:

Okay.

Laila Ali Conway:

Because I love a glazed donut, you know what I mean? And I know it's not going to kill me, right. To me, it's going to make me feel... It's like I have to balance that out. So, when I say that 20% is not on a daily

basis, but for the most part, I know what I need to do. I kind of have a plan. I know what works for my body. I know what makes me feel good. I know what types of foods I need to provide for my family. But hey, if we want to go out on a weekend and get pizza, then I'll let my kids get pizza because I don't want them to feel deprived and feel like that food has that much power. You know what I mean? In terms of just feeling like-

Dave:

Yeah.

Laila Ali Conway:

They have to go to school and watch their... It's already hard because their friends have all this junk and all these snacks and I'm trying, I'm teaching them and showing them a lot of these people don't know any better. I mean, what can I tell them? You know what I mean? It's like they just don't.

Dave:

Yeah. I feel you.

Laila Ali Conway:

They just, I have to just tell them. I'm like, "Look, they just don't know any better."

Dave:

Yeah.

Laila Ali Conway:

So, but I let them have certain things sometimes. But yeah, I think that I'm totally... I've done different meal plans. I've done different ways of eating, trying to discover out, is it keto, is it this or is it that, for my body. And when I'm on a plan, I'm on. So I do have that toughness to be able to do it because I have a coach in my head, basically. So it's like if my thing is, if I'm not going to do it now, when am I ever going to do it? And I don't like that feeling. So if it's like if I cannot commit right now to my health and my wellness, if I say, "I've been kind of, I felt, I've been shooting this show for 11 weeks. I haven't been able to work out. I haven't really been able to eat as clean as I like to eat," And I see the effect that it has on me, it's like, "Okay, you need to do something about it."

What can you do? I like to be in control of my health and control of my life. So that is what gives me peace of mind, is knowing that I can make a decision right now. And I think that because I know what it feels like to be at my best when I was an athlete and I was super lean... And I'm always kind of... That's my vision in my head of what I would love to be, but I understand that that really doesn't really work for me now and it would take too much dedication to be that lean, because I was lean that way because I was working out three times a day. It wasn't natural for me to be that way.

Dave:

Yeah. And it would come-

Laila Ali Conway:

So.

Dave:

It would take it away from your kids, I mean, if you were in the gym three times a day, right?

Laila Ali Conway:

I don't have time. Yeah, and if I wanted to look a certain, and it's not that important for me to look a certain way, but if I wanted to look that way without being fit, then that means I would have to do some dramatic meal plan that's just not... And I'm 20 years older. I mean, come on. You're different. We're all different back now. So it's really about just being... For me, to answer your question, the mental side of it for me is really just being realistic, being as healthy as I can be, and doing the best that I absolutely can, and not getting down on myself. Because what I notice is, when I do have my moments of weakness, it's when there's a lot going on stress-wise and that will cause you sometimes to break away from the things that are already hard.

It's already hard for me sometimes. I naturally have a sweet tooth. I like sweets.

Dave:

Mm-hmm (affirmative).

Laila Ali Conway:

So those are the things. I can walk by the chips. I can walk by the fries. I could walk by anything else, but sometimes, like if someone was to come to me with a glazed donut in a moment of stress, I might be like, "Oh, it's not that big a deal. I'll have a bite." You know what I mean? It's just, it's because my defenses are down, but for the most part, no, I'm really mentally strong. But when I said fanatic, I just meant there's some people that would be like, "I would never eat a donut. That's horrible. It's fried. It's got wheat and white sugar and dah, dah, dah, dah." I'm like, "Okay, I get it," but for me, I can eat a donut and still move on and get back on track.

Dave:

And as someone who grew up a block from a Winchell's Donut shop that my mom would take me to, I understand the glazed donut thing there. And as a parent, I'm teaching my kids, "Look, you have a chance to live for hundreds of years, but you got to take care of yourself."

Laila Ali Conway:

Mm-hmm (affirmative).

Dave:

And they know I don't eat wheat. They've never seen me eat wheat-

Laila Ali Conway:

Right.

Dave:

And they don't do it. And I've said, "Hey, why don't you go eat some wheat?" And they're like, "We don't want to."

Laila Ali Conway:

Right.

Dave:

And so we were in Europe where they don't-

Laila Ali Conway:

That's great.

Dave:

They don't put glyphosate in the wheat, so I was like, "Hey, kids. I'm going to eat this croissant." So, I picked their croissant. They call it doughssant. It's a fried thing. And I know it's bad oil and everyone listening to this is going, "Dave, what the hell." This is the first time in 10 years I've had it and I did it on purpose to show my kids, and I gave it to them too. And the next morning, my son's like, "My stomach hurts me." Yeah, but didn't it taste good? And he's like, "It's not worth it." All right.

Laila Ali Conway:

Exactly.

Dave:

Mission accomplished. So, and I like it that you're letting your kids live their lives and not creating fanatics. But talk to me about where you think you're going to be in 40 years from today. What's life going to be like?

Laila Ali Conway:

The goal is to just keep smooth sailing, in terms of just what I'm doing now. I feel great. I feel... My health is excellent. I listen to my body, which I think is important. I'm very open-minded in terms of making adjustments and trying new things, but I truly believe, and I'm one of those people that if I'm wrong, then I want to be wrong because I made the choice.

Dave:

Okay.

Laila Ali Conway:

So for me, listening to my body and always being able to trust myself is very powerful for me. Things have to make sense for me. I don't want to just do it just to do it, but I'm open to trying things and seeing how they feel. So I think that in 40 years that I'll still be healthy. To be honest with you, I'm not one of those people who wants to live forever.

Dave:

Yep.

Laila Ali Conway:

I want, I have faith in the fact that I'm going to do the best I can with my health and when it's my time to go, it's my time to go, and whether that be in at 80 or 100 or 115, what I don't want and what my fear is would be is to feel like I'm not living the quality of life that I should, or that I get sick because of some choice that I made for myself.

So, I'm talking about people that I see that are obese, okay, and they are not respecting their body and their life. That's how I look at it. And they are eating on a regular basis and drinking or doing whatever things that they know are bad for them, and then they end up with all types of diseases, ailments, can't get around, not happy, foggy brain, just living but not living fully life with the vitality that we're meant to be here to live. That is a fear that I would never want to have to feel like, "Man, I did this to myself."

Dave:

Yeah.

Laila Ali Conway:

So, but in terms of making the best choices with the information that I have and doing the best that I can, it just makes me feel good, and may the chips fall where they may, so.

Dave:

Do you ever do things in particular? I mean, anyone who's been a boxer is at higher risk of Alzheimer's.

Laila Ali Conway:

Exactly.

Dave:

We understand [crosstalk 00:21:41]. Do you do special stuff for your brain to [inaudible 00:21:45] damage the might've come from one of those hits?

Laila Ali Conway:

I definitely feel like, I know I don't have a good memory and sometimes it's lack of sleep and just being a busy mom, but I think it definitely came from boxing. So, I know there's going to be effects there that you have to deal with. And you can say, "Well, that's a contradiction. You just said you don't want to be somebody who something happened to because a choice you made."

I also had a passion in my heart to go do what I enjoyed doing, so that's the balance there. So, I'm not going to... At the time, when I was a kid, I wasn't worried about the, oh, I mean, come on. I mean, look at my father.

Dave:

Yeah.

Laila Ali Conway:

If I was going to be scared, that would have done it, you know what I mean? And you could ask any boxer that question who looks up to Muhammad Ali. Well, look at Muhammad Ali. Well, we don't know

for sure that Parkinson's came from boxing, but we do, I know he would have effects from boxing, even if he didn't have Parkinson's.

Dave:

I don't think Parkinson's does come for boxing, to be perfectly honest.

Laila Ali Conway:

Right, right, right. And my father, yeah, sorry, I didn't mean to cut you off. And my father even though he got Parkinson's from pesticides poisoning, and he used to always say that. But even without Parkinson's, I know he would have had some effects from boxing, just slurred speech, and I saw that even before the Parkinson's came on. So, I'm just saying that I had to go after what I wanted to go after, but it's all about balance. But now, when I'm not fighting, I'm not in the ring competing, doing what I loved back then. Now it's about, okay, what works for me now as Laila the mom and the woman, going forward. So, I forgot what your original question was, but...

Dave:

No, I think you hit it. I'm just, I'm really trying to capture how you think about undoing the damage that you might've done-

Laila Ali Conway:

Oh.

Dave:

When you were young, because I think everyone, as we age... God, I mean, I hit 300 pounds and I had all kinds of anxiety and all sorts of stuff I didn't know what I was doing. And you're an unusual case because you're a world-class athlete in a high-risk sport. And so, looking at what are the choices that you're making now? Because you can afford to do whatever you want to your brain.

Laila Ali Conway:

Yeah.

Dave:

Right.

Laila Ali Conway:

Right.

Dave:

And so it's like, are you getting extra rest? Are you taking supplements? Do you scan your brain?

Laila Ali Conway:

Right.

Dave:

Stuff like that. And the reason is it's illustrative for everyone who hears this, who's interested in living a long time. What's your approach towards managing your youth, now that you're in middle age?

Laila Ali Conway:

Yeah. And like I said, while I'm living, I want to be, I don't want to, obviously, get sick in the brain or Alzheimer's or anything like that. So, what I did is I looked into the ketogenic diet for that purpose and I started it and I stopped, but I want to start it again. I'm actually, it's actually on my to-do list to get started and get back on top of it.

I also, I mean, I do the regular things that you would do anyway. It's not really about your brain when it comes to eating healthy and having healthy oils and MCT and all that. I feel like I've done the hyperbaric chamber.

Dave:

Oh, good. So, you've addressed [crosstalk 00:24:57].

Laila Ali Conway:

Oh, yeah. Yeah.

Dave:

Okay. Cool.

Laila Ali Conway:

Yeah, I done the hyperbaric chamber because I realize that I am still young and there's still further changes that can happen that came from boxing. And now, like I said, when I was a kid, I wasn't worried about that, but now I have my own children. So, when you look at me now, would I go fight now? No, I wouldn't. I wouldn't start my boxing career, not only because I'm older, but I'm talking about because there's my children's lives at stake and I want to be here for them.

I was at a different time and space in my life, what was going on in my head back then, but I do understand the importance of preserving your brain. Would I ever want my kids to become boxers? No. You ask me that now, I'm like, "No, I wouldn't." Do I want my... My husband was a NFL football player.

Dave:

Right.

Laila Ali Conway:

Do I want my kids to play football? No, absolutely not, because I'm like, "It's crazy." I mean, it's crazy. You're just going to get your, get hit upside the head and get hit for a living. But I did it myself but I wouldn't want it for my children. Not only are they, that's just not really who they are, but I just wouldn't want it for them anyway, because it's just crazy now, when I think about it.

Dave:

Well, the good news is that you've done some of the big things that you can do to undo that. And part of the thing that really came clear to me in Superhuman is we are understanding where these chronic

things like Alzheimer's and Parkinson's, where they really are originating, and the processes, and I really, really believe that we're on the cusp and already some of these things we can reverse.

Some things you're doing already are reversing Alzheimer's, at least lowering your risk, and some of them actually cure Alzheimer's in studies specifically around MTTs. And so, you have a shot at doing that and your kids, too. So, we're living in a world where our kids will probably be able to take more risks and recover from them in a way that seems like science fiction to us today, but I still don't want my kids to take those risks-

Laila Ali Conway:

Mm-hmm (affirmative).

Dave:

In case they're bigger. So, I'm impressed that you're going out there and you've already done this stuff to undo your youth, at least some of it, and it sounds like you continue to do it.

Laila Ali Conway:

Yeah. Yeah, it's not easy. That hyperbaric chamber totally, because I get claustrophobic.

Dave:

Oh, wow.

Laila Ali Conway:

So, that in itself was mentally tough for me to go get in there and do that and I need to do more rounds of it, and-

Dave:

It takes 40.

Laila Ali Conway:

Okay, and I'm what, six in and I'm telling you. So, it's, oh my god. The agony that I go through, just... But it also strengthens my mindset to be able to coach myself through that and freaking out the whole time, because of his idea of being... I actually was okay when I got in there and then when I heard, I was like, "Okay, you got your little, you got your walkie-talkie so I can reach you. Okay. You're not going to leave me in here. Okay." We get past that.

Then I was like, "Okay, I'm good. It's not that bad." And then as soon as I heard that thing start getting zipped up and clack clack clack, like I was like, "Oh my god. I can't," I couldn't get out. That's when I started, my mind started, because it's all mental, my mind started going. And then there was, then you can't even just open it right away. You got to let the pressure out. So I'm like, "How long is it going to take me to get out of this thing?" So, yeah, but you have to know why you're doing it and for me, the reason for doing it, obviously, is for my brain health and that's what kind of made me think I don't want to give up right now and quit. So, just stay in and keep going and then I'll be able to reap the benefits of it. So yeah, but the mindset is super, super strong. It has to be.

Dave:

I love your vulnerability there, like "Hey, it's scary to go in there."

Laila Ali Conway:

Yeah.

Dave:

And so thank you for sharing that with me.

Laila Ali Conway:

You're welcome. I think that we're all worth taking the time to explore and be the best version of ourselves, and the possibilities are limitless. And I think that we're living in a time where we get a lot of information and it can be overwhelming, but as long as you're staying on the journey of moving forward and your intention is to keep getting better, then that's great, because I just can't imagine. I mean, there are people that are just waking up every day, not even thinking about their health, not even thinking about what they can do to be better. It's just about how am I going to spend my day, get these bills paid, and that's not really what life is all about. And then, you just don't want to wake up and it's too late, and you're like, "Man, if I would've just done these small things or taken these supplements, or," it would've made a difference in your life.

So that's, we're basically doing the same thing, in terms of encouraging people. I really like to try to reach an audience that isn't there. I'm talking about those people that are like, "Oh no, I'm healthy. I only drink clear soda. I don't drink." And I'm like, "Okay, we have a lot of work to do and a lot to learn," but there are those people out there and I like to be able to-

Dave:

There's tons of them.

Laila Ali Conway:

Yes. I want to be able to reach those people because when you're giving them baby steps, it's much easier. I'm like, "Well, can you just drink more water? Can you have one salad a day? Can we talk about what you can add to your life as opposed to what you need to take away."

Dave:

Yeah.

Laila Ali Conway:

And then they start seeing that you feel better. Can you have one protein shake a day filled with your healthy oils and put all the stuff in there so you don't have to think about each little thing? And it's like they start feeling better and they want to do more, and it kind of crowds out the junk. So, that's kind of what I do. That's what I meant when I said I'm not a fanatic in terms of just how I approach things, because there's so many people that need help that aren't even anywhere near on the right track yet.

Dave:

Yeah.

Laila Ali Conway:

And that's kind of what I'm going after.

Dave:

Keep doing that, and I'll keep working on making the big food companies make the good stuff. And I know you've got a line of spices that are high quality that you've come out with. I mean, you wrote your book, Food for Life, and you're really getting it out there, and bottom line is, if anyone listening to this is going to live to a hundred plus, you want everyone around you at all levels to also be healthy. That's a requirement for having a healthy planet and just having healthy society. So, the work you're doing is meaningful and valuable and I thank you for doing it.

Laila Ali Conway:

Thank you so much, and I appreciate you and keep doing the work that you're doing. I'm going to keep supporting you because I love your brand, so.

Dave:

Much appreciated.

Laila Ali Conway:

Thanks, Dave.