



Get Decades of Health Webinar- Stamina Lab- transcript

Glen Lubbert: Hi, welcome to the training. I'm Glenn Lubbert, the founder of Stamina Lab, and I'm happy to be here with my colleague and friend, Steve Adams, who's the CEO of Tiger Medical Institute. Steve and I met years ago, right before the pandemic, actually, at a performance conference. And we bonded over our shared vision of how we can help people get the most out of their lives today and into the future to have the longest healthspan, not just lifespan, but healthspan as possible.

And so therefore, when Steve came to me with this presentation, this training, I was very excited to get it out to our community. And so with that, I am going to allow you to be taken over by Steve. Hi, Steve.

Steve Adams: Hey, Glen. Thank you. Welcome, everybody. I'm excited to share. And the big thing tonight is I want you to be educated about really how you can gain greater health security.

The title is How to add a healthy decade of life and feel better now. And it's both. It's not just 10 or 20 years from now. It's also how you feel better now and really gain a greater sense of security around your health. So let's get started. So here's the common fears that we see at Tiger Medical that are communicated to me and to our doctors.

People really are worried about whatever type of family history they bring. I hear a lot of talk about premature death, like They're in their 40s or 50s and they don't know what's around the corner and they're really not really getting those kinds of answers in the traditional medical system.

They fear missing out, enjoying their kids or grandkids later in life because of disease or premature death. Including years with their spouse, you know, their golden years, they want to be able to kind of live like you see on the drug commercials where it's two beautiful old people who are perfectly healthy.

That's kind of what they're looking for. They don't want to lose that. A lot of them talk about being limited less than their best. We hear some worried about Alzheimer's or dementia because of a family history. Others are worried about like literally giving everything they've earned their whole life back to try to maintain and treat an illness and So we wanna help you kind of learn how to eliminate that risk the best that you can.

Some frustrations that people say these, these are the common things that they bring to us when they show up as a patient, and that is really poor energy. They're not sleeping well. A lot of people struggle with weight and they just can't seem to make it go away permanently.

A lot of people come to us with brain fog and a lot also with anxiety and being stressed. There's also people, a whole host of people that come with GI issues, reflux, cramping, IBS, things like that. And then we have a fair number of people that come with complex cases where they've been to three or four And our doctors are able to help them.

So those are kind of some common frustrations. Um, let's talk about our current medical system. Now, I want to say this right up front. We are pro doctor, pro MD, pro DO, pro traditional health care, because wonderful, dedicated people who love people and want to help you. The problem is it's not the physician.

It's the system, the way it's designed. Okay. And the system that we have today is a sick care system. And some of the challenges that people are frustrated by are it's hard to get in. It can take four to six months to get into a primary care. If you're new to an area it's inconvenient. You have to go to them.

The wait times are long in the waiting room. The visit with the doctor is very short because of the pressure put on them to push people through. So you really can't get your answers, your questions answered. Because of the model that the payer system will reimburse, it ends up being a Band Aid approach, meaning symptoms are treated rather than the root causes being addressed.

So and then there's really no answer for these common fears that I shared with earlier. Okay, so that is the challenge with our system. Now, if you are sick, it's a

great system. It can help, you know, help you feel better in some ways. We've all had family members in the hospital and dedicated physicians help them.

So this is going to be real brief and then we're going to get into the rest of this. How can Tiger help? Well, our system, what we're trying to do is reveal information that you're not getting in the traditional system. The other thing people love about it, it's a hundred percent virtual. If you were to work with us, it's a one to one relationship with a physician who will give you ample time to answer your questions.

And really important thing to know is that instead of treating the symptom, what we're doing is we're addressing root causes. Okay. We're looking at underlying mechanisms that are creating whatever thing you bring to us. There is an underlying root cause to it. It can be identified. It can be worked on and resolved.

Okay. Typically. All right. The other thing we can, I will tell you is we have a very high rate of success. And the reason is, is because we have a system and an approach and it's reliable. It's organized and it works. So what you're going to learn today, I'm going to share my story because it kind of gives you the origin story of our company and why we exist.

I'm going to talk about some statistics and then give you one simple strategy that'll change your health security. That's the whole thing I want you to remember. If you remember one thing tonight is that there is one strategy you can do to take a baby step forward on this journey of health security.

So just real quick, I have been a, you know, a person with a lot of responsibility for close to 40 years now. Regardless of the career, I've been a high achiever driver type, a type, type a personality. And for the first 50 years of my life, I took care of everyone else but me and I arrived at that age feeling terrible.

And it actually caused me to get out of the business I was in, and then I experienced the health transformation that caused me to start Tiger Medical. My turning point was our company had grown. I was traveling a lot. My wife was really unhappy with me. My kids were worried about me. As you can see there, I had a lot of things going on that, you know, I won't read to you.

You can see it there. Probably the worst part was the sleep and the acid reflux and just the complex G. I. Issues that I just couldn't solve. By the time I arrived at this point I was really in a tough spot, not feeling well. My wife left for an overseas trip to see a friend and alone for 10 days.

I realized I was on a path of destruction and potentially premature death if, if something didn't change. And so I decided to sell the business to my partners and prioritize taking care of me and our family. I watched my dad suffer from chronic disease and live with severe limitations. Up to that point for pushing 20 years.

Now it's been 25, 27 years. And I really wanted to restore my relationships because money is worthless if you lose all of those. And honestly, when you get, you know, in the middle of life and you've had some measure of success, time is your currency, not money. Time is more valuable to you than anything else.

So I walked away from my baby after 21 years of investment. So in the year off, I met an amazing doctor who is one of my partners today. He listened, he played medical detective, which is really cool when you get a chance to experience that kind of medicine. He found the root causes. I don't have time to go into all of it.

I went on a journey with him for a year and he helped me make new changes in my life and how I lived. And within that year, everything that I brought to him had been resolved. And today, five years later, I feel better than I did 20 years ago. I'm 60 years old and I feel like now this can be the best decade of my life.

And really, when you go through this process, you are empowered as an individual to proactively manage your health.

So here's the thing I want you to understand. Sometimes when I meet with people, they feel like they can't do this. And, and I say that's nothing further from the truth could be that. I believe you understand my story because if you're on this, you've lived the way I have probably in many ways. And the other thing that's going on is culture and technology and the rules of life that you've been living your whole life.

They're really their patterns, their habits. Played a role little bit little over time to be part of the reason why you feel the way you do today. Okay. And so like me, you face stress, you face time pressure, you have a myriad of challenges that work against your wellbeing, but like me, you can make a decision to take a baby step like I did and begin your own personal transformation.

And that's the key. It's not a massive change up front. Very few people can do that, but you can take one baby step like I did And you can have a greater sense of health security like I do today if you take that baby step, okay? Alright, let me answer this question. Why this and why now? Well, we live in a hostile culture.

Devices leave us chronically stressed and without margin. We have an epidemic of chronic disease. In this country. You are in chronic stress response in your body. The nature of work in the 21st century you know, which is knowledge work leads to a sedentary life in the use of convenience foods.

Sleep, poor sleep is widespread. That's why Glenn has stamina labs because so many people struggle with sleep and all of this synergizes meanings. It all comes together and works against you and sets you up for chronic disease and premature death potentially. Now, who is this for? Like what, what I'm talking about tonight?

Well, If you're struggling with one of those fears that I listed up front or one of those frustrations, if you've got some aspect of your health that you're concerned about and you're not getting answers, what I'm going to talk about tonight can be a very good first step for you. If you're concerned about your family history of disease, if you need help knowing what is best for you and how to do it if you're ready, and here's a big one.

If you're ready to begin taking baby steps to improve your health. We tell every client of ours. 70 percent of this is you. 30 percent is the doctor. Okay. It's a real partnership. Maybe it's 50-50, but you have a big part to play in that. So if you want to gain greater health security, if you want to get answers to things that are eating at you, if you want to stack the odds in favor of gaining an extra decade of good health, then what I'm talking about tonight is for you.

Let me answer this question. Why are you important to me? Well, I am on a mission with this business. Okay. I did well in the last business. And I have seen how this has affected my family and my businesses and just the quality of life that I have. And I just want this for more people. My whole life has been defined by bringing wellness and thriving to people.

And this is the biggest way I can have an impact going forward. Okay. I used to loan money as a banker and sell dog food as a retailer. This is a lot more fun. People's lives are changing. And I also know that you have so much to give and you have visions for your life. So I know when I partner with someone like you and we help you show up as the best version of you Then whatever you bring to the world is better and that helps our world be better. I also know it helps your relationships.

It helps your business do better in the achievement of your goals And so anyway, I want to give you what I have a transformed life full of energy and possibility And most importantly I believe more time So my vision with Tiger

Medical is we live in this world marked by chaos. If you're like over 50, you know, things have shifted.

It's fundamentally different today than when we were young in the eighties and nineties. For me, I was able to find order in this chaos through a set of rules for life that have helped me show up as the best version of myself. Which makes me more resilient and able to, you know, work my way through what this world throws at me.

And it begins with core health. Okay. If you are depleted, if you don't show up as the best version of yourself, you can't face all of this and deal with it. Okay. You just won't have the resilience. And so my vision is to help you create a new science driven set of rules for living that bring order and wellness to your life, not only while you work with us, but for the rest of your life.

And I want you to be the best version of yourself. Okay. For you, for your family, for your business, any of the other endeavors you invest in. All right. Now there's three secrets to achieving wellness and re-architecting your life for longevity, for wellness, for showing up as the best version of yourself.

And we're going to focus on the first one tonight. We're really not going to talk very much about two and three because we need to do number one first. To make the other two possible. And that is, establish a baseline of truth. You're the primary focus again of this training. All right. So what is it? Well, tonight I'm going to share with you a comprehensive true health assessment.

It has over 40 biomarkers. It is very comprehensive. It is far beyond anything that you're getting as a normal screening tool when you do your annual physical. Okay. Why does it matter? Well, it's going to reveal hidden health risks that are not showing up in the insurance based labs, and it's going to provide the data for you to chart a course forward.

Okay. Without it, you're just guessing, and we want to eliminate that guesswork. And then how to do it. That's really simple. You commit to doing the single test, you go to the lab, and then you get on a call and you learn about the truth. Okay. Cause we write it up for you. So that's how you establish the truth.

All right. Enter a trusted process. I'm just going to gloss over this. If you were to decide to work with us after you get all that information and you have a path forward. What you would do is work with a world class physician one on one and, you know, why does this matter? Well, here's a couple statistics I think you'll really find compelling.

Number one, 80 percent of disease is preventable if you can catch it early. Our doctors talk about 80 to even 85 percent of disease can be preventable. The other thing is, is that of all of the premature deaths that happen, you know, somebody has a stroke or a heart attack and dies at 51 or 46 or or gets cancer the research is 1 in 2 of those, 50 percent are preventable, okay, with re-engineering and re architecting your life around a better set of rules of life, okay?

And let me tell you this, your family and your friends, your employees, your colleagues, they're counting on you. Okay. To not be a statistic and to show up the best version of yourself and how you do this is, later on after you get all the data is join tigers and medical membership, but that's not what we're talking about tonight.

Okay, and then the third thing is learning how to implement new rules of life and you learn this in the membership year Okay, it's a new system of living that replaces the system that you're already living Here's the thing. You're already living a certain way. You already have rules of life that you're doing. We're gonna give you new ones that are gonna serve you rather than work against you And they're actually fun.

You implement them a little bit at a time and you wake up six months later and you're living a completely different way or not completely, but a significantly different way. And it's really setting you up for success in the long run. Why does it matter? Well, you all know this, you're successful, your rules, your habits, they define your outcomes.

Who you are each day is who you'll become a year or five years from now Okay, and so again, how do you do it? These are these are some of the rules there, you know, the breathing the sleep optimization time restricted eating movement nutrition mindfulness targeted supplementation That's kind of the tiger membership But it's leaving a lot out but we're again We're not going to focus on that tonight that that can be talked about later after you get your results from this You True health assessment.

Okay. So let's remember while we're here, My vision again is to help you create this new way of living that brings order and wellness to you. I want you to be the best version of yourself to better your family, your business and the things that you invest in. But you have to make a decision.

All right, if you do nothing, nothing ever changes. Everything you need. Here's another cool thing. I learned from a friend of mine. I love when he said this so I use it Everything you need for one first baby step resides within you. Okay, you

just have to Agree with that idea that everything that you need to make a decision you've already got Okay, because once you agree with that idea Then everything you need to do to begin a new journey like I did is already within you you're ready You don't need an outside force You Okay, you just have to make that decision.

Well at the end there's going to be three opportunities here: Use your camera and frame up a qr code and sign up for that first step. It's the comprehensive test. It's the true health assessment. Okay, and this is how you establish the truth step one. All right. Now I want to do a reality check with you.

You might be surprised by some of these statistics. How you feel today. Now this I've already shared is from the rules of life. You've already been living for years. Okay. You got here over the last 10 years, maybe. And here's the statistics. According to the CDC, 60 percent of Americans live with one chronic disease.

That's over a hundred million adults are now actively managing a disease. That's going to hold you back. That's a serious form of interference to you living the life you want to live. And here's another stunner, 40 percent of all adults, so let's say that's more like 75 million adults in America are living with two or more chronic diseases.

So cardiovascular disease and diabetes or hypertension or cancer. And here's the problem is most live in the way, if you're in this category, you're living in a way that is accelerating the aging process. Even if you're not there, the, the cultural environment we live in, which weighs heavy on all of us, causes us to live in a way that is actually accelerating the aging process.

Here's the cool thing though. You implement a new set of rules of life. You can decelerate the aging process because again, we want you to benefit from this, this fact that 50 percent of all premature deaths are preventable, right? So that means that you can make a decision to be proactive about your life, about your health, and you can change the narrative on your health future, just like I did.

All right. Because losing your health in the peak years of your life, right? is probably the most likely event that's going to negatively affect your wellbeing in the middle age and retirement years. Okay. It's not going to be some other thing. It's probably going to be that. Okay. And you can do something about it.

That's the message to me. All right. And again, I'm going to reinforce this. You don't have to be a statistic. You're learning a proven simple process to solve

these risks proactively. But it starts with just one single step that you can begin to do today. That's the message tonight. All right.

Sorry about that. The true health assessment is what I want to talk about next. This is your first step to health security. All right. Here's the big benefit. Okay. Is that you're going to know when you go through this process. Okay. And what the process is, is you're simply going to, if you order this tonight or in the next day or two, you're going to get a requisition and email.

You're going to take that and you're going to go to a lab core, just like you've done many times before for your primary care doctor, it's the same process you've done before. So that shouldn't be hard. You fast beforehand. And then once you're done, you take that requisition and you won't have to pay there.

We get the results about five to seven business days later. Our doctors review your information. They actually write up a full report. And then we meet and go through that with you. Okay, so you're going to know not only what your risks are, but a specific path forward to proactively address them. Okay, here's the thing.

Facts are your friends. Okay from the truth, you can go to work proactively on your biggest health risk areas and we can reverse you back. and pull you back from that line where you become, you know, a statistic into disease. All right. If you wait and you get sick, your options are going to shrink and it gets a lot more expensive.

So we don't want you to do that. Alright, what's included? It's a comprehensive test in the lab. It's not an in-home test. My apologies there. You're going to go to LabCorp, like I said. It measures over 40 markers, many of which are not on your annual physical lab test. It's reimbursed by insurance.

And then a health blueprint call, which is highly valuable. It's 30 to minutes to an hour where we talk about your goals. We talk about your results. We talk about how we would, would help you achieve your goal and, you know, lower those risks and give you that health security you're looking for. Let me tell you one story because this can be your story and it really mirrors a lot of the things I've experienced.

And we've had hundreds of people have similar stories. Late forties entrepreneur with a young family. Ernie was sleeping poorly. He had low energy. He felt burnt out. He had just lost a friend from a stroke in his early

fifties. That was a premature death that was preventable. So Ernie took this step and the testing revealed.

that he had a high risk for diabetes and stroke, and he also was on a very quick path to cardiovascular disease. And Ernie has given me permission, his triglycerides, which normally at the high end are 150, his were 556. Very dangerous place. Ernie had a goal, a year from then, he wanted to take his son on a long hike as part of his rite of passage of becoming an Eagle Scout in the Boy Scouts.

But at the time, Ernie was not even walking at all. Okay, so we got him in. He ended up becoming a member. We did additional testing. He worked with Tiger's physician and here's the results a year later. He lost 30 pounds. His triglycerides without the aid of statins or any other prescription drugs were lowered to 140.

And he was able to lead this Boy Scout group on a memorable 85 mile height in New Mexico. It was an incredible story. And Ernie was so thankful to our team at Tiger because he said we helped him get a memory that he would not otherwise have gotten. And now you might think that's such a big step.

Well, he did it a little bit at a time and baby steps throughout that year, but what he did do, he was committed and he was consistent and that's how he got those results. You can do the same. So here's the investment. Okay. It's less than 500 bucks. All right. So for 500, you can gain health security in the sense of, you're going to know where your risks are and you're going to know what you need to address.

Okay. To me, that's priceless. All right. And here I'm going to make it easy for you. If you're not happy with this process, I'll refund a hundred percent of your money and you can keep the results. All right. I don't want you to have any reason not to do this. And here's a cool thing is because you're a part of Glenn's audience, if you move forward today, you can use the promotional code stamina lab, all one word.

I tried it a couple of ways. It doesn't really matter how you put it in. Just get the word stamina lab in there. You receive a 100 coupon. And so the price is 3. 97 just as a bonus for being part of Glenn's audience. Okay. So here's the QR code. You can scan this and don't worry. I'm going to show it two more times.

But I'm gonna take a drink here and give you a minute, minute to scan it. If you want to scan that, it'll take you right to a landing page and a checkout. And don't

forget when you get into the checkout process to remember in the promo code box below the price, put in staminalab so you can get that discount.

Okay. Remember it's coming again. All right. Here's some bonuses. Our world class physician with tremendous training far beyond what is typical of a local doctor doesn't make them better humans. Just, just have incredible training, decades of experience in proactive medicine. They're going to, they're going to take their time and they're going to review the results and they're going to take the time to write a written report so you have it directly from the doctor.

Not a business person like me. I'm not a doctor. Okay. And this value is real because I have to pay them to do this. Okay. They got to take time out of their busy clinical period to review this. Okay. Then do the writeup. The other thing is we have on our website at tiger mi.com, right on the front page, you can get 10 secrets to your personal health transformation ebook.

It's a real deal book. It's like, I think 50, 60 pages written by one of our doctors on it gets into the details of how you can transform your life. Okay. And then a free copy of my book, Unleash the Peak Performer Within You, which I published in 2021. It talks about the science of the health habits and the rules for life that we help people implement.

Okay. So here's the value of everything. You know, the, the, the blood test alone on the street value is 800. I put in 797. The doctor review and the report is another, I put in here 497. It's actually more than that, but I'm just trying to be reasonable. The free ebook, the free book. The total value is over 1, 400.

And if you use your stamina lab code, not Glenn it's staminalab. I missed that in editing. My apologies. It's staminalab coupon. It's 397. So it's obviously you're getting a lot for the money. That's what I'm trying to convey there. But even more than that, it's priceless to get this kind of information.

Remember, it's just one simple strategy to securing your health future, get the true health assessment from Tiger. All right. And remember zero risk to you. If you're not happy with the process, your investment will be refunded. And I say it again here because I want to make sure that you do not miss this.

You have zero risk. I've not had one person ask for their money back because the quality of the blueprint call with me and the information that they get is so valuable that people are really happy about it and Are excited to move forward So go here again. Here's the code. You can scan that real quick to take the first step.

And again, what we're trying to do here is help you just take a baby step. You don't have to do the whole process right now. You don't have to get your head around what that even looks like. What you're trying to do is go, yeah, Steve and Glenn, I agree with you. I would like to know what is going on under the hood, if you will.

And have a, have a world class doctor look at that and give me some ideas of what I should be addressing. Just in the past. I have met with five or six people who found out they had either had diabetes or they were pre diabetic. or had an autoimmune disorder, and they had no idea. They had no idea. My wife, going through this process, found out she had a hereditary problem with building up of iron in her blood that was not showing up in her annual lab physicals with our primary care doctor because the insurance system won't pay for those markers, that, that depth.

And it's been a lifesaver for her because she's doing a lot better now because we addressed it proactively before it turned into serious organ damage. All right, one more thing. One of my friends, I heard this in one of his talks and I love it. And that is your kids will inherit all that you've learned and shared in your life.

If you stop learning, if you stop growing, if you stop trying to be better than whatever, wherever you stop, that's what they inherit. Okay? And when I was not well, if I had given up and my kids and grandkids maybe would have inherited a dad and a grandfather who was extremely limited or sick, or maybe even they potentially would have had to mourn my demise prematurely because the way I was living was headed down that path.

And so I don't, you know, don't give your kids and your grandkids the inheritance of chronic disease and illness if you can address it on the front end. Don't give your kids and grandkids a model of limits that keep you from showing up the best. That you can show up. All right, model, continuous growth, continuous learning, improvement and show them that you can have energy in your best years.

And you can also have a bigger impact on them if you're showing up as the best version of yourself. All right. And what this means, what this could mean for you, what it means for me right now is today my kids and their spouses and my wife and my grandson enjoy an optimistic, growing, energetic husband, father and grandfather.

And that was not me five years ago. Okay. Their inheritance includes a new model of how to live with different rules of life that result in wellness and

thriving. And our family now, most of them, most of our family now, they practiced some or all of these rules for life. And so it's starting to have a multi generational impact in our family.

And we spend a lot of time and a lot of money, all of us do, on generational wealth planning. What I want you to think about is investing in generational health planning. Okay, you can do the same. I want to do it and I want you to do the same All right. I bought back time time is my most valuable currency at this stage of life I shared that earlier time is the most valuable asset that I have today not more money And I think that's also true for you And so I want you to stack the odds in your favor of gaining decades of good health because you took this first Step this baby step Okay.

So again, here's all you get today. Use the stamina lab code of a promo code. You get it for 397. Remember that you get your money back if you're not happy. And I hope to see you on the other side. And so, that concludes, I'm going to leave this up for a second. And Marie, if you want to come on and tell me if there's any questions that I can answer.

Okay. I'm going to stop sharing this and just bring it to here. Okay. Thank you everybody for being on tonight and I wish you the best.

Glen Lubbert: Thank you, Steve. That was wonderful. Really appreciate it.